

Dear council members,

I am a 62-year-old retired family physician.

I have read documents for and against the fluoride topic, and have come to my personal decision:

I do not want fluoride added to our drinking water, now or ever!

My reasons are;

1. Fluoride is a chemical that would be added to our water - that has no proven benefits for health. Clean safe water means removing harmful substances FROM it, not adding unproven substances into it.
2. I believe we should be concerned about WHERE that fluoride comes from - The fluorosilicic acid that has been used is a substance captured from air pollution devices from the phosphate fertilizer industry, which would add other known toxins, including arsenic to our water.
3. There has been no decrease in carries in areas with fluoridated or with NON-fluoridated water. Perhaps the increase in caries that we are seeing has to do with other factors, not fluoride, that might be addressed
4. When added to our water, the dose each individual receives becomes an unknown. If fluoride becomes added to our drinking water, we are treating it like a drug, purposely added, for unproved benefits. It becomes completely unregulated in Dose received! It is absorbed thru the skin as well as the GI tract. Infants, elderly and sick people stand at increased risk for toxicity as they unknowingly ingest and absorb too much fluoride.

Sincerely,

Yvonne Heerema, MD, CCFP

CITY OF CALGARY RECEIVED IN COUNCIL CHAMBER OCT 29 2019 ITEM: #16.1 CPS2019-0965 <i>Public Distribution</i> CITY CLERK'S DEPARTMENT
--