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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Trevor

Last name (required) Engel

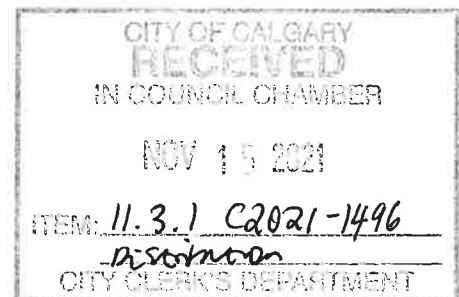
What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Vote to reintroduce flouride - Item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I strongly object to the city even considering adding fluoride to our drinking water. There is no dental crisis of rotting teeth that we the public have been made aware of and even if there were, the city would be overstepping it's authority to make such blanket "health" decisions for the general populace. Such decisions should be made by each family and their dental/health professionals where they can consider the pros and cons of such "treatment". (People who want fluoride for dental health can cheaply and easily do so by buying practically any popular brand of toothpaste, doe example.) Such a measure deserves widespread and well considered pubic debate, not a simple yes or no on a voting ballot to take the general, probably not very well informed public, by surprise. This is shameful!



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Nov 14, 2021

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First name (required) James

Last name (required) Dickinson

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reinstatement of Fluoridation

Date of meeting Nov 15, 2021

Use the evidence to support your vote for Fluoride.

J Dickinson MBBS PhD CCFP
Professor, Departments of Family Medicine and Community Health Sciences

There is good evidence that Fluoride is beneficial to teeth: others will make this point, which is conceded by the Anti-Fluoridation advocates. However, they raise concern about harms, especially about brain damage to children, particularly male children. The evidence they use is limited to small studies that are contentious.

Councillors can feel confident that this is nonsense by considering the alternate: the counterfactual situation. If brain damage occurred in places where water is fluoridated, then there would be widespread evidence of that, with much higher rates of educational difficulty and reduced graduation rates in those areas. That has simply not occurred. In Calgary, since fluoridation was ceased, primary school teachers have not noticed any changes in children's achievement, though there is clear evidence of harms to teeth, as expected after loss of water fluoridation.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Conspiracy theories lead to dispute about any data that comes from the United States, so I will not quote any data from there, but many countries do use science to lead their policies. These include Ireland, Singapore, and New Zealand, which have mandated fluoridation of all drinking water supplies. You can be sure that if there were any signal

of harm from brain damage, these countries would notice and cease fluoridation.

Over the history of fluoridation, it has been accused of causing many different harms, including bone cancer, arthritis, thyroid disease, kidney failure, irritable bowel syndrome and so on. Once again, while case reports and small studies seem to support these, if they were true, there would be widespread epidemics of these problems. There should be different levels of disease in places that are fluoridated, that would change if fluoridation was turned off or on again: but no such increases in disease have occurred.

The most founded concern about fluoridation is brown tooth discoloration. This does occur at high levels of natural fluoride, but is very rare in locations where there is controlled water fluoridation. A study in Edmonton showed it most likely occurs to children who swallow large amounts of fluoride toothpaste. This would happen whether there is fluoride in water or not.

The benefits are clear, and there are no major harms from water fluoridation. Therefore I urge councillors to vote f



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First name (required) Jason

Last name (required) Evdoxiadis

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Regarding Fluoride use in drinking water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

This is yet another corporate crime. The fact that Calgary had woken up enough to get rid of it's use, was a driving factor in me coming here. Take a look what fluouride does to concrete, not to mention countless studies of it's danger. People say it's "low dose". Any dose compounds and has long term effects, such as the calcification of the pineal gland. I broke free of the effects having lived in Toronto all my life. It changed my life for the better. I read much on this, and the only study ever showing efficacy was of questionable scope and duration, and for topical brief use...remember when you had to spit a million times at the dentis when they put it on - "don't swallow". Now we have to drink it. All toothpastes have fluouride, if you believe it helps, but there have been a number studies demonstrating the increase in dental fluorosis. Think for a second...another poison to injest, that provides no benefit. Too many now know the scam, and if you are taking money for this, Calgarians will be digging deep, because NOT A PERSON i have spoken to since i moved here has wanted fluoride. No one i have spoken to, voted for it. Not a soul. This is not worth your risk, as people are waking up to all of it, and if you take a look up, senior government orders are being rescinded, and they will be leaving you as "bag holders" of the outrage coming at the "apparatus" now that Bill Gates, the guy who said the jab was the only way, has said in an interview that they do not work. Coincidentally, he was also a friend of the late Jeffrey Epstein. If you are not one of them, you will soon be associated with them. Perhaps a poor political affiliation.

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First name (required) Jocelynn

Last name (required) Rodrigues

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Submission 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please do not put fluoride in our shared drinking water. In the most recent municipal vote, in terms of those who actually voted, we actually only heard from ~25 percent of Calgarians, and that didn't include neighbouring cities like Airdrie, Strathmore or Tsuu'tina Nation, all of who share this water with us. Of the 25% who voted, 15 percent said yes 10 percent said no, 15 percent saying yes is not nearly sufficient to suggest this is what Calgarians want. I reiterate, this is not in the best interest of Calgarians and I urge you to vote no to adding it to our water. Allow people their rightful, God given freedom to choose what they ingest. Moreover, we are navigating the economic effects of choices made by gov't during covid, the significant capital investment that the city would need to invest in to get the infrastructure up to par in order to facilitate this would be better spent supporting local businesses and folks recover from the last two years. Please vote no. God bless.



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First name (required)	Deanne
Last name (required)	Wiseman
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	The dumping of industrial waste into our drinking water is unfathomable. Where is the data that shows fluoride in drinking water is safe for all populations? And why didn't residents of surrounding towns who drink the same water get a say in this?



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First name (required) Jason
Last name (required) Sokolosky
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Water Fluoridation
Date of meeting Nov 15, 2021

I am pro-Fluoride and would like to see Water Fluoridation restored ASAP.
The decision to restore water Fluoridation is supported both by science and by the vast majority of the citizens of Calgary.
Water Fluoridation will improve the oral health for all Calgary citizens, especially children. The science behind Fluoridation is clear and many health institutions including the Alberta Medical Association, the Alberta Dental Association, Alberta Health Services, Health Canada, and the Centre for Disease Control (CDC) support Fluoridating water.
Cost should not be considered a barrier. The cost is estimated to be \$34 million over 20 years (including equipment, maintenance, and supplies). This is only \$1.7 million/year - or for each of the 1.58 million citizens: \$1.08/person/year. My understanding is that this cost would not impact our property taxes or water rates, as it's small enough to be absorbed into existing budgets.
The return on investment for water Fluoridation is high. Health Canada estimates that for every \$1 invested in water Fluoridation yields between \$5-\$93 of savings in dental treatment.
Citizens of Calgary voted 62% in favour of restoring water Fluoridation, and I encour-



age council to follow the will of the voters.

Thank you for your consideration.

Jason Sokolosky
Ward 7 (Montgomery Resident)



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First name (required) Suzanne

Last name (required) Drzymala

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride vote

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

To Calgary City Council,
I have just found out that the item of fluoride is being voted on Monday. I have missed the deadline for comments due to the holiday and respectfully ask that my voice be heard. I DISAGREE with Florida added to Calgary water. This chemical can be readily found for people to use in toothpaste and oral supplements if they chose. The expense of adding this to our system, when most of it will be used for laundry, showers, washing dishes, watering lawns and gardens etc does not make financial sense. The effects of having this be disposed of in nature are unknown. Individuals should have individual choice on what goes into their body for their own individual health and wellness.
Please VOTE NO to adding fluoride into city water!

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First name (required)	Erin
Last name (required)	Doherty
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I am very much against the floridation of Calgary city water supply! How is it ethical to medicate an entire city with out consent? If people want floride treatments they can request them from their dentist.



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First name (required) Nelly

Last name (required) VanEllenberg

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Please do not add fluoride or contamination to our drinking water. If people feel the need to give children fluoride it is available to them. DO NOT add fluoride to Calgary's water.

Dear Mayor Gondek and Councillors,

Congratulations on your election to City Council! Your dedication and support for Calgarians are appreciated and admired!

As a champion of oral public health for our less fortunate neighbors, I am writing to reiterate my support for community water fluoridation following the successful election plebiscite.

As the Chief Operating Officer of a newly launched social enterprise that supports priority populations in our city, and as the former Program Lead of The Alex Dental Health Bus, I am keenly aware of the huge oral health inequities that exist and the significant social determinant of health-related factors. At the best of times, untreated decay rates within this population's children and youth easily range between 45-55%. There are many barriers that factor into this; community water fluoridation is one of the safest, easiest, and most cost-effective evidence-based public health measures that contribute significantly and positively towards improved oral health.

Additionally, poor oral health poses significant risks to overall health and wellbeing, which impacts all citizens due to the burden of disease and related healthcare costs and social impact consequences.

As a private practice dental hygienist of 33+ years, I have seen the increase of dental decay within my own practice, and this includes all age groups and socio-economic populations. The difference is that these citizens are able to afford dental care and often enjoy a higher standard of living that enables better oral and overall health.

During this campaign, many Calgarians were not even aware that optimal water fluoridation had ceased in Calgary; many thought they were still receiving its benefits.

I know you will do what is best for our citizens and honor the voice of Calgarians, the majority of whom have indicated their support to increase the existing level of fluoride in the water to an evidence-based 0.07ppm level.

If I can be of any assistance as you make this crucial decision, please do not hesitate to reach out. I am happy to support in any way I can be of service. I am encouraged by your commitment to Calgarians and wish you all the best in your endeavors.

Warmly, and with appreciation for your service,

Denise Kokaram, MA, RDH,

Chief Operating Officer, Nation's Dental



Denise Kokaram

MA, RDH
COO | Nation's Dental

1-403-674-8583
denise.kokaram@nationsdental.ca

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First name (required) Michael

Last name (required) Duggan

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Return Fluoridation to the Calgary Water System

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am in favor of restoring fluoridation to the Calgary water immediately. In the recent civic election, a strong majority of Calgarians (62%) voted in favor of fluoridation. Restoring fluoridation to Calgary water will enhance the health of all Calgarians and will reduce the costs that Alberta Health Care would otherwise have to cover for illnesses related to poor dental hygiene. For \$1.08 per person per year, the citizens of Calgary will experience enhancement of their health through water fluoridation. By returning fluoride to Calgary water, you are providing essential dental health to children and all members of families who are financially challenged. I have experienced the lifelong benefits that derived from fluoride being in the Calgary water when I was a child. My experience makes me pro-fluoride. Please accept the recommendations of societies of medical professionals that support water fluoridation: Alberta Health Services, the Alberta Dental Association, the Alberta Medical Association, and Health Canada.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Donna

Last name (required) Kines

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I would like to respectfully request that fluoride NOT be added to our water system. With studies continually coming out on the dangers of fluoride, the conclusion is the fluoride will do more harm than good for our bodies, in particular our brains. We will not drink water with added fluoride, so our family will have to buy special bottled water if the fluoride is added, and that's not good for a number of reasons, including the environment. The filtration systems to remove the fluoride are very expensive. I would encourage council to reconsider adding fluoride at this time and instead look for other ways to allow families who don't want the fluoride a way to continue to get access to water without added fluoride. Thank you.

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First name (required) Allan

Last name (required) Chuley

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) fluoride in water

Date of meeting

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

i absolutely am against fluoride being added to Calgary's water system why would you even consider it !!!!



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First name (required) Joanny

Last name (required) Liu

What do you want to do? (required) Request to speak, Submit a comment

Public hearing item (required - max 75 characters) Very concerned about fluoride in the water!

Date of meeting Nov 15, 2021

While the mayor of Calgary has declared that protecting the environment of the city of Calgary is of utmost importance I am very puzzled by the the rush to add fluoride to our drinking water. Fluoride is a toxic chemical.

Comments - please refrain from providing personal information in this field (maximum 2500 characters) In view that we have so many new councillors who have not had the opportunity to explore the information that is out there about the pros and cons of fluoride that the last set of councillors had, I am curious about why they are being rushed to make a hasty decision about adding fluoride back into our water.

I am a very concerned citizen. Thanks for your attention to this matter.

Dr. Joanny Liu, RAc, TCMD, BEng(Civil)

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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Arthur

Last name (required) Matsui

What do you want to do? (required) Request to speak, Submit a comment

Public hearing item (required - max 75 characters) 11.3.1. Reintroduction of Fluoridation to the Water Treatment Process

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

This submission is late due to the late publishing of the Agenda due to the Remembrance day holiday. To the woman known as Jyoti Gondek acting as Mayor of Calgary. And to any other man or woman acting as Calgary City Councillors. Notice for the record I am a 65 year old man, known as Arthur Matsui and I have read the O'Brien report and many other fluoride studies and for the third and final time, I do not consent to the addition of fluoride to Calgary's water supply. I also hereby revoke any consent for water fluoridation implied, or otherwise that may be attached to the Name. The O'Brien report (pages 30, 31, 32) identifies "A key ethical/legal issue related to community water fluoridation programs centres around individual autonomy and the ability to make personal health-related decisions." and "Furthermore, it should be noted that it is particularly challenging to individually opt out of water fluoridation" Water fluoridation is a treatment that the City of Calgary is examining to re-introduce in the hopes of preventing dental caries but there are also many potential harmful side effects. Fluoride intake through fluoridated water is uncontrollable to dosage, since people are receiving varying doses according to their water intake. Fluoride bioaccumulates in calcium bone structures and skeletal fluorosis causes brittle bones. Hip fractures in Seniors, are a great cost to the Health Care system and have even been associated with death amongst Seniors. Should Council go ahead with water fluoridation I will be forced to use all means possible to limit my intake of Fluoride at a prohibitive cost. I have also had bone imaging done in the non fluoridated years as a baseline



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and should Council go forward with the fluoride initiative, regular bone density scanning for Seniors should be added to the costs associated with Fluoridation. Before adding a toxic substance like fluoride to the community's drinking water, it is the City's responsibility to prove it's unequivocal safety, which they cannot do as they have no control over dosage of the individual, and other methods of delivery must be found should they insist on fluoridating Calgarians. Water fluoridation is a therapeutic medical intervention by the City of Calgary to which I do NOT consent and to opt out should the City go forward would be of considerable cost and expense to myself and other Calgarians. To that end, should a water fluoridation initiative go forward at Calgary City Council, I reserve

November 12, 2021

The City of Calgary
P.O. Box 2100, Station M
Calgary, AB, T2P 2M5

Dear Council:

I require your representation of me to vote NO for the introduction of fluoride into Calgary's municipal water supply.

There are better, proven, and safer ways to provide fluoride such as fluoridated toothpaste, rinses, mouthwashes, foams, varnishes, gels and inexpensive fluoride supplements. Published research shows that children living in regions without fluoridated water are already ingesting too much fluoride.

Swallowing fluoride delivers it to the entire body, the brain and neurological system, the thyroid, bones, kidneys-and potentially causes harm to these and all organs and systems.

The European Commission states:

“Fluoride is not considered to be essential for human growth and development but it is considered to be beneficial in the prevention of dental caries (tooth decay).”

“A body of scientific literature seems to suggest that fluoride intake may be associated with a number of adverse health effects, dental fluorosis and effects on bones (increased fragility and skeletal fluorosis) Systemic effects following prolonged and high exposure to fluoride have also been reported and more recently effects on the thyroid, developing brain and other tissues, and an association with certain types of osteosarcoma (bone cancer) have been reported.”

https://ec.europa.eu/health/scientific_committees/opinions_layman/fluoridation/en/l-3/1.htm

In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time combined 27 studies and found **strong indications that fluoride may adversely affect cognitive development in children**. Based on the findings, the authors say that this risk should not be ignored, and that more research on fluoride's impact on the developing brain is warranted.

“Children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas. The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity.”

<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

Did you know that tooth decay rates were already rising in Calgary (and were at an even higher rate of 7%) when Fluoride was still in the water (pre-2011) than after it was removed (rate of 5%)?

<https://fluoridealert.org/articles/calgary-fluoride-study/>

Harmful neurological effects are found from fluoride in water with **even low concentrations of fluoride**. In a June 2021 study, Grandjean et al. have established maternal urine fluoride concentration of 0.2mg/L was enough to lower IQ of the child by 1 point. This was associated with mother's fluoride urine level of 0.2 ppm, which is well below the average urinary levels of pregnant women in fluoridated communities (in Canada and the USA and other fluoridated countries).

<https://onlinelibrary.wiley.com/doi/10.1111/risa.13767>

This should put to an end to the false claims from fluoridation promoters that neurocognitive damage only occurs at concentrations above the fluoride levels used in fluoridation programs (0.7 to 1.2ppm).

The fluoride that is being voted on to add back to Calgary's water is not the same compound as what would be found in the Bow River naturally, this is an industrial byproduct: called hydrofluorosilicic acid. It is a toxic waste substance created from the creation processes of aluminum, fertilizer, steel and nuclear industries. It's not a natural source of fluoride (such as fluorite, fluorapatite, and cryolite), it's industrial toxic waste.

99% of fluoridated water is not consumed and goes back into the environment unchecked. My understanding is that the City of Calgary has just declared a climate emergency: let's start by not adding more toxins to our environment (and our bodies)!

The overall cost of reintroducing water fluoridation for a 20-year service life would be \$30.1 million. The tax dollars saved from putting a toxic treatment in our water could be better utilized for more effective interventions.

Lastly, but perhaps most importantly, **it is unethical to add a treatment to the public water supply that many**, as supported by the sources provided in this letter, **consider to be toxic**. This is an unethical violation of informed consent!

I trust that on Monday November 15th you will represent me by voting NO on the reintroduction of fluoride (item 11.3.1).

Yours Truly,



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First name (required)

Oore

Last name (required)

Olumuyiwa

What do you want to do? (required)

Submit a comment

Public hearing item (required - max 75 characters)

Disagree with adding fluoride in Calgary's water supply

Date of meeting

Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I have a PhD In physiology and extensive experience in research and I can assure you that fluoride in the water supply will only mentally impair all residents subjected to it unawares. I demand that all representatives vote against this agenda. If anyone wants fluoride in their water, it is a very cheap for them to access and personally include without subjecting the rest of us residents to it.



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First name (required) Justin

Last name (required) Andres

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Fluoride in drinking water

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) I do not think fluoride should be added to the drinking water supply. I in no way support this.



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- ✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Stephanie

Last name (required) White

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Re: Fluoride in water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

As there is apparent concern regarding a climate crisis it is important to note that adding fluoride (an industrial waste) back into our water will be more detrimental to the environment as well as an added cost that is unnecessary to taxpayers. The majority of water is used for washing hands and bathing, and watering grass, ect. and is not ingested therefore is pointless. If you want fluoride in your water you can add drops yourself!



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First name (required)

Kathy

Last name (required)

Varga

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

fluoride as item 11.3.1

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Please do NOT add fluoride to our drinking water. It's unnecessary and just another poison being put into our bodies. The risks outweigh the benefit.



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First name (required) Dayle

Last name (required) Bixby

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Hello, I would like to formally state that as a taxpaying citizen living and working in the city of Calgary, that I am NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the water supply.

I understand we have passed the deadline for submission, however knowledge of the vote was not received until after the deadline due to the holiday and this is a matter of some importance, hence my writing.

It's my firm belief that the people of Calgary, as well as the surrounding areas that use our water need to be heard. It is frankly unconscionable that the city of Calgary could make such a decision knowing that our neighbours in Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote and have their say.

It does not make sense to use our tax dollars to include an additive to drinking water while disregarding individual consent. Furthermore, tap water is used far beyond drinking, and I do not see how it can be justified that our plant-life, vehicles, dishes, side-walks, lawns etc all need fluoride. It's simply wasteful and I am surprised that it's even being tabled.

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The benefits are slim to none and the city of Calgary has better things for which to use the budget. Please focus on making meaningful decisions that are responsible and do not violate anyone's personal bodily autonomy.

Thank you.



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First name (required) Matt
Last name (required) Marois
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Industrial waste fluoride added to water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
Please do not add industrial waste fluoride in the water. Forced medication is not legal in Canada. There are no studies proving fluoride being ingested does any good for teeth. Many studies showing it harms the human body however. People should be able to chose for themselves. You are not noble or moral for deciding what's best for those who don't want it. If people want it they can swallow toothpaste for all I care. You have no right to make me or anyone else do it.



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First name (required) Lindsay

Last name (required) Perry

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) I do not want fluoride added to our water!!

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Please don't add fluoride to our water! I'm sick to death of being told what is best for my children, and this is the last straw! If I want them to have fluoride for their teeth I will take them to the dentist, it is dangerous for them to be ingesting it daily! Stop taking these decisions away from people, this is supposed to be a free country, should we not have the FREEDOM to not have dangerous chemicals put into our water source? Enough already.



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First name (required) Tamiko

Last name (required) Lagerwaard

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 - Flouride in drinking water

Date of meeting

This is pertaining to the introduction of Flouride in Calgary's water supply, 11.3.1. Knowledge of this vote was not received until after the deadline cut due to the holiday for this sudden vote, hence the delayed contact and submission.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Also, these regions, who receive water from Calgary's water supply, namely: Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie, were not able to participate in the vote. Since we are an inclusive city that recognizes and respects First Nations choices and all the communities around our beautiful city, these communities should also have a say in whether or not they wish to have this added to their drinking water. Assumption on the part of any member of Calgary City Council as to the approval or disapproval of any and all of these Peoples, is simply presumptive and lacking in conscious, fair, and appropriate decision making and leadership.

Include a vote for all effect regions first, not just in Calgary by plebscite. It is only when all regions effected by this action have a chance to vote that City Council should convene on this matter since there has been no universal "public engagement" of total effected people to date.

Thank you.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Mary
Last name (required)	Jacak
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride added to water.
Date of meeting	
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Considering Calgary is in a climate emergency....why are you planning on dumping industrial waste into our water? Please don't.



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First name (required) Robin

Last name (required) Strom

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) agenda item 11.3.1 regarding Calgary water fluoridation decision

Date of meeting Nov 15, 2021

Please note that knowledge of the vote was not received until after the deadline due to the holiday, hence the late submission.

It has come to my attention that Calgary council is going to vote on reintroducing fluoride as item 11.3.1 on Monday November 15, 2021. As a Calgary citizen who is aware of the dangers of mass fluoridation, I am wholly AGAINST this forced fluoridation of our city's water. It was deemed that 62% of voters were in favour of this toxin being added to our water supply, meaning 38% will be forced against their will to receive fluoride in their water. This 'large minority' are now being forced to pay for expensive water filtration systems for drinking, bathing, outdoor watering, etc., to remove this toxin, whereas a much simpler solution would be for those in favour to be supplied fluoride drops to be added to their drinking water. Everyone is being forced to take a 'medicine,' with the vast excess literally going down the drain, which makes zero sense.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Fluoride has been shown to be a neurotoxin, and there is not one chemical reaction in the body that requires this ion. In fact, fluoride competes for receptor sites on the thyroid where iodine should go. Fluoride also causes the bones to become more brittle, and the elderly exhibit increased fractures when imbibing fluoridated water. Finally, the fluoride that the City wants to add is nothing like the naturally occurring fluoride that is found in our rivers and well water-it's an industrial waste product that the City stands to make money off dumping in our water, all while slowly poisoning its citizens, all under the guise of 'health' and helping the poor who can't afford dental care. If the poor can't

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Nov 14, 2021

11:41:18 PM



FORM TITLE

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afford regular dental cleanings, then the City should provide free fluoride drops to them, including fluoridated toothpaste, if it works so well to prevent cavities. This one-size-fits all mentality is erroneous and heinous.

Please DO NOT vote in favour of reintroducing fluoride into our water supply. This is essentially forcing every citizen (regardless of age, size, health status) to consume and bathe in this chemical every single day, all based on the misguided assumption that it is protecting people's teeth from cavities. It's quite ironic, considering the new mayor has declared that we are in a climate emergency, to be dumping hundreds of kilograms of environmental waste in our pristine mountain water every day.

<https://www.safewatercalgary.com/fluoridation>

Topical vs systemic fluoridation

https://fluoridealert.org/issues/caries/topical_systemic/

Fluoride is a form of mass medication, not a form of water treatment:

<https://fluoridealert.org/issues/water/medical-ethics/>

Fluoride negatively affects bone health

<https://fluoridealert.org/studies/kidney04/>

Neurotoxicity of fluoride

<https://fluoridealert.org/articles/four-studies/>

Fluoride's effects on the thyroid

<https://fluoridealert.org/issues/health/thyroid/>

Natural vs toxic forms of fluoride

<https://fluoridealert.org/issues/sources/>



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Jeanette**

Last name (required) **Addington**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Fluoridation in our drinking water**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am 100% not in favor of adding fluoride to our drinking supply. The argument council can make is that it may help with dental cavities yet there are far more damaging conditions that can develop over the long-term from fluoride. Thyroid issues, thyroid cancers, neurological problems and the list goes on. I wish council would stop their over-reach by thinking they have authority over our basic rights, one being, clean, healthy drinking water.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Donald

Last name (required) Leask

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Please do not put fluoride into our water. You cannot control dosage. Send out fluoride packets via mail to those who choose. Please do not poison us all.

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First name (required) Joanny

Last name (required) Liu

What do you want to do? (required) Request to speak, Submit a comment

Public hearing item (required - max 75 characters) Item 11.3.1 reintroducing fluoride into the drinking water.

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am Dr Joanny Liu and I am a constituent of Ward 4.

While the mayor of Calgary has declared that protecting the environment of the city of Calgary is of utmost importance I am very puzzled by the the rush to add fluoride to our drinking water. Fluoride is a toxic chemical. So it should NOT be added to the water!

Also we have so many new councillors who have not had the opportunity to explore the information that is out there about the pros and cons of fluoride that the last set of councillors had, I am curious about why they are being rushed to make a hasty decision about adding fluoride back into our water.

I am a very concerned citizen. Thanks for your attention to this matter.

Dr. Joanny Liu, RAc, TCMD, BEng(Civil)



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First name (required) NATALIA

Last name (required) Sheptunova

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) reintroducing fluoride in Calgary as item 11.3.1 on Monday November 15.

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I'm AGAINST reintroducing fluoride in Calgary. Fluoride is a hazardous chemical that comes from the fertilizer industry. Let's keep it out of our drinking water. Spend the money on needed programs, that benefit people in need TODAY! If citizens want fluoride, it should/can be supplied to them on an individual basis, in forms of drops, tablets, etc. It's easier to put in, than take out. Fluoride in a high concentration isn't healthy. If one person drinks 1 litre, and the study shows that is safe, what about those of us, that drink 4x that in a day. That becomes an unhealthy dose, and possibly toxic. For those that are screaming that our kids teeth are rotting; well let's look at programs to promote a healthy lifestyle, eating habits, and a habit of brushing teeth and flossing properly, rather than a blanket solution to all. Let's look at preventing rather than always a cure. I am against fluoride in my water, and I should have the choice!!

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First name (required) **Michelle**

Last name (required) **Nestrovich**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1 regarding Fluoride in Calgary drink king water**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

In regard to Fluoride:

I am NOT in favour of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the city water supply.

Information regarding this vote was not received by me until after the deadline.

It does not seem this was made public.

Also, Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote.

For these reasons and more I would appreciate greatly if this substance was NOT reintroduced.



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First name (required) Teresa

Last name (required) Frentz

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Item 11.3.1 for Monday's meting: Water Fluoridation

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Dear Honourable Chair (and Council)
I just received notification the City council of Calgary will vote on fluoride added to the municipal water supply on Monday. My apologies that this note is past the deadline but knowledge of this vote was not received until late last night.
The Calgary populace has a beautiful ecosystem that we all enjoy and treasure. Fluoride (as would be introduced) is not part of our ecosystem. Changing the levels even by 0.3mg/L is playing with the environment. With guarding our ecosystem in mind, why would we even consider adding hydrofluorosilicic acid (sourced from industrial waste - likely containing heavy metals) into our water supply? In a climate emergency, how does purposely adding a non-natural substance to any part of a living system make sense? It doesn't. Aside from environmental issues, look at the fluoridation as a medical issue. There are no double blind controlled studies. The evidence out there comes from weak, non randomized, non blind studies. In the Calgary Herald, Licia Corbella: The science is not settled -Oct 12, 2017 "For all tooth surfaces among permanent teeth, there was a statistically significant decrease in Calgary..." during fluoridation cessation. Among other concerns is the accumulation of fluoride in bones which Will not be discussed. However if the science is not settled, adding a non natural substance to humans or the environments is not acting in wisdom or prudence. The 'we'll clean it up tomorrow' attitude has not served us well thus far. It is further concerning as a budget issue. As fluoridation is claimed to save dental costs, the cost analysis of treating dental fluorosis vs saving one tooth in a twenty year period is worth considering as well. In a economic situation, where the tax base is struggling, spending more

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than \$30 million dollars on fluoridation should not be a priority. Lastly, surrounding communities who use the Calgary water supply did not get a say on this action. Please demonstrate that council cares for the people as well as the beautiful Calgary environment by voting no to reintroducing fluoridation.



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- ✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Kavitha**

Last name (required) **Jothiprakasam**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Fluoride addition to Calgary water**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters) **Fluoride is very unsafe and can cause infertility in adults. It's a very high toxin. people have young kids should be very concerned . I love to see my kids have children. Please don't add fluoride to drinking water. If people want to drink fluoride they can get it at about \$13 proscription for a whole year. Why throw down a lot of money down the drain when it only cost \$13 a year per person?**



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First name (required)	Curtis
Last name (required)	Wall
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I am not in favor of reintroducing fluoride to the city water. This is a toxic waste product and has no place in the drinking water of Calgary citizens.



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Carol
Last name (required) Pierce
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride in drinking water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
I am completely opposed to adding fluoride into our municipal drinking water. How did a toxic by-product of the fertilizer industry become a human health benefit? The argument that fluoride prevents tooth decay is false. In fact, fluoride causes a type of tooth decay called dental fluorosis. China stopped adding fluoride to drinking water two decades ago because they realized it increased dental fluorosis by a whopping 550%! Fluoride also weakens the immune system, can cause certain cancers and gastrointestinal issues like vomiting and diarrhea, and lead to birth defects. Calgary citizens clearly voted against the addition of fluoride to municipal drinking water a few years ago and Calgary Council absolutely does not need to re-visit this issue now.
References
https://www.medicalnewstoday.com/articles/154164.php
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4418502/
https://anyavien.com/the-real-truth-about-your-fluoride-toothpaste/



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First name (required) Stephanie

Last name (required) Mosher

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please do not add fluoride to the water in Calgary. The consequences far out weigh the benefit.

For the goal of preventing cavities in children, why not supplement children's dental hygiene costs?

The children drinking pop and juice have cavities, they will not benefit from this idea. The vast majority will go into dishwashers, laundry machines, showers and NOT reduce cavities.

The only filters that can get rid of it are reverse osmosis, cost inhibitive for most of us and the water then requires remineralization. It's scary this is even being considered.

Please do not contaminate our water with this chemical. Consider supporting children's oral health without putting everyone at risk of stomach cancer and brain toxicity.

Clean water is what we need.



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First name (required) Linda

Last name (required) Nessel

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1. Reintroduction of Fluoridation to the Water Treatment Process

Date of meeting Nov 15, 2021

Please accept my submission. My knowledge of this vote on fluoridation was not received until after the deadline for submissions due to the Nov. 11th holiday.

I understand that Council is under pressure to quickly deal with the fluoridation issue on the morning of Monday, November 15th.

Considering that the vast majority of Councillors are new and were not present for the 2018 public hearing on water fluoridation (where a great deal of information was presented) I feel it is imperative that the very important information below be reviewed by all Councillors before voting on this matter. This is the very least that Council can do out of respect for the 38% of Calgarians that voted against water fluoridation in this past election.

I sincerely request that you please take 30 minutes to review these 3 highly informative items:

- 1. Environmental Health News op-ed: https://www.ehn.org/fluoride-and-childrens-health-2648120286.html 2 minute read
2. Dr. Bruce Lanphear animated video: The Impact of Fluoride on Brain Development: https://littlthingsmatter.ca/2020/09/18/fluoride/ 5 minute video
3. Christine Till Calgary Rotary Club presentation September 28, 2021 https://vimeo.com/621670463 22 minute video

Comments - please refrain from providing personal information in this field (maximum 2500

***Another very important point: the O'Brien Institute of Public Health in their 2019

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characters)

Report To Calgary City Council had this statement:

"In summary, there is some new emerging evidence that fluoride exposure during pregnancy may be harmful to the brain development of children..."

In addition, as Council is deeply concerned with the environment, the fact that fluoridation of Calgary's water supply results in over 90% going "down the drain", leading to:

*****3 tons of TOXIC FLUOROSILICIC ACIDbeing released into our pristine Bow River EVERY DAY!! ****

I ask you to please vote NO to the motion of adding this toxic chemical to our water on Monday.

Alternatively, please support a DELAY OF THE VOTE for refluoridation of Calgary's municipal water.

A full review of the quickly emerging science of fluoridation, and also the ethics around mass medication of 38% of our population without informed consent is critical.



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First name (required) Lilia
Last name (required) Breton
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3 Monday's meeting
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
I do not agree to add fluoride to our drinking water.
No to more chemicals in our water.
Please and thanks



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First name (required) **Linda**

Last name (required) **Webster**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required =
max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I do not support the addition of fluoride into our city's water and am dismayed at the suddenness of this agenda item, which doesn't give the public more time to participate in the process.



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First name (required) Alberto

Last name (required) Martinez

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) item 11.3.1 (Water Fluoridation)

Date of meeting Nov 15, 2021

Hello.

I am a Calgary citizen with a significant background in the area of water fluoridation. I had corresponded with my councillor years ago, and was previously asked to provide a report to Dale Hodges which I had written on water fluoridation. After the release of the O'Brien report, I prepared a critique which highlighted several important errors, omissions and misrepresentations in the O'Brien report.

Now we have reached a point where I feel it is my responsibility to once again provide crucial, and uncommon information on this topic.

In addition to representing myself, I also speak for dozens of fellow Calgarians with whom I have discussed this topic in depth and have a familiarity with their views. I have communicated with credentialed experts on both sides of this debate, and done what I could to both find the truth and distill the important facts on this complex topic.

I would suggest that we correspond on this issue so that I may provide to you fully referenced information which is crucial in making a responsible decision on this topic. At the very least, I would be happy to provide a report which lays out the information in a clear, concise and accessible way. Additionally, if you are interested in my 2019 critique of the O'Brien report, please let me know.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

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In the meantime, I would suggest that the council postpones their vote on this issue, so that they can make an informed decision on an issue which will impact Calgarian's health for years to come, and could lead to the misuse of millions of dollars at a time when Calgary's budget and economy are facing serious challenges.

I feel I should mention that the final vote on a complex and controversial public health measure should be decided through carefully and sincerely considering the arguments both for and against the decision, rather than by a plebiscite, especially one in which only a small fraction (13.3%) of the total population impacted by the decision voted to fluoridate.

The information I have studied shows that water fluoridation is a net negative with serious potential health risks to several vulnerable populations, and a treatment which entirely fails to address any of the actual causes of the dental health crisis in Alberta.

I show that there are more effective and affordable ways of supporting public dental health, many of which are implemented successfully in other countries. By properly responding to the Alberta dental health crisis, the government could sa



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Cindy
Last name (required) Shaw
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
Good Morning,
I was advised today that City council of Calgary will vote on fluoride added to the municipal water supply on Monday. It's agenda item 11.3.1.
I am NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water. I understand that the clerk will still take any submissions over the weekend. I would like to point out that knowledge of the vote was not received until after the deadline due to the holiday. Since our new mayor of Calgary has declared that we are in a climate emergency, i find it ironic that she wants to dump hundreds of kilograms of environmental waste in the water each and every day.
I would also question why Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie (who all get Calgary water) were not able to participate in the vote.
To reiterate, I am not in favour of adding fluoride to my Calgary water, and i did vote that way in our recent election.
Thank you.
C. Shaw



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **David**

Last name (required) **Crawford**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Calgary water fluoridation**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) **Fluoride is a toxin and is why there are warnings on your toothpaste tube not to swallow any tooth paste. The study produced by professors at the University of Calgary is highly suspect as valid.**



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First name (required) Shawna

Last name (required) Duckworth

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 14, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I'm NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into our drinking water supply. "Public Engagement" Also, Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote either.



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First name (required)

Tara

Last name (required)

Adrienne

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

I'm voting against adding fluoride to our water

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Do not add more chemicals to our water. It goes against your climate change issues, besides the city,(us taxpayers) can't afford extra needless expenses.



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First name (required) Janis

Last name (required) Steele

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride in Calgary Water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

This submission is late due to the holiday which there was not enough time to be informed that this item was on the agenda for Monday, November 15th, 2021.

With respect to introducing fluoride to the Calgary and surrounding districts water supply system, I respectfully ask that there be more discussion regarding this matter. Fluoride is a proven harmful substance to the environment which is contradictory to the Mayor's request that we initiate a state of climate emergency. Adding fluoride to our water simply is a move in the wrong direction. The environmental impact is substantial along with the altering of water when a high percentage of citizens have requested that they do not want it. Fluoride is available to those who want or require it through other sources rather than altering our water system at what has been identified as a very costly burden to the taxpayers. When we voted and said no, we meant no and there was a strong enough opposition to fluoride in the water for City council to implement it. I am confident if you included the other surrounding districts who use City water such as Chestermere, Airdrie, etc. in this vote the numbers opposing would be even stronger. We removed fluoride from the City of Calgary water years ago for a very good reason and with much supporting documentation so please, do not make the mistake of moving backwards by implementing it once again.



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First name (required) Emad

Last name (required) Sadr

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 14, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I write to council to express my disagreement and disapproval and to vote "NO" on reintroducing fluoride into the drinking water supply. Please note the knowledge of the vote was not received until after the deadline due to the holiday. Thanks



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First name (required) Sheri
Last name (required) Gaydosh
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Adding fluoride to city water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
I do not support the adding of fluoride into city water. Upon doing research of studies on fluoride, it is not beneficial whatsoever. Many studies proved with prolonged consumption or use, fluoride actually weakens teeth enamel, instead of strengthening it, as some "experts" would like to you think. It also interferes with the endocrine system, unbalancing the hormones of the body.
Many dental professionals say we receive a sufficient amount of fluoride from toothpaste and mouthwash. There is no need to supplement it.
It is a waste of We The People's tax money. It is a waste of land for the facility. It is not necessary.

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Dangers of Fluoride Exposure

1. Weakens Skeletal Health

Skeletal fluorosis is a condition resulting from fluoride consumption. The liver is unable to process fluoride, thus it passes into the bloodstream where it combines with calcium that's been leached from the skeletal system. You're left with weak bones, otherwise known as skeletal fluorosis. The risk has been known about for decades yet it's not been established how much exposure will trigger skeletal fluorosis... and the impact it has on quality of life is horrendous. ^[7] ^[8] ^[9] The best way to protect yourself is to avoid fluoride. Recently, Chinese authorities established a link between reductions in fluoride exposure and the incidence of fluorosis. ^[10]

2. Causes Arthritis

Fluoride has been shown to cause calcification of cartilage, the essential tissue for joint health. ^[11] Degenerative osteoarthritis has been linked to skeletal fluorosis. ^[12] And in a study of individuals suffering from fluorosis, osteoarthritis knee conditions occurred frequently. ^[13]

3. Toxic to the Thyroid

Iodine and fluoride belong to a family of compounds known as halogens. Although [iodine is beneficial to the thyroid](#), fluoride is not. However, because of the similarities, the thyroid can absorb fluoride in place of iodine. This is bad. Fluoride is toxic to [thyroid](#)

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sources.

8. Harmful to the Cardiovascular System

Research suggests that exposure to fluoride causes [cardiovascular](#) inflammation and atherosclerosis. ^[25] ^[26] Other research has examined its effect on blood pressure but had mixed results. Regardless, despite that cardiovascular disease can have many causes, the evidence, and history show its incidence increases with exposure to fluoride.

9. Negative Cognitive Effects

The Fluoride Action Network reports that, as of May 2013, 43 studies have examined the effect of fluoride on human intelligence. The results should motivate anyone to minimize their fluoride exposure. One observation is that fluoride negatively impacts children's neural development. ^[27] Another is that children living in highly fluoridated areas have up to five times greater chance of developing a low IQ compared to those who do not. ^[28]

Reducing Your Exposure to Fluoride

Using non-fluoride toothpaste can immediately reduce your fluoride exposure. Maintaining [healthy iodine levels](#) can help protect the thyroid from fluoride. Fluoridated water is the largest cond and most water ~~filters are not adequate for re~~

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5. Accelerates Female Puberty

It also deserves mention that the pineal gland plays an integral role in the onset of puberty. Research has shown that girls living in areas prone to more fluoride exposure experience puberty earlier than girls exposed to less. ^[18] Fluoride's damaging effect on [sexual function](#) only begins here...

6. Harmful to Male and Female Fertility

A direct link exists between fertility rates and fluoridated drinking water. Higher levels of fluoride correspond to lower fertility rates, particularly with drinking water levels of 3 ppm. ^[19] Animal models show that fluoride reduces reproductive hormones in females. ^[20] Men have it just as bad; those suffering from fluorosis have lower [testosterone](#) and [fertility](#) than men with limited fluoride exposure. ^[21]

7. Bad for Kidney Health

[Fluoride is toxic](#) to the kidneys and a higher rate of chronic kidney disease has been reported in areas where the water contains high levels of fluoride. ^[22] ^[23] According to Chinese researchers, a fluoride level of 2 mg/L is all it takes to cause renal damage in children. ^[24] While water fluoridation levels are often much lower than this, the fluoride bombardment continues with toothpaste and sources.



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First name (required)

Simon

Last name (required)

Benoit

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

Fluride in water supply.

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Please refrain from adding toxic waste in our water supply. Many studies show the possible harm of fluoride consumption and it would be irresponsible to add it to our water supply. If for some reason people want fluoride in their water, they can add it themselves in their own supply. It should not be forced upon people who do not want it.



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First name (required) **Stephen**

Last name (required) **Chan**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Fluoride in water**

Date of meeting **Nov 12, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

I want the city to know I'm against adding fluoride to the drinking water. It is a neuro-toxin and not needed. I did not receive the knowledge to vote on this item in the recent polling.



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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Pauline

Last name (required) Chow

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) We do not want Fluoride placed in our drinking water. Keep industrial waste out of our drinking water! As a resident of Chestermere, we along with other areas that get our water from Calgary, were not even allowed to vote on this decision. That is uncalled for and a breach of informed consent. Why don't you consider all parties involved before you take a vote as your votes do not reflect the entire population that this decision will impact.

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First name (required) Michelle

Last name (required) Strudwick

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) City-wide fluoridation

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am against blanket fluoridation for many reasons. Number one being, it is a chemical that no one should be ingesting, especially children whose bodies are still forming. IF fluoride is to have any benefit, it needs to be applied directly to the teeth where it is absorbed through the enamel. Fluoride already occurs naturally in water, soil, etc.

It has been my observation that children (and adults) consume far too much in the way of sugary snacks/treats and drinks. One has to wonder if they also pay less attention to proper dental hygiene, i.e. brushing twice a day and flossing. Almost, if not all, tooth-pastes contain fluoride. If people took more responsibility for their own dental care instead of forcing resolution for their poor choices onto others, we would most likely see less dental problems and have no need to impose dubious solutions on the populace as a whole. People need to take responsibility for their own actions/inactions and not expect others to subvert their own lives and health to bail them out.

There is mounting evidence that although fluoride may provide some help with tooth decay, there are more serious risks from it that need to be considered. The attached link is merely one report supporting it.

https://www.hsph.harvard.edu/magazine/magazine_article/fluoridated-drinking-water/

Those in favour of fluoride in our water will also have reports saying the benefits outweigh the risks. It should be a choice, something not forced on all willy-nilly like the



FORM TITLE

Header text

current Covid injection mandates.

In addition, the cost to taxpayers is not acceptable when it can be easily provided more cheaply via the pharmacies at no cost to citizens and minimal cost to the City taxpayers, for those that CHOOSE to use it.

Another word re cost: the majority of the chemical will not benefit anyone as it will be flushed down toilets, released down drains via sinks, showers, bathtubs, laundry, washed into the sewers from watering lawns and washing cars on the driveways. In other words, literally flushing taxpayer dollars down the drain. This is not fiscal responsibility.

I sincerely hope that you and your fellow councillors will take all information into consideration and do what is best for ALL Calgarians, not just the few who voted yes.



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Pat
Last name (required) Withers
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1 Fluoride
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I would like to submit a public submission to item 11.3.1 for Monday's meeting with respect to Fluoride. I am extremely disappointed the public had no idea of the vote until AFTER the deadline due to the holiday of Nov 11, 2021. This LACK of transparency by the Mayor and City Counsel is unacceptable! I believe this issue is being slipped through without giving the public an opportunity to discuss this matter with their city counsellors which is not fair. I am NOT in favor of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply. Please put off this vote until the taxpayers have had a chance to submit their submissions on this important matter. This is a huge expense to the taxpayers of the City of Calgary which we cannot afford as many people do not have jobs or money to buy food for their families! Furthermore, the city has a responsibility to do their due diligence and tell the taxpayers exactly what the cost will be and how that will fit in with the budget! You just don't go ahead with something like this without ALL the information being obtained and communicated. Ample proper notice for deadlines with respect to submissions should be given to taxpayers. Furthermore, my counsellor is new - I haven't even had the chance to get their contact information. I'm sure many citizens feel the same way. More importantly, until an audit of the election is complete - the results of this plebiscite are questionable! I trust you will reconsider voting on this matter and adjourn it to a later date. Thank you for consideration of my submission.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Christie
Last name (required) Swidnicki
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride in our water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
Anyone who wants additional fluoroide always has the option to include more on their lives on their own. It is not fair that those of us who do not want it cannot avoid ingestion. I am unable to get an adequate filter to keep my children from ingesting this poison. Please do NOT take away my access to clean water.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Tim
Last name (required)	Warwick
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Water fluoridation
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Please find letter attached

The potential risks of water fluoridation.

November 14th, 2021

Dear Calgary City Council,

My apologies for the late submission - I understand that the discussion on water fluoridation may be on Council's agenda for tomorrow. I hope that with the following information, you will be better equipped to make this extremely important decision.

I am very concerned to see such unbalanced information being disseminated by pro-fluoridation campaigners. I've also noticed a gross omission of the potential risks that could come with the reintroduction of water fluoridation in Calgary (apart from the burden on taxpayers). As a doctor of naturopathic medicine with 10 years of clinical experience following 8 years of post-secondary education, I swore an oath to "do no harm". I've also studied the interplay between dental health & systemic health throughout my career. Thus, I feel compelled to outline some of the potential risks of municipal water fluoridation. For the purpose of brevity, I will highlight some of the recently published studies that pro-fluoridation campaigners have failed to acknowledge or address.

- Fluoride is not considered an essential mineral or nutrient. It is not required for human growth, development, or to sustain life. At a variety of levels of exposure (some of which are currently considered to be "safe" or "optimal"), fluoride has demonstrated potential harm to humans. It is also a known neurotoxin [4], [5], [7], [8].
- Animal studies have outlined a variety of potential cellular mechanisms of toxicity of fluoride, including: stimulation of pro-inflammatory cytokine release, impaired neurotransmitter signalling, superoxide generation, mitochondrial toxicity, induction of apoptosis, immunotoxicity, disturbed bone homeostasis, and impaired cell migration [4], [8].
- Unfortunately, the fluoridation of drinking water cannot deliver a controlled and appropriate dose to the individuals in a population; as such there is inherent risk for some individuals to receive a much higher dose of fluoride than others [3].
- 21 of the 23 epidemiological studies published since 2012 have reported a negative association between fluoride exposure and intelligence [7]. This association has been observed with fluoride concentrations as low as 0.35 mg/L [10].
- A Canadian study published in 2019 found that maternal exposure to fluoride was inversely associated with IQ scores in children [6]. About 40% of the women in the

study lived in Canadian municipalities with “optimally” fluoridated water (0.7 mg/L), and 60% lived in “un-fluoridated” municipalities.

- Two other studies have found that early exposure to “optimally” fluoridated water (0.7 mg/L) has been associated with diminished intelligence [1], [11].
- It’s worth noting that the most recent citation re: neurobehavioral effects of fluoride on Health Canada’s technical guidelines is from 2007. In other words, it is starkly outdated [8]. Alberta Health Services cites this technical guideline in their evidence of safety section [12].
- Dental fluorosis, a mineralization defect caused by excess fluoride exposure, is often referenced to occur in 10% of the population with water fluoridation concentrations of 1.0 mg/L [2]. However, in the recent follow-up evaluation of fluoridation cessation in Alberta, nearly 20% of the Edmonton children exhibited dental fluorosis with a fluoride concentration of 0.7 mg/L. To compare, 8.3% of the Calgary children exhibited dental fluorosis with an “un-fluoridated” water concentration of 0.15 mg/L [9].

There are many risk factors and lifestyle behaviours that drive dental decay. Important examples would include socioeconomic, socio-demographics, eating habits, sugar intake, vitamin D (and other nutritional) status, oral hygiene practices, and accessibility to regular dental care. Fluoride also plays a role in fighting dental decay, but I strongly believe it should be recommended and administered in a controlled dose by a dental professional, after carefully weighing the potential benefits and potential risks. Water fluoridation science has changed dramatically in the past decade, and we cannot ignore it.

Thank you for your time and consideration,



Dr. Tim Warwick, BSc, ND
Doctor of Naturopathic Medicine
CNDA#1745
403.462.9386
drtimwarwick@me.com

80 Arbour Ridge Close NW
Calgary, Alberta
T3G-4M5

References

1. Bashash M, Thomas D, Hu H, et al. Prenatal fluoride exposure and cognitive outcomes in children at 4 and 6 – 12 years of age in Mexico. *Environ. Health Perspect.*, 125 (9) (2017), pp. 1-12.
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5. Grandjean P, Hu H, Till C, et al. A Benchmark Dose Analysis for Maternal Pregnancy Urine-Fluoride and IQ in Children. *Risk Anal.* 2021 Jun 8.
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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Tori
Last name (required) Greene
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) item 11.3.1 fluoride
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The following information expresses my deep concern for the addition of the chemical biproduct fluoride to the tap water. In these times where the mayor seems concerned about a toxic environment it seems especially concerning that she would promote a serious and detrimental neurotoxin deliberately be put into our water supply.
Fluoride is a chemical ion of the highly reactive element fluorine. The compound is naturally found in some foods, soil, and water. But the fluoride in your drinking water is synthetically produced - and classified as a neurotoxin.
Consider these interesting facts:
The IAOMT lists several additional potential fluoride side effects, including acne, early female puberty, infertility, thyroid dysfunction, bone cancer, high blood pressure, heart failure, and many more.
Fluoride can damage the thyroid system, leading to a decrease in calcium in the bones and an increase in free-floating calcium in the blood. Excessive amounts of serum calcium can cause cellular, organ, and tissue damage throughout the body. Research has shown that exposure to fluoride before birth increases the risk of cognitive impairment, lower IQ, attention deficit hyperactivity disorder (ADHD), and other neurodevelopmental problems in children. Fluoride exposure can actually damage teeth due to a condition known as dental fluorosis - which affects as much as 41% of 12- to 15-year-olds in America, according to the CDC. Fluorosis is largely considered a cosmetic issue since it leads to tiny white streaks and specks in tooth enamel. But it can lead to significant tooth decay and damage in severe cases. Too much fluoride exposure can also



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damage your bones due to a related condition known as skeletal fluorosis. In this condition, bones can become overly hardened, thickened, and less elastic, which can increase the risk of fractures, joint dysfunction, and immobility. Certain people may be more susceptible to damaging fluoride side effects, according data shared by the International Association of Oral Medicine and Toxicology (IAOMT). These include the elderly, people who are deficient in calcium, magnesium, and vitamin C (that's a lot of us), and people with kidney and heart problems. The British Medical Journal and other publications have found no randomized controlled trials examining the effects of fluoride on tooth decay.

Flourinating our water supply is unethical to say the least.



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First name (required) Alice
Last name (required) Sirounis
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Agenda 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am not in support of Agenda 11.3.1 to add fluoride to the municipal water supply. Specifically, I am not in favour of industrial waste (the source of hydrofluorosilicic acid) being added to my water supply, nor the daily dumping of 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply. My plants and food do not need fluoride. Fluoride belongs in the dentists office for teeth. It was never meant to be ingested. Also, knowledge of the vote was not received until after the deadline due to the holiday. This vote is far too sudden. It's quite ironic, considering the new mayor of Calgary has declared that we are in a climate emergency, to be dumping hundreds of kilograms of environmental waste in our pristine mountain water each and every day. Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote. This is undemocratic.

And last but certainly not least...the amount of tax dollars (30 million!!!) that this will cost can be put to much better use!!! Imagine how many kits of fluoride toothpaste and dental floss can be distributed. Have we become too lazy to brush and floss our teeth? This gives everyone the CHOICE on whether they want fluoride or not. Unfortunately, even if this was a majority of people, it is not up to the majority of people to decide what each person puts into their body. I DO NOT AGREE WITH THIS. I ask that you reconsider and stop this harmful idea. Especially since 95% of the world doesn't fluoridate.



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date their water...why are we going backwards?



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First name (required) **Jaime**

Last name (required) **Leal**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Item 11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The major has declared a climate emergency yet council is considering adding fluoride, a known carcinogen, and industrial waste product into the drinking water of the city and surrounding towns. This contamination will spread to the groundwater and cause pollution and death of living organisms wherever it bioaccumulates. If people want fluoride you can get it from your destiny or toothpaste. Do not contaminate the environment with it. Any benefits you expect to see will be offset by increase in cancer in our city.
Thank you.



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First name (required) C

Last name (required) B

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I find it ironic with a 'climate emergency' being such a huge factor in our new mayors agenda that they would be willing to dump hundreds of kilograms of environmental waste everyday into our beautiful water supply. Fluoride is part of a larger industrial waste by-product and contains other dangerous for human heavy metals and toxins. Please make a smart and informed decision for the people.



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First name (required) **Jeff**

Last name (required) **Bowman**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Dear Council,

Please consider this a request to delay reintroducing fluoride into the water to allow other options to be considered. It strikes me as unfair and unnecessarily divisive to force those who do not wish to consume fluoride to do so if there could be another way of getting fluoride to those who support it (or even considering a compromise regarding the amount of fluoride put in the water).

Thank you for your consideration.

Regards,

Jeff



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First name (required) FRANCESCO

Last name (required) MANGONE

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I'm writing you now to express my concerns about dumping industrial waste (the source of hydrofluorosilicic acid) in to my water supply. This is a complete waste of money that the city does not have. I do not need to consume hydrofluorosilicic acid when I drink water or eat food cooked in that water. I do not need hydrofluorosilicic acid on my body when I shower. If I or anyone wants hydrofluorosilicic acid it is already in many toothpastes for its intended purpose. There is no good reason to pour it over lawns, wash our clothes and wash cars with it. Thank you.

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First name (required)	Petra
Last name (required)	Mace
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	We do not wish to have fluoride added to our water!!

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Nov 13, 2021

9:29:14 AM



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First name (required) Marianne
Last name (required) Simms
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
Fluoridation is a violation of the individual's right to informed consent to medication. Within a community water supply, fluoride is being added to the water of everyone, even if some people do not want it and still others do not even know about the fluoride being added to the water or about its health risks. Informed consumer consent is needed for water fluoridation, especially because of the alarming lack of safety for this chemical and its health risks.



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First name (required) Sharon

Last name (required) Trottier

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 water fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I do not support fluoride in the water. Considering how much city water from the tap is drank vs how much is used for everything else it's an absolute waste. There are better, effective, targeted ways of getting fluoride to kids. Also what % of the city population are kids? How much water do they drink? I don't water this addition in my water for myself or vegetable garden.
My understanding is other locations use city water, like Airdrie, Chestermere, Tsuut'ina Nation, but did not get to vote if they wanted fluoride.



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First name (required) Christine

Last name (required) Mandl

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) We the citizens do not wish to have the toxic waste flouride put back in our water. Why if Calgary is so concerned about pollution and climate change, are they putting this crippling agent back into the environment? God did not put it in the water. If you all think you trump God, the day will come when you will dearly regret such an evil decision.

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First name (required) Margaret

Last name (required) Fong

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Reintroduction of Fluoridation to the Water Treatment Process, C20

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I implore that council does NOT put fluoride, especially hydrofluorosilicic acid made with sulphuric acid (https://www.cdc.gov/fluoridation/engineering/wfadditives.htm) in Calgary's drinking water. The plebiscite was a decision by a previous council but the final responsibility rests with the new council. This decision affects not only of the entire population of Calgary, Strathmore, Chestermere and Airdrie, but also affects the environment and wildlife downstream of Calgary. Unless council can be 100% certain that no one's health will be harmed by adding hydrofluorosilicic acid to our drinking water, then the preferable option is to err on the side of caution and not pollute our clean water supply. This is not the time to add external risk when we are in the middle of a pandemic and a climate emergency. The margin of error in adding fluoride to our water is a very small and precise range. Why undertake the danger of poisoning our water supply due to manual or equipment failure? There are safer/more effective methods of helping children with their dental care such as the educational Scottish ChildSmile program. Our water (99%) literally goes down the drains through toilets, sinks, showers, lawns and car washes unconsumed by people. Worldwide the trend has reversed and now 97% of Europeans are drinking unfluoridated water. Please vote no if there is any doubt that there are any negative ramifications.



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First name (required) Stephanie

Last name (required) Charest

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Regarding Councils decision to add fluoride to our city water - as a resident of Calgary and a law abiding, tax paying citizen I vehemently reject this decision. We do not want or need fluoride in our water and are not impressed that this agenda item is being sneakily decided on AND that this wasn't addressed with enough time for the public to respond. Do not put fluoride in our water - it is a toxic, dangerous substance.



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First name (required) **Francisco**

Last name (required) **Poggioli**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1 Reintroducing fluoride in municipal water supply**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

The city is making a mistake forcing the people to have a chemical not desired nor recommended, together with a bunch of poison chemicals, like mercury, lead, and other heavy metals. The city cannot impose the use of these chemicals to the whole population, even knowing this can be harmful to the people. Stop this horrible initiative to poison our water



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First name (required)

Michael

Last name (required)

Gigliuk

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

Floridation of our drinking water (industrial chemicles)

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

I categorically object to adding floride (in actuality industrial waste chemicals, with a number of dangerous contaminants besides floride), being added to our drinking water!!
This is overreach by city council, people must be allowed to decide for themselves if they want to floridate. Which in the case of choice would mean they would be treating themselves with floride, not an industrial waste chemical concoction!!

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Nov 13, 2021

9:56:49 AM



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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Robert
Last name (required) Ronaghan
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoridation vote
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

As a dentist of 37 years here in Calgary I can assure you that we saw less decay when there was fluoride in the water. I know, I know....it's anecdotal but I wasn't the only one seeing the difference. Pedodontists need to have the young children put under an general anaesthetic to perform their dental work. This is an extremely stressful and expensive procedure and it shakes parents to the core. Those types of surgeries (and it is surgery) are way up since 2011. Look... its safe and effective and it works best in marginalized populations who don't have access to dental care or education. So do the right thing and vote yes to get it back in the water. 62% of Calgarians want it back in, they trust the science. Thank-you, Bob Ronaghan D.D.S.

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First name (required) Bella
Last name (required) Amberiadis
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Reintroducing fluoride into city water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The city is in debt and yet council wants to spend 30 million bringing the plant up to spec. Offer those who want fluoride free drops. Ingested fluoride does not provide the same benefits as fluoride that is put on the teeth directly. Also surrounding communities such as Airdrie and Chestermere were not able to vote on this issue and yet they are exposed to Calgary's water. Also the new mayor says we are in a climate crisis yet she is prepared to dump fluoride into the water system, which will end up in the rivers and affect the animals and plants around it. Absolutely ridiculous and unnecessary. If people want fluoride they can use fluoridated toothpaste and the city can offer free fluoride drops. Then you can please those who want extra fluoride without poisoning the rest of us and the plants/animals in the area.



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First name (required) Heather

Last name (required) Nimchuk

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Reintroduction of Fluoridation to the Water Treatment Process, C2021

Date of meeting Nov 15, 2021

Please find attached my submission respectfully requesting City Council to consider anew the matter of whether to add fluoride to Calgary's water. The new council should be making this decision based on a complete understanding of the matter rather than simply effectuating the result of a non-binding plebiscite supported by only 13.3 percent of the affected population.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Also, please be advised that in the document entitled Attach 1 - Previous Council Direction Background - PFC2020-1338.docx, if eligible electors is a synonym for enumerated electors, the percentage of support quoted for the re-introduction of fluoride is misleading. According to City of Calgary reporting, the number of enumerated electors is 847,556 and the number of electors who registered a position on the fluoride plebiscite is 334,888. The number of electors that voted for fluoridation is 206,320. While they would be 62 percent of the people who registered a vote on the issue of water fluoridation, they only represent 24 percent of the enumerated or eligible electors. Further, this group would only represent 52% of the total voters, reported as 393,090 on the City of Calgary website.

November 15, 2021

I am writing to encourage Council to schedule new, meaningful public hearings, featuring presentations from experts, before re-introducing fluoride into Calgary's water system. Currently, the City of Calgary supplies potable water to the residents of Calgary, the Tsuut'ina Nation, the Municipalities of Chestermere, Strathmore and Airdrie, as well as the Counties of Rocky View and Foothills.ⁱ Many people are affected by this decision, much should be considered.

1) The Results of the Plebiscite Are NOT Determinative of the Issue

The number of people that would be affected by the inclusion of fluoride in the water is 1.542 million,ⁱⁱ yet, only 206,320ⁱⁱⁱ, or 13.3 percent, of the affected population voted to re-introduce it. Further, it is noteworthy to consider that voter turnout in the most recent election was 46.38 percent,^{iv} a decrease of 11.72 percent, from the 2017 municipal election participation rate of 58.1 percent^v, and the residents of neighboring communities had no say in the matter at all. This is hardly an overwhelming mandate.

There is no doubt that Council was duly elected. I would only ask that you consider the level of support received for this initiative before asserting that the citizens have spoken and Council is bound to effectuate that result. Your leadership role in the community requires more.

2) This is a Complicated Issue Requiring due Consideration

To include fluoride in Calgary's drinking water, or not, is a complicated decision requiring Council to weigh competing scientific claims and evaluate detailed information. I would submit that the eleven newly elected councilors would benefit from presentations by experts on both sides of the issue and the opportunity to ask questions of the same, an opportunity denied to private citizens.

A decision of this magnitude should not be based solely on the number of cavities recorded in one city versus another. Anytime we introduce anything into our bodies, the substance can have intended and unintended effects. The focus of any inquiry should be on what effects fluoride has on the whole body and whether that risk is necessary or worth taking at all.

3) There are Alternatives to Water Fluoridation

The primary, if not sole, reason many cite for water fluoridation relates to the oral health of children from economically disadvantaged families. This is an important health concern that can be addressed without creating another crisis in an equally vulnerable population, those with kidney and other health concerns.

Alberta Health provides dental services for those without sufficient means.^{vi} On their website, they tout "Fluoride varnish [as] a quick, safe and effective way to help prevent cavities."^{vii} These alternatives should be explored before a "medicine" is introduced to the water system for the benefit of a few but accessed by all.

There are health concerns and personal sovereignty issues at play. As leaders in the community, it is incumbent on you to seek out the best information, including that from sources unavailable to electors, and to explore all relevant options when implementing policies with universal impact. The citizens of Calgary should be confident that every action undertaken is based on a full understanding of an issue and not merely the effectuation of a position supported by only 13.3 percent of the people affected. Plebiscites are non-binding for a reason. They are a factor to be taken into account, but should not be determinative of this or any other issue. I would respectfully request that the new Council take the opportunity to schedule comprehensive hearings before ordering the implementation of any initiative.

All of which is respectfully submitted,

Heather Nimchuk

ⁱ <https://calgaryherald.com/news/local-news/calgary-fluoride-decision-would-affect-neighbouring-residents-with-no-vote>

ⁱⁱ <https://regionaldashboard.alberta.ca/#/explore-an-indicator?i=population&d=CalculatedValue>

ⁱⁱⁱ <https://www.calgary.ca/election/results/2021-results.html>

^{iv} <https://www.calgary.ca/election/results/2021-results.html>

^v <https://calgary.ctvnews.ca/voter-turnout-highest-in-40-years-in-calgary-1.3636034>

^{vi} <https://www.albertahealthservices.ca/services/Page13202.aspx>

^{vii} <https://www.albertahealthservices.ca/services/page13171.aspx>



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First name (required) **Mike**

Last name (required) **T**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The benefits of adding fluoride to the water should be weighed against the risk to peoples overall health when fluoride is ingested into the body. There is a reason why most cities in the world do not dump fluoride, which is essentially environmental waste into the water supply. If people are concerned that fluoride will help their teeth, there are plenty of toothpaste brands available with this chemical in it.



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First name (required) Kristy
Last name (required) Pow
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride
Date of meeting Nov 15, 2021

THREE REASONS TO END WATER FLUORIDATION

REASON #1: Fluoridation Is an Outdated Form of Mass Medication
Unlike all other water treatment processes, fluoridation does not treat the water itself, but the person consuming it. The Food & Drug Administration accepts that fluoride is a drug, not a nutrient, when used to prevent disease. By definition therefore, fluoridating water is a form of medication. This is why most western European nations have rejected the practice — because in their view, the public water supply is not an appropriate place to be adding drugs, particularly when fluoride is readily available for individual use in the form of toothpaste.

REASON #2: Fluoridation Is Unnecessary and Ineffective
The most obvious reason to end fluoridation is that it is now known that fluoride's main benefit comes from topical contact with the teeth, not from ingestion. Even the CDC's Oral Health Division now acknowledges this. There is simply no need therefore, to swallow fluoride, whether in the water, toothpaste, or any other form. Further, despite

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

early claims that fluoridated water would reduce cavities by 65%, modern large-scale studies show no consistent or meaningful difference in the cavity rates of fluoridated and non-fluoridated areas.

REASON #3: Fluoridation Is Not a Safe Practice

The most important reason to end fluoridation is that it is simply not a safe practice, particularly for those who have health conditions that render them vulnerable to fluoride's toxic effects.

First, there is no dispute that fluoridation is causing millions of children to develop dental fluorosis, a discoloration of the teeth that is caused by excessive fluoride intake. Scientists from the Centers for Disease Control have even acknowledged that fluoridation is causing "cosmetically objectionable" fluorosis on children's front teeth — an effect that can cause children embarrassment and anxiety at an age when physical appearance is the single most important predictor of self-esteem.

Second, it is known that fluoridated water caused severe bone disease in dialysis patients up until the late 1970s (prior to dialysis units filtering fluoride). While dialysis units now filter out the fluoride, research shows that current fluoride exposures are still resulting in dangerously high bone fluoride levels in dialysis patients and patients with other advanced forms of kidney disease. It is unethical to compromise the health of some members in a population t



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First name (required)

Gil

Last name (required)

Molina

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

NO: Reintroduce fluoride into Calgary water

Date of meeting

Nov 14, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Dear City Counsellors,

I would like to address the issue of reintroducing hydrofluorosilicic acid (an industrial waste) into Calgary's water supply. Our family is opposed to this action because fluoride is toxic. Long-term ingestion of fluoride is harmful to the brain, digestive system, heart, bones... even the tooth enamel it's supposed to help. We ask that the City not reintroduce fluoride and allow the people the choice of using topical fluoride in their toothpaste and other dental treatments.

Also, I'm just wondering if it is good to be dumping hundreds of kilograms of industrial waste into the Bow River via the wastewater treatment plants each and every day. Is this good for the environment that we are trying so hard to protect. Also, everyone should know that the Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote.



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First name (required) Nuria
Last name (required) Martin
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 14, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Do not add fluoride to Calgarys drinking water. This is a known toxin that causes harm to humans and has no place in our water. We are already exposed to so many environmental toxins not to mention the expense involved to have this done. This is not where I want my tax dollars being spent.

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Vincent

Last name (required) Landry

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Item 11.3.1 (Fluoride in water)

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I only now got wind of council's voting for the inclusion of poisonous fluoride in our drinking water. Note that notification of this vote was not received until after the deadline due to the holiday. To my knowledge 60% of the 30% who voted in the municipal election voted to add fluoride to our DRINKING water. This represents only 18% of the total population of Calgary. Clearly not a majority! Advantages of Fluoride can only be minimally shown in it's topical application, NOT CONSUMPTION! There are numerous studies showing the detrimental effects of adding this hazardous industrial waste to our drinking water. Not to mention the \$30 million dollar cost to Calgarians at a time in which we've all been financially devastated by the unscientific covid "measures" imposed. There are over 67 studies showing the negative impact on IQ's due to fluoridation (see attached for just one of them).

Should you decide to proceed and insert this poison into our water, I will be charging the City with all exorbitant costs associated with installing the necessary equipment to have fluoride removed from my household.

Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada

Rivka Green, MA; Bruce Lanphear, MD; Richard Hornung, PhD; David Flora, PhD; E. Angeles Martinez-Mier, DDS; Raichel Neufeld, BA; Pierre Ayotte, PhD; Gina Muckle, PhD; Christine Till, PhD

IMPORTANCE The potential neurotoxicity associated with exposure to fluoride, which has generated controversy about community water fluoridation, remains unclear.

OBJECTIVE To examine the association between fluoride exposure during pregnancy and IQ scores in a prospective birth cohort.

DESIGN, SETTING, AND PARTICIPANTS This prospective, multicenter birth cohort study used information from the Maternal-Infant Research on Environmental Chemicals cohort. Children were born between 2008 and 2012; 41% lived in communities supplied with fluoridated municipal water. The study sample included 601 mother-child pairs recruited from 6 major cities in Canada; children were between ages 3 and 4 years at testing. Data were analyzed between March 2017 and January 2019.

EXPOSURES Maternal urinary fluoride (MUF_{SG}), adjusted for specific gravity and averaged across 3 trimesters available for 512 pregnant women, as well as self-reported maternal daily fluoride intake from water and beverage consumption available for 400 pregnant women.

MAIN OUTCOMES AND MEASURES Children's IQ was assessed at ages 3 to 4 years using the Wechsler Primary and Preschool Scale of Intelligence-III. Multiple linear regression analyses were used to examine covariate-adjusted associations between each fluoride exposure measure and IQ score.

RESULTS Of 512 mother-child pairs, the mean (SD) age for enrollment for mothers was 32.3 (5.1) years, 463 (90%) were white, and 264 children (52%) were female. Data on MUF_{SG} concentrations, IQ scores, and complete covariates were available for 512 mother-child pairs; data on maternal fluoride intake and children's IQ were available for 400 of 601 mother-child pairs. Women living in areas with fluoridated tap water ($n = 141$) compared with nonfluoridated water ($n = 228$) had significantly higher mean (SD) MUF_{SG} concentrations (0.69 [0.42] mg/L vs 0.40 [0.27] mg/L; $P = .001$; to convert to millimoles per liter, multiply by 0.05263) and fluoride intake levels (0.93 [0.43] vs 0.30 [0.26] mg of fluoride per day; $P = .001$). Children had mean (SD) Full Scale IQ scores of 107.16 (13.26), range 52-143, with girls showing significantly higher mean (SD) scores than boys: 109.56 (11.96) vs 104.61 (14.09); $P = .001$. There was a significant interaction ($P = .02$) between child sex and MUF_{SG} (6.89; 95% CI, 0.96-12.82) indicating a differential association between boys and girls. A 1-mg/L increase in MUF_{SG} was associated with a 4.49-point lower IQ score (95% CI, -8.38 to -0.60) in boys, but there was no statistically significant association with IQ scores in girls ($B = 2.40$; 95% CI, -2.53 to 7.33). A 1-mg higher daily intake of fluoride among pregnant women was associated with a 3.66 lower IQ score (95% CI, -7.16 to -0.14) in boys and girls.

CONCLUSIONS AND RELEVANCE In this study, maternal exposure to higher levels of fluoride during pregnancy was associated with lower IQ scores in children aged 3 to 4 years. These findings indicate the possible need to reduce fluoride intake during pregnancy.

[+ Editorial and Editor's Note](#)

[+ Supplemental content](#)

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Published online August 19, 2019.

Author Affiliations: Author affiliations are listed at the end of this article.

Corresponding Author: Christine Till, PhD, Department of Psychology, York University, 4700 Keele St, Toronto, ON M3J 1P3, Canada (ctill@yorku.ca).

For decades, community water fluoridation has been used to prevent tooth decay. Water fluoridation is supplied to about 66% of US residents, 38% of Canadian residents, and 3% of European residents.¹ In fluoridated communities, fluoride from water and beverages made with tap water makes up 60% to 80% of daily fluoride intake in adolescents and adults.²

Fluoride crosses the placenta,³ and laboratory studies show that it accumulates in brain regions involved in learning and memory⁴ and alters proteins and neurotransmitters in the central nervous system.⁵ Higher fluoride exposure from drinking water has been associated with lower children's intelligence in a meta-analysis⁶ of 27 epidemiologic studies and in studies^{7,8} including biomarkers of fluoride exposure. However, most prior studies were cross-sectional and conducted in regions with higher water fluoride concentrations (0.88–31.6 mg/L; to convert to millimoles per liter, multiply by 0.05263) than levels considered optimal (ie, 0.7 mg/L) in North America.⁹ Further, most studies did not measure exposure during fetal brain development. In a longitudinal birth cohort study involving 299 mother-child pairs in Mexico City, Mexico, a 1-mg/L increase in maternal urinary fluoride (MUF) concentration was associated with a 6-point (95% CI, –10.84 to –1.74) lower IQ score among school-aged children.¹⁰ In this same cohort, MUF was also associated with more attention-deficit/hyperactivity disorder-like symptoms.¹¹ Urinary fluoride concentrations among pregnant women living in fluoridated communities in Canada are similar to concentrations among pregnant women living in Mexico City.¹² However, it is unclear whether fluoride exposure during pregnancy is associated with cognitive deficits in a population receiving optimally fluoridated water.

This study examined whether exposure to fluoride during pregnancy was associated with IQ scores in children in a Canadian birth cohort in which 40% of the sample was supplied with fluoridated municipal water.

Methods

Study Cohort

Between 2008 and 2011, the Maternal-Infant Research on Environmental Chemicals (MIREC) program recruited 2001 pregnant women from 10 cities across Canada. Women who could communicate in English or French, were older than 18 years, and were within the first 14 weeks of pregnancy were recruited from prenatal clinics. Participants were not recruited if there was a known fetal abnormality, if they had any medical complications, or if there was illicit drug use during pregnancy. Additional details are in the cohort profile description.¹³

A subset of 610 children in the MIREC Study was evaluated for the developmental phase of the study at ages 3 to 4 years; these children were recruited from 6 of 10 cities included in the original cohort: Vancouver, Montreal, Kingston, Toronto, Hamilton, and Halifax. Owing to budgetary restraints, recruitment was restricted to the 6 cities with the most participants who fell into the age range required for

Key Points

Question Is maternal fluoride exposure during pregnancy associated with childhood IQ in a Canadian cohort receiving optimally fluoridated water?

Findings In this prospective birth cohort study, fluoride exposure during pregnancy was associated with lower IQ scores in children aged 3 to 4 years.

Meaning Fluoride exposure during pregnancy may be associated with adverse effects on child intellectual development, indicating the possible need to reduce fluoride intake during pregnancy.

the testing during the data collection period. Of the 610 children, 601 (98.5%) completed neurodevelopmental testing; 254 (42.3%) of these children lived in nonfluoridated regions and 180 (30%) lived in fluoridated regions; for 167 (27.7%) fluoridation status was unknown owing to missing water data or reported not drinking tap water (Figure 1).

This study was approved by the research ethics boards at Health Canada, York University, and Indiana University. All women signed informed consent forms for both mothers and children.

Maternal Urinary Fluoride Concentration

We used the mean concentrations of MUF measured in urine spot samples collected across each trimester of pregnancy at a mean (SD) of 11.57 (1.57), 19.11 (2.39), and 33.11 (1.50) weeks of gestation. Owing to the variability of urinary fluoride measurement and fluoride absorption during pregnancy,¹⁴ we only included women who had all 3 urine samples. In our previous work, these samples were moderately correlated; intraclass correlation coefficient (ICC) ranged from 0.37 to 0.40.¹²

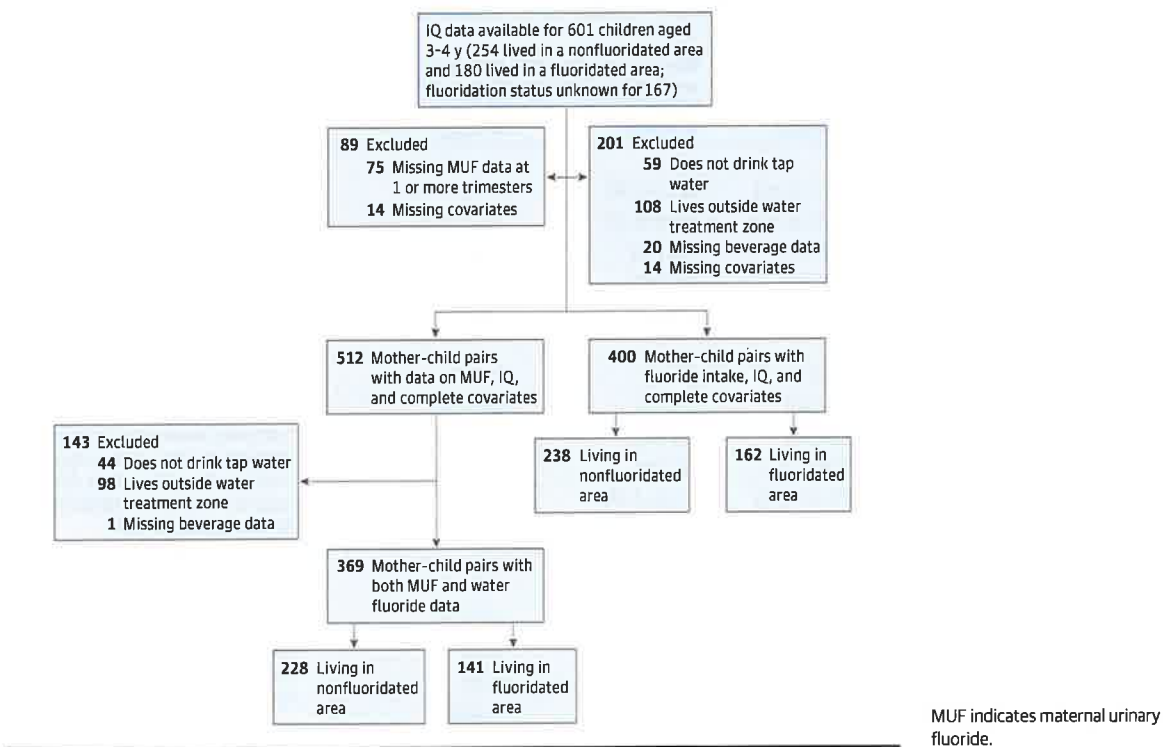
Urinary fluoride concentration was analyzed at the Indiana University School of Dentistry using a modification of the hexamethyldisiloxane (Sigma Chemical Co) microdiffusion procedure¹⁵ and described in our previous work.¹² Fluoride concentration could be measured to 0.02 mg/L. We excluded 2 samples (0.002%) because the readings exceeded the highest concentration standard (5 mg/L) and there was less certainty of these being representative exposure values.

To account for variations in urine dilution at the time of measurement, we adjusted MUF concentrations for specific gravity (SG) using the following equation: $MUF_{SG} = MUF_i \times (SG_M - 1)/(SG_i - 1)$, where MUF_{SG} is the SG-adjusted fluoride concentration (in milligrams of fluoride per liter), MUF_i is the observed fluoride concentration, SG_i is the SG of the individual urine sample, and SG_M is the median SG for the cohort.¹⁶ For comparison, we also adjusted MUF using the same creatinine adjustment method that was used in the 2017 Mexican cohort.¹⁰

Water Fluoride Concentration

Water treatment plants measured fluoride levels daily if fluoride was added to municipal drinking water and weekly or monthly if fluoride was not added to water.¹² We matched

Figure 1. Flowchart of Inclusion Criteria



participants' postal codes with water treatment plant zones, allowing an estimation of water fluoride concentration for each woman by averaging water fluoride concentrations (in milligrams per liter) during the duration of pregnancy. We only included women who reported drinking tap water during pregnancy.

Daily Fluoride Intake in Mothers

We obtained information on consumption of tap water and other water-based beverages (tea and coffee) from a self-report questionnaire completed by mothers during the first and third trimesters. This questionnaire was used in the original MREC cohort and has not been validated. Also, for this study, we developed methods to estimate and calculate fluoride intake that have not yet been validated. To estimate fluoride intake from tap water consumed per day (milligrams per day), we multiplied each woman's consumption of water and beverages by her water fluoride concentration (averaged across pregnancy) and multiplied by 0.2 (fluoride content for a 200-mL cup). Because black tea contains a high fluoride content (2.6 mg/L),^{17,18} we also estimated the amount of fluoride consumed from black tea by multiplying each cup of black tea by 0.52 mg (mean fluoride content in a 200-mL cup of black tea made with deionized water) and added this to the fluoride intake variable. Green tea also contains varying levels of fluoride; therefore, we used the mean for the green teas listed by the US Department of Agriculture (1.935 mg/L).¹⁸ We multiplied each cup of green tea by 0.387 mg (fluoride content in a 200-mL cup of green tea made with deionized water) and added this to the fluoride intake variable.

Primary Outcomes

We assessed children's intellectual abilities with the Wechsler Preschool and Primary Scale of Intelligence, Third Edition. Full Scale IQ (FSIQ), a measure of global intellectual functioning, was the primary outcome. We also assessed verbal IQ (VIQ), representing verbal reasoning and comprehension, and performance IQ (PIQ), representing nonverbal reasoning, spatial processing, and visual-motor skills.

Covariates

We selected covariates from a set of established factors associated with fluoride metabolism (eg, time of void and time since last void) and children's intellectual abilities (eg, child sex, maternal age, gestational age, and parity) (Table 1). Mother's race/ethnicity was coded as white or other, and maternal education was coded as either bachelor's degree or higher or trade school diploma or lower. The quality of a child's home environment was measured by the Home Observation for Measurement of the Environment (HOME)-Revised Edition¹⁹ on a continuous scale. We also controlled for city and, in some models, included self-reported exposure to secondhand smoke (yes/no) as a covariate.

Statistical Analyses

In our primary analysis, we used linear regression analyses to estimate the associations between our 2 measures of fluoride exposure (MUF_{SG} and fluoride intake) and children's FSIQ scores. In addition to providing the coefficient corresponding to a 1-mg difference in fluoride exposure, we also estimated coefficients corresponding to a fluoride exposure

Table 1. Demographic Characteristics and Exposure Outcomes for Mother-Child Pairs With MUF_{SG} (n = 512) and Fluoride Intake Data (n = 400) by Fluoridated and Nonfluoridated Status^a

Variable ^b	No. (%)		
	MUF _{SG} Sample (n = 512) ^c	Nonfluoridated (n = 238)	Fluoridated (n = 162)
Mothers			
Age of mother at enrollment, mean (SD), y	32.33 (5.07)	32.61 (4.90)	32.52 (4.03)
Prepregnancy BMI, mean (SD)	25.19 (6.02)	25.19 (6.35)	24.33 (5.10)
Married or common law	497 (97)	225 (95)	159 (98)
Born in Canada	426 (83)	187 (79)	131 (81)
White	463 (90)	209 (88)	146 (90)
Maternal education			
Trade school diploma/high school	162 (32)	80 (34)	38 (24)
Bachelor's degree or higher	350 (68)	158 (66)	124 (76)
Employed at time of pregnancy	452 (88)	205 (86)	149 (92)
Net income household >\$70 000 CAD	364 (71)	162 (68)	115 (71)
HOME total score, mean (SD)	47.32 (4.32)	47.28 (4.48)	48.14 (3.90)
Smoked in trimester 1	12 (2)	7 (3)	2 (1)
Secondhand smoke in the home	18 (4)	9 (4)	2 (1)
Alcohol consumption, alcoholic drink/mo			
None	425 (83)	192 (81)	136 (84)
<1	41 (8)	23 (10)	11 (7)
≥1	46 (9)	23 (10)	15 (9)
Parity (first birth)	233 (46)	119 (50)	71 (44)
Children			
Female	264 (52)	118 (50)	83 (51)
Age at testing, mean (SD), y	3.42 (0.32)	3.36 (0.31)	3.49 (0.29)
Gestation, mean (SD), wk	39.12 (1.57)	39.19 (1.47)	39.17 (1.81)
Birth weight, mean (SD), kg	3.47 (0.49)	3.48 (0.48)	3.47 (0.53)
FSIQ	107.16 (13.26)	108.07 (13.31)	108.21 (13.72)
Boys ^d	104.61 (14.09)	106.31 (13.60)	104.78 (14.71)
Girls ^d	109.56 (11.96)	109.86 (12.83)	111.47 (11.89)
Exposure variables			
MUF_{SG} concentration, mg/L^e			
No.	512	228	141
Mean (SD)	0.51 (0.36)	0.40 (0.27)	0.69 (0.42)
Fluoride intake level per day, mg			
No.	369 ^a	238	162
Mean (SD)	0.54 (0.44)	0.30 (0.26)	0.93 (0.43)
Water fluoride concentration, mg/L			
No.	369 ^a	238	162
Mean (SD)	0.31 (0.23)	0.13 (0.06)	0.59 (0.08)

Abbreviations: BMI, body mass index (calculated as weight in kilograms divided by height in meters squared); CAD, Canadian dollars; FSIQ, Full Scale IQ; HOME, Home Observation for Measurement of the Environment; MUF_{SG}, maternal urinary fluoride adjusted for specific gravity.

SI conversion factor: To convert fluoride to millimoles per liter, multiply by 0.05263.

^a Owing to missing water treatment plant data and/or MUF data, the samples are distinct with some overlapping participants in both groups (n = 369).

^b All of the listed variables were tested as potential covariates, as well as the following: paternal variables (age, education, employment status, smoking status, and race/ethnicity); maternal chronic condition during pregnancy and birth country; breastfeeding duration; and time of void and time since last void.

^c Maternal urinary fluoride (averaged across all 3 trimesters) and corrected for specific gravity.

^d The FSIQ score has a mean (SD) of 100 (15); US population norms used.

^e Owing to missing water treatment plant data, the samples in the fluoridated and nonfluoridated regions do not add up to the MUF sample size.

difference spanning the 25th to 75th percentile range (which corresponds to a 0.33 mg/L and 0.62 mg F/d difference in MUF_{SG} and fluoride intake, respectively) as well as the 10th to 90th percentile range (which corresponds to a 0.70 mg/L and 1.04 mg F/d difference in MUF_{SG} and fluoride intake, respectively).

We retained a covariate in the model if its *P* value was less than .20 or its inclusion changed the regression coefficient of the variable associated factor by more than 10% in any of the IQ models. Regression diagnostics confirmed that there were no collinearity issues in any of the IQ models

with MUF_{SG} or fluoride intake (variance inflation factor <2 for all covariates). Residuals from each model had approximately normal distributions, and their Q-Q plots revealed no extreme outliers. Plots of residuals against fitted values did not suggest any assumption violations and there were no substantial influential observations as measured by Cook distance. Including quadratic or natural-log effects of MUF_{SG} or fluoride intake did not significantly improve the regression models. Thus, we present the more easily interpreted estimates from linear regression models. Additionally, we examined separate models with 2 linear splines to test

whether the MUF_{SG} association significantly differed between lower and higher levels of MUF_{SG} based on 3 knots, which were set at 0.5 mg/L (mean MUF_{SG}), 0.8 mg/L (threshold seen in the Mexican birth cohort),¹⁰ and 1 mg/L (optimal concentration in the United States until 2015).²⁰ For fluoride intake, knots were set at 0.4 mg (mean fluoride intake), 0.8 mg, and 1 mg (in accordance with MUF_{SG}). We also examined sex-specific associations in all models by testing the interactions between child sex and each fluoride measure.

In sensitivity analyses, we tested whether the associations between MUF_{SG} and IQ were confounded by maternal blood concentrations of lead,²¹ mercury,²¹ manganese,^{21,22} perfluoro-octanoic acid,²³ or urinary arsenic.²⁴ We also conducted sensitivity analyses by removing IQ scores that were greater than or less than 2.5 standard deviations from the sample mean. Additionally, we examined whether using MUF adjusted for creatinine instead of SG affected the results.

In additional analyses, we examined the association between our 2 measures of fluoride exposure (MUF_{SG} and fluoride intake) with VIQ and PIQ. Additionally, we examined whether water fluoride concentration was associated with FSIQ, VIQ, and PIQ scores.

For all analyses, statistical significance tests with a type I error rate of 5% were used to test sex interactions, while 95% confidence intervals were used to estimate uncertainty. Analyses were conducted using R software (the R Foundation).²⁵ The P value level of significance was .05, and all tests were 2-sided.

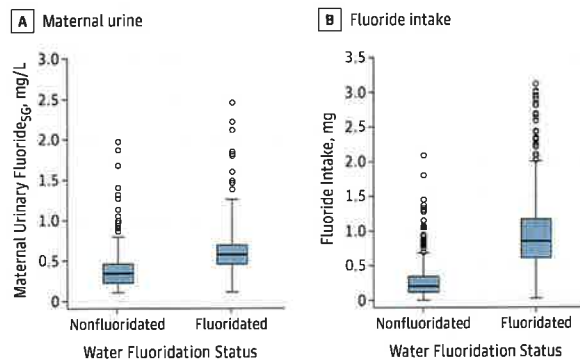
Results

For the first measure of fluoride exposure, MUF_{SG} , 512 of 601 mother-child pairs (85.2%) who completed the neurodevelopmental visit had urinary fluoride levels measured at each trimester of the mother's pregnancy and complete covariate data (Figure 1); 89 (14.8%) were excluded for missing MUF_{SG} at 1 or more trimesters ($n = 75$) or missing 1 or more covariates included in the regression ($n = 14$) (Figure 1). Of the 512 mother-child pairs with MUF_{SG} data (and all covariates), 264 children were female (52%).

For the second measure of fluoride exposure, fluoride intake from maternal questionnaire, data were available for 400 of the original 601 mother-child pairs (66.6%): 201 women (33.4%) were excluded for reporting not drinking tap water ($n = 59$), living outside of the predefined water treatment plant zone ($n = 108$), missing beverage consumption data ($n = 20$), or missing covariate data ($n = 14$) (Figure 1).

Children had mean FSIQ scores in the average range (population normed) (mean [SD], 107.16 [13.26], range = 52-143), with girls (109.56 [11.96]) showing significantly higher scores than boys (104.61 [14.09]; $P < .001$) (Table 1). The demographic characteristics of the 512 mother-child pairs included in the primary analysis were not substantially different from the original MIREC cohort or subset of mother-child pairs without 3 urine samples (eTable 1 in the Supplement). Of the 400 mother-child pairs with fluoride intake data (and all covariates), 118 of

Figure 2. Distribution of Fluoride Levels in Maternal Urine and for Estimated Fluoride Intake by Fluoridation Status



To convert fluoride to millimoles per liter, multiply by 0.05263.

238 (50%) in the group living in a nonfluoridated region were female and 83 of 162 (51%) in the group living in a fluoridated region were female.

Fluoride Measurements

The median MUF_{SG} concentration was 0.41 mg/L (range, 0.06-2.44 mg/L). Mean MUF_{SG} concentration was significantly higher among women ($n = 141$) who lived in communities with fluoridated drinking water (0.69 [0.42] mg/L) compared with women ($n = 228$) who lived in communities without fluoridated drinking water (0.40 [0.27] mg/L; $P < .001$) (Table 1; Figure 2).

The median estimated fluoride intake was 0.39 mg per day (range, 0.01-2.65 mg). As expected, the mean (SD) fluoride intake was significantly higher for women (162 [40.5%]) who lived in communities with fluoridated drinking water (mean [SD], 0.93 [0.43] mg) than women (238 [59.5%]) who lived in communities without fluoridated drinking water (0.30 [0.26] mg; $P < .001$) (Table 1; Figure 2). The MUF_{SG} was moderately correlated with fluoride intake ($r = 0.49$; $P < .001$) and water fluoride concentration ($r = 0.37$; $P < .001$).

Maternal Urinary Fluoride Concentrations and IQ

Before covariate adjustment, a significant interaction (P for interaction = .03) between MUF_{SG} and child sex ($B = 7.24$; 95% CI, 0.81-13.67) indicated that MUF_{SG} was associated with FSIQ in boys; an increase of 1 mg/L MUF_{SG} was associated with a 5.01 (95% CI, -9.06 to -0.97; $P = .02$) lower FSIQ score in boys. In contrast, MUF_{SG} was not significantly associated with FSIQ score in girls ($B = 2.23$; 95% CI, -2.77 to 7.23; $P = .38$) (Table 2).

Adjusting for covariates, a significant interaction (P for interaction = .02) between child sex and MUF_{SG} ($B = 6.89$; 95% CI, 0.96-12.82) indicated that an increase of 1 mg/L of MUF_{SG} was associated with a 4.49 (95% CI, -8.38 to -0.60; $P = .02$) lower FSIQ score for boys. An increase from the 10th to 90th percentile of MUF_{SG} was associated with a 3.14 IQ decrement among boys (Table 2; Figure 3). In contrast, MUF_{SG} was not significantly associated with FSIQ score in girls ($B = 2.43$; 95% CI, -2.51 to 7.36; $P = .33$).

Table 2. Unadjusted and Adjusted Associations Estimated From Linear Regression Models of Fluoride Exposure Variables and FSIQ Scores

Variable	Difference (95% CI)			
	Unadjusted	Adjusted Estimates, Regression Coefficients Indicate Change in Outcome per ^a		
		1 mg	25th to 75th Percentiles	10th to 90th Percentiles
MUF _{SG} ^{b,c}	-2.60 (-5.80 to 0.60)	-1.95 (-5.19 to 1.28)	-0.64 (-1.69 to 0.42)	-1.36 (-3.58 to 0.90)
Boys	-5.01 (-9.06 to -0.97)	-4.49 (-8.38 to -0.60)	-1.48 (-2.76 to -0.19)	-3.14 (-5.86 to -0.42)
Girls	2.23 (-2.77 to 7.23)	2.40 (-2.53 to 7.33)	0.79 (-0.83 to 2.42)	1.68 (-1.77 to 5.13)
Fluoride intake ^{d,e}	-3.19 (-5.94 to -0.44)	-3.66 (-7.16 to -0.15)	-2.26 (-4.45 to -0.09)	-3.80 (-7.46 to -0.16)

Abbreviations: FSIQ, Full Scale IQ; HOME, Home Observation for Measurement of the Environment; MUF_{SG}, maternal urinary fluoride adjusted for specific gravity.

^a Adjusted estimates pertain to predicted FSIQ difference for a value spanning the interquartile range (25th to 75th percentiles) and 80th central range (10th to 90th percentiles): (1) MUF_{SG}: 0.33 mg/L, 0.70 mg/L, respectively; (2) fluoride intake: 0.62 mg, 1.04 mg, respectively.

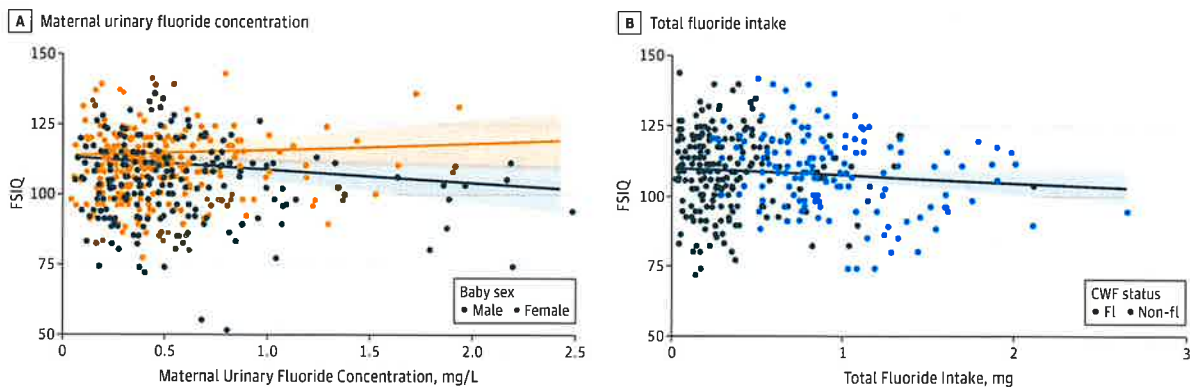
^b n = 512.

^c Adjusted for city, HOME score, maternal education, race/ethnicity, and including child sex interaction.

^d n = 400.

^e Adjusted for city, HOME score, maternal education, race/ethnicity, child sex, and prenatal secondhand smoke exposure.

Figure 3. Covariate Results of Multiple Linear Regression Models of Full Scale IQ (FSIQ) from Maternal Urinary Fluoride Concentration by Child Sex (n = 512) and Total Fluoride Intake Estimated from Daily Maternal Beverage Consumption (n = 400)



B, Community fluoridation status (CWF) is shown for each woman; black dots represent women living in nonfluoridated (non-Fl) communities and blue dots represent women living in fluoridated (Fl) communities.

Estimated Fluoride Intake and IQ

A 1-mg increase in fluoride intake was associated with a 3.66 (95% CI, -7.16 to -0.15; $P = .04$) lower FSIQ score among boys and girls (Table 2; Figure 3). The interaction between child sex and fluoride intake was not statistically significant ($B = 1.17$; 95% CI, -4.08 to 6.41; P for interaction = .66).

Sensitivity Analyses

Adjusting for lead, mercury, manganese, perfluorooctanoic acid, or arsenic concentrations did not substantially change the overall estimates of MUF_{SG} for boys or girls (eTable 2 in the Supplement). Use of MUF adjusted for creatinine did not substantially alter the associations with FSIQ (eTable 2 in the Supplement). Including time of void and time since last void did not substantially change the regression coefficient of MUF_{SG} among boys or girls.

Estimates for determining the association between MUF_{SG} and PIQ showed a similar pattern with a statistically significant interaction between MUF_{SG} and child sex (P for interaction = .007). An increase of 1 mg/L MUF_{SG} was associated with a 4.63 (95% CI, -9.01 to -0.25; $P = .04$) lower PIQ score in boys, but the association was not statistically significant in girls

($B = 4.51$; 95% CI, -1.02 to 10.05; $P = .11$). An increase of 1 mg/L MUF_{SG} was not significantly associated with VIQ in boys ($B = -2.85$; 95% CI, -6.65 to 0.95; $P = .14$) or girls ($B = 0.55$; 95% CI, -4.28 to 5.37; $P = .82$); the interaction between MUF_{SG} and child sex was not statistically significant (P for interaction = .25) (eTable 3 in the Supplement).

Consistent with the findings on estimated maternal fluoride intake, increased water fluoride concentration (per 1 mg/L) was associated with a 5.29 (95% CI, -10.39 to -0.19) lower FSIQ score among boys and girls and a 13.79 (95% CI, -18.82 to -7.28) lower PIQ score (eTable 4 in the Supplement).

Discussion

Using a prospective Canadian birth cohort, we found that estimated maternal exposure to higher fluoride levels during pregnancy was associated with lower IQ scores in children. This association was supported by converging findings from 2 measures of fluoride exposure during pregnancy. A difference in MUF_{SG} spanning the interquartile range for the entire sample (ie, 0.33 mg/L), which is roughly the difference in

MUF_{SG} concentration for pregnant women living in a fluoridated vs a nonfluoridated community, was associated with a 1.5-point IQ decrement among boys. An increment of 0.70 mg/L in MUF_{SG} concentration was associated with a 3-point IQ decrement in boys; about half of the women living in a fluoridated community have a MUF_{SG} equal to or greater than 0.70 mg/L. These results did not change appreciably after controlling for other key exposures such as lead, arsenic, and mercury.

To our knowledge, this study is the first to estimate fluoride exposure in a large birth cohort receiving optimally fluoridated water. These findings are consistent with that of a Mexican birth cohort study that reported a 6.3 decrement in IQ in preschool-aged children compared with a 4.5 decrement for boys in our study for every 1 mg/L of MUF.¹⁰ The findings of the current study are also concordant with ecologic studies that have shown an association between higher levels of fluoride exposure and lower intellectual abilities in children.^{7,8,26} Collectively, these findings support that fluoride exposure during pregnancy may be associated with neurocognitive deficits.

In contrast with the Mexican study,¹⁰ the association between higher MUF_{SG} concentrations and lower IQ scores was observed only in boys but not in girls. Studies of fetal and early childhood fluoride exposure and IQ have rarely examined differences by sex; of those that did, some reported no differences by sex.^{10,27-29} Most rat studies have focused on fluoride exposure in male rats,³⁰ although 1 study³¹ showed that male rats were more sensitive to neurocognitive effects of fetal exposure to fluoride. Testing whether boys are potentially more vulnerable to neurocognitive effects associated with fluoride exposure requires further investigation, especially considering that boys have a higher prevalence of neurodevelopmental disorders such as ADHD, learning disabilities, and intellectual disabilities.³² Adverse effects of early exposure to fluoride may manifest differently for girls and boys, as shown with other neurotoxicants.³³⁻³⁶

The estimate of maternal fluoride intake during pregnancy in this study showed that an increase of 1 mg of fluoride was associated with a decrease of 3.7 IQ points across boys and girls. The finding observed for fluoride intake in both boys and girls may reflect postnatal exposure to fluoride, whereas MUF primarily captures prenatal exposure. Importantly, we excluded women who reported that they did not drink tap water and matched water fluoride measurements to time of pregnancy when estimating maternal fluoride intake. None of the fluoride concentrations measured in municipal drinking water were greater than the maximum acceptable concentration of 1.5 mg/L set by Health Canada; most (94.3%) were lower than the 0.7 mg/L level considered optimal.³⁷

Water fluoridation was introduced in the 1950s to prevent dental caries before the widespread use of fluoridated dental products. Originally, the US Public Health Service set the optimal fluoride concentrations in water from 0.7 to 1.2 mg/L to achieve the maximum reduction in tooth decay and minimize the risk of enamel fluorosis.³⁸ Fluorosis, or mottling, is a symptom of excess fluoride intake from any source occurring during the period of tooth development. In

2012, 68% of adolescents had very mild to severe enamel fluorosis.³⁹ The higher prevalence of enamel fluorosis, especially in fluoridated areas,⁴⁰ triggered renewed concern about excessive ingestion of fluoride. In 2015, in response to fluoride overexposure and rising rates of enamel fluorosis,^{39,41,42} the US Public Health Service recommended an optimal fluoride concentration of 0.7 mg/L, in line with the recommended level of fluoride added to drinking water in Canada to prevent caries. However, the beneficial effects of fluoride predominantly occur at the tooth surface after the teeth have erupted.⁴³ Therefore, there is no benefit of systemic exposure to fluoride during pregnancy for the prevention of caries in offspring.⁴⁴ The evidence showing an association between fluoride exposure and lower IQ scores raises a possible new concern about cumulative exposures to fluoride during pregnancy, even among pregnant women exposed to optimally fluoridated water.

Strengths and Limitations

Our study has several strengths and limitations. First, urinary fluoride has a short half-life (approximately 5 hours) and depends on behaviors that were not controlled in our study, such as consumption of fluoride-free bottled water or swallowing toothpaste prior to urine sampling. We minimized this limitation by using 3 serial urine samples and tested for time of urine sample collection and time since last void, but these variables did not alter our results. Second, although higher maternal ingestion of fluoride corresponds to higher fetal plasma fluoride levels,⁴⁵ even serial maternal urinary spot samples may not precisely represent fetal exposure throughout pregnancy. Third, while our analyses controlled for a comprehensive set of covariates, we did not have maternal IQ data. However, there is no evidence suggesting that fluoride exposure differs as a function of maternal IQ; our prior study did not observe a significant association between MUF levels and maternal education level.¹² Moreover, a greater proportion of women living in fluoridated communities (124 [76%]) had a university-level degree compared with women living in nonfluoridated communities (158 [66%]). Nonetheless, despite our comprehensive array of covariates included, this observational study design could not address the possibility of other unmeasured residual confounding. Fourth, fluoride intake did not measure actual fluoride concentration in tap water in the participant's home; Toronto, for example, has overlapping water treatment plants servicing the same household. Similarly, our fluoride intake estimate only considered fluoride from beverages; it did not include fluoride from other sources such as dental products or food. Furthermore, fluoride intake data were limited by self-report of mothers' recall of beverage consumption per day, which was sampled at 2 points of pregnancy, and we lacked information regarding specific tea brand.^{17,18} In addition, our methods of estimating maternal fluoride intake have not been validated; however, we show construct validity with MUF. Fifth, this study did not include assessment of postnatal fluoride exposure or consumption. However, our future analyses will assess exposure to fluoride in the MIREC cohort in infancy and early childhood.

Conclusions

In this prospective birth cohort study from 6 cities in Canada, higher levels of fluoride exposure during preg-

nancy were associated with lower IQ scores in children measured at age 3 to 4 years. These findings were observed at fluoride levels typically found in white North American women. This indicates the possible need to reduce fluoride intake during pregnancy.

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Author Contributions: Ms Green and Dr Till had full access to all of the data in the study and take responsibility for the integrity of the data and the accuracy of the data analysis.

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Acquisition, analysis, or interpretation of data: All authors.

Drafting of the manuscript: Green, Flora, Martinez-Mier, Muckle, Till.

Critical revision of the manuscript for important intellectual content: All authors.

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Obtained funding: Lanphear, Muckle, Till.

Administrative, technical, or material support: Green, Lanphear, Martinez-Mier, Ayotte, Till.
Supervision: Flora, Till.

Conflict of Interest Disclosures: Dr Lanphear reports serving as an expert witness in an upcoming case involving the US Environmental Protection Agency and water fluoridation, but will not receive any payment. Dr Hornung reported personal fees from York University during the conduct of the study. Dr Martinez-Mier reported grants from the National Institutes of Health during the conduct of the study. No other disclosures were reported.

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Adele
Last name (required)	Garner
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Say no to fluoridation in Calgary'scdinking water
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Say no to fluoridation of calgary's drinking water



FORM TITLE

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First name (required) Brent
Last name (required) Carlson
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Dear City Counsellors,

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I would like to address the issue of reintroducing hydrofluorosilicic acid (an industrial waste) into Calgary's water supply. Our family is opposed to this action because fluoride is toxic. Long-term ingestion of fluoride is harmful to the brain, digestive system, heart, bones... even the tooth enamel it's supposed to help. We ask that the City not reintroduce fluoride and allow the people the choice of using topical fluoride in their toothpaste and other dental treatments.

Also, I'm just wondering if it is good to be dumping hundreds of kilograms of industrial waste into the Bow River via the wastewater treatment plants each and every day. Is this good for the environment that we are trying so hard to protect. Also, everyone should know that the Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote.

Thanks.

Brent Carlson



FORM TITLE

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First name (required) Jennifer

Last name (required) Hancock

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please do not add toxic flouride to the drinking water, it should not be ingested. If people want flouride, they can get it in their toothpaste. Stop wasting tax payers money and making poor choices that will ultimately cause unnecessary health issues in the general population. It's disturbing.



FORM TITLE

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First name (required) Terra

Last name (required) Bruns

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoridation of Water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

As a person who was born and raised in Calgary I would like to voice my objection to fluorinated water. It has been proven to cause harm in small children and animals. It has also an environmental impact. Societies around the world are removing it as we are thinking of adding it. People should be free to drink water free from fluoride and use it in their toothpaste if they feel they need it. Tampering with water with a known carcinogen is against the free will of many Calgarians.



FORM TITLE

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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Marie
Last name (required)	Marcos
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	QFluoride in water
Date of meeting	
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	No to fluoride!!!



FORM TITLE

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Cindy

Last name (required) Noel

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) A mouthful of my total water consumption is spent on brushing my teeth Since when is it "ok" for our government to medicate the citizens through our water supply?

DISCLAIMER



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Yehudit

Last name (required) Chayil

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride in drinking water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please vote against putting fluoride in our drinking water. It is a waste of tax money and unnecessary. If people want fluoride they can take it themselves. If you vote in favor and I become sick, I will hold you personally responsible because I DO NOT give my consent for this substance to come in contact with or be put in my body. As this water system is my only source and I pay for it daily, I have the right to pure drinking water WITHOUT harmful chemicals.



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First name (required) **Milagros**

Last name (required) **Mathews**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Item 11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

I want to vote against the adding of fluoride in our water.

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1/1

Nov 14, 2021

9:54:09 PM



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) danielle

Last name (required) martin

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Fluoride is poison. 95% of the world does not fluorite its water because of the harm it causes in the body, so why should we? Knowledge of the vote was not received until after the deadline due to the holiday which is not ethical. Rethink this please. This is an Industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the water. Why?! Waste of tax dollars and you are poisoning your own citizens.



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First name (required) **Sandy**

Last name (required) **van Rassel**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1**

Date of meeting

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

No government body has the right to pollute public waters, especially with THE KNOWN NEUROTOXIN FLUORIDE!



FORM TITLE

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Amanda

Last name (required) Lacharity

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) absolutely not!! you do not have our permission to poison our water!

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) this is not your decision to make on everyone's behalf, this is unnecessary POISON,
that if you want it for yourselves you should go ahead and put it in your own bodies
and let the rest of us drink pure mountain water that isn't tainted with chemicals, what
about the rest of the ecosystem, plants, fish, children?? are you insane?



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First name (required) Olivia
Last name (required) Alger
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please reconsider adding Fluoride to Calgary's water supply.
There are many negative associations with adding Fluoride to the water that will affect both fish, grass, urban populations, and more.
It is unnecessary especially when Calgary's water is some of the cleanest water in Canada's urban cities.
This decision if passed will not only affect Calgary's population but also surrounding areas such as Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie. These areas all get Calgary water and were not able to participate in the vote.
Adding fluoride into the water supply will negatively impact natural sources of water and overall landscape by having fluoroide and its by-product(s) infiltrate them.
Fluoride is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins. Why include this within our precious drinking water?
Please, please reconsider this vote.
Thankyou.



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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Marie
Last name (required) Valerianova
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
I'm very concerned that council will be voting on reintroducing adding flouride into city water. Most European countries stopped this practice as research showed it has little to zero effect on better oral health when fluoride being digested. In fact it can cause more harm in little kids. I don't know why city council is thinking about spending taxpayer's money on an agenda which can be harmful for part of city population and doesn't have positive effect on the rest.



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First name (required) betsy

Last name (required) mustard

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Agenda11.3.3. Fluoride into City Water

Date of meeting Nov 15, 2012

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply! This is a poison, a neurotoxin! IF it is to protect our children's teeth, then targeting the "problem" of dental caries with good nutrition, dental hygiene, and bite adjustments? This is toxic effluence, not a pure form of Fluoride. Even if it was, who can say what the dosage each individual gets per day? It goes into our baby food, juices, soups, onto our crops, our gardens and into the rivers! How much do we accumulate over our years of life? How much do we absorb through our skin in our showers, pools? There is MUCH evidence of decreased IQ, imbalanced hormone functions including Thyroid function, fertility issues... Please do your research before we let this be re-introduced to our precious pristine and dwindeling supply of mountain water.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Anna**

Last name (required) **Rybak**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Reintroducing fluoride 11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am opposed to the reintroduction of fluoride on our water. The city provides water for both, people that are for it and against it. Why would people who are against it not have access to clean, free of fluorine water? If the concern is tooth decay, perhaps education on how sugar effects teeth and oral hygiene would be better idea. Also, i think dentist fees are ridiculous and a better guide or cap on that should be reintroduced, helping everyone have healthy teeth without having to travel aboard to afford dental work done. Perhaps the millions of dollars that will have to be spent to add and maintain the fluoride facilities can be used to provide budget friendly or free dental clinics for people less fortunate. Clinics that can also educate and provide free fluoride tooth paste to help with decay. If the dentists does not want you to swallow the fluoride rinse, why are we to drink it on daily basis? Please do not add this to our water.



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First name (required) Kyre Dawn

Last name (required) Smith

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) We do not consent fluoride being added to our water. Or any other carcinogens, ie lead, mercury. Numerous studies have proven this.

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First name (required)	Sandra
Last name (required)	Genovese
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	R2020-12
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I do NOT agree to put more chemicals and fluoride in our drinking water.



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First name (required) Mark
Last name (required) McAleer
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

With regards to item 11.3.1 to be discussed on November 15th 2021, Fluoridation of Calgary fresh water supplies. We the people of Calgary, unconditionally refuse the addition of toxic and poisonous chemicals to our water supply regardless of the quantities used.

Fluoride has been proven to be a toxic chemical and the proposed benefits do not outweigh the risks. Consumption of fluoride can be harmful, as proven by conditions named after the chemical; dental fluorosis and skeletal fluorosis. It is also known to have negative effects on the thyroid glands in higher than naturally occurring concentrations.

Over 62% of Albertans have dental insurance and pay little if any for their annual dental needs as per the AHS study from 2016. This number increases significantly when looking specifically at urban centers vs rural areas, this shows that a vast majority of the population of Calgary will not see any type of proposed monetary benefit from 'savings on dental expenses' as suggested by some members here today. They will however incur the cost totalling tens of millions of dollars if reports are to be believed about the budget for such a project.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Dental caries can be caused by fluoride deficiency but only in extreme cases is this condition diagnosed by dentists in their patients. Additionally it is not the responsibility nor jurisdiction of government to determine the diagnosis of fluoride deficiency across

DISCLAIMER



the broad spectrum of a population.

It is well known that a variety of foods already contain fluoride; spinach, grapes, potatoes, and black tea. Natural fresh water also has varying levels of fluoride already. Many Calgarians use tooth paste with fluoride already added and some of that fluoride is consumed in the process. To measure the consumption of fresh water and the foods listed above in each and every citizen to ensure that nobody consumes an excess of 4.0 PPM (the level at which experts have proven can cause harm) would be an unfathomable feat for any government, let alone the Calgary City Council.

With responsible dental hygiene and regular check ups, the dental health of Calgarians is not at risk. Their dental maintenance should be left up to their own discretion.

In conclusion, the City of Calgary lacks the resources to ensure absolutely no harm will come to it's citizens while fluoridating the fresh water supply consumed by all. We urge the city to vote down this measure without prejudice with favor towards the safety of our citizens.



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First name (required) Candace

Last name (required) McLellan

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please vote no to water fluoridation! Fluoridation is an outdated form of mass medication. Water is a basic need. Chemicals added to water to treat the water's safety is one thing. Chemicals added to water to "treat" the people drinking the water is another thing. Not only is there no way to control the dose for a drug once added to public water, but this practice also denies people's right to consent.



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Alice**

Last name (required) **de Koning**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Item 11.3.1 regarding the possible reintroduction of flouride**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I ask City Council to vote no, against the motion to implement water fluoridation into the water treatment process. I am writing this quite late because I was not aware of the timing and nature of the motion (i.e. to implement without public consultation), due to the holiday. I ask that my comments be included despite the lateness. Thank you.

1. I do not consider a plebiscite as the same thing as public consultation. The nature of elections is about winning, and not about sharing information and finding the right causes and solutions for solving a public problem. We owe our community a proper consultation that considers the full context and implications of water fluoridation.
2. During the election, the focus was on children's dental health, but I did not hear or see enough discussion of alternatives such as nutrition, food programs in schools, or affordable access to dental care (including the more effective topical fluoride treatments, perhaps). Nor did I see enough discussion about the negative impact of fluoridation on babies and older adults, who do not receive any benefits from fluoridation and may in fact be harmed. I believe people voted on their concern for public health, but would welcome other solutions.
3. The impact of fluoridation on the environment (especially our rivers and the animals that live there) is significant. Removing fluoridation from waste water (most of which is from drinking water!) will require expensive investments. I simply cannot believe that there will be no implications for the city's budget or our taxes at some point. Something doesn't smell right.
4. One hidden cost will be the people who will now need to invest in home based sys-



tems to remove fluoride (costly because fluoride is very hard to remove; A Brita filter system is inadequate) or they will need to buy water, which will mean a significant increase in plastic waste. I don't know how many of the people who voted no on the plebiscite will do anything to avoid fluoride, but I know I will.

5. A principle of medical interventions is informed consent. I am informed, and I do not consent. Why do we treatment every, to benefit a minority? There are other ways of improving outcomes for children without imposing "medical" treatment on the rest of us who do not want or need it.

6. I find the O'Brien Institute's review suspect. I grew up in fluoridated Toronto, and my teeth were a mess.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Jamie
Last name (required)	Brown
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I oppose fluoride in our city water



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First name (required)	Alex
Last name (required)	Hamilton
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	As a Calgarian I do not want industrial waste being put in my water supply at my expense through municipal taxes



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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Mary Anne

Last name (required) Schleinich

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Reintroduction of Fluoridation to the Water Treatment Process

Date of meeting Nov 15, 2021

Please recognize that while 206,320 Yes Fluoridation votes represent 62% of voters on Oct 18, 2021, this number represents less than 13% of Calgary's population. It is important to respect and represent all Calgary constituents. Plebiscite results do not excuse this important responsibility.

Since public water fluoridation is controversial with polarized views, it can be easy to overlook some of the meaningful reasons for the controversy while focusing on one piece of data such as dental caries. Some reasons for the charged controversy are that it removes choice, another is that it concerns something we ingest, and another is our society's history of selling pollutants en masse, and only later to be found harmful through lengthy court processes (e.g. lead, nicotine, talc).

• It is important not to let the evolving nature of sound science get lost in the controversy.

The O'Brien Institute for Public Health's report to City Council on Community Water Fluoridation states:

"there are very recent studies (and notably some methodologically strong studies published in late 2018 and 2019) on potential detrimental cognitive effects" (p. 9, June 2019).

Comments - please refrain from



FORM TITLE

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providing personal information in this field (maximum 2500 characters)

I urge every councillor to resist the temptation to reduce the questions of city water fluoridation to a singular argument, which is usually the number of cavities suffered by poor children.

There have been strong studies since 2019, by Canadian researchers, notably Prof. Christine Till of York University and Bruce Lanphear of Simon Fraser University. I urge Calgary City Council to postpone its vote until it has the chance to review such studies. I view this as especially important since you are a new council and many of you were not present to the two day open public consultation process in which I took part, representing myself, in 2019.

Each of you has been elected for who you are. You must retain both your personal responsibility to best to inform yourselves of issues, and represent and care for all your constituents.

Please take the time necessary for this process. In the meantime, fluoride can be provided topically at much less cost. On that note, Professor Emeritus, former Head of Preventive Dentistry, University of Toronto and licensed dentist for 37 years reported to me that:

"There isn't a single double blinded randomized clinical trial to show that fluoridation works. That is the standard evidence for any drug meant to treat people for a disease."

An abstract to a first, pilot randomized con



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First name (required) **Janette**

Last name (required) **Usher**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **item 11.3.1 reintroducing fluoride to the Calgary municipal water supply .**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I'm am writing today as a concerned citizen of Calgary. First off I am very disappointed that the knowledge of the City council of Calgary voting on fluoride being added to the municipal water supply, was not received until after the deadline due to the Remembrance Day holiday. Which has not given me a proper amount of time to fully piece together a submission

I am very much against the daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into our cities drinking water supply.

Our new Calgary mayor, Jyoti Gondek, has declared that we are in a climate emergency. This is very ironic considering that if the council chooses to go ahead with this, they will be dumping hundreds of kilograms of environmental waste in the water each and every day.

I truly wish that I had had more time to put more together, showing supporting documents as to why this is not a safe or healthy choice for our community, however this is not the case as it was kept quiet until after the deadline had already passed.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Randy
Last name (required) Johnson
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Community Water Fluoridation
Date of meeting Nov 15, 2021

From the information I have read, it appears Mayor Gondek and the majority of Calgary City Council Members either accept the scientific consensus that community water fluoridation is a safe and effective public health measure for reducing the risk of dental decay over the anti-fluoridation propaganda -- or they are willing to accept the majority public vote on the issue.

That is extremely good news. Congratulations!

However, it seems from the recent article in the Calgary Herald that some council members may be waiting "to hear the presentation and debate at council before making a final call".

The most important FACTS supporting fluoridation:

Fact 1: The WHO and over 100 major science and health organizations worldwide continue to support fluoridation

Fact 2: NO major science/health organizations support the anti-F opinions.

Fact 3: Fluoridation opposition only comes from: a very small minority of outliers with relevant science/health training/experience, a handful of alternative 'health' organizations like the IAOMT, alternative-health marketing proponents like Joseph Mercola, vocal activist groups like FAN and the CHD (with an anti-vax agenda) and conspiracy theory proponents like Alex Jones [INFOWARS], David Icke [Son of the Godhead] and Mike Adams [Natural News]

Comments - please refrain from providing personal information in this field (maximum 2500)

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characters)

After fluoridation opponents present their arguments ask them to explain those facts. I have heard no rational, supported explanations - they usually dodge the question or claim F-supporters are in it for the money, are blindly and ignorantly following others or they're afraid of damaging their reputations if they accepted the anti-F "evidence".

Support: <https://www.cyber-nook.com/water/WHOSupportsCWF.html>

Opposition: <https://www.cyber-nook.com/water/whycwf.html#four>

I have summarized my findings of over 25 years to provide resources for those wishing to better understand why anti-science activists are often successful at promoting their propaganda.

<https://www.cyber-nook.com/water/FluoridationResources.html>

Description of anti-fluoridation tactics:

"If the facts don't fit the theory, change the facts." – Albert Einstein

"Get your facts first, then you can distort them as you please." – Mark Twain

"The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is." – Winston Churchill

"A lie can travel halfway around the world while the truth is putting on its shoes" – attributed to Jonathan Swift, Mark Twain and others



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First name (required)

Mira

Last name (required)

Harrison

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

No Fluoride in the water please

Date of meeting

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)



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First name (required) Jennifer

Last name (required) Keeling

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride in the water 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am a resident of Strathmore and we receive our water from Calgary. Unfortunately the residents of Strathmore were unable to vote on whether or not we wanted fluoride added to our water, but I can assure you that many of the people of Strathmore do not want fluoride added to our water. We have a right to clean, healthy water that is not contaminated with fluoride. Research shows numerous harms are caused by fluoridation and I am upset that the residents of Strathmore and other communities surrounding Calgary were unable to have a voice in such a fundamental issue as their access to a safe water supply.



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First name (required) Linda

Last name (required) Winger

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Floridation of water supply.

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Flouridation of the water supply is a crime against Humanity. Punishable by God's LAW. STOP THIS NOW



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First name (required) **Shawna**

Last name (required) **Robinson**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Flouridation in municipal water supply**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Adding fluoride to the Calgary municipal water supply is forcing many Albertans, and all living creatures, to consume a product labeled as a toxic and hazardous chemical. Furthermore, the Calgary municipal election question did NOT include input from the downstream communities who will be affected by this decision and is therefore unethical to make this decision without full input of all parties affected. To proceed with fluoridation in Calgary municipal water supply is unethical and harmful to all living beings and must not proceed until engagement is sought from all affected parties. Should Calgary city council proceed to vote based on their own personal bias on this issue they immediate fail to uphold their duties to serve their community by ignoring the full impact of their actions on this issue.



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First name (required) Leslie
Last name (required) Miller
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride.
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I do not want fluoride in my water. It is a toxic chemical. If someone wants fluoride they can buy fluoridated toothpaste. Studies have shown that it damages the brains of children and is harmful to our bones! "Fluoridation's well-documented health risks are not confined by provincial or national borders. The best studies published in the world's leading journals, provide solid scientific evidence that it can significantly lower IQ in children. Many of these studies have been led by Canadian scientists. Fluoride is a known neurotoxin and an endocrine disruptor that can exacerbate diabetes, kidney disease, hypothyroidism, bone fractures and many other harmful conditions, Fluoride is a proven neurotoxin and is one of the most toxic substances on the planet, more toxic than lead and almost as toxic as arsenic! NOT what we want to add to our pristine public water! " (Safe Water Calgary) https://www.safewatercalgary.com Please reconsider forcing these chemicals on us. The citizens of Calgary and City Council have not been properly informed of how dangerous this is. Thank you.



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First name (required) Elliot

Last name (required) Hayward

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) 11.3.1 Flouride

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

We do not need to spend money on flouride, when water is used so much more for than just brushing teeth.

What a waste when using it for cleaning things, showering, etc. Furthermore; I do not want to drink chemicals - just clean water.



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First name (required) Gerardo

Last name (required) Balmaceda

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Please do not add fluorinate to our water. We are already exposed to more than enough pollutants daily. Most toothpaste have fluoride to help prevent cavities. Fluoride in water have more risks than benefits. See below links.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6923889/
https://pubmed.ncbi.nlm.nih.gov/31743803/
https://pubmed.ncbi.nlm.nih.gov/31424532/
https://fluoridealert.org/articles/50-reasons/

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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Nathalie**

Last name (required) **Roy**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Against adding fluoride to Calgary's water.**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

My family is against the fluoridation of Calgary's water. I do not want my hard-earned money to fund this project either. Will the city reimburse the high cost of purchasing and maintaining a filtering system to reduce the amount of fluoride in the water if this project is implemented?

I am impatiently waiting for a reply.

Sincerely,

Nathalie Roy



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First name (required) Krystal

Last name (required) Spielman

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

No flouride in the water.
 Mass fluoridation gives the same amount of flouride to babies, toddlers, children as adults. You cannot control the dose. All medicines, vitamins and minerals should be dosed specifically for individuals.

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First name (required) Iain
Last name (required) McIntosh
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoridation of water supply
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Council vote NO for the introduction of fluoride to Calgary's water.
Reasons for vote of NO fluoride:
• Fluoride is not considered to be essential for human growth.
• There are better, proven, and safer ways to apply fluoride to teeth.
• Fluoride adversely affects cognitive development in children (lowers IQ).
• Tooth decay rates were rising in Calgary long before fluoridation was removed in 2011.
• Harmful neurological effects are found with even very low concentrations of fluoride.
• The fluoride chemical (hydrofluorosilicic acid) that is being proposed to add to Calgary's water would never be found naturally in the Bow River, yet the vast majority of this chemical will end up in our environment.
• It is an unethical violation of informed consent to add a treatment to the public water supply that many consider to be toxic.
■ No disease, not even tooth decay, is caused by a "fluoride deficiency."(NRC 1993; Institute of Medicine 1997, NRC 2006). Not a single biological process has been shown to require fluoride.
Healthy adult kidneys excrete 50 to 60% of the fluoride ingested each day (Marier & Rose 1971).
■ The remainder accumulates in the body, largely in calcifying tissues such as the bones and pineal gland (Luke 1997, 2001).
■ Infants and children excrete less fluoride from their kidneys and take up to 80% of ingested fluoride into their bones (Ekstrand 1994).

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Nov 13, 2021

12:59:15 PM

-
- The fluoride concentration in bone steadily increases over a lifetime (NRC 2006).
 - The Centers for Disease Control and Prevention (CDC, 1999, 2001) has now acknowledged that the mechanism of fluoride's benefits are mainly topical, not systemic.
 - There is no need whatsoever, therefore, to swallow fluoride to protect teeth. Since the purported benefit of fluoride is topical, and the risks are systemic, it makes more sense to deliver the fluoride directly to the tooth in the form of toothpaste.
 - Since swallowing fluoride is unnecessary, and potentially dangerous, there is no justification for forcing people (against their will) to ingest fluoride through their water supply.
 - Those most likely to suffer from poor nutrition, and thus more likely to be more vulnerable to fluoride's toxic effects, are the poor, who unfortunately, are the very people being targeted by fluoridation programs.
 - While at heightened risk, poor families are least able to afford avoiding fluoride once it is added to the water supply. No financial support is being offered

November 12, 2021

The City of Calgary
P.O. Box 2100, Station M
Calgary, AB, T2P 2M5

Dear Council:

I require your representation of me to vote NO for the introduction of fluoride into Calgary's municipal water supply.

There are better, proven, and safer ways to provide fluoride such as fluoridated toothpaste, rinses, mouthwashes, foams, varnishes, gels and inexpensive fluoride supplements. Published research shows that children living in regions without fluoridated water are already ingesting too much fluoride.

Swallowing fluoride delivers it to the entire body, the brain and neurological system, the thyroid, bones, kidneys-and potentially causes harm to these and all organs and systems.

The European Commission states:

“Fluoride is not considered to be essential for human growth and development but it is considered to be beneficial in the prevention of dental caries (tooth decay).”

“A body of scientific literature seems to suggest that fluoride intake may be associated with a number of adverse health effects, dental fluorosis and effects on bones (increased fragility and skeletal fluorosis) ... Systemic effects following prolonged and high exposure to fluoride have also been reported and more recently effects on the thyroid, developing brain and other tissues, and an association with certain types of osteosarcoma (bone cancer) have been reported.”

https://ec.europa.eu/health/scientific_committees/opinions_layman/fluoridation/en/l-3/1.htm

In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time combined 27 studies and found **strong indications that fluoride may adversely affect cognitive development in children**. Based on the findings, the authors say that this risk should not be ignored, and that more research on fluoride's impact on the developing brain is warranted.

“Children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas. The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity.”

<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

Did you know that tooth decay rates were already rising in Calgary (and were at an even higher rate of 7%) when Fluoride was still in the water (pre-2011) than after it was removed (rate of 5%)?

<https://fluoridealert.org/articles/calgary-fluoride-study/>

Harmful neurological effects are found from fluoride in water with **even low concentrations of fluoride**. In a June 2021 study, Grandjean et al. have established maternal urine fluoride concentration of 0.2mg/L was enough to lower IQ of the child by 1 point. This was associated with mother's fluoride urine level of 0.2 ppm, which is well below the average urinary levels of pregnant women in fluoridated communities (in Canada and the USA and other fluoridated countries).

<https://onlinelibrary.wiley.com/doi/10.1111/risa.13767>

This should put to an end to the false claims from fluoridation promoters that neurocognitive damage only occurs at concentrations above the fluoride levels used in fluoridation programs (0.7 to 1.2ppm).

The fluoride that is being voted on to add back to Calgary's water is not the same compound as what would be found in the Bow River naturally, this is an industrial byproduct: called hydrofluorosilicic acid. It is a toxic waste substance created from the creation processes of aluminum, fertilizer, steel and nuclear industries. It's not a natural source of fluoride (such as fluorite, fluorapatite, and cryolite), it's industrial toxic waste.

99% of fluoridated water is not consumed and goes back into the environment unchecked. My understanding is that the City of Calgary has just declared a climate emergency: let's start by not adding more toxins to our environment (and our bodies)!

The overall cost of reintroducing water fluoridation for a 20-year service life would be \$30.1 million. The tax dollars saved from putting a toxic treatment in our water could be better utilized for more effective interventions.

Lastly, but perhaps most importantly, **it is unethical to add a treatment to the public water supply that many, as supported by the sources provided in this letter, consider to be toxic**. This is an unethical violation of informed consent!

I trust that on Monday November 15th you will represent me by voting NO on the reintroduction of fluoride (item 11.3.1).

Yours Truly,



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First name (required) **Mira**

Last name (required) **Harrison**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **No Fluoride in the water please**

Date of meeting

Comments - please refrain from providing personal information in this field (maximum 2500 characters)



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First name (required) Annie

Last name (required) Liu

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reintroducing Fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am writing to express my position against reintroducing fluoride to drinking water.

- 1. Fluoride can't be removed by boiling the drinking water or using Brita. A special filter will need to be purchased and installed by the ones who voted no on adding fluoride to drinking water one months ago.
2. My dentist knows that I always skip the fluoride treatment at the end of the teeth cleaning process. I use fluoride free toothpaste purchased from the organic aisle in the grocery store. And I don't remember I ever had cavities. Do you ever wonder why the fluoride free toothpaste is sold in the organic aisle or the organic grocery store? Does it hint it is healthier and better?
3. I don't believe that the fluoride does the magic on teeth based on my personal experience. I believe having a good habit of maintaining oral health is more important than adding fluoride into drinking water. The alternative is to educate kids or parents on oral health, which is more effective and efficient. The money that would be spent on adding fluoride into drinking water could be used to supply the toothpaste with fluoride directly to the families who can't afford toothpaste. This way, we accurately target the ones who really need help. Adding fluoride into drinking water is not cost efficient as it would cover the residents who are against it. Also it will cause unnecessary purchase for those family to purchase specialty filters to remove fluoride from drinking water.

As a resident and a taxpayer, I sincerely wish you consider the points listed above and

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make wise decisions for both sides.

Thank you for your service!

Annie



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First name (required) Marissa

Last name (required) Schum

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoridation

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am wholly against adding fluoride to our water. The cost is exorbitant, more of our water goes down the drain than in our mouth. Fluoridation also introduces other harmful chemicals to our clean water. If people want fluoride, they can buy toothpaste that includes it. Quite ironic, considering the new mayor of Calgary has declared that we are in a climate emergency, to be dumping hundreds of kilograms of environmental waste in our pristine mountain water each and every day. Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote. This is a waste of money, does nothing for the health of the people who will be forced to use it, and is beyond hypocritical after declaring a climate emergency.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Glenda

Last name (required) Buelow

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Vote NO to fluoride in our water system

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

There is no good reason to add fluoride to our water system. A study by the UofC should be enough evidence that this should not even be up for discussion. This will have a negative effect of people's health, pregnancy, their pets and plants. This does in fact have a very adverse effect on our ecosystem when it gets into our rivers. For those that believe they need it to protect their bones/teeth they get plenty in the tooth-pastes they may choose. Why was fluoride removed from water systems in prior years?? This is not good for our overall health. Why would your council mock the U of C by wasting their time on studies showing fluoride to be a very bad idea to add to our city water again if you are going to ask the people to vote that may not even be aware of this study. How did this situation even get into a position that would suggest citizens would want these chemicals back in their water system? Look back to your council meeting on January 26, 2011.

https://youtu.be/2nizvddHUd0

This is a short video referencing another couple of studies.



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First name (required) Salma

Last name (required) Ashour

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Dear City Council,

Please refrain from adding flourish in our water. Here are some studies to convince you:

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

https://pubmed.ncbi.nlm.nih.gov/31743803/
https://pubmed.ncbi.nlm.nih.gov/31424532/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6923889/

As citizens should not be forced to ingest something that we don't want to especially when it has adverse side effects. You are only considering one aspect and ignoring the entire science of the long term effects. What is the fluoride going to do fish? To the environment? To the elderly?

Be considerate and critical

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Nov 13, 2021

1:05:05 PM



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First name (required)	James
Last name (required)	Ball
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 13, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Many experts agree that fluoride is harmful and toxic . I do not want it in my families water. Also a super large waste of taxpayers money during a "pandemic"



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First name (required) **Chantel**

Last name (required) **Moran**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am against the addition of fluoride into our water. I do not think it is required for health purposes & worry about the effects it has in our water systems. I do hope council considers all aspects of this when voting. We cannot be short sighted when making such decisions, especially after a "climate/environmental emergency" was declared by our new mayor. Perhaps we need to think about all aspects of the environmental impact that we make.



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First name (required) Schari

Last name (required) Engel Erickson

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water. I understand that the clerk will still take any submissions over the weekend. I would like to point out that knowledge of the vote was not received until after the deadline due to the holiday. Since our new mayor of Calgary has declared that we are in a climate emergency, I find it ironic that she wants to dump hundreds of kilograms of environmental waste in the water each and every day. I would also question why Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie (who all get Calgary water) were not able to participate in the vote. To reiterate, I am not in favour of adding fluoride to my Calgary water, and I did vote that way in our recent election. Thank you.
S. Engel Erickson



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First name (required) Connor
Last name (required) Branch
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoridation of City Water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Fluoride, and for that matter, any other elements and compounds, added to drinking water, on a long term basis, is not a good idea, or at the very least should be considered carefully. We have all heard about the data showing that higher fluoride concentrations in drinking water is correlated with a reduction in tooth decay chronically. Fine. The main issue that Calgarians do or should realize is that the ingested chemical compounds do not discriminate in terms of bodily tissue. If chemical compounds, such as fluoride, are in the water we drink, it will disperse throughout bodily tissue (e.g. the heart, lungs, etc.) similarly to how oral prescription drugs and vitamins are ingested and digested in the digestive tract, followed by the uptake and rapid spread throughout the body via the circulatory system. Most importantly, I think, is that studies also show a correlation in reduced IQ (intelligence quotient) in populations that drink fluoridated water. This suggests that fluoride in drinking water has the ability to cross the blood brain barrier and have a biochemical reaction in the brain that ultimately reduces general cognitive function. For a growing technological economy in Alberta, I don't think we should be trying to lower our children's/young adult's IQ, along with adding other potential adverse health effects that have yet to be investigated by concurrent medical studies. It is not clear if acute use of fluoridated toothpaste and mouthwash has the same cognitive effect as increased fluoride compounds in the drinking water. I would urge council to delay this decision until more scientific and medical data emerges (ideally in vitro biological research) showing how cells and/or the body reacts to increased levels of fluoride, as well as long term

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epidemiological data on adverse health effects of chronic exposure to fluoride in drinking water.

It seems to me that dental health is a matter of personal responsibility that needs to be exercised routinely from a young age. Rather than offer a blanket solution that may have tangential adverse effects to Calgarians, I propose, programs that encourage dental hygiene and the education on the negative effects of sugar on tooth decay, as sugar intake is directly causal to tooth decay among adults and children alike.

Please allow dental health and risk to be put into the responsibility of each individual/family, as I certainly do not want to drink water that could potentially harm me in unforeseen ways.



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First name (required)

Nadia

Last name (required)

Sherbini

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

agenda item 11.3.1

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Hello. I am NOT in favour of daily dumping of fluoride into the drinking water supply of the City of Calgary. Thank you

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First name (required) James

Last name (required) Ryder

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

In regards to the adding of waste to our water i and the family that own our home and pay taxes for clean drinking water and wish that the dumping of chemical waste in our water is a despicable act. The health of the citizens of the city that pay your wages is far more important than dumping disease causing chemicals so that companies don't have to pay for the disposal of such products.



7 Side Effects of Consuming Fluoride You Should Know About

- Tooth Discoloration. Consumption of too much of fluoride leads to yellowed or browned teeth. ...
- Tooth Decay. High intake fluoridated water can lead to the weakening of enamel. ...
- Skeletal Weakness. ...
- Neurological Problems. ...
- High Blood Pressure. ...
- Acne. ...
- Seizures.



<https://harmonydentaltx.com> › 7-sid...

7 Side Effects of Consuming Fluoride



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First name (required) Valerie

Last name (required) Sanders

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) item 11.3.11 - fluoride added to Calgary water

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Why would we add a known neurotoxin into our drinking water?? This adversely affects the health of young and old alike. The science is not at all conclusive about tooth decay. Please go to website : Biotoxin Foundation - The side effects of fluoride in drinking water. Sadly the attachment is larger than allowed for your perusal and into this format.



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First name (required) Lu
Last name (required) Lu
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Item 11.3.1
Date of meeting 2021-11-15

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
Dear Council, please vote NO for the introduction of fluoride to Calgary's water. For those who want fluoride, there are enough fluoridated products such as toothpaste available in the market, therefore, there is no good reason to put fluoride into the water and force everyone to consume it, especially, many adverse effects caused by fluoride have been reported already.

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First name (required) Jessica
Last name (required) Tytherleigh
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1 - water flouridation
Date of meeting Nov 15, 2021

I am so against the addition of flouride to our water. The benefits do not outweigh the risks. Also I really think it should be a choice to introduce something into our bodies. Putting this in our drinking water takes away that choice.

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More information
Why do we have flouride in our water?
Medically reviewed by Karen Cross, FNP, MSN — Written by Yvette Brazier on February 21, 2018
Risks
Uses
Side Effects
Benefits
Facts
Controversy
Takeaway
Fluoride is found naturally in soil, water, and foods. It is also produced synthetically for use in drinking water, toothpaste, mouthwashes and various chemical products.

Water authorities add flouride to the municipal water supply, because studies have

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

shown that adding it in areas where fluoride levels in the water are low can reduce the prevalence of tooth decay in the local population.

Tooth decay is one of the most common health problems affecting children. Many people worldwide cannot afford the cost of regular dental checks, so adding fluoride can offer savings and benefits to those who need them.

However, concerns have arisen regarding fluoride's effect on health, including problems with bones, teeth, and neurological development.

Fast facts about fluoride

Fluoride comes from fluoroine, which is a common, natural, and abundant element.

Adding fluoride to the water supply reduces the incidence of tooth decay.

Fluoride protects teeth from decay by demineralization and remineralization.

Too much fluoride can lead to dental fluorosis or skeletal fluorosis, which can damage bones and joints.

Risks

Excessive exposure to fluoride has been linked to a number of health issues.

Dental fluorosis

A fluoride content of 0.7 ppm is now considered best for dental health. A concentration that is above 4.0 ppm could be hazardous.

Exposure to high concentrations of fluoride during childhood, when teeth are developing, can result in mild dental fluorosis. There will be tiny white streaks or specks in the enamel of the tooth.

This does not affect the health of the teeth, but the discoloration may be noticeable.

Breastfeeding infants or making up formula milk with fluoride-free water can help protect small children from fluorosis.

Children below the age of 6 years should not use a mouthwash that contains fluoride. Children should be supervised when brushing their teeth to ensure they do not swallow toothpaste.



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First name (required)	Leah
Last name (required)	Brill
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Floride in Calgary drinking water
Date of meeting	Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply. I could not even find the question on the municipal voting form and I suspect others could not as well. We fought for years to get these dangerous chemicals out of our drinking water only to be conned into it again. And the plebiscite does NOT give you permission to do this.

Thank you for saying no. Thank you for respecting Calgarians right to safe and flouride free drinking water.

Leah Brill



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First name (required) Willem

Last name (required) Van Gogh

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Item 11.3.1 Water Fluoridation.

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Knowledge of the vote was not received until after the deadline due to the holidays. Fluoride is a neurotoxin it is a byproduct of the aluminium industry. It calcifies the pineal gland. We have the most pristine water supply in the world so let's keep it that way. Please review this before you all make the vote https://truthaboutfluoride.com/fluorides-effect-on-the-pineal-gland/ Thank You



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First name (required)

TJ

Last name (required)

Gwynn

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

11.3.1 Fluoridation of city water

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

As knowledge of this vote was not received until after the deadline due to the holiday, I would like city council to make note of this. I have been a resident & tax payer of our great city for over 30 years, I am not in favor of putting a toxic substance such a fluoride in our drinking water. I believe we have more important financial issues in our city that our tax paying dollars could be put to better use for. Thank you for your consideration in this matter.



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First name (required)

Beata

Last name (required)

Acosta

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

11.3.1

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Please do not introduce fluoride into our clean water, save taxpayers money, save us, our children and our pets from very negative health impact from consuming fluoride. The newest study speaks volume against water fluoridation.

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Nov 14, 2021

8:26:21 PM



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First name (required) **Nadine**

Last name (required) **Beaudereau**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Fluoride added to our water**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters) **I have just heard that the city wants to add Fluoride to the water. I would like to say that i am against this. I do not want Fluoride added to our water.**



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First name (required) Richard

Last name (required) Hiebert

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Combined Meeting of Council - Agenda item # 11.3.1

Date of meeting Nov 15, 2021

Good afternoon,

With nearly 30 months having passed since the publication of the July 2019 OIPH report, and the rate at which new studies are being released on this topic, it would be in the best interest of all parties to request an update to the findings in this report. Without updated findings which include recent studies, an informed decision cannot be reached.

As mentioned in the report itself, there are several areas of uncertainty, the first and third being of most interest:

- 1) Many of the studies on benefits of fluoride for reducing dental cavities were based on fluoridation levels of 1.0ppm or greater....etc
2) Dental fluorosis, when present, is usually mild...etc
3) New evidence has emerged on potential cognitive effects of fluoride, arising from fluoride ingestion by pregnant women +/- fluoride intake from water consumed by infants....etc

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Both Dr. Morteza Bashash and Dr. Christine Till are taking an objective approach and state "we need to get this right" - as the new City Council, please keep this in mind.

To borrow a direct quote from the report:

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"More knowledge is needed in a few key areas (the cognitive domain in particular), and from our expert interviews regarding new research that is happening around the world, more research evidence will emerge as time passes."

As a concerned citizen of Calgary, I urge you to pursue the most current information regarding this potential, and extremely costly, initiative. (\$30.1m initial, \$2-\$4m maintenance)



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First name (required)

Raj

Last name (required)

Mazumdar

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

Fluoridation in Calgary drinking water

Date of meeting

Nov 13, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Please - we do not want or need any chemicals including fluoride in our drinking water.
Thanks.



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First name (required)	Aimee
Last name (required)	Wagner
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11,3.1
Date of meeting	Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Upon the issue of fluoridation of our drinking water, I would like to address the multiple studies that show that the risks to the brain and body from fluoride are much larger than the small benefit to teeth from fluoridating our water supply. Fluoride is a neurotoxin that effects young developing minds and diminishes IQ, leads to increased cognitive dysfunction and increased Alzheimer's cases, has shown to increase hypothyroidism by 30%, and Affect us systemically creating increased cancer risks. Why mass medicate everyone for the sake of a few? Wouldn't it make more logical sense to give added fluoride treatments to those who require it, rather than subjecting us all to it unnecessarily. Every Body is unique and what may be okay for one person is not okay for a child or pregnant mother. With just adding it to the water there is no regulation that the amount is okay for all. The cost needed to provide this is exponential and I feel that our tax dollars could be much better served by giving those that require Fluoride individually. There are so many chemicals in our environment that our bodies need to process nowadays, even if the amount is minimum, how do you determine that what one person is taking in, in food or otherwise doesn't tip the scales to toxic levels, it doesn't take much.. It is too difficult to monitor and properly control in our water supply for the general population, why add another risk??? This decision doesn't make sense to me on a physical, mental or financial level. Please vote NO to adding fluoridation!



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First name (required) Mary Anne
Last name (required) Schleinich
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Water Fluoridation
Date of meeting Nov 15, 2021

This re-submission corrects for the omission of the name of one of my references earlier today. (I apologize for this inconvenience and I've shortened the word count).

On Oct 18, 2021, 206,320 votes represented 62% of voters, but less than 13% of Calgary's population to vote for fluoridating our water.

Since public water fluoridation is controversial, it can be easy to overlook some of the reasons for the controversy to focus on one piece of data such as dental caries. Some reasons for the charged controversy are that it removes choice, another is that it concerns something we ingest, and another is our society's history of selling pollutants en masse, while only later being found harmful through lengthy court processes (e.g. lead, nicotine, talc).

- It is important not to let the evolving nature of sound science get lost in the controversy.

The O'Brien Institute for Public Health's report to City Council on Community Water Fluoridation states:

"there are very recent studies (and notably some methodologically strong studies published in late 2018 and 2019) on potential detrimental cognitive effects" (p. 9, June 2019).

Comments - please refrain from

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providing personal information in this field (maximum 2500 characters)

There have been strong studies since 2019 by Canadian researchers, Prof. Christine Till of York University and Bruce Lanphear of Simon Fraser University. I urge Calgary City Council to postpone its vote until it has the chance to review them. As a new council, many of you were not present to the two day public consultation in 2019 where I represented myself.

Each of you has been selected from a number of candidates who campaigned. You must retain both your personal responsibility to best to inform yourselves of issues, and represent and care for all your constituents.

Dr Hardy Limeback, Professor Emeritus, former Head of Preventive Dentistry, University of Toronto and licensed dentist for 37 years reported that:

“There isn’t a single double blinded randomized clinical trial to show that fluoridation works. That is the standard evidence for any drug meant to treat people for a disease.”

The first, pilot randomized control study of the effect bottled water fluoridation on children’s dentition, currently being proposed in NC, USA is referenced here: <https://reporter.nih.gov/search/PFwKGbvVE6fuAV53WzBCg/project-details/10121623>

Please take the time required to become informed of the current science and need for citizen protection from public water fluoridation.



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First name (required) Dominika

Last name (required) Wcislo

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 - fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I do not support the addition of fluoride to the Calgary drinking water. This is a hazardous substance with neurotoxic effects. Our new mayor is a climate activist, is she not? Leave the chemicals out of the natural resources. Spending millions of taxpayer dollars on something that a large majority of people DO NOT SUPPORT is irresponsible. Do not let this go ahead. Let citizens be responsible for their own dental health. We don't need the government constantly doing things "for our health", as though citizens are not able to take responsibility for their own health



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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Tara
Last name (required) Barr
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Reintroducing Flouride in Calgary Water Item 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Knowledge of this vote was not received until after the deadline due to the holiday.

I absolutely vote AGAINST (NO) flouride in Calgary water!!
• Fluoride is not considered to be essential for human growth.
• There are better, proven, and safer ways to apply fluoride to teeth.
• Fluoride adversely affects cognitive development in children (lowers IQ).
• Tooth decay rates were rising in Calgary long before fluoridation was removed in 2011.
• Harmful neurological effects are found with even very low concentrations of fluoride.
• The fluoride chemical (hydrofluorosilicic acid) that is being proposed to add to Calgary's water would never be found naturally in the Bow River, yet the vast majority of this chemical will end up in our environment.
• It is an unethical violation of informed consent to add a treatment to the public water supply that many consider to be toxic.

Please realize that only a small percentage of people want this added which is unfair to those that do not as it doesn't offer personal choice. If someone prefers more flouride, there are many options in which they can do so. If someone does not want more flouride and it is put in the city water, that is unjust.

Thank you for your time in reading this vote against flouride in the City of Calgary

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First name (required)	Bruce
Last name (required)	Flokstra
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoridation
Date of meeting	Nov 14, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Hello Please stop adding flouride to our water.... Do you know its point of origin? It is a waste product...



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First name (required) Yulia
Last name (required) Rudko
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.13.1
Date of meeting Nov 15, 2021

Are we in climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day?

We wonder if prairie grasses and fish have poor teeth that need this treatment?

Fluoride was used by nazis to sterilize inmates and make them docile. Fluoride is a key dumbing down ingredient of Prozac and Sarin nerve gas. It's also the key ingredient in rat poison.. That's why 98% of countries have banned fluoridated water.

"The 'substance' referred to as 'Fluoride' is a misnomer - there is no such substance listed in the periodic chart of the elements, instead, we find a GAS called Fluorine - and from the use of this gas in various industries such as aluminum manufacturing and the nuclear industry -certain toxic byproducts are created which have 'captured' fluorine molecules. One such toxic, poisonous 'byproduct' is called sodium Fluoride - which according to the Merck Index is primarily used as rat and cockroach poison and is also the active ingredient in most toothpastes and as an "additive to drinking water. Fluoride is also one of the basic ingredients in both PROZAC (FLUOxetene Hydrochloride) and Sarin Nerve Gas (Isopropyl-Methyl-Phosphoryl FLUORIDE). Fluoride is nothing more (or less) than a hazardous waste by-product of the nuclear and aluminum industries. In addition to being the primary ingredient in rat and cockroach poisons, it is also a main ingredient in anesthetic, hypnotic, and psychiatric drugs (like Prozac) as well as military NERVE GAS!."

Comments - please refrain from providing personal information in this field (maximum 2500)

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characters)

<https://web.archive.org/web/20120814070136/http://www.greatherthings.com/Lexicon/F/Fluoride.htm>

Over 3000 health dentists and doctors are currently urging the US congress to stop water-fluoridation.

http://www.groundreport.com/Health_and_S...

It has also been proven to cause:

1. Brain Damage

(from Feb 11th 2011)- New Warning About the "Healthy" Fluoride That Can Damage Your Brain and is in Fact a Dangerous Toxin <http://www.reenagagneja.com/toxin-danger...>

2. Lowered IQ

"researchers found that the number of intelligent children in the village with low fluoride levels was 350 percent higher than those in the high fluoride village. Even more disturbing, 15% of the highly fluoridated children scored low enough to indicate mental retardation, verses 6% in the other village."

http://www.naturalnews.com/030948_fluori...

3. Hypothyroidism (Fluoride was once used medically to suppress thyroid function.)



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First name (required) Cheri
Last name (required) W
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please vote NO for adding fluoride to the Calgary municipal water. It is a form of medication that has been rejected by Japan and most of Western European nations. Any benefit comes from topical application like in toothpaste or at the dentist, not by ingestion in our water. Fluoride already occurs naturally in many waters but when it is added to our water supply, it can raise levels to be toxic. A little of many chemicals over time is often hazardous (eg. aspartame and dementia; carrageenan and cancer). Adding fluoride to the water also increases industrial waste, including mercury, lead and other heavy metals. Do the fish and our plant systems really need this supplementation? Adding fluoride to our water removes the right for those that don't want it to forgo it. If people really see a need for fluoride then they can buy toothpaste that contains it and go to their dentist regularly. Maintaining proper oral hygiene and avoiding foods high in processed sugar is an effective, proven way to reduce/eliminate tooth decay. My family has proven this for many years as we don't use any fluoride in toothpaste, at the dentist or otherwise and have no cavities or other tooth decay issues. Do not remove the democratic right for people to choose what chemicals they put into their bodies and vote NO to adding fluoride to our water.

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First name (required) Sona

Last name (required) Khosla

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Fluoride in city water

Date of meeting

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am opposed to the addition of fluoride in the city's water for economic, environmental and health reasons. The fluoride being proposed to be added to our water is not the kind that is good for our teeth, please do not proceed with this vote without fully informing yourselves of the source or the health aspects.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Angela

Last name (required) Merlo

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride in city water

Date of meeting Nov 14, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I am opposed to the addition of fluoride in the city's water for economic, environmental and health reasons. The fluoride being proposed to be added to our water is not the kind that is good for our teeth, please do not proceed with this vote without fully informing yourselves of the source or the health aspects.

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Helen

Last name (required) Sieens

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Adding Flouride to drinking water in Calgary.

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

It has been claimed that Calgary has the cleanest, best, drinking water in the country. Why would anyone want to contaminate Calgary's clean water with Fluoride, industrial waste? These toxic heavy metals cause neurological disorders (Alzheimer's, dementia and Parkinson's disease) and lead is dangerous to the developing brain of a child. It is important that Fluoride NOT be added to the water that Calgarians, residents of Strathmore, Airdrie and Cochrane must drink. Please make a humanitarian decision for all. I received the email today, Nov. 14, 2020



FORM TITLE

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Wendy

Last name (required) Nelson

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride added to water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I am asking council to consider the many negative effects that fluoride added to the water has on the human body. It is also an excessive un needed cost to the city. I am a citizen that is NOT in favor of fluoride being added to Calgary water. Please reconsider if you are trying to decide to make this choice. Wendy N



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First name (required) Kevin

Last name (required) Thompson

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) No fluoride. Why does this come up so often. All research proves iit is unsafe industrial waste. Why was there no time given to discuss this?



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First name (required)

Stephanie

Last name (required)

Dick

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

Adding Fluoride to the Calgary water supply.

Date of meeting

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Adding neurotoxins to our water should be avoided, we should further educate people on the importance of maintaining their dental health vs adding a chemical that could be potentially harmful.

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Nov 13, 2021

3:11:46 PM



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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Pervina

Last name (required) Khan

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Flouride

Date of meeting Nov 15, 2021

Dear Mayor and city Council-

I write to you as a concerned Citizen of Calgary regarding the debate of adding fluoride back into our water.

Fluoride intake through fluoridated water is uncontrollable, people are receiving varying doses regardless of age, health status, and individualized therapy. Given that fluoride is dose dependant too much accumulation can have dire consequences on neurological development and endocrine function which will eventually cost individuals and taxpayers. Diet and dental hygiene cannot be replaced by fluoridated water.

Here is an excerpt from the review paper "The Fluoride Debate: The Pros and Cons of Fluoridation"- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6195894/.

"Chronic fluoride toxicity is usually caused by high fluoride concentrations in drinking water or the use of fluoride supplements. Chronic ingestion of high doses leads to dental fluorosis, a cosmetic disorder where the teeth become mottled (1). In more severe cases, it leads to skeletal fluorosis, in which bone is radiologically dense, but fragile. Fractures can occur, and there may be calcification of ligaments and tendons, leading to reduced joint mobility (1). The syndrome also may include extensive calcification of ligaments and cartilage, as well as the bony outgrowths of osteophytes and exostoses (33).

In Europe, only Ireland, Poland, Serbia, Spain, and the UK fluoridate their water. However, most developed countries, including Japan and 97% of the European population,

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Nov 14, 2021

7:56:11 PM

do not consume fluoridated water (34). In Europe, only four countries have optional salt fluoridation (Germany, France, Switzerland, and Austria), while the majority have neither fluoridated water nor fluoridated salt (34). In the US, about 70% of public water supplies are fluoridated (34). India, China, and parts of Africa have areas with high natural fluoride levels in their water, and are taking measures to remove the fluoride since it may cause health problems (34). Fluoridation has been debated in recent years, and several countries are taking measures to reduce fluoride intake because of its toxicity risk and many other concerns mentioned below:

- Fluoride intake through fluoridated water is uncontrollable, since people are receiving varying doses regardless of age, health status, and individualized therapy.
- Water might get contaminated with toxic chemicals while being fluoridated.

Not all countries provide certificates of analysis and the amounts of contaminants in chemicals add



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First name (required)	Jacqueline
Last name (required)	Louie
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	item 11.3.1
Date of meeting	Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I ask council to say no to the unnecessary expense of water fluoridation. I do not consent to receive this treatment on our city's public water. Please be fiscally and ethically responsible. Fluoride is an environmental waste and should not be put into Calgary's water. Further, there was almost no time given to the public to comment on this vote. Thank you for your time and consideration of my comments.



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First name (required) alia
Last name (required) Khan-elhady
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Agenda Item 11.3.1 Reintroduction of flouride
Date of meeting Nov 15, 2021

Dear Mayor and city Council-

I write to you again (twice in 2020) as a concerned Citizen of Calgary regarding the debate of adding fluoride back into our water. As a Social Worker and a Nutritional Therapy Practitioner (who has studied brain development) I am extremely concerned about the possibility of adding fluoride into our water- it is toxic.

I believe the debate for bringing fluoride back into our water started with the concern for children's oral health - Tooth decay is not a fluoride "deficiency" it is from the over-consumption of processed foods and/or an increase in pathogenic oral microorganisms. If you look at the work of Dr. Weston A Price who was a dentist, you will clearly understand this connection. Adding fluoride to our water is certainly a concern for our health and well-being as well as the environment. Given that we are exposed to fluoride in other ways through food and environment, adding it to water can lead to high doses- not only are you ingesting it but it also being absorbed by our skin when bathing and showering.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The fluoride ion is very small and extremely difficult to remove from water. It requires expensive reverse osmosis or distillation which strips away all essential minerals from our water. Minerals are our spark plugs- they are required for every enzymatic reaction in the human body. People that want or need to avoid swallowing fluoride (to

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avoid dental fluorosis, those who suffer kidney or thyroid impairment, mixing baby formula etc.) deserve equitable access to safe drinking water and should not be burdened with finding and paying for an alternative source of water. For those who THINK it is a useful intervention, fluoride is easily and cheaply available via toothpaste, from a MD or pharmacist, from dentist as sealants, gels and rinses, and from a variety of bottled drinks, teas and processed foods.

Here is an excerpt from the review paper "The Fluoride Debate: The Pros and Cons of Fluoridation"- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6195894/>.

"Chronic fluoride toxicity is usually caused by high fluoride concentrations in drinking water or the use of fluoride supplements. Chronic ingestion of high doses leads to dental fluorosis, a cosmetic disorder where the teeth become mottled (1). In more severe cases, it leads to skeletal fluorosis, in which bone is radiologically dense, but fragile. Fractures can occur, and there may be calcification of ligaments and tendons, leading to reduced joint mobility (1)



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First name (required) Mina
Last name (required) Khan-Lee
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1 Fluoride
Date of meeting Nov 15, 2021

I write to you as a concerned Citizen of Calgary and mother of two regarding the debate of adding fluoride back into our water.

Fluoride intake through fluoridated water is uncontrollable, people are receiving varying doses regardless of age, health status, and individualized therapy. Given that fluoride is dose dependant too much accumulation can have dire consequences on neurological development and endocrine function which will eventually cost individuals and taxpayers. Diet and dental hygiene cannot be replaced by fluoridated water. Here is an excerpt from the review paper "The Fluoride Debate: The Pros and Cons of Fluoridation"- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6195894/. "Chronic fluoride toxicity is usually caused by high fluoride concentrations in drinking water or the use of fluoride supplements. Chronic ingestion of high doses leads to dental fluorosis, a cosmetic disorder where the teeth become mottled (1). In more severe cases, it leads to skeletal fluorosis, in which bone is radiologically dense, but fragile. Fractures can occur, and there may be calcification of ligaments and tendons, leading to reduced joint mobility (1). The syndrome also may include extensive calcification of ligaments and cartilage, as well as the bony outgrowths of osteophytes and exostoses (33). In Europe, only Ireland, Poland, Serbia, Spain, and the UK fluoridate their water. However, most developed countries, including Japan and 97% of the European population, do not consume fluoridated water (34). In Europe, only four countries have optional salt fluoridation (Germany, France, Switzerland, and Austria), while the majority have

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neither fluoridated water nor fluoridated salt (34). In the US, about 70% of public water supplies are fluoridated (34). India, China, and parts of Africa have areas with high natural fluoride levels in their water, and are taking measures to remove the fluoride since it may cause health problems (34). Fluoridation has been debated in recent years, and several countries are taking measures to reduce fluoride intake because of its toxicity risk and many other concerns mentioned below:

- Fluoride intake through fluoridated water is uncontrollable, since people are receiving varying doses regardless of age, health status, and individualized therapy.
- Water might get contaminated with toxic chemicals while being fluoridated.

Not all countries provide certificates of analysis and the amounts of contaminants in chemicals added to water.

Fluoridating a community water supply is short-sighted and narrowly focused.

Medicating an entire population to deal with a specific narrow problem in a subset of the population is never a wise action. This applies in the case of fluoridating all the tap water in Calgary. Such a measure is expensive and will create many more long-term problems than benefits.

- **It is unnecessary for developing healthy teeth.** When my children were small and living in Calgary, we simply obtained fluoride drops and gave it to the children directly or in a glass of water. It was a simple, easy and inexpensive treatment. They had good strong teeth. Like any medical treatment it should be targeted, and fluoridating our water supply is the opposite. Also, fluoride toothpaste is available, inexpensive, and is an effective method of topical application of fluoride to young teeth.
- **It tends to make bones in older people more brittle.** This is termed skeletal fluorosis and builds up over years. It is difficult for people to avoid drinking tap water or using it for cooking. Doctors recommend drinking lots of water for all ages. Bottled water is both expensive and creates plastic pollution. Therefore older people will be more subject to broken bones and hospitalization since they will likely drink regular tap water. This is wrong when there is an easy and simple method for providing it for young children. The symptoms of skeletal fluorosis can be severe.
- **Fluoride is neurotoxic.** Many studies have shown that fluoride can be neurotoxic resulting in lower IQ in children who drink fluoridated water, and even in babies whose mothers drank fluoridated water. Fluoridation is therefore antagonistic to healthy brain development.
- **It can create thyroid problems.** Fluoride, when consistently drunk, displaces iodine from the thyroid since both iodine and fluoride are halogens. This can lead to an iodine deficiency, raising the risk of hypothyroidism.

- **It can trigger allergies and promote arthritis.** I had an aunt who lived in Edmonton and found that she had a very bad reaction to the fluoride placed in their water. As a result she was required to drink only bottled water and ultimately had to move to a place where the water was not fluoridated. Many people have arthritis and drinking fluoridated water will exacerbate this medical challenge.
- **The excess fluoride will end up in the Bow River.** Surely, with our newfound sensitivity to environmental matters, we should not be fluoridating our river system with what some scientists call an ‘industrial waste product’.

The Centers for Disease Control (CDC) in the USA examined the matter and determined that fluoride’s effectiveness is on the surface of the tooth and after the tooth has come into the mouth - showing that drops applied to the teeth of young children is the most effective method of strengthening teeth - NOT by medicating their entire body with fluoride.

In their August 17, 2001, Vol. 50, RR-14 Morbidity and Mortality Weekly Report entitled, “Recommendations for using Fluoride to Prevent and Control Dental Caries in the United States”, they offer some essential information. On page 4 in the 3rd and 4th paragraphs they specifically state:

*“The prevalence of dental caries in a population is not inversely related to the concentration of fluoride in enamel, and a higher concentration of enamel fluoride is not necessarily more efficacious in preventing dental caries. The laboratory and epidemiologic research has led to the better understanding of how fluoride prevents dental caries indicates that fluoride’s predominant effect is post eruptive and **topical** and that the effect depends upon fluoride being in the right amount in the right place at the right time.”*

Surely, common sense tells us that trying to solve a narrow problem while ignoring the wider issues that any solution would cause is poor public policy. I suspect that many people who voted for fluoridation do not understand these wider considerations.

Fluoride & IQ: 70 Studies



Fluoride Action Network | Updated by Ellen Connett | September 3, 2019

As of June 2021, a total of 78 studies have investigated the relationship between fluoride and human intelligence. Of these investigations, 70 studies have found that elevated fluoride exposure is associated with reduced IQ in humans, while over 60 animal studies have found that fluoride exposure impairs the learning and/or memory capacity of animals. The human studies, which are based on IQ examinations of 26,245 children (68 studies) and 245 adults (2 studies), provide compelling evidence that fluoride exposure during the early years of life can damage a child's developing brain.

<https://fluoridealert.org/studies/brain01/>



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First name (required) Alan
Last name (required) Gardner
What do you want to do? (required) Submit a comment
Public hearing item (required = max 75 characters) Vote on fluoridating the water supply, item 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I urge city council to vote NO to fluoridating the water of Calgary for the following reasons: (1) It is unnecessary for healthy teeth as topical treatment through toothpaste or drops is more effective. The CDC performed a study (Aug. 17, 2001) that concluded that direct topical application of fluoride during the childhood years is most effective); (2) It tends to make bones in older people more brittle. This is termed skeletal fluorosis, and will exacerbate osteoporosis problems; (3) Fluoride is neurotoxic. Many studies have shown lower IQ in children who drink fluoridated water; (4) Fluoride, when consistently drunk, displaces iodine from the thyroid leading to hypothyroidism; (5) Constant exposure to fluoride can trigger allergies, inflammation and various types of arthritis; and (6) the fluoride in the water will end up in the Bow River and this is completely contrary to good environmental practice.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Bryan

Last name (required) Wan

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) fluoridation of city water supply

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am against fluoridation of our water supply. It is more cost effective to provide children with electric toothbrushes and topical applications of fluoridated toothpaste which is recognized as the most effective treatment against tooth decay. Were there is a risk there must be a choice. We need to provide the option of unfluoridated water to those residents who are sensitive to fluorine products, as fluoride sensitivity results in severe skin reactions and tooth discoloration. For those of us who want to avoid fluoride toxicity, we then have to invest more in fluoride filters to purify our water.



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First name (required) Anusha

Last name (required) Srijevanathan

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoridation of water

Date of meeting Nov 14, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I'd like to express my disappointment with the decision to add fluoride to our tap water. This is an unnecessary addition to our water and a potential risk to our health. Please reverse this decision.



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First name (required) Sarah
Last name (required) Scheer
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Vote for Fluoride in water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Hello. I am writing to the Council with hopes my voice will be heard with a particularly concerning issue regarding water fluoridation. I am absolutely against it and vote NO for fluoride in our water. I know many many others who feel the same as me but I may only speak for myself here. It is rather shocking to me that the city of calgary would even consider putting fluoride in the water unless it is being done with the intent to poison its citizens. I feel that most must know that fluoride is poisonous, if not a simple google search will show you this or you may look on the back of any toothpaste that has fluoride in it that directs you to call the poison control centre immediately if consumed. Fluoride is toxic when ingested, it is not safe and leads to a variety of health problems. While some say it may be safe in small doses when applied topically as dental treatment, the effects it has when ingested are actually opposite, it weakens the skeletal system and can lead to complications such as arthritis and a weakened bone density. Aswell it is harmful to the cardiovascular system, kidney health, fertility, toxic to thyroid and calcifies the pineal gland. These are just a few of the dangers of consuming fluoride. Some may try to argue it safe in small doses but if it is in our tap water there is no small safe dose, we will be drinking it, showering in it, cooking with it, etc not to mention giving it to our pets and plants, everything. It is also widely known that Hitler was one of the first to use fluoride on his citizens to dumb them down and make them docile, by calcifying our pineal gland it also makes it harder for humans to connect spiritually. I wouldn't call myself a conspiracy theorist i just like to look at facts and connect the dots. These are all facts. If you decide to put fluoride in our water you are thereby making the conscious decision to poison millions of citizens, animals and

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the earth. These are crimes against humanity and our planet and must be stopped. There will be no escaping the karma of that, your soul and conscious will suffer the consequences. I pray you find the courage to do whats right. I am by no means a political figure or anything of the sort, just a deeply concerned citizen. I hope sincerely you will see this and take my words into consideration. Thank You.



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First name (required)

Dorota

Last name (required)

Jaworecki

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

I am against adding fluoride in the municipal water

Date of meeting

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

I am against adding fluoride in the municipal water.



FORM TITLE

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First name (required)	Madison
Last name (required)	Dunville
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Do not put fluoride back in our water.



FORM TITLE

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First name (required) Dawn
Last name (required) Issler
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) agenda item 11.3.1.
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
DO NOT PUT FLOURIDE IN CALGARY'S DRINKING WATER. People can add fluoride to their own glass of water if they feel it is necessary. We are capable of thinking for ourselves and have the right to make our own decisions as to what goes in our bodies,
if you're so concerned about the environment, then why are you poisoning our waters and ultimately the people and all life in the water. Water is a life force and must be respected.
Why is it the people of Tsu'u Tina Nation, Chestermere, Strathmore and Airdrie, who obtain their water from Calgary, are not participating in the vote.
We have critical thinking skills and you must listen to the people. You work for us and you will be held accountable for all fluoride related injuries. Respect the people you work for and respect our natural resources,



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First name (required)	Jessica
Last name (required)	Cyr
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride in our water
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I am opposed to the addition of fluoride to Calgary's water. Even if the plebiscite voted yes, I do not believe there has been enough information provided to the public on what the chemical formulation of fluoride consists of or of the possible cons of the addition to the water. The money spent on fluoridation could be better spent to help Calgarians.



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First name (required) Heather

Last name (required) Baker

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride vote

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Fluoride is a toxic waste that would be extremely harmful to surrounding water and wildlife, most would be flushed down the toilet and its detrimental to thyroid health. Why not spend the millions to produce bottled fluoridated water to sell to those who want it instead of polluting the whole water system including surrounding areas ie Strathmore, Chestermere ect??? Fluoride is available at dental offices and very affordable toothpastes citizens can choose to use daily, don't force flouride on the rest of the population who choose not to ingest it please.

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First name (required)	Carol
Last name (required)	Adams
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride in our water supply
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	No fluoride! If someone wants it provide drops. I did not receive knowledge of this vote until after deadline. Is it not a climate emergency according to our mayor? Dumping toxin in the water is not healthy to wildlife or humans. Surrounding Communities did not get a vote on this. Please focus on more important issues!



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First name (required) Shawn

Last name (required) Issler

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Please do NOT introduce fluoride or any other contaminants to Calgary's water supply.



FORM TITLE

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First name (required) **Carolina**

Last name (required) **Goehler**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Item 11.3.1 Fluroide**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

To whom it might concern, for the municipal vote I was not able to vote against fluroide, as the option was not clear and easy to miss. I was NOT aware of the public plebiscite after the deadline. I'm against fluroide to be put into our water. NO to fluroide



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First name (required) Amanda

Last name (required) Clark

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluroide Item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I was not aware about the plebiscite after the deadline. My vote is NO to fluroide. Provide fluroide drops to people who are pro fluroide. Simple! Best solution!



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First name (required) Yasmin

Last name (required) Dahl

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I'm appalled that during our October vote that, it seemed to me, this item was strategically placed on the ballot so it would be missed by the voter!

Quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day.

I do NOT want my tax dollars supporting fluoridation!

Thank you



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First name (required) Amii

Last name (required) Hawes

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I am writing today to make it clear that my family and I absolutely do NOT want fluoride being put in Calgary water. It is a harmful toxic substance and should not be put in water.

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First name (required)	Orla
Last name (required)	McGrogan
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Flouride
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	11.3.1 Please to not add flouride to water It is dangerous to our health We fo not need this added to our drinking water



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First name (required)

Jody

Last name (required)

Balanko

What do you want to do? (required)

Submit a comment

Public hearing item (required - max 75 characters)

11.3.1 Reintroduction of Fluoridation to the Water Treatment Process

Date of meeting

Nov 15, 2021

Fluoride is a noxious substance. If you add this noxious substance to my drinking water you will be charged under the Canada Criminal Code Section 245(1).

Fluoride is not a substance used in "treating" water to make it potable. By your own admission you're adding it to my water supply to prescribe and administer a medical treatment. Not only is this OUTSIDE your jurisdiction but worse acts of malfeasance and misfeasance are being committed.

Only licensed medical practitioners can prescribe/administer medical treatment in Alberta. As none of you are licensed medical practitioners your actions of prescribing AND administering medical treatments are contrary to Law.

Even IF one of you was a licensed medical practitioner (which you are not), only licensed medical practitioners can prescribe or administer treatment IF the person is a patient under their professional treatment: I am NOT a patient under your care.

Furthermore, even IF you were a licensed medical practitioner (you are not) and you were my medical practitioner (you are not) and I was a patient under your care (I am not), I DO NOT CONSENT to your medical treatment and consider you ADMINISTERING medical treatment to me to be in direct violation of the laws of consent.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

You are hereby directed to immediately cease and desist all activities, discussions,

DISCLAIMER

**FORM TITLE**

Header text

and votes regarding putting fluoride in my drinking water. If you do not, criminal and civil charges will be sought for violations of inter alia the Criminal Code of Canada, College of Physicians and Surgeons of Alberta bylaws, the Controlled Drugs and Substances Act and Alberta Health Services' Alberta Medical Licensing and Practice Requirements.

In addition, without even addressing your possible violations of various environmental laws, I would like to point out citizens only drink 1-2% of water they consume, the rest is flushed down the toilet, bathed in, used for laundry etc. WHERE is the logic of prescribing and administering medication to citizens through the drinking water thereby forcing that "medication" on the ecosystem and every creature which consumes the water?

If 62% of Calgarians (TBD) are so desirous of drinking fluoride as you allege, I suggest Council simply prescribe fluoride treatments to your 600,000 newly acquired patients. Instead of a capex of \$15M plus annual opex of \$800k, perhaps you should just take your newly acquired medical licenses and simply prescribe your patients eat tooth-paste on a regular basis.



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First name (required) Todd
Last name (required) Humphreys
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride Into Calgary Drinking Water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
To whom it may concern,
I understand that an action item put forward to vote is the introduction of fluoride to our drinking water. We removed fluoride from our water many years ago. There were various reasons back then. Ranging from the cancer causing property within fluoride to the damage it does to piping and infrastructure. Unless, the City is prepared to pay damages in law suits as a result of knowingly harming Calgarians, do not vote this through. I for one, will hold any City Alderman whom votes yes liable civilly and criminally. This is your notice of demand.
In addition, there were concerns with the election. There were many problems with the tabulator machines on Nov 18, 2021. Resulting in ballots being processed out of site of the voter etc. Therefore, most likely the results of the election is not true and accurate.

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First name (required)	Nadine
Last name (required)	James
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I do not think it is a good idea to add chemicals to our water supply in the city. It is harmful and toxic especially for growing children



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First name (required) Amanda
Last name (required) Bremmer
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) No adding o f fluoride
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

As a free woman who chooses what she does does not want in her body i am asking to please reconsider adding fluoride to our otherwise great water. Not only is it unnecessary as most people already brush their teeth with fluoride added toothpaste but the cost alone is a burden on an already over spent budget. Let Fluoride be a choice. This not mu only concern on freedom of choice but it is the spot lighted item of discussion. If people want to have fluoride thou can drink bottled water, brush their teeth witj fluoride added toothpaste but for those who want to continue drinking our quite pristine water as is, let us or subsidze water filters that block fluoride. Highly doubtful you would even consider that so why not save gue money and leave the water as is. Have a beautiful day and hope you think twice on making health decisions for others. Sincerely , Amanda Bremmer

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First name (required)	Katie
Last name (required)	Tremblay
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	My family and many people I know and have talked to about this matter are very much against the reintroduction of fluoride to our water. There are several studies showing fluoride negatively impacts cognitive development especially in children. Please reconsider for the sake of our future generations.



FORM TITLE

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Marleen

Last name (required) Greenberg

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am writing to voice my opposition to putting fluoride back into the water supply. The fluoride used is a toxic unprocessed industrial by-products of the phosphate fertilizer industry. It is also being used in the water as a medication which means that there is no way to manage the amount that you swallow. Fluoride is a neuro-toxin that damages the brain and blocks iodine in the thyroid gland, thereby causing an increase in thyroid disorders. At a time when most countries have stopped using fluoride I am shocked that this is being recommended. Dentists pushed mercury for fillings for years, much longer than they should have. We now know how toxic mercury fillings are. Fluoride is the same thing. If you truly want to reduce cavities, then put the \$30 million towards dental cleanings for those who cannot afford it, and a public health initiative to teach people that eating processed foods and sugars are what cause cavities. And you may also want to read the research on how wearing masks is causing "mask mouth" and increased cavities. Masks force people to mouth breathe, thus causing dry mouth and cavities.



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First name (required) Bryenna

Last name (required) Dougherty

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Water fluoridation uses toxic waste that is a by-product resulting from the production of phosphate fertilizers. These industrial chemicals are known as silicofluorides and classified as HAZARDOUS to our health. They are corrosive on contact and poisonous by ingestion or vapour inhalation.

Without any refinement or purification, these dangerous chemicals are poured directly into our drinking supply, and in addition to the above threats often have high levels of arsenic and leach lead from piping. As a reminder, there are ZERO levels of lead that are considered safe - all cause some type of biological harm.

Furthermore, studies of Fluoride exposure are outdated and do not take into consideration additional exposure through toothpaste, packaged goods made with fluoridated water, and 'naturally' occurring run off that enters our water supplies.

As a start, please see the safety data sheet linked below: https://beta-static.fishersci.com/content/dam/fishersci/en_US/documents/programs/education/regulatory-documents/sds/chemicals/chemicals-s/S25547.pdf



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First name (required) Ana
Last name (required) Vargas
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1 fluoride water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) This request is regarding fluoride water, which i voté against it. Not sure what else i need to say, but fluoride needs to be rinse out of your mouth not drank into our bodies.

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First name (required)

Gail

Last name (required)

Gdanski

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

35M2017 fluoridation of water

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

I'm sure it is more cost effective to distribute fluoride to those who want it vs polluting our everyday water and animals and fish. If counsel is worried about emissions, should you not worry about pollutants in our water? Look at at other cities voting no and the science behind that please. Please look at the science against fluoridation. Our plants do not need fluoride, nor livestock. My family lives in Chestermere and uses calgary water and did not even get to vote! This is wrong!



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First name (required) Jessica

Last name (required) Penalver-Cote

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 (fluoride in water)

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Instead of slowly poisoning our bodies and the bodies of our children with fluoride and other toxic chemicals, has council considered dealing with the root problem? (Pun intended) How about we educate the population and our kids on improving oral health, reducing sugar intake (would likely reduce a ton in health spending too). How about we fund programs where dentists visit schools for checkups and education sessions? Instead of using a band aid solution, how about we focus on eradicating the problem? :)



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First name (required)	Dave
Last name (required)	Levesque
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride in Calgary water
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Please hear my concerns about introduction of fluoride in Calgary drinkg water supply. I do not concent due to potential risks fro my health associated with this toxic substance.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Mandy
Last name (required) Hampton
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters) I am strongly against the daily dumping of fluoride into Calgary and area's drinking water supply. We do absolutely not want this product to be forced on us and our children. If anyone wants fluoride, they can choose to take fluoride drops. This is an unnecessary poison and definitely not wanted in our rivers either.

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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Sondra

Last name (required) Roy

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Reintroduction of Fluoridation to the Water Treatment Process

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I understand that the City of Calgary councillors will be voting on the reintroduction of fluoride to our drinking water. As a concerned citizen of Calgary, I request that the you not only look at this issue as a line in the budget but review all the worldwide data. Please also take into consideration the information that I have included in the attached pdf document as part of your review. I pray you will do the right thing. Thank you for your time.

TO: Calgary City Councillors
FR: Sondra Roy
RE: 11.3.1 Reintroduction of Fluoridation to the Water Treatment Process

I am a concerned citizen of Calgary. I understand that our recent vote is now simply considered “public engagement” and council is voting on the reintroduction on Monday November 15, 2021.

I wish my following concerns to be noted and taken into consideration:

1. Voter turnout on October 18, 2021 in Calgary was 46.38% so although 62% voted in favour of fluoridation, this does not take into consideration the wishes of 54% of the population . In addition, there are areas that receive their water from Calgary that were not able to participate in the vote including Chestermere, Strathmore, Airdrie and the Tsuut’ina Nation. All tolled this plebiscite does not adequately give council a true understanding of the wishes of the majority of the affected population.

2. According to the Food and Drug Administration, fluoride is a drug, therefore fluoridation of our drinking water is in fact mass medication. This is a blanket approach which does not take into consideration individual health needs or concerns or proper dosing. It is also a violation of our rights under the UN Universal Declaration on Bioethics and Human Rights, as follows:

- Article 6, Section 1 Any preventive, diagnostic and therapeutic medical intervention is only to be carried out with the prior, free and informed consent of the person concerned, based on adequate information. The consent should, where appropriate, be express and may be withdrawn by the person concerned at any time and for any reason without disadvantage or prejudice
- Article 6, Section 3 In no case should a collective community agreement or the consent of a community leader or other authority substitute for an individual’s informed consent.

3. Fluoride is not an essential nutrient. In fact, international organisations such as UNICEF work with developing nations that have high levels of naturally occurring fluoride to help remove it from their water as a disease preventative measure.

4. Any benefit on tooth health from additional fluoride is from topical use not from ingestion, whether from water or tablets. Ingestion of fluoride is what brings all the risks and the Food and Drug Administration requires a poison warning on all fluoride toothpaste sold in the US.

5. Excessive fluoride exposure is linked to the following conditions:

- Bone disease (skeletal fluorosis) and cancer
- Dental fluorosis (discolouration of teeth)
- Bone fragility
- Gastrointestinal distress
- Endocrine disrupter - thyroid, metabolism, mood disorders
- Lower IQ in children
- Arthritis
- Damage to developing foetus brain

- Cardiovascular disease
 - Glucose intolerance
 - Iodine deficiency
6. Certain subsets of the population are more susceptible to the toxic effects of fluoridation, such as:
 - Foetus and infants
 - Individuals with kidney disease
 - Individuals with nutrient deficiency such as calcium and iodine
 - Individuals with polydipsia (excessive thirst)
 - Communities of colour
 7. Most of the western world, including 97% of Europe and all of Japan, does not fluoridate their water supplies and tooth decay rates have declined at similar rates to those of the US, so the risks outweigh any desired benefits as shown by 50 years of real world data.
 8. The main chemicals used to fluoridate drinking water (hydrofluorosilicic acid) are not pharmaceutical-grade but are unprocessed and untreated industrial by-products which contain high levels of mercury, arsenic, lead and other heavy metals that are well-known toxins to humans.
 9. Fluoride is the only additive that is not required for the delivery of clean, safe drinking water.
 10. Rather than requiring that all members of the public ingest fluoride, individuals that wish to improve their dental health may use alternative and more effective methods including brushing teeth twice a day with a fluoride toothpaste, using a fluoride mouthwash, and receiving professional fluoride treatments from their dentist.

After much research, I voted against the reintroduction of fluoride to the city's drinking water in the October 18th election. I herein request that the City Councillors do your research and vote NO to fluoridation of Calgary's water supply when you revisit this issue on November 15th.

A brief list of scientific data and sources:

<https://onlinelibrary.wiley.com/doi/10.1111/risa.13767>

<https://www.sciencedirect.com/science/article/pii/S0160412019326145>

<https://ehp.niehs.nih.gov/doi/10.1289/EHP7404>

<https://fluoridealert.org/studytracker/>

<https://www.safewatercalgary.com>

<https://www.fluoridefreecanada.ca>

<https://www.ehn.org/fluoride-and-childrens-health-2648120286/particle-3>
fluoridefree.org.nz



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First name (required) Karim
Last name (required) Kanbour
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
There is nothing wrong with our water there is no necessary reason to add a toxic additive to it. If it aint broke, dont fix it, as the saying goes. And if your stance is that it helps teeth, then you should think about investing the money its gonna cost to add fluoride to our water into fundong the specific issue. Start a dental aid fund for low income families who cant afford toothpaste or dental work



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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Jenilee

Last name (required) Evans

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I ask council say no to the unnecessary and untimely expense of water fluoridation. I do not consent to receive this treatment on our public water. Please be fiscally and ethically responsible.



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First name (required) Melody

Last name (required) Plummer

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reintroducing fluoride as item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

95% of the world does NOT fluoridate because of the harm it causes. I am NOT in favour of adding 400 kilograms of fluoride into our drinking water supply. Why, if Mayor Gondek has declared we are in a climate emergency, would then be willing to dump hundreds of kilograms of environmental waste into our beautiful water every day. Sadly Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all receive our Calgary water and were NOT able to participate in this vote on October 18th. Fluoride is a chemical. Are we not aiming to reduce chemical consumption in our lives. According to "safewatercalgary.com" there are 3 reasons NOT to fluoridate our water. #1 Fluoridation is an Outdate form of mass medication; #2 Fluoridation is unnecessary and ineffective (CDC's Oral Health Division acknowledges that fluoride must contact the teeth, not just be ingested; #3 Fluoridation is NOT a SAFE practice as those with health conditions are vulnerable to fluoride's toxic effects. Millions of children are developing dental fluorosis which is a discoloration of the teeth caused by excessive fluoride intake. Also known is that fluoridated water causes severe bone disease in dialysis patients. A statement was issued (in collaboration with scientists, researchers, physicians, toxicologists and dentists across NA, Australia, Ireland and the UK to oppose fluoridation in the water. I ask you, as a concerned Calgary citizen, NOT to add fluoride to our drinking water. Thank you.

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First name (required)	Natalie
Last name (required)	Grabelkovsky
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1.
Date of meeting	Nov 14, 2021

Dear Council:

I require your representation of me to vote NO for the introduction of fluoride into Calgary's municipal water supply.

There are better, proven, and safer ways to provide fluoride such as fluoridated toothpaste, rinses, mouthwashes, foams, varnishes, gels and inexpensive fluoride supplements. Published research shows that children living in regions without fluoridated water are already ingesting too much fluoride.

Swallowing fluoride delivers it to the entire body, the brain and neurological system, the thyroid, bones, kidneys-and potentially causes harm to these and all organs and systems.

The European Commission states:

"Fluoride is not considered to be essential for human growth and development but it is considered to be beneficial in the prevention of dental caries (tooth decay)."

"A body of scientific literature seems to suggest that fluoride intake may be associated with a number of adverse health effects, dental fluorosis and effects on bones (increased fragility and skeletal fluorosis)

.... Systemic effects following prolonged and high exposure to fluoride have also been

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

reported and more recently effects on the thyroid, developing brain and other tissues, and an association with certain types of osteosarcoma (bone cancer) have been reported."
https://ec.europa.eu/health/scientific_committees/opinions_layman/fluoridation/en/l-3/1.htm
In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time combined 27 studies and found strong indications that fluoride may adversely affect cognitive development in children. Based on the findings, the authors say that this risk should not be ignored, and that more research on fluoride's impact on the developing brain is warranted.
"Children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas. The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity."
<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>
Did you know that tooth decay rates were already rising in Calgary (and were at an even higher rate of 7%) when Fluoride was still in the water (pre-2011) than after it was removed (rate of 5%)?
[https://fluoridealert.org/articles/calgary-fluoride-study/Harmful neurological effects](https://fluoridealert.org/articles/calgary-fluoride-study/Harmful%20neurological%20effects)



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Gerri

Last name (required) Myles

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Fluoridation?

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am totally against fluoride in our drinking water. If children were trained to brush their teeth and stop eating so much candy, sweets, etc. there would be less tooth issues. Comparing Edmonton to Calgary as I understand that was done from old data. We do not need fluoride all over our bodies when there is fluoride in the toothpaste and if kids all brushed their teeth there wouldn't be a problem. On top of that fluoride is toxic and if we are in a climate emergency pouring chemicals all over is compounding the problem. What about the opinions of the other surrounding communities that also use Calgary water -- don't they get a say in the matter? I would be very upset if I lived there.

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1/1

Nov 14, 2021

7:17:17 PM

In his book, *Fluoride, The Aging Factor*, Dr. John Yiamouyiannis warns:

Fluoride is a poison! . . . it has been used as a pesticide for mice, rats and other small pests. A 10-pound infant could be killed by 1/100 of an ounce and a 100-pound adult could be killed by 1/10 of an ounce of fluoride.

In 1977, epidemiological studies by Dr. Dean Burk, former head of the US National Cancer Institute's cell chemistry section, and Yiamouyiannis reported that fluoridation is linked to about 10,000 cancer deaths yearly.

Fluoride causes more human cancer, and causes it faster, than any other chemical . . . more people have died in the last 30 years from cancer connected with fluoridation than all the military deaths in the entire history of the United States.

—Dr. Dean Burk, Congressional Record, 21 July 1976.

In 2005, a study conducted at the Harvard School of **DENTAL HEALTH** found that there is a direct correlation between fluoride and osteosarcoma (bone cancer) in young boys. Sodium fluoride inhibits enzyme activity, paralyzes white blood cells, and causes collagen to break down. Enzymes, the immune system, and collagen are all fundamental in fighting cancer. All in all, there are more than 500 peer-reviewed studies documenting the adverse effects of sodium fluoride ranging from cancer to brain damage.

In 2010, two separate stories from India revealed that children are being blinded and crippled partly as a result of fluoride being artificially added to their drinking water. In the Indian village of Gaudiyan, well over half of the population has bone deformities, making them physically handicapped. Children are born normally but after they consume fluoridated water, they begin to develop crippling defects in their hands and feet.

Due to the excess fluoride content in drinking water, dietary calcium is not absorbed in the body, causing disabilities and deformities.

—Dr. Amit Shukla, neurophysician

In Summary

Truth be told, fluoride is a hazardous-waste by-product from aluminum, fertilizer, and the nuclear industries. But rather than paying to dispose of their hazardous waste, these companies are able to sell their waste to municipalities so they can drip it into our water and forcibly "mass-medicate" the entire population!

I am appalled at the prospect of using water as a vehicle for drugs. Fluoride is a corrosive poison that will produce serious damaging effects on a long term basis. Any attempt to use water this way is deplorable.

—Dr. Charles G. Heyd (past President of the AMA)

I leave you with this quote from EPA scientist, **Dr. Robert Carton**:

Fluoridation is the greatest case of scientific fraud in this century, if not of all time."



FORM TITLE

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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Jeannine

Last name (required) Viczko

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 reintroduction of Fluoride to Calgary water supply

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

please consider the following facts and vote "No" to the reintroduction of fluoride to Calgary water supply. Note: Knowledge of the vote was received after the deadline due to the holiday. 1. Voting for the daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply is totally irresponsible. If our new Mayor Gonek has declared we are in a "climate emergency", it is insane to dumping more chemicals into our water supply. Adding fluoride to the water supply has more risks than benefits. 2. there are many other communities downstream (Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie) that all get Calgary water and were not able to participate in the vote, these communities should also have a say in this.

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- ✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Catherine**

Last name (required) **Kaye**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

I STRONGLY disagree with the addition of fluoride to Calgary's water.

Hydrofluorocilic acid is an environmental waste product. Fluorine is one of earth's natural elements, but fluoride is a waste product of aluminum, phosphate, cement, steel, and nuclear weapons manufacturing. Countries like China then sell it to North American cities, that dump it into water that the public has no choice but to drink. It is a toxic chemical, more toxic than lead.

There is absolutely no reason to be ingesting this chemical. It does not prevent dental caries and in fact can cause white staining of the teeth called fluorosis. It gets into the bloodstream and into the brain, causing calcification and plaque. It damages the pineal gland in the brain by calcifying it.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Calgary has some of the cleanest water in the world, and it is nothing short of criminal to be dumping toxic waste into it, which affects not only us, but our wildlife, our fish, and our grasslands.

Surrounding communities like Strathmore, Airdrie, Chestermere and the Tsuut'ina Nation get their water from Calgary, and they were given no vote in this matter. In fact, due to the Remembrance Day holiday, knowledge of this upcoming vote was not received until after the deadline for public submission. It all seems very rushed and underhanded.



FORM TITLE

Header text

Please see the attached report submitted to Calgary in 1997, when this issue was on the table then. Fortunately, it was voted down at that time, and I'm sure I speak for many Calgarians when I say NO once again to adding fluoride to our wonderful water.

<http://www.fluoridation.com/calgaryb.htm#FLUORIDE%20CHRONOLOGY%201989-1997>



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First name (required) Tammy

Last name (required) Laing

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Agenda item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I do not consent to you medicating myself or my child with Fluoride! This should not be in our water!! The majority of this additive will literally be flushed down the drain. What are the environmental consequences to this? Not to mention the irresponsibility and waste of my tax payers dollars?? If you want to help, funnel that money into free dental treatments for those that want/ need it.



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First name (required) **Tammy**

Last name (required) **Howard**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required - max 75 characters) **I feel that fluoride should NOT be added to Calgary's water system.**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

We take enough chemicals into our bodies as it is without needing to add them to our water supply! If people are concerned about their teeth and that of their children... Then there are many other options they can go with. Use a fluoridated toothpaste, mouth rinse and a healthier diet would be beneficial... Don't need to add it to our water!

I believe it's a waste of taxpayers money... As much of it goes down the drain showering etc, my dishes don't need fluoride nor do my clothes need to be washed in it and I don't need to water my plants and lawn in the summer with fluoridated water! And very importantly my pets don't need to take it in!! Thank you and I hope you pay attention to this message



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First name (required)	Kerry
Last name (required)	Shaw
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Knowledge of the vote was not received until after the deadline due to the holiday.



FORM TITLE

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First name (required)	Jean
Last name (required)	Sun
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	item 11.3.1 add fluoride to city watee
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Me and my household don't want fluoride in my drinking water. If fluoride is put in, we don't have choice not to have fluoride. Fluoride is toxic and my household doesn't want it. You can search that fluoride is toxic.



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First name (required) Laramie

Last name (required) Grinde

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) We do NOR want our water supply contaminated with poisonous chemicals. Our waste is some of the cleanest in the world. It does NOT need harmful substances added to it, substances that will end up back in the waterways and harm wildlife. I am beyond disgusted that this topic is even on the agenda.



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First name (required) **Teresa**

Last name (required) **Osiowy**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Item #11.3.1 regarding water fluoridation**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please find attached my PDF letter regarding water fluoridation which replaces my submission from earlier today which was in a Word doc. format. I respectfully request that City Council fully consider the matter of whether to add fluoride to Calgary's water. The new council should be deciding this issue based on a complete understanding of the matter rather than effecting a decision that is primarily based upon the recent plebiscite in which only 13.3% of the affected population voted in favour of artificial water fluoridation. Thank you.

Teresa Osioy

November 14, 2021

I am writing to request that Council undertake an in-depth, thorough inquiry into the question of whether to re-introduce fluoride into Calgary's water system. This decision is an important one as it affects residents of the Tsuut'ina Nation, the Municipalities of Chestermere, Strathmore and Airdrie, the Counties of Rocky View and Foothills,¹ as well as the residents of Calgary.

1. The Results of the Plebiscite Represent the Opinion of a Small Minority of those Affected

The number of people affected by the inclusion of fluoride in our water is 1.542 million,² yet, only 206,320³ or 13.3 percent, of the affected population voted to reintroduce it. Further, turnout in the most recent municipal election was 46.38 percent,⁴ a decrease of 11.72 percent from the 2017 municipal election participation rate of 58.1 percent,⁵ and the residents of neighboring communities had no voice in the matter at all. This does not suggest a strong mandate to fluoridate.

The election results indicate voter confidence in yourselves as elected representatives. All Calgarians, as well as our neighbors in the Greater Calgary area, are counting on you to make thoughtful, well-informed decisions that are best for all affected. My hope is that you will take the time to investigate the issue thoroughly and resist pressure to make a decision based on opinion alone. Voters are not health experts, and this is a health issue.

2. Fluoridation is a Complex Issue that Requires a Comprehensive Risk-Benefit Analysis

The new municipal term is an opportunity for Council to fully explore all facets of the complicated fluoride issue, allowing for a thoughtful decision that considers each risk and benefit. A responsible course of action would be to invite presentations by experts from both sides of the issue, allowing our new councilors the opportunity to deepen their understanding of the scientific research and to ask questions of the experts.

In my experience as a parent, I have learned that there are issues beyond the reduction in cavities that must be considered. As a child, my older son developed moderate fluorosis due to the consumption of fluorinated drinking water. There is no economical way for most families to avoid this side effect as few can afford the luxury of bottled water and many more may be unaware of the risks associated with exposure to high levels of fluoride. Although the report by the O'Brien Institute provides useful information, its scope was limited and did not sufficiently address all of the risks involved. I would suggest that a comprehensive analysis of all risks and benefits is called for.

3. Appropriate Fluoride Protection Can Be Accomplished in Several Ways

Many who advocate in favor of water fluoridation are concerned, and rightly so, with the oral health of children from economically disadvantaged families. There are effective means of

addressing this concern without endangering the health of other vulnerable populations such as those with compromised kidney function and newborn infants.

During my years as an inner-city early childhood educator, I was involved in administering the “Swish” program for students aged 6 – 8, which involved leading my class in a weekly fluoride rinse. Throughout that time, my dentist did not recommend the twice yearly fluoride treatments due to the regular fluoride protection I was already receiving. Alternatives that appropriately target those who can most benefit from added fluoride protection should be explored prior to adopting a one-size fits all approach with possible injury.

Water fluoridation is an important issue for many Calgarians and one that has historically been controversial. As we begin a new chapter in Calgary, you have before you an opportunity to unite public opinion on this issue going forward. If Council were to commit to a comprehensive and transparent process that carefully considers risks and benefits based on the most complete and up-to-date scientific data, it may be possible to settle this matter at last. To decide based on the results of the recent plebiscite would be to miss an opportunity to appropriately represent all citizens of Calgary rather than the 13.3 percent who supported water fluoridation. I would respectfully request that the new Council use this opportunity to demonstrate their commitment to responsible and responsive government by conducting comprehensive hearings before forming a decision on this issue.

¹ <https://calgaryherald.com/news/local-news/calgary-fluoride-decision-would-affect-neighbouring-residents-with-no-vote>

² <https://regionaldashboard.alberta.ca/#/explore-an-indicator?i=population&d=CalculatedValue>

³ <https://www.calgary.ca/election/results/2021-results.html>

⁴ <https://www.calgary.ca/election/results/2021-results.html>

⁵ <https://calgary.ctvnews.ca/voter-turnout-highest-in-40-years-in-calgary-1.3636034>



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First name (required)

Faith

Last name (required)

Banks

What do you want to do? (required)

Submit a comment

Public hearing item (required - max 75 characters)

11.3.1.

Date of meeting

Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I would like you to refrain from putting fluoride in our water.



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First name (required)	Angela
Last name (required)	Tucker
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Fluoride is POISON. Please do not add it to our drinking water. I have children and I am very concerned. If you do this you should buy every household a filtration system to filter out the poison you are adding. Seriously the government is trying to kill us all, between the death jab and now adding poison to our water. It's disgusting.

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Nov 14, 2021

6:46:52 PM



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First name (required) Dr. Robin

Last name (required) Ermel

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am concerned about the hastiness of this vote as I am aware that there are many communities that are served by Calgary water that may have not been able to voice any concerns. As well, because Calgary produces many value added products using its water, the effect of community water fluoridation carries far further than the boundaries of Calgary. Attached is a submission regarding the inability to control the dose of an alleged therapeutic that has the potential to cause many concerning, adverse outcomes if threshold doses are breached..

To the honourable Mayor Gondek and councillors of the City of Calgary.

My name is Dr. Robin Ermel and I have been a practicing dentist for 10 years. I was extremely active in providing scientific literature to the council of the City of Calgary that ultimately voted 10-3 to end community water fluoridation in 2011.

There are many concerns I have about the potential reintroduction of fluoride to Calgary's drinking water. For the sake of brevity, I will focus on the lack of dose control. The city of Calgary's website on water fluoridation (<https://www.calgary.ca/uep/water/drinking-water/fluoride.html>) states "Health Canada's Guidelines for Canadian Drinking Water Quality continue to recommend optimal fluoride dosing to be 0.7mg/L". I would like to point out that 0.7mg of fluoride per litre of water is a concentration and **not a dose as it does not account for how much is consumed by an individual or that individual's body mass**. It is also important to address fluoride exposure levels from all sources, not just drinking water. Thus, it is impossible to control the dose of fluoride for each and every individual.

There are susceptible populations with lower body weights such as infants and children.

There are subgroups of people that consume more water than average such as:

1. Athletes
2. Pregnant or lactating women
3. People with health conditions such as diabetes or kidney dysfunction
4. People with physically demanding jobs and/or who work outdoors in the warmer months

There are many other possible exposures of fluoride such as:

1. Dental products (for use at home or in the dental office) such as toothpaste, floss, restorative materials, mouth rinses, fluoride supplements, and topical treatments such as gels, foams, and varnishes
2. Food and beverages such as infant formula, cow's milk, tea and coffee, fruit juices and sodas, wine and beer, cereal grains and dried fruits
3. Fertilizers and pesticides which can lead to fluoride contamination of the water, air, and soil
4. Pharmaceutical drugs such as Prozac, Lipitor, and Ciprobay
5. Occupational exposures such as firefighters and work that involves welding, aluminum, water treatment, electronics, and fertilizers
6. Products made with perfluorinated compounds such as protective coatings for carpets and clothing, paints, cosmetics, and non-stick cookware coatings such as Teflon
7. Cigarette smoke

It is therefore unacceptable to claim there is a universally optimal concentration of fluoride for drinking water and so I ask you to forego adding any fluoride to the Calgary water supply and instead focus your efforts on alternative strategies for dental caries prevention.

Thank you for your consideration on this matter and if you require any further information, please feel free to contact me at robinawarwick@gmail.com

Dr. Robin Ermel



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Joan
Last name (required) Carten
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am not in favour of add fluoride to our drinking water. The following are some of my reasons for consideration.
1. Health Concern
- adding fluorocilicic acid and other toxins to our drinking water
- other health concerns that can arise from fluoride consumption
2. The Environment
- waste products
- I seldom buy bottled water due to environmental concerns but will be necessary as
I do not want to drink water with fluoride.
3. The Economy
- under what umbrella will fluoride be part of? Or will it be the tax payers? Is it really the time to spend more money?
Thank you



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First name (required) Simbad

Last name (required) Hasanovic

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) No to floride in water...

Date of meeting

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Why would we add more cost to living by adding this poison to our clean pristine mountain water???
With everything thats going on and all the debt we are carrying,you'd think we should be putting this money towards more urgent issues ie: health,infrastructure,helping the poor..
This is like a no brainer...
Whatsgoing on????



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First name (required) **Brian**

Last name (required) **Batista**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Fluoridation of municipal water supply**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I have always been proud that we here in Calgary are one of the few remaining places with pristine water in our municipal supply. I don't think the teeth of a few , especially the fish are on need of paying millions to dump a bunch of industrial waste and chemicals into our supply. I hope in our current economic state, with the environmental goals of this city and more especially the health concerns in mind the city decides against fluoridation of our water supply. My thanks and gratitude for your time.



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First name (required) Sabina

Last name (required) Giani-Cincer

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) I oppose fluoride in our water.

Date of meeting Nov 14, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I oppose fluoride in our water. Calgary is using it as a medication for good teeth, ridiculous. Parents have to teach their kids how to brush their teeth in the morning and evening and when they are a bit older teach them how to dental floss. Then no meal left-over will be sitting under the gum. Adults have to do the same. In the evening teeth should be brushed with a High Strength Fluoride Toothpaste. Teeth get enough fluoride and we have clean water, good for the environment!
Fluoride is bad for the bones, an important reason for Western Europe not to have fluoride in their drinking water.



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First name (required) Lora
Last name (required) Pesant
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride in city water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
I am gravely concerned for the health and safety of our public in introducing fluoride into city water. If you want to help people living on lower incomes with dental care, please provide them with optional drops or subsidized dental care. Thank you.

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First name (required) **Viorica**

Last name (required) **Robinson**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The introduction of fluoride in our water is a personal decision. As most countries in Europe is deemed as a treatment and is unethical to impose it on all population of Calgary. If anyone wants to use the fluoride it should be supplied to those individuals. I fully support that.

At present, 97% of the western European population drinks non-fluoridated water. This includes: Austria, Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Italy, Luxembourg, Netherlands, Northern Ireland, Norway, Portugal, Scotland, Sweden, Switzerland, and approximately 90% of both the United Kingdom and Spain. Wikipedia confirms that these countries don't fluoridate: Croatia, Estonia, Hungary, Iceland, and Latvia. Although some of these countries fluoridate their salt, the majority do not. (The only western European countries that allow salt fluoridation are Austria, France, Germany, Spain, and Switzerland.)

Despite foregoing "one of the top ten public health achievements of the twentieth century," tooth decay rates have declined in Europe as precipitously over the past 50 years as they have in the United States.

Calgary is planing to add industrial waste-hydrofluorosilicic acid-to our water that contains other toxic chemicals. All this for some people that are not taking dental hygiene seriously and think that drinking fluoridated water will help. All those countries in Europe do not have it and do not show any dental problems.

Please do not introduce this to our water, leave it at the individual level and provide them with the fluoride to take if that's their wish.



FORM TITLE

Header text

Thank you!
Viorica



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First name (required) Rebekah

Last name (required) Schreiner

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride (11.3.1)

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Please consider offering free fluoride tablets to anyone who wants to add fluoride to their water instead of adding it to all the water. This would respect the wishes of thousands of Calgarians who are opposed to having fluoride in the water. Thank you!



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First name (required) Kayla

Last name (required) Russell

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 - Flouride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

My comment is in regards to hazardous & dangerous waste (flouride) being added back into our water supply. The negative impacts flouride has on our physical, mental, & spiritual well-being far outweighs any benefits. Flouride is a toxic waste product & is dangerous to the environment, fish, & other animals. This is EXTREMELY detrimental to our health on top of a current health crisis. I am speaking on behalf of myself & over a dozen of my family members. Please reconsider & fight for our future health.



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- ✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) laura
Last name (required) olive
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoridation
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

My community does not want fluoride back in our City's water. Even if one is pro-fluoride for dental health it does not make economic sense to put millions of dollars towards fluoridating our streams, rivers, toilets, and industry's water supplies to name a few. If we are really concerned about those who cannot afford dental care and therefore feel we should add this chemical to our drinking water, why not spend millions on offering affordable dental care, or a fluoridated toothpaste campaign where all the fluoride goes where it is intended to go? I do not understand why we want to add this to our water supply and fluoridate everything???



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First name (required) Shannon

Last name (required) Sauer

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

NO TO TOXIC FLOURIDE! This is a well known neurotoxin, and damages the thyroid. Flouride is NOT NEEDED in the water to protect teeth. Nutrition and hygiene are what protect teeth. Introducing this initiative with little notice to the people of Calgary, is not working and caring for the people. STOP this initiative now! Why reintroduce flouride when it was taken out over a decade ago? Why now? I have attached one of hundreds of studies on the toxicity of this substance. You must vote against putting it in the water, and EVERYONE, including Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie who drink this water, must have a say!!!



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First name (required)	Katarina
Last name (required)	Fedor
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I would like to ask the City Council to reconsider adding fluoride into our drinking water. Is there enough valid research that support this decision?

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First name (required) Katica

Last name (required) Spasic

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 - reintroducing fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Fluoride is very toxic and cumulative in human body! Please check this website: <https://fluoridealert.org/articles/50-reasons/>
 Fluoride was used by nazis to sterilize inmates and make them docile. Fluoride is a key dumbing down ingredient of Prozac and Sarin nerve gas. It's also the key ingredient in rat poison.. That's why 98% of countries have banned fluoridated water.
 Sodium Fluoride is nothing more (or less) than a hazardous waste by-product of the nuclear and aluminum industries. In addition to being the primary ingredient in rat and cockroach poisons, it is also a main ingredient in anesthetic, hypnotic, and psychiatric drugs (like Prozac) as well as military NERVE GAS!"
<https://web.archive.org/web/20120814070136/http://www.greatherthings.com/Lexicon/F/Fluoride.htm>
 Over 3000 health dentists and doctors are currently urging the US congress to stop water-fluoridation.
 It has also been proven to cause:
 1. Brain Damage (from Feb 11th 2011)- New Warning About the "Healthy" Fluoride That Can Damage Your Brain and is in Fact a Dangerous Toxin <https://reenagagneja.com/toxin-dangerous-cdc-warns-consumption-infants/>
 2. Lowered IQ
 "researchers found that the number of intelligent children in the village with low fluoride levels was 350 percent higher than those in the high fluoride village. Even more disturbing, 15% of the highly fluoridated children scored low enough to indicate mental retardation, verses 6% in the other village."



-
3. Hypothyroidism (Fluoride was once used medically to suppress thyroid function.)
 4. Cancers (especially osteosarcoma, a rare form of bone cancer, in young males)
 5. Genetic mutations
 6. Birth defects, such as Down's syndrome
 7. Immune system impairment
 8. Skeletal fluorosis
 9. Alzheimer's disease and other forms of dementia
 10. Infertility
 11. Early onset of puberty (due to interference with pineal gland, which produces melatonin)
 12. Kidney damage
 13. ADHD



WATER FLUORIDATION

Some of the 50 Reasons Against...

<http://fluoridealert.org/articles/50-reasons/>



1) Fluoride is the only chemical added to water for the purpose of medical treatment.

- The U.S. Food and Drug Administration (FDA) classifies fluoride as a drug when used to prevent or mitigate disease (FDA 2000). As a matter of basic logic, adding fluoride to water for the sole purpose of preventing tooth decay (a non-water borne disease) is a form of medical treatment.

2) Fluoridation is unethical.

- Informed consent is standard practice for all medication, and one of the key reasons why most of Western Europe has ruled against fluoridation. With water fluoridation we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients.
- Put another way: **Does a voter have the right to require that their neighbor ingest a certain medication** (even if it is against that neighbor's will)?

3) The dose cannot be controlled.

- Once fluoride is put in the water it is impossible to control the dose each individual receives because people drink different amounts of water. Being able to control the dose a patient receives is critical. Some people (e.g., manual laborers, athletes, diabetics, and people with kidney disease) drink substantially more water than others.

5) People now receive fluoride from many other sources besides water.

- Fluoridated water is not the only way people are exposed to fluoride. Other sources of fluoride include:
 - *food and beverages processed with fluoridated water (Kiritsy 1996; Heilman 1999),*
 - *fluoridated dental products (Bentley 1999; Levy 1999),*
 - *mechanically deboned meat (Fein 2001),*
 - *tea (Levy 1999),*
 - *pesticide residues (e.g., from cryolite) on food (Stannard 1991; Burgstahler 1997)*
- It is now widely acknowledged that exposure to non-water sources of fluoride has significantly increased since the water fluoridation program first began (NRC 2006).

6) Fluoride is not an essential nutrient.

- No disease, not even tooth decay, is caused by a “fluoride deficiency.”(NRC 1993; Institute of Medicine 1997, NRC 2006). Not a single biological process has been shown to require fluoride.
- On the contrary there is extensive evidence that fluoride can interfere with many important biological processes. Fluoride interferes with numerous enzymes (Waldbott 1978). In combination with aluminum, fluoride interferes with G-proteins (Bigay 1985, 1987). Such interactions give aluminum-fluoride complexes the potential to interfere with signals from growth factors, hormones and neurotransmitters (Strunecka & Patocka 1999; Li 2003). More and more studies indicate that fluoride can interfere with biochemistry in fundamental ways (Barbier 2010).

8) Fluoride accumulates in the body.

- Healthy adult kidneys excrete 50 to 60% of the fluoride ingested each day (Marier & Rose 1971).
- The remainder accumulates in the body, largely in calcifying tissues such as the bones and [pineal gland](#) (Luke 1997, 2001).
- Infants and children [excrete less](#) fluoride from their kidneys and take up to 80% of ingested fluoride into their bones (Ekstrand 1994).
- The fluoride concentration in bone steadily increases over a lifetime (NRC 2006).

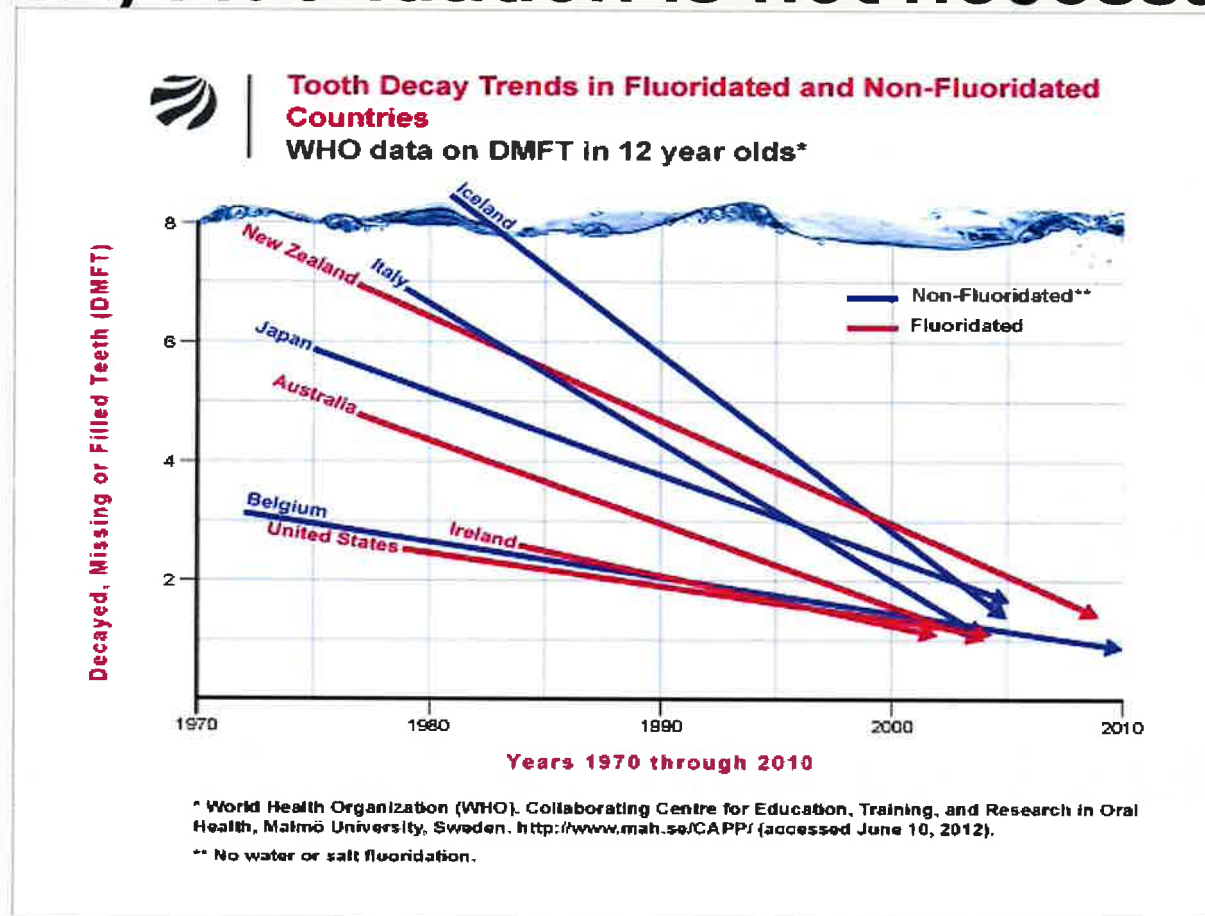
9) No health agency in fluoridated countries is monitoring fluoride exposure or side Effects.

- No regular measurements are being made of the levels of fluoride in urine, blood, bones, hair, or nails of either the general population or sensitive subparts of the population (e.g., individuals with [kidney disease](#)).

11) Benefit is topical not systemic.

- The Centers for Disease Control and Prevention (CDC, 1999, 2001) has now acknowledged that the mechanism of fluoride's benefits are mainly topical, not systemic.
- There is no need whatsoever, therefore, to swallow fluoride to protect teeth. Since the purported benefit of fluoride is topical, and the risks are systemic, it makes more sense to deliver the fluoride directly to the tooth in the form of toothpaste.
- Since swallowing fluoride is unnecessary, and potentially dangerous, there is no justification for forcing people (against their will) to ingest fluoride through their water supply.

12) Fluoridation is not necessary.



22) Fluoride may damage the brain.

- According to the National Research Council (2006), “it is apparent that fluorides have the ability to interfere with the functions of the brain.”
- In a review of the literature commissioned by the US Environmental Protection Agency (EPA), fluoride has been listed among about 100 chemicals for which there is “substantial evidence of **developmental neurotoxicity**.”
- Animal experiments show that **fluoride accumulates in the brain** and alters mental behavior in a manner consistent with a neurotoxic agent (Mullenix 1995). In total, there have now been over 100 animal experiments showing that fluoride can damage the brain and impact learning and behavior.

25) Fluoride affects the pineal gland.

- Studies by Jennifer Luke (2001) show that fluoride accumulates in the human [pineal gland](#) to very high levels.
- In her Ph.D. thesis, Luke has also shown in animal studies that fluoride reduces melatonin production and leads to an earlier onset of puberty (Luke 1997).
- Consistent with Luke's findings, one of the earliest fluoridation trials in the U.S. (Schlesinger 1956) reported that on average young girls in the fluoridated community reached menstruation 5 months earlier than girls in the non-fluoridated community. Inexplicably, no fluoridating country has attempted to reproduce either Luke's or Schlesinger's findings or examine the issue any further.

26) Fluoride affects thyroid function.

- According to the U.S. National Research Council (2006), “several lines of information indicate an effect of fluoride exposure on [thyroid function](#).”
- In the Ukraine, Bachinskii (1985) found a **lowering of thyroid function, among otherwise healthy people, at 2.3 ppm fluoride in water**. In the middle of the 20th century, fluoride was prescribed by a number of European doctors to reduce the activity of the thyroid gland for those suffering from hyperthyroidism (overactive thyroid) (Stecher 1960; Waldbott 1978). According to a clinical study by Galletti and Joyet (1958), the thyroid function of hyperthyroid patients was effectively reduced at just 2.3 to 4.5 mg/day of fluoride ion. To put this finding in perspective, the Department of Health and Human Services (DHHS, 1991) has estimated that total fluoride exposure in fluoridated communities ranges from 1.6 to 6.6 mg/day. This is a remarkable fact, particularly considering the rampant and increasing problem of hypothyroidism (underactive thyroid) in the United States and other fluoridated countries. In 2010, the second most prescribed drug of the year was Synthroid (sodium levothyroxine) which is a hormone replacement drug used to treat an underactive thyroid.

27) Fluoride causes arthritic symptoms.

- Some of the early symptoms of skeletal fluorosis (a fluoride-induced bone and joint disease that impacts millions of people in India, China, and Africa), mimic the symptoms of [arthritis](#) (Singh 1963; Franke 1975; Teotia 1976; Carnow 1981; Czerwinski 1988; DHHS 1991).
- According to a review on fluoridation published in Chemical & Engineering News, “Because some of the clinical symptoms mimic arthritis, the first two clinical phases of skeletal fluorosis could be easily misdiagnosed” (Hileman 1988). Few, if any, studies have been done to determine the extent of this misdiagnosis, and whether the high prevalence of arthritis in America (1 in 3 Americans have some form of arthritis – CDC, 2002) and other fluoridated countries is related to growing fluoride exposure, which is highly plausible. Even when individuals in the U.S. suffer advanced forms of skeletal fluorosis (from drinking large amounts of tea), it has taken [years of misdiagnoses](#) before doctors finally correctly diagnosed the condition as fluorosis.

28) Fluoride damages bone.

- In 2001, Alarcon-Herrera and co-workers reported a linear correlation between the severity of dental fluorosis and the frequency of bone fractures in both children and adults in a high fluoride area in Mexico.

30) People with impaired kidney function are particularly vulnerable to bone damage.

- Because of their inability to effectively excrete fluoride, people with [kidney disease](#) are prone to accumulating high levels of fluoride in their bone and blood. As a result of this high fluoride body burden, kidney patients have an elevated risk for developing skeletal fluorosis.
- In one of the few U.S. studies investigating the matter, crippling skeletal fluorosis was documented among patients with severe kidney disease drinking water with just 1.7 ppm fluoride (Johnson 1979). Since severe skeletal fluorosis in kidney patients has been detected in small case studies, it is likely that larger, systematic studies would detect skeletal fluorosis at even lower fluoride levels.

34) Some individuals are highly sensitive to low levels of fluoride

- about 1% of patients given 1 mg of fluoride each day developed negative reactions. Many individuals have reported suffering from symptoms such as fatigue, headaches, rashes and stomach and gastro intestinal tract problems, which disappear when they avoid fluoride in their water and diet. (Shea 1967; Waldbott 1978; Moolenburgh 1987) Frequently the symptoms reappear when they are unwittingly exposed to fluoride again (Spittle, 2008).

36) There is no margin of safety for several health effects.

- No one can deny that high natural levels of fluoride damage health. Millions of people in India and China have had their health compromised by fluoride. The real question is whether there is an adequate margin of safety between the doses shown to cause harm in published studies and the total dose people receive consuming uncontrolled amounts of fluoridated water and non-water sources of fluoride.
- There is clearly no margin of safety for dental fluorosis (CDC, 2010) and based on the following studies nowhere near an adequate margin of safety for lowered IQ (Xiang 2003a,b; Ding 2011; Choi 2012); lowered thyroid function (Galletti & Joyet 1958; Bachinskii 1985; Lin 1991); bone fractures in children (Alarcon-Herrera 2001) or hip fractures in the elderly (Kurttio 1999; Li 2001). All of these harmful effects are discussed in the NRC (2006) review.

37) Low-income families penalized by fluoridation.

- Those most likely to suffer from poor nutrition, and thus more likely to be more vulnerable to fluoride's toxic effects, are the poor, who unfortunately, are the very people being targeted by fluoridation programs.
- While at heightened risk, poor families are least able to afford avoiding fluoride once it is added to the water supply. No financial support is being offered to these families to help them get alternative water supplies.

40) Tooth decay reflects low-income not low-fluoride intake.

- Dental decay is most concentrated in poor communities. Efforts should be made to increase the access to dental care for low-income families.
- The highest rates of tooth decay today can be found in low-income areas that have been fluoridated for many years.
- As far as tooth decay is concerned, this is not caused by lack of fluoride. Tooth decay is caused by acids in the mouth, typically created from sugar being metabolized by bacteria (*Streptococcus mutans*), and one of the top source of calories is high fructose corn syrup and sugar.
- The acid produced then attacks your enamel. Eventually the bacteria can get into the dentine, at which point tooth decay sets in.
- Dental caries are typically not found in more primitive societies that do not consume vast amounts of sugar.
- **"We need education, not fluoridation. That education would have a double dividend. By avoiding high fructose sugar, we'll not only score a huge benefit with dental decay but also with obesity and health."** (Dr. Paul Connett)

44) Fluoride may leach lead from pipes, brass fittings and soldered joints.

- In tightly controlled laboratory experiments, Maas et al (2007) have shown that fluoridating agents in combination with chlorinating agents such as chloroamine increase the [leaching of lead](#) from brass fittings used in plumbing.
- While proponents may argue about the neurotoxic effects of low levels of fluoride there is no argument that lead at very low levels lowers IQ in children.

47) Review panels hand-picked to deliver a pro-fluoridation result.

- Health Canada (2008, 2010): used a panel of six experts to review the health literature. Four of the six were pro-fluoridation dentists and the other two had no demonstrated expertise on fluoride.
- Dr. Edward Groth, a Senior Scientist at Consumers Union, observed that, “the political profluoridation stance has evolved into a dogmatic, authoritarian, essentially antiscientific posture, one that discourages open debate of scientific issues”

50) Proponents use very dubious tactics to promote fluoridation

- Many scientists, doctors and dentists who have spoken out publicly on this issue have been subjected to [censorship and intimidation](#) (Martin 1991).
- [Dr. Phyllis Mullenix](#) was fired from her position as Chair of Toxicology at Forsythe Dental Center for publishing her findings on fluoride and the brain (Mullenix 1995); and [Dr. William Marcus](#) was fired from the EPA for questioning the government's handling of the NTP's fluoride-cancer study (Bryson 2004).
- Many dentists and even doctors tell opponents in private that they are opposed to this practice but dare not speak out in public because of peer pressure and the fear of recriminations. Tactics like this would not be necessary if those promoting fluoridation were on secure scientific and ethical grounds.

Conclusion

- When it comes to controversies surrounding toxic chemicals, vested interests traditionally do their very best to discount animal studies and quibble with epidemiological findings. In the past, political pressures have led government agencies to drag their feet on regulating asbestos, benzene, DDT, PCBs, tetraethyl lead, tobacco and dioxins. With fluoridation we have had a sixty-year delay. Unfortunately, because government officials and dental leaders have put so much of their credibility on the line defending fluoridation, and because of the huge liabilities waiting in the wings if they admit that fluoridation has caused an increase in hip fracture, arthritis, bone cancer, brain disorders or thyroid problems, it will be very difficult for them to speak honestly and openly about the issue.
- **Precautionary Principle.** Simply put, this says: if in doubt leave it out.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Anna Marie**

Last name (required) **Marcos Maturino**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) **Please do not put flouride in the municipal water supply.**



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First name (required) **Lauren**

Last name (required) **Rodych-Eberle**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I do not believe fluoride should be forced on everyone by having it in the water. Putting it in the water seems to only be putting a band-aid on the larger issue of low income and children not having access to dental care.

<https://fluoridealert.org/articles/50-reasons/>



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First name (required) Marcie

Last name (required) Clare

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Item 11.3.1 Water Fluoridation

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I am submitting my request to vote against adding fluoride to Calgary's water supply. Note that knowledge of this vote was not received until after the deadline due to the Remembrance Day holiday.



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First name (required)	Milla
Last name (required)	Kerusenko
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1 Flouride in water
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Do not contaminate the water!!!! People have the right to pure water. Adding substances like Flouride infringes on the human right to self - determination. For those wanting additional flouride in their diet, let them buy it and ingest it. As for rest of us, leave our water free of additives , flouride and others



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Dr. David

Last name (required) Warwick

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 for Monday, November 15th, 2021

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Attached is important and under reported information regarding the limitations and risks of community water fluoridation. I apologize for being late on this, however I find the schedule of setting a vote under short notice may result in reduced input from stakeholders including people of the Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie.

Dear Honourable Jyoti Gondek, Mayor of Calgary and the Calgary Councillors. I want to take this opportunity to congratulate you all in your recent win in the municipal elections. I want to apologize for the lateness of this submission as I wasn't aware of the impending vote on the important decision on community water fluoridation in Calgary, scheduled to be held November 15th, 2021.

My name is Dr. David Warwick and I have been in dental practice for over 38 years. I have worked with councillor Diane Marie Colley-Urquhart in the past regarding community fluoridation in Calgary. I would think that in support of resuming community fluoridation, you may have been given information or a presentation regarding the following study. *Fluoridation cessation and children's dental caries: A 7-year follow-up evaluation of Grade 2 schoolchildren in Calgary and Edmonton, Canada. Community Dentistry and Oral Epidemiology by McLaren, L et.al. 07/26/2021*

There are four primary conclusion that can be taken from this paper;

1)Dental Caries ("decay") was statistically higher in deciduous teeth in Calgary(fluoride cessation), than in Edmonton(fluoride continuance).

2)Dental Caries ("decay") was **not** statistically higher in **permanent** teeth between the two cities.

3)Fluorosis or mottling of the teeth was significantly higher in Edmonton compared to Calgary. (3x higher in children who were lifetime residences of the respective cities.

4)Generally, Calgary children brushed and flossed more often, saw the dentist more frequently, **drank more sugary drinks, and had much more complete decay care in the form of fillings or extractions** than their counterparts from Edmonton.

It must be understood by all voting members of the council that when there is a reference to "decay" in this paper, it does not just include decay but also fillings and missing teeth. As a clinician, I can ethically say that there is a very wide "opinion" of what constitutes decay and the need for treatment. **This can mean that as care and visitation to a dentist increases, there may be a risk of increased treatment, in this case in the form of a filling.** In this study, more than 3/4 of the children from Edmonton presented to the researchers requiring dental decay treatment, but in Calgary less than two thirds of the children required decay repair. It does not appear that the authors controlled for this variable, but as a clinician, I can attest to the phenomenon that access to treatment can sometimes result in more treatment and that it is possible that increases in decay, missing and filled teeth in deciduous teeth in Calgary children can be due to more fillings because of a significantly increased access to dental care.

There does not seem to be any discussion regarding the impact of significantly higher consumption of "sugary drinks" in Calgary, yet it is common knowledge that the most important factor in decay is the consumption of fermentable sugars. This I believe, is a major factor in the differences of the two cohorts.

The authors collected data regarding; smooth surface decay which is thought to be where fluoridation will prevent disease the most and data regarding the participants in

the study who had more than 0 fillings, which would represent the populations that would be thought to be more susceptible to disease (potentially those with compromised socioeconomic status). There was no discussion regarding these two metrics in the paper, but it is important to point out that Edmonton participants suffered unabated increases in these two metrics (see 4 figures below) despite being fluoridated throughout the time line of the study. This strongly suggests that there are other, more influential factors such as diet, rather than a “lack of fluoride”.

Although the authors do control for some aspects within the two cohorts, a change in population dynamics may also be pertinent. From 2003 to 2011 (the birth year of the cohort) 35,000 more people moved into Calgary compared to Edmonton. (From MacroTrends). In this time, the relative “median family income” (From Alberta Government) of Edmonton compared to Calgary has moved from 89% to 93%. In other words, the gap on the disparity of wealth between the two cities is closing and is likely due to the dilution of the Calgary population with additional populations that do not carry a relatively high socioeconomic status. Granted, the relative reduction in Calgary “wealth” can be due to the volatile nature of the oil industry, but what is important is that as economic status goes down decay risk increases.

The authors confirm that Edmontonians likely have higher exposure to fluoride as evidence by finger nail analysis. Although their intention is to likely associate this metric with better dental health outcomes, it must be pointed out that several recent studies, including that from Canada, have confirmed significant reductions in the IQ of people that are exposed to fluoride. I am sure that you have been introduced to these papers however, if you require references please contact me.

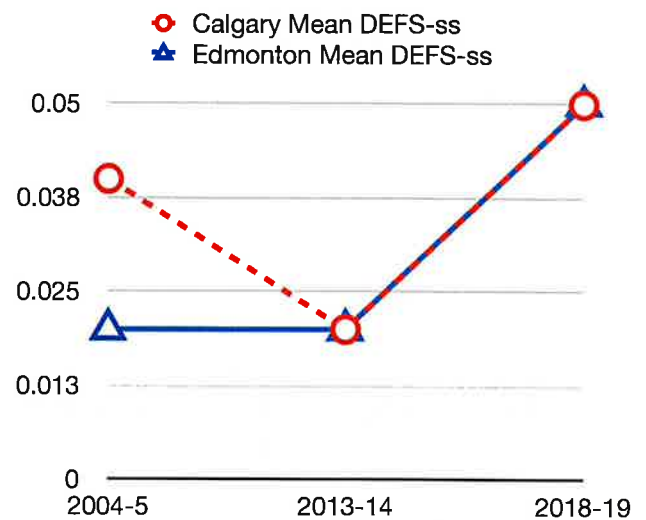
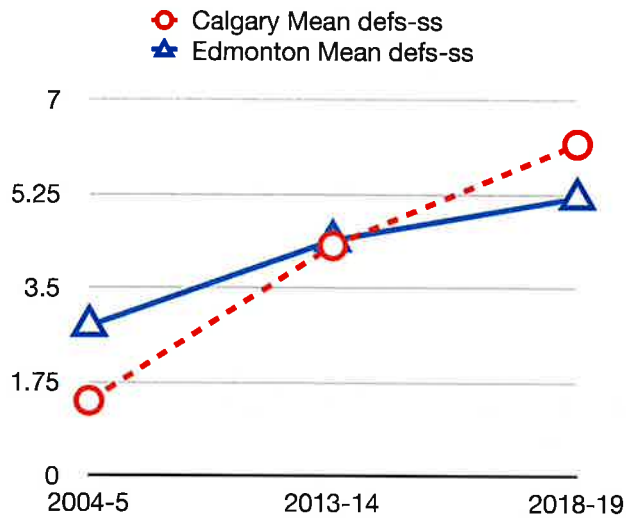
Fluorosis or mottling of the teeth was 3x higher in the Edmonton(18.8%) participants compared to Calgary participants (6.2%) for those who lived in their cities for a lifetime. The cost of treating fluorosis must be factored in to the economics of water fluoridation. Although the McLaren paper suggests that most of the mottling was mild, as these patients grow to be adolescents, the demand for an aesthetic dentition grows and it is not uncommon for dental patients who want treatment to “cover” up the fluorosis surrender many thousands of dollars over a life time.

Finally, the primary author indicates that there are no conflicts of interest to declare, but it must be emphasized that a large portion of the funding for this paper is provided by the CIHR which is a federal government agency. The Canadian Government is a staunch supporter of community water fluoridation, and therefore it is my opinion that such a relationship be declared as there is a risk of potential bias.

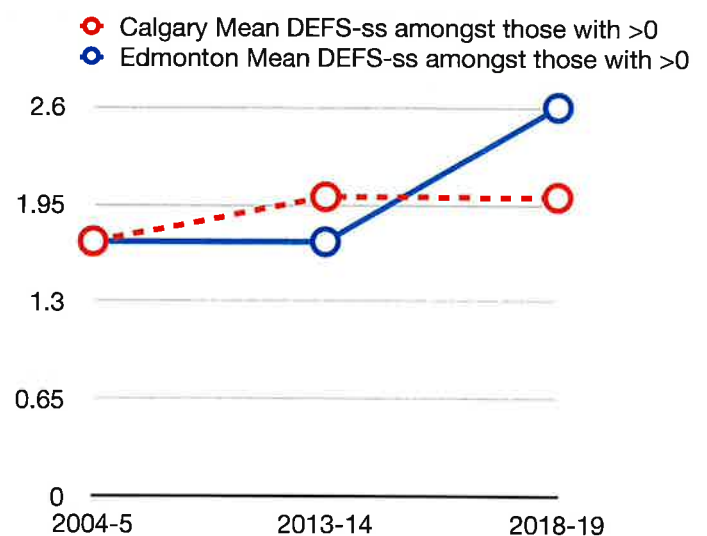
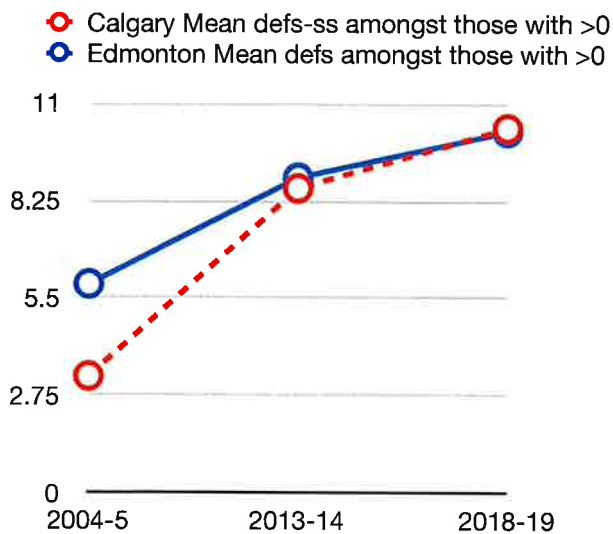
I thank you for your consideration and if you would like to discuss this submission please feel free to contact me at drdavid17@mac.com

Dr. David Warwick

Below are 4 figures depicting data collected by the authors that wasn't commented on in the paper mentioned above.



Above are 2 figures showing an unrelenting increase in decayed, extracted, or filled smooth surfaces of both primary and permanent teeth in both fluoridated and un-fluoridated circumstances during the study time line suggesting that there are more factors regarding increased decay other than just the absence of fluoridation. **The general consensus is that community water fluoridation is best suited to reduce smooth surface decay however the data collected in this study does not necessarily support this notion.**



Above are 2 figures showing an unrelenting increase in decayed, extracted, or filled smooth surfaces of both primary and permanent teeth in both fluoridated and un-fluoridated circumstances during the study timeline amongst those with more than 0 decays (who might be identified as a susceptible group to decay), suggesting that there are more factors regarding increased decay other than just the absence of fluoridation. **The general consensus is that community water fluoridation may be beneficial to those who are susceptible to decay however the data collected in this study does not necessarily support this notion.**



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First name (required) Justin

Last name (required) Roy

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) FLUORIDE IN THE WATER

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Please, please, please, for the love of God, do NOT add fluoride to the water! It's a useless added expense that Calgarians should not be forced to cover. If people want fluoride for their teeth, they can get it in their toothpaste! Think of your children and grandchildren! Please do the right thing and say no.

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FAN.tv (<https://fluoridealert.org/fan-tv/>)

50 REASONS TO OPPOSE FLUORIDATION

(<https://twitter.com/FluorideAction>)

By Paul Connett, PhD (updated in September 2012)

(<https://fluoridealert.org/search-results>)

(<https://npo.networkforgood.org/Donate/Donate.npoSubscriptionId=2553>)
(<http://fluoridealert.myshopify.com/>)

Introduction



Dr. Paul Connett

In Europe

(<http://www.fluoridealert.org/content/europe-statements/>), only Ireland (73%), Poland (1%), Serbia (3%), Spain (11%), and the U.K. (11%) fluoridate any of their water. Most developed countries, including Japan and 97% of the western European population, do not consume fluoridated water.

In the U.S., about 70% of public water supplies are fluoridated. This equates to approximately 185 million people, which is over half (<http://www.fluoridealert.org/content/bfs-2012/>) the number of people drinking artificially fluoridated water worldwide. Some countries

have areas with high natural fluoride levels in the water. These include India, China and parts of Africa. In these countries measures are being taken to remove (<http://www.fluoridealert.org/studies/skeletal-fluorosis05/>) the fluoride because of the health problems that fluoride can cause.

Fluoridation is a bad medical practice

1) Fluoride is the only chemical added to water for the purpose of medical treatment. The U.S. Food and Drug Administration (FDA) classifies fluoride as a drug (http://www.fluoridealert.org/uploads/fluoride_drug.pdf) when used to prevent or mitigate disease (FDA 2000). As a matter of basic logic, adding fluoride to water for the sole purpose of preventing tooth decay (a non-water borne disease) is a form of medical treatment. All other water treatment chemicals are added to improve the water's quality or safety, which fluoride does not do.

2) Fluoridation is unethical. Informed consent (<http://www.fluoridealert.org/issues/water/medical-ethics/>) is standard practice for all medication, and one of the key reasons why most of Western Europe has ruled against fluoridation. With water fluoridation we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients.

Put another way: Does a voter have the right to require that their neighbor ingest a certain medication (even if it is against that neighbor's will)?

3) The dose cannot be controlled. Once fluoride is put in the water it is impossible to control the dose each individual receives because people drink different amounts of water. Being able to control the dose a patient receives is critical. Some people (e.g.,

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QUICK FACTS

97% OF WESTERN EUROPE HAS REJECTED WATER FLUORIDATION

([HTTP://WWW.FLUORIDEALERT.ORG/CONTENT/EURO-STATEMENTS/](http://www.fluoridealert.org/content/euro-statements/))

MANY CHILDREN NOW EXCEED RECOMMENDED DAILY FLUORIDE INTAKE FROM TOOTHPASTE ALONE.

([HTTP://FLUORIDEALERT.ORG/ISSUES/SOURCES/F-TOOTHPASTE/](http://fluoridealert.org/issues/sources/f-toothpaste/))

FLUORIDE IS NOT A NUTRIENT

([HTTP://WWW.FLUORIDEALERT.ORG/STUDIES/ESSEN-NUTRIENT/](http://www.fluoridealert.org/studies/essen-nutrient/))

64 STUDIES HAVE LINKED FLUORIDE WITH REDUCED IQ IN CHILDREN

([HTTP://WWW.FLUORIDEALERT.ORG/STUDIES/BRAIN](http://www.fluoridealert.org/studies/brain))

RELATED VIDEOS:

manual laborers, athletes, diabetics, and people with kidney disease) drink substantially more water than others.

4) The fluoride goes to everyone regardless of age, health or vulnerability.

According to Dr. Arvid Carlsson, the 2000 Nobel Laureate in Medicine and Physiology and one of the scientists who helped keep fluoridation out of Sweden:

"Water fluoridation goes against leading principles of pharmacotherapy, which is progressing from a stereotyped medication — of the type 1 tablet 3 times a day — to a much more individualized therapy as regards both dosage and selection of drugs. The addition of drugs to the drinking water means exactly the opposite of an individualized therapy" (Carlsson 1978).

5) **People now receive fluoride from many other sources besides water.** Fluoridated water is not the only way people are exposed to fluoride. Other sources (<http://www.fluoridealert.org/issues/sources/>) of fluoride include food and beverages processed with fluoridated water (Kiritsy 1996; Heilman 1999), fluoridated dental products (Bentley 1999; Levy 1999), mechanically deboned meat (Fein 2001), tea (Levy 1999), and pesticide residues (e.g., from cryolite) on food (Stannard 1991; Burgstahler 1997). It is now widely acknowledged that exposure to non-water sources of fluoride has significantly increased since the water fluoridation program first began (NRC 2006).

6) **Fluoride is not an essential nutrient.** No disease, not even tooth decay, is caused by a "fluoride deficiency (<http://www.fluoridealert.org/studies/essential-nutrient/>)."(NRC 1993; Institute of Medicine 1997, NRC 2006). Not a single biological process has been shown to require fluoride. On the contrary there is extensive evidence that fluoride can interfere with many important biological processes. Fluoride interferes with numerous enzymes (Waldbott 1978). In combination with aluminum, fluoride interferes with G-proteins (Bigay 1985, 1987). Such interactions give aluminum-fluoride complexes the potential to interfere with signals from growth factors, hormones and neurotransmitters (Strunecka & Patocka 1999; Li 2003). More and more studies indicate that fluoride can interfere with biochemistry (<http://www.fluoridealert.org/articles/fluoride-biochemistry/>) in fundamental ways (Barbier 2010).

7) **The level in mothers' milk is very low.** Considering reason #6 it is perhaps not surprising that the level of fluoride in mother's milk (<http://www.fluoridealert.org/issues/infant-exposure/breast-milk/>) is remarkably low (0.004 ppm, NRC, 2006). This means that a bottle-fed baby consuming fluoridated water (0.6 – 1.2 ppm) can get up to 300 times more fluoride than a breast-fed baby. There are no benefits (see reasons #11-19), only risks (see reasons #21-36), for infants ingesting this heightened level of fluoride at such an early age (an age where susceptibility to environmental toxins is particularly high).

8) **Fluoride accumulates in the body.** Healthy adult kidneys excrete 50 to 60% of the fluoride ingested each day (Marier & Rose 1971). The remainder accumulates in the body, largely in calcifying tissues such as the bones and pineal gland (<http://www.fluoridealert.org/issues/health/pineal/>) (Luke 1997, 2001). Infants and children excrete less (<http://www.fluoridealert.org/studies/infant-retention/>) fluoride from their kidneys and take up to 80% of ingested fluoride into their bones (Ekstrand 1994). The fluoride concentration in bone steadily increases over a lifetime (NRC 2006).

9) **No health agency in fluoridated countries is monitoring fluoride exposure or side effects.** No regular measurements are being made of the levels of fluoride in urine, blood, bones, hair, or nails of either the general population or sensitive subparts of the population (e.g., individuals with kidney disease (<http://www.fluoridealert.org/issues/health/kidney/>)).



Crippling Waters

(<https://fluoridealert.org/fan-tv/crippling-waters/>)



Professional Perspectives on Water Fluoridation

(<https://fluoridealert.org/fan-tv/prof-perspectives/>)



Don't Swallow Your Toothpaste

(<https://fluoridealert.org/fan-tv/dont-swallow-your-toothpaste/>)

RELATED ARTICLES:

The Absurdities of Water Fluoridation

(caption id="attachment_10205" align="alignleft" width="190") Paul Connert, PhD (caption) Water fluoridation is a peculiarly American phenomenon. It started at a time when Asbestos lined our pipes, lead was added to gasoline, PCBs filled our transformers and DDT was deemed so "safe and effective" that officials felt no qualms spraying kids in school classrooms

(<https://fluoridealert.org/articles/absurdity/>)

Why I am now officially opposed to adding fluoride to drinking water

<https://www.youtube.com/watch?v=Fi-tKllgCuM> April, 2000

To whom it may concern: Since April of 1999, I have publicly decried the addition of fluoride, especially hydrofluosilicic acid, to drinking water for the purpose of preventing tooth decay. The following summarize my reasons. New evidence for lack of effectiveness of fluoridation in modern times. (caption id="attachment_10211" align="alignleft" width="150") Dr. Hardy

(<https://fluoridealert.org/articles/limeback/>)

Why EPA's Headquarters Professionals' Union Opposes Fluoridation

The following documents why our union, formerly National Federation of Federal Employees Local 2050 and since April 1998 Chapter 280 of the National Treasury Employees Union, took the stand it did opposing fluoridation of drinking water supplies. Our union is comprised of and represents the approximately 1500 scientists, lawyers, engineers and

(<https://fluoridealert.org/articles/epa-union/>)

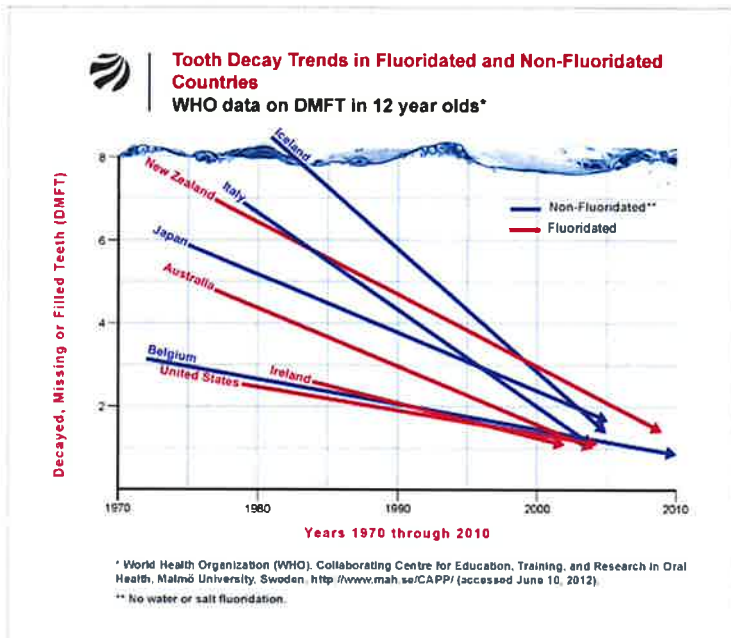
RELATED STUDIES:

10) There has never been a single randomized controlled trial to demonstrate fluoridation's effectiveness or safety. Despite the fact that fluoride has been added to community water supplies for over 60 years, "there have been no randomized trials of water fluoridation" (Cheng 2007). Randomized trials (<http://www.fluoridealert.org/studies/rct/>) are the standard method for determining the safety and effectiveness of any purportedly beneficial medical treatment. In 2000, the British Government's "York Review" could not give a single fluoridation trial a Grade A classification – despite 50 years of research (McDonagh 2000). The U.S. Food and Drug Administration (FDA) continues to classify fluoride as an "unapproved new drug" (<http://www.fluoridealert.org/researchers/fda/>)."

Swallowing fluoride provides no (or very little) benefit

11) **Benefit is topical not systemic.** The Centers for Disease Control and Prevention (CDC, 1999, 2001) has now acknowledged that the mechanism of fluoride's benefits are mainly topical (http://www.fluoridealert.org/issues/caries/topical_systemic/), not systemic. There is no need whatsoever, therefore, to swallow fluoride to protect teeth. Since the purported benefit of fluoride is topical, and the risks are systemic, it makes more sense to deliver the fluoride directly to the tooth in the form of toothpaste. Since swallowing fluoride is unnecessary, and potentially dangerous, there is no justification for forcing people (against their will) to ingest fluoride through their water supply.

12) **Fluoridation is not necessary.** Most western, industrialized countries have rejected (<http://www.fluoridealert.org/content/europe-statements/>), water fluoridation, but have nevertheless experienced the same decline (<http://www.fluoridealert.org/issues/caries/who-data/>) in childhood dental decay as fluoridated countries. (See data from World Health Organization presented graphically in Figure).



(http://www.fluoridealert.org/uploads/who_data01.jpg)

13) **Fluoridation's role in the decline of tooth decay is in serious doubt.** The largest survey (<http://www.fluoridealert.org/studies/caries03/>) ever conducted in the US (over 39,000 children from 84 communities) by the National Institute of Dental Research showed little difference (<http://www.fluoridealert.org/studies/caries03/>) in tooth decay among children in fluoridated and non-fluoridated communities (Hileman 1989).

Fluoride & IQ: 70 Studies

As of June 2021, a total of 78 studies have investigated the relationship between fluoride and human intelligence. Of these investigations, 70 studies have found that elevated fluoride exposure is associated with reduced IQ in humans, while over 60 animal studies have found that fluoride exposure impairs the learning and/or

(<https://fluoridealert.org/studies/brain01/>)

Fluoride's Effect on Fetal Brain

The human placenta does not prevent the passage of fluoride from a pregnant mother's bloodstream to the fetus. As a result, a fetus can be harmed by fluoride ingested pregnancy. Based on research from China, the fetal brain is one of the organs susceptible to fluoride poisoning. As highlighted by the excerpts

(https://fluoridealert.org/studies/brain05_/)

Fluoride: Developmental Neurotoxicity.

Developmental Neurotoxicity. There has been a tremendous amount of research done on the association of exposure to fluoride with developmental neurotoxicity. There are over 60 studies reporting reduced IQ in children and several on the impaired learning/memory in animals. And there are studies which link fluoride to Attention Deficit Hyperactivity Disorder, Teaching

(https://fluoridealert.org/studies/brain03_/)

RELATED MISCELLANEOUS CONTENT:

Email Exchange with FDA re: Fluoride Supplements

Email exchange regarding FDA's reasons for not approving fluoride supplements.

(<https://fluoridealert.org/content/fda-emails/>)

Harvard's Statement on Chester Douglass/Scientific Misconduct

Statement Concerning the Outcome of the Review into Allegations of Research Misconduct Involving Fluoride Research BOSTON, August 15, 2008-The Harvard Medical School and School of Dental Medicine (HSDM) review of Chester Douglass, DMD, PhD, professor of oral health policy and epidemiology at HSDM, has concluded that Douglass did not intentionally omit, misrepresent,

(<https://fluoridealert.org/content/harvard-statement/>)

The 'Altered Recommendations' of the 1983 Surgeon General's Panel

"We believe that EPA staff and managers should be called to testify, along with members of the 1983 Surgeon General's panel and officials of the Department of Human Services, to explain how the original recommendations of the Surgeon General's panel were altered to allow EPA to set otherwise unjustifiable drinking water standards for fluoride."

(<https://fluoridealert.org/content/surgeon-general/>)

According to NIDR researchers, the study found an average difference of only 0.6 DMFS (Decayed, Missing, and Filled Surfaces) in the permanent teeth of children aged 5-17 residing their entire lives in either fluoridated or unfluoridated areas (Brunelle & Carlos, 1990). This difference is less than one tooth surface, and less than 1% of the 100+ tooth surfaces available in a child's mouth. Large surveys from three Australian states have found even less of a benefit, with decay reductions ranging from 0 to 0.3 of one permanent tooth surface (Spencer 1996; Armfield & Spencer 2004). None of these studies have allowed for the possible delayed eruption of the teeth that may be caused by exposure to fluoride, for which there is some evidence (Komarek 2005). A one-year delay in eruption of the permanent teeth would eliminate the very small benefit recorded in these modern studies.

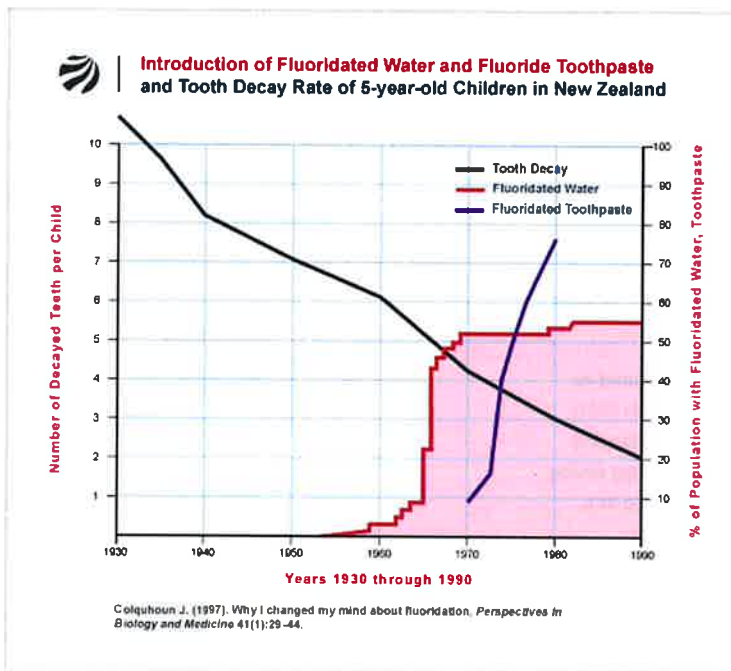
<https://fluoridealert.org/take-action>

14) NIH-funded study on individual fluoride ingestion and tooth decay found no significant correlation. A multi-million dollar, U.S. National Institutes of Health (NIH)-funded study (<http://www.fluoridealert.org/studies/ifs/>) found no significant relationship between tooth decay and [fluoride intake](http://www.fluoridealert.org/studies/ifs/) (<http://www.fluoridealert.org/studies/ifs/>) among children. (Warren 2009) This is the first time tooth decay has been investigated as a function of individual exposure (as opposed to mere residence in a fluoridated community).

15) Tooth decay is high in low-income communities that have been fluoridated for years. Despite some claims to the contrary, water fluoridation cannot prevent the [oral health crises](http://www.fluoridealert.org/studies/caries07/) (<http://www.fluoridealert.org/studies/caries07/>) that result from rampant poverty, inadequate nutrition, and lack of access to dental care. There have been numerous reports of severe dental crises in low-income neighborhoods of US cities that have been fluoridated for over 20 years (e.g., Boston, Cincinnati, New York City, and Pittsburgh). In addition, research has repeatedly found fluoridation to be ineffective at preventing the most serious oral health problem facing poor children, namely "[baby bottle tooth decay](http://www.fluoridealert.org/studies/caries06/)" (<http://www.fluoridealert.org/studies/caries06/>), otherwise known as early childhood caries (Barnes 1992; Shiboski 2003).

16) Tooth decay does not go up when fluoridation is stopped. Where fluoridation has been [discontinued](http://www.fluoridealert.org/studies/caries05/) (<http://www.fluoridealert.org/studies/caries05/>) in communities from Canada, the former East Germany, Cuba and Finland, dental decay has not increased but has generally continued to decrease (Maupomé 2001; Kunzel & Fischer, 1997, 2000; Kunzel 2000; Seppa 2000).

17) Tooth decay was coming down before fluoridation started. Modern research shows that decay rates were coming down before fluoridation was introduced in Australia and New Zealand and have continued to decline even after its benefits would have been maximized. (Colquhoun 1997; Diesendorf 1986). As the following figure indicates, many other factors are responsible for the decline of tooth decay that has been universally reported throughout the western world.

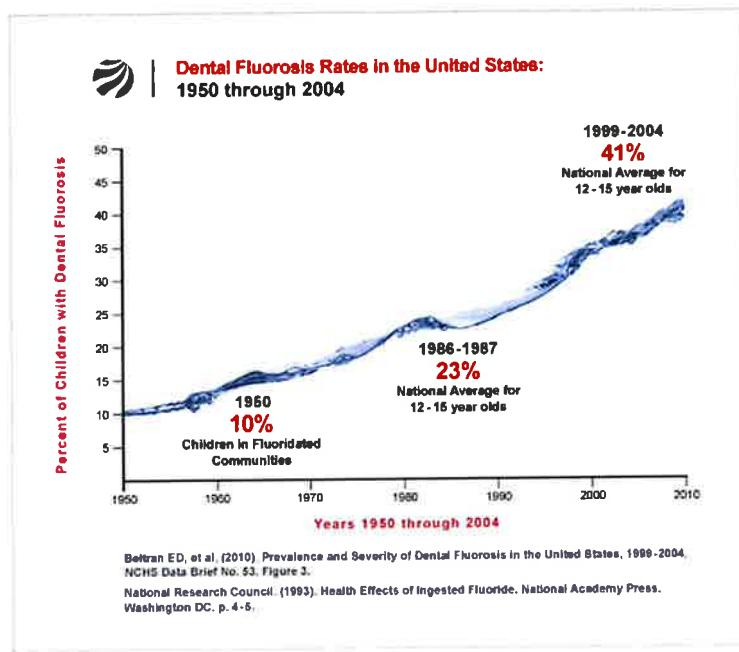


(<http://www.fluoridealert.org/uploads/colquhoun.jpg>)

18) The studies that launched fluoridation were methodologically flawed. The early trials conducted between 1945 and 1955 in North America that helped to launch fluoridation, have been heavily criticized for their poor methodology and poor choice of control communities (De Stefano 1954; Sutton 1959, 1960, 1996; Ziegelbecker 1970). According to Dr. Hubert Arnold, a statistician from the University of California at Davis, the early fluoridation trials "are especially rich in fallacies, improper design, invalid use of statistical methods, omissions of contrary data, and just plain muddleheadedness and hebetude." Serious questions have also been raised about Trendley Dean's (the father of fluoridation) famous 21-city study from 1942 (Ziegelbecker 1981).

Children are being over-exposed to fluoride

19) Children are being over-exposed to fluoride. The fluoridation program has massively failed to achieve one of its key objectives, i.e., to lower dental decay rates while limiting the occurrence of dental fluorosis (<http://www.fluoridealert.org/issues/fluorosis/>) (a discoloring of tooth enamel caused by too much fluoride). The goal of the early promoters of fluoridation was to limit dental fluorosis (in its very mild form) to 10% of children (NRC 1993, pp. 6-7). In 2010, however, the Centers for Disease Control and Prevention (CDC) reported that 41% of American adolescents had dental fluorosis, with 8.6% having mild fluorosis and 3.6% having either moderate or severe dental fluorosis (Beltran-Aguilar 2010). As the 41% prevalence figure is a national average and includes children living in fluoridated and unfluoridated areas, the fluorosis rate in fluoridated communities will obviously be higher. The British Government's York Review estimated that up to 48% of children in fluoridated areas worldwide have dental fluorosis in all forms, with 12.5% having fluorosis of aesthetic concern (http://www.fluoridealert.org/studies/dental_fluorosis03/) (McDonagh, 2000).



(http://www.fluoridealert.org/uploads/fluorosis_rates_us.jpg)

20) **The highest doses of fluoride are going to bottle-fed babies.** Because of their sole reliance on liquids for their food intake, infants (<http://www.fluoridealert.org/issues/infant-exposure/>) consuming formula made with fluoridated water have the highest exposure to fluoride, by bodyweight, in the population. Because infant exposure to fluoridated water has been repeatedly found to be a major risk factor (<http://www.fluoridealert.org/studies/infant03/>) for developing dental fluorosis later in life (Marshall 2004; Hong 2006; Levy 2010), a number of dental researchers (<http://www.fluoridealert.org/studies/infant01/>) have recommended that parents of newborns not use fluoridated water when reconstituting formula (Ekstrand 1996; Pendrys 1998; Fomon 2000; Brothwell 2003; Marshall 2004). Even the American Dental Association (ADA), the most ardent institutional proponent of fluoridation, distributed a November 6, 2006 email alert to its members recommending that parents be advised that formula should be made with "low or no-fluoride water." Unfortunately, the ADA has done little to get this information into the hands of parents. As a result, many parents remain unaware of the fluorosis risk from infant exposure to fluoridated water.

Evidence of harm to other tissues

21) **Dental fluorosis may be an indicator of wider systemic damage.** There have been many suggestions as to the possible biochemical mechanisms (http://www.fluoridealert.org/studies/dental_fluorosis07/) underlying the development of dental fluorosis (Matsuo 1998; Den Besten 1999; Sharma 2008; Duan 2011; Tye 2011) and they are complicated for a lay reader. While promoters of fluoridation are content to dismiss dental fluorosis (in its milder forms) as merely a cosmetic effect, it is rash to assume that fluoride is not impacting other developing tissues when it is visibly damaging the teeth by some biochemical mechanism (Groth 1973; Colquhoun 1997). Moreover, ingested fluoride can only cause dental fluorosis during the period before the permanent teeth have erupted (6-8 years), other tissues are potentially susceptible to damage throughout life. For example, in areas of naturally high levels of fluoride the first indicator of harm is dental fluorosis in children. In the same communities many older people develop skeletal fluorosis (http://www.fluoridealert.org/studies/skeletal_fluorosis05/).

22) Fluoride may damage the brain. According to the National Research Council (2006), "it is apparent that fluorides have the ability to interfere with the functions of the brain." In a [review](#) (<http://www.epa.gov/ncct/toxcast/files/summit/48P%20Mundy%20TDAS.pdf>) of the literature commissioned by the US Environmental Protection Agency (EPA), fluoride has been listed among about 100 chemicals for which there is "substantial evidence of developmental neurotoxicity." Animal experiments show that fluoride accumulates in the brain and alters mental behavior in a manner consistent with a neurotoxic agent (Mullenix 1995). In total, there have now been over 100 (<http://www.fluoridealert.org/health/brain/>) animal experiments showing that fluoride can damage the brain (<http://www.fluoridealert.org/issues/health/brain/>) and impact learning and behavior. According to fluoridation proponents, these animal studies can be ignored because high doses were used. However, it is important to note that rats generally require five times more fluoride to reach the same plasma levels in humans (Sawan 2010). Further, one animal experiment found effects at remarkably low doses (Varner 1998). In this study, rats fed for one year with 1 ppm fluoride in their water (the same level used in fluoridation programs), using either sodium fluoride or aluminum fluoride, had morphological changes to their kidneys and brains, an increased uptake of aluminum in the brain, and the formation of beta-amyloid deposits which are associated with Alzheimer's disease. Other animal studies have found effects on the brain at water fluoride levels as low as 5 ppm (Liu 2010).

23) Fluoride may lower IQ. There have now been 33 studies (<http://www.fluoridealert.org/studies/brain01/>) from China, Iran, India and Mexico that have reported an association between fluoride exposure and reduced IQ. One of these studies (Lin 1991) indicates that even just moderate levels of fluoride exposure (e.g., 0.9 ppm in the water) can exacerbate the neurological defects of iodine deficiency. Other studies have found IQ reductions at 1.9 ppm (Xiang 2003a,b); 0.3-3.0 ppm (Ding 2011); 1.8-3.9 ppm (Xu 1994); 2.0 ppm (Yao 1996, 1997); 2.1-3.2 ppm (An 1992); 2.38 ppm (Poureslami 2011); 2.45 ppm (Eswar 2011); 2.5 ppm (Seraj 2006); 2.85 ppm (Hong 2001); 2.97 ppm (Wang 2001, Yang 1994); 3.15 ppm (Lu 2000); 4.12 ppm (Zhao 1996). In the Ding study, each 1 ppm increase of fluoride in urine was associated with a loss of 0.59 IQ points. None of these studies indicate an adequate margin of safety to protect all children drinking artificially fluoridated water from this affect. According to the National Research Council (2006), "the consistency of the results [in fluoride/IQ studies] appears significant enough to warrant additional research on the effects of fluoride on intelligence." The NRC's conclusion has recently been amplified by a team of Harvard scientists whose fluoride/IQ meta-review concludes that fluoride's impact on the developing brain should be a "high research priority." (Choi et al., 2012). Except for one small IQ study from New Zealand (Spittle 1998) no fluoridating country has yet investigated the matter.

24) Fluoride may cause non-IQ neurotoxic effects. Reduced IQ is not the only neurotoxic effect that may result from fluoride exposure. At least three human studies have reported an association between fluoride exposure and impaired (<http://www.fluoridealert.org/studies/brain03/>) visual-spatial organization (Calderon 2000; Li 2004; Rocha-Amador 2009); while four other studies have found an association between prenatal fluoride exposure and fetal brain damage (<http://www.fluoridealert.org/studies/brain05/>) (Han 1989; Du 1992; Dong 1993; Yu 1996).

25) Fluoride affects the pineal gland. Studies by Jennifer Luke (2001) show that fluoride accumulates in the human pineal gland (<http://www.fluoridealert.org/issues/health/pineal/>) to very high levels. In her Ph.D. thesis, Luke has also shown in animal studies that fluoride reduces melatonin production and leads to an earlier onset of puberty (Luke 1997). Consistent with Luke's findings, one of the earliest fluoridation trials in the U.S. (Schlesinger 1956) reported that on average

young girls in the fluoridated community reached menstruation 5 months earlier than girls in the non-fluoridated community. Inexplicably, no fluoridating country has attempted to reproduce either Luke's or Schlesinger's findings or examine the issue any further.

26) Fluoride affects thyroid function. According to the U.S. National Research Council (2006), "several lines of information indicate an effect of fluoride exposure on thyroid function (<http://www.fluoridealert.org/issues/health/thyroid/>)." In the Ukraine, Bachinskii (1985) found a lowering of thyroid function, among otherwise healthy people, at 2.3 ppm fluoride in water. In the middle of the 20th century, fluoride was prescribed by a number of European doctors to reduce the activity of the thyroid gland for those suffering from hyperthyroidism (overactive thyroid) (Stecher 1960; Waldbott 1978). According to a clinical study by Galletti and Joyet (1958), the thyroid function of hyperthyroid patients was effectively reduced at just 2.3 to 4.5 mg/day of fluoride ion. To put this finding in perspective, the Department of Health and Human Services (DHHS, 1991) has estimated that total fluoride exposure in fluoridated communities ranges from 1.6 to 6.6 mg/day. This is a remarkable fact, particularly considering the rampant and increasing problem of hypothyroidism (underactive thyroid) in the United States and other fluoridated countries. Symptoms of hypothyroidism include depression, fatigue, weight gain, muscle and joint pains, increased cholesterol levels, and heart disease. In 2010, the second most prescribed drug of the year was Synthroid (sodium levothyroxine) which is a hormone replacement drug used to treat an underactive thyroid.

27) Fluoride causes arthritic symptoms. Some of the early symptoms of skeletal fluorosis (a fluoride-induced bone and joint disease that impacts millions of people in India, China, and Africa), mimic the symptoms of arthritis (<http://www.fluoridealert.org/issues/health/arthritis/>) (Singh 1963; Franke 1975; Teotia 1976; Carnow 1981; Czerwinski 1988; DHHS 1991). According to a review on fluoridation published in Chemical & Engineering News, "Because some of the clinical symptoms mimic arthritis, the first two clinical phases of skeletal fluorosis could be easily misdiagnosed" (Hileman 1988). Few, if any, studies have been done to determine the extent of this misdiagnosis, and whether the high prevalence of arthritis in America (1 in 3 Americans have some form of arthritis – CDC, 2002) and other fluoridated countries is related to growing fluoride exposure, which is highly plausible. Even when individuals in the U.S. suffer advanced forms of skeletal fluorosis (from drinking large amounts of tea), it has taken years of misdiagnoses (http://www.fluoridealert.org/studies/skeletal_fluorosis01/) before doctors finally correctly diagnosed the condition as fluorosis.

28) Fluoride damages bone. An early fluoridation trial (Newburgh-Kingston 1945-55) found a significant two-fold increase in cortical bone defects among children in the fluoridated community (Schlesinger 1956). The cortical bone is the outside layer of the bone and is important to protect against fracture. While this result was not considered important at the time with respect to bone fractures, it did prompt questions about a possible link to osteosarcoma (Caffey, 1955; NAS, 1977). In 2001, Alarcon-Herrera and co-workers reported a linear correlation between the severity of dental fluorosis and the frequency of bone fractures in both children and adults in a high fluoride area in Mexico.

29) Fluoride may increase hip fractures in the elderly. When high doses of fluoride (average 26 mg per day) were used in trials to treat patients with osteoporosis in an effort to harden their bones and reduce fracture rates, it actually led to a higher number of fractures, particularly hip fractures (<http://www.fluoridealert.org/studies/bone01/>) (Inkovaara 1975; Gerster 1983; Dambacher 1986; O'Duffy 1986; Hedlund 1989; Bayley 1990; Gutteridge 1990, 2002; Orcel 1990; Riggs 1990 and Schnitzler 1990). Hip fracture is a very serious issue for the elderly, often leading to a loss of independence or a shortened life. There have been over a dozen studies published since 1990 that have investigated a possible relationship between hip fractures and long term consumption of artificially fluoridated water or water with high natural levels. The results have been mixed (<http://www.fluoridealert.org/studies/bone12/>) – some have found an association

and others have not. Some have even claimed a protective effect. One very important study in China, which examined hip fractures in six Chinese villages, found what appears to be a dose-related increase in hip fracture as the concentration of fluoride rose from 1 ppm to 8 ppm (Li 2001) offering little comfort to those who drink a lot of fluoridated water. Moreover, in the only human epidemiological study to assess bone strength as a function of bone fluoride concentration, researchers from the University of Toronto found that (as with animal studies) the strength of bone declined with increasing fluoride content (Chachra 2010). Finally, a recent study (<http://www.fluoridealert.org/studies/ifs/>) from Iowa (Levy 2009), published data suggesting that low-level fluoride exposure may have a detrimental effect on cortical bone density (<http://www.fluoridealert.org/studies/bone11/>) in girls (an effect that has been repeatedly documented (<http://www.fluoridealert.org/studies/bone03/>) in clinical trials and which has been posited as an important mechanism (<http://www.fluoridealert.org/studies/bone06/>) by which fluoride may increase bone fracture rates).

30) People with impaired kidney function are particularly vulnerable to bone damage. Because of their inability to effectively excrete fluoride, people with kidney disease (<http://www.fluoridealert.org/issues/health/kidney/>) are prone to accumulating high levels of fluoride in their bone and blood. As a result of this high fluoride body burden, kidney patients have an elevated risk for developing skeletal fluorosis. In one of the few U.S. studies investigating the matter, crippling skeletal fluorosis was documented among patients with severe kidney disease drinking water with just 1.7 ppm fluoride (Johnson 1979). Since severe skeletal fluorosis in kidney patients has been detected in small case studies, it is likely that larger, systematic studies would detect skeletal fluorosis at even lower fluoride levels.

31) Fluoride may cause bone cancer (osteosarcoma). A U.S. government-funded animal study found a dose-dependent increase in bone cancer (osteosarcoma (<http://www.fluoridealert.org/studies/cancer05/>)) in fluoride-treated, male rats (NTP 1990). Following the results of this study, the National Cancer Institute (NCI) reviewed national cancer data in the U.S. and found a significantly higher rate of osteosarcoma (a bone cancer) in young men in fluoridated versus unfluoridated areas (Hoover et al 1991a). While the NCI concluded (based on an analysis lacking statistical power) that fluoridation was not the cause (Hoover et al 1991b), no explanation was provided to explain the higher rates in the fluoridated areas. A smaller study from New Jersey (Cohn 1992) found osteosarcoma rates to be up to 6 times higher in young men living in fluoridated versus unfluoridated areas. Other epidemiological studies of varying size and quality have failed to find this relationship (a summary of these can be found in Bassin, 2001 and Connett & Neurath, 2005). There are three reasons why a fluoride-osteosarcoma connection is plausible: First, fluoride accumulates to a high level in bone. Second, fluoride stimulates bone growth. And, third, fluoride can interfere with the genetic apparatus of bone cells in several ways; it has been shown to be mutagenic, cause chromosome damage, and interfere with the enzymes involved with DNA repair in both cell and tissue studies (Tsutsui 1984; Caspary 1987; Kishi 1993; Mihashi 1996; Zhang 2009). In addition to cell and tissue studies, a correlation between fluoride exposure and chromosome damage in humans has also been reported (Sheth 1994; Wu 1995; Meng 1997; Joseph 2000).

32) Proponents have failed to refute the Bassin-Osteosarcoma study. In 2001, Elise Bassin, a dentist, successfully defended her doctoral thesis at Harvard in which she found that young boys had a five-to-seven fold increased risk of getting osteosarcoma by the age of 20 if they drank fluoridated water during their mid-childhood growth spurt (age 6 to 8). The study was published in 2006 (Bassin 2006) but has been largely discounted by fluoridating countries because her thesis adviser Professor Chester Douglass (<http://www.fluoridealert.org/researchers/harvard/>) (a promoter of fluoridation and a consultant for Colgate) promised a larger study that he claimed would discount her thesis (Douglass and Joshipura, 2006). Now, after 5 years of waiting the Douglass study

has finally been published (Kim 2011) but in no way does this study discount Bassin's findings. The study, which used far fewer controls than Bassin's analysis, did not even attempt to assess the age-specific window of risk that Bassin identified. Indeed, by the authors' own admission, the study had no capacity to assess the risk of osteosarcoma among children and adolescents (the precise population of concern). For a critique of the Douglass study, [click here \(http://www.fluoridealert.org/articles/kim_fan/\)](http://www.fluoridealert.org/articles/kim_fan/).

33) Fluoride may cause reproductive problems. Fluoride administered to animals at high doses wreaks havoc on the male reproductive system – it damages sperm and increases the rate of [infertility \(http://www.fluoridealert.org/issues/health/fertility/\)](http://www.fluoridealert.org/issues/health/fertility/) in a number of different species (Kour 1980; Chinoy 1989; Chinoy 1991; Susheela 1991; Chinoy 1994; Kumar 1994; Narayana 1994a,b; Zhao 1995; Elbetieha 2000; Ghosh 2002; Zakrzewska 2002). In addition, an epidemiological study from the US found increased rates of infertility among couples living in areas with 3 ppm or more fluoride in the water (Freni 1994), two studies have found increased fertility among men living in high-fluoride areas of China and India (Liu 1988; Neelam 1987); four studies have found reduced level of circulating testosterone in males living in high fluoride areas (Hao 2010; Chen P 1997; Susheela 1996; Barot 1998), and a study of fluoride-exposed workers reported a "subclinical reproductive effect" (Ortiz-Perez 2003). While animal studies by FDA researchers have [failed \(http://www.fluoridealert.org/studies/fertility04/\)](http://www.fluoridealert.org/studies/fertility04/) to find evidence of reproductive toxicity in fluoride-exposed rats (Sprando 1996, 1997, 1998), the National Research Council (2006) has recommended that, "the relationship between fluoride and fertility requires additional study."

34) Some individuals are highly sensitive to low levels of fluoride as shown by [case studies \(http://www.fluoridealert.org/studies/hypersensitivity01/\)](http://www.fluoridealert.org/studies/hypersensitivity01/) and double blind studies. In one study, which lasted 13 years, Feltman and Kosel (1961) showed that about 1% of patients given 1 mg of fluoride each day developed negative reactions. Many individuals have reported suffering from symptoms such as fatigue, headaches, rashes and stomach and gastro intestinal tract problems, which disappear when they avoid fluoride in their water and diet. (Shea 1967; Waldbott 1978; Moolenburgh 1987) Frequently the symptoms reappear when they are unwittingly exposed to fluoride again (Spittle, 2008). No fluoridating government has conducted scientific studies to take this issue beyond these anecdotal reports. Without the willingness of governments to investigate these reports scientifically, should we as a society be forcing these people to ingest fluoride?

35) Other subsets of population are more vulnerable to fluoride's toxicity. In addition to people suffering from impaired kidney function discussed in reason #30 other subsets of the population are more vulnerable to fluoride's toxic effects. According to the Agency for Toxic Substances and Disease Registry (ATSDR 1993) these include: [infants \(http://www.fluoridealert.org/issues/infant-exposure/\)](http://www.fluoridealert.org/issues/infant-exposure/), the elderly, and those with [diabetes mellitus \(http://www.fluoridealert.org/issues/health/diabetes/\)](http://www.fluoridealert.org/issues/health/diabetes/). Also vulnerable are those who suffer from [malnutrition \(http://www.fluoridealert.org/studies/nutrition/\)](http://www.fluoridealert.org/studies/nutrition/) (e.g., calcium, magnesium, vitamin C, vitamin D and iodine deficiencies and protein-poor diets) and those who have [diabetes insipidus \(http://www.fluoridealert.org/studies/diabetes-insipidus/\)](http://www.fluoridealert.org/studies/diabetes-insipidus/). See: Greenberg 1974; Klein 1975; Massler & Schour 1952; Marier & Rose 1977; Lin 1991; Chen 1997; Seow 1994; Teotia 1998.

No Margin of Safety

36) There is no margin of safety for several health effects. No one can deny that high natural levels of fluoride damage health. Millions of people in India and China have had their health compromised by fluoride. The real question is whether there is an adequate margin of safety between the doses shown to cause harm in published studies and the total dose people receive consuming uncontrolled amounts of fluoridated water and non-water sources of fluoride. This margin of safety has to take into account the wide range of individual sensitivity expected in a large population (a safety factor of 10 is

usually applied to the lowest level causing harm). Another safety factor is also needed to take into account the wide range of doses to which people are exposed. There is clearly no margin of safety for dental fluorosis (CDC, 2010) and based on the following studies nowhere near an adequate margin of safety for lowered IQ (Xiang 2003a,b; Ding 2011; Choi 2012); lowered thyroid function (Galletti & Joyet 1958; Bachinskii 1985; Lin 1991); bone fractures in children (Alarcon-Herrera 2001) or hip fractures in the elderly (Kurtio 1999; Li 2001). All of these harmful effects are discussed in the NRC (2006) review.

Environmental Justice

37) Low-income families penalized by fluoridation. Those most likely to suffer from poor nutrition, and thus more likely to be more vulnerable to fluoride's toxic effects, are the poor, who unfortunately, are the very people being targeted (<http://www.fluoridealert.org/issues/ej/>) by new fluoridation programs. While at heightened risk, poor families are least able to afford avoiding fluoride once it is added to the water supply. No financial support is being offered to these families to help them get alternative water supplies or to help pay the costs of treating unsightly cases of dental fluorosis.

38) Black and Hispanic children are more vulnerable to fluoride's toxicity. According to the CDC's national survey of dental fluorosis, black and Mexican-American children have significantly higher rates (http://www.fluoridealert.org/studies/dental_fluorosis02/) of dental fluorosis than white children (Beltran-Aguilar 2005, Table 23). The recognition that minority children appear to be more vulnerable to toxic effects of fluoride, combined with the fact that low-income families are less able to avoid drinking fluoridated water, has prompted prominent leaders in the environmental-justice movement to oppose mandatory fluoridation in Georgia. In a statement issued in May 2011, Andrew Young, a colleague of Martin Luther King, Jr., and former Mayor of Atlanta and former US Ambassador to the United Nations, stated (<http://www.fluoridealert.org/issues/ej/statements/>):

"I am most deeply concerned for poor families who have babies: if they cannot afford unfluoridated water for their babies' milk formula, do their babies not count? Of course they do. This is an issue of fairness, civil rights, and compassion. We must find better ways to prevent cavities, such as helping those most at risk for cavities obtain access to the services of a dentist...My father was a dentist. I formerly was a strong believer in the benefits of water fluoridation for preventing cavities. But many things that we began to do 50 or more years ago we now no longer do, because we have learned further information that changes our practices and policies. So it is with fluoridation."

39) Minorities are not being warned about their vulnerabilities to fluoride. The CDC is not warning black and Mexican-American children that they have higher rates of dental fluorosis than Caucasian children (see #38). This extra vulnerability (<http://www.fluoridealert.org/articles/ej-considerations/>) may extend to other toxic effects of fluoride. Black Americans have higher rates of lactose intolerance, kidney problems and diabetes, all of which may exacerbate fluoride's toxicity.

40) Tooth decay reflects low-income not low-fluoride intake. Since dental decay is most concentrated in poor communities, we should be spending our efforts trying to increase the access to dental care for low-income families. The highest rates of tooth decay today can be found in low-income areas that have been fluoridated for many years. The real "Oral Health Crisis" that exists today in the United States, is not a lack of fluoride but poverty and lack of dental insurance. The Surgeon General has estimated that 80% of dentists in the US do not treat children on Medicaid.

The largely untested chemicals used in fluoridation programs

41) The chemicals used to fluoridate water are not pharmaceutical grade. Instead, they largely come from the wet scrubbing systems of the phosphate fertilizer industry (<http://www.fluoridealert.org/articles/phosphate01/>). These chemicals (90% of which are sodium fluorosilicate and fluorosilicic acid), are classified hazardous wastes contaminated with various impurities. Recent testing by the National Sanitation Foundation suggest that the levels of arsenic in these silicon fluorides are relatively high (up to 1.6 ppb after dilution into public water) and of potential concern (NSF 2000 and Wang 2000). Arsenic is a known human carcinogen for which there is no safe level. This one contaminant alone could be increasing cancer rates – and unnecessarily so.

42) The silicon fluorides have not been tested comprehensively. The chemical usually tested in animal studies is pharmaceutical grade sodium fluoride, not industrial grade fluorosilicic acid. Proponents claim that once the silicon fluorides have been diluted at the public water works they are completely dissociated to free fluoride ions and hydrated silica and thus there is no need to examine the toxicology of these compounds. However, while a study from the University of Michigan (Finney et al., 2006) showed complete dissociation at neutral pH, in acidic conditions (pH 3) there was a stable complex containing five fluoride ions. Thus the possibility arises that such a complex may be regenerated in the stomach where the pH lies between 1 and 2.

43) The silicon fluorides may increase lead uptake into children's blood. Studies by Masters and Coplan (1999, 2000, 2007), and to a lesser extent Macek (2006), show an association between the use of fluorosilicic acid (and its sodium salt) to fluoridate water and an increased uptake of lead into children's blood (http://fluoridealert.org/articles/fluoridation_flint_lead/). Because of lead's acknowledged ability to damage the developing brain, this is a very serious finding. Nevertheless, it is being largely ignored by fluoridating countries. This association received some strong biochemical support from an animal study by Sawan et al. (2010) who found that exposure of rats to a combination of fluorosilicic acid and lead in their drinking water increased the uptake of lead into blood some threefold over exposure to lead alone.

44) Fluoride may leach lead from pipes, brass fittings and soldered joints. In tightly controlled laboratory experiments, Maas et al (2007) have shown that fluoridating agents in combination with chlorinating agents such as chloroamine increase the leaching of lead (http://fluoridealert.org/articles/fluoridation_flint_lead/) from brass fittings used in plumbing. While proponents may argue about the neurotoxic effects of low levels of fluoride there is no argument that lead at very low levels lowers IQ in children.

Continued promotion of fluoridation is unscientific

45) Key health studies have not been done. In the January 2008 issue of Scientific American, Professor John Doull, the chairman of the important 2006 National Research Council (<http://www.fluoridealert.org/researchers/nrc/>) review, Fluoride in Drinking Water: A Review of EPA's Standards, is quoted as saying:

What the committee found is that we've gone with the status quo regarding fluoride for many years—for too long really—and now we need to take a fresh look . . . In the scientific community people tend to think this is settled. I mean, when the U.S. surgeon general comes out and says this is one of the top 10 greatest achievements of the 20th century, that's a hard hurdle to get over. But when we looked at the studies that have been done, we found that many of these questions are unsettled and we have much less information than we should, considering how long this [fluoridation] has been going on.

The absence of studies is being used by promoters as meaning the absence of harm. This is an irresponsible position.

46) Endorsements do not represent scientific evidence. Many of those promoting fluoridation rely heavily on a list of endorsements. However, the U.S. PHS first endorsed fluoridation in 1950, before one single trial had been completed and before any significant health studies had been published (see chapters 9 and 10 in *The Case Against Fluoride* for the significance of this PHS endorsement for the future promotion of fluoridation). Many other endorsements swiftly followed with little evidence of any scientific rationale for doing so. The continued use of these endorsements has more to do with political science than medical science.

47) Review panels hand-picked to deliver a pro-fluoridation result. Every so often, particularly when their fluoridation program is under threat, governments of fluoridating countries hand-pick panels to deliver reports that provide the necessary re-endorsement of the practice. In their recent book *Fluoride Wars* (2009), which is otherwise slanted toward fluoridation, Alan Freeze and Jay Lehr concede this point when they write:

There is one anti-fluoridationist charge that does have some truth to it. Anti-fluoride forces have always claimed that the many government-sponsored review panels set up over the years to assess the costs and benefits of fluoridation were stacked in favor of fluoridation. A review of the membership of the various panels confirms this charge. The expert committees that put together reports by the American Association for the Advancement of Science in 1941, 1944 and 1954; the National Academy of Sciences in 1951, 1971, 1977 and 1993; the World Health Organization in 1958 and 1970; and the U.S. Public Health Service in 1991 are rife with the names of well-known medical and dental researchers who actively campaigned on behalf of fluoridation or whose research was held in high regard in the pro-fluoridation movement. Membership was interlocking and incestuous.

The most recent examples of these self-fulfilling prophecies have come from the Irish Fluoridation Forum (2002); the National Health and Medical Research Council (NHMRC, 2007) and Health Canada (2008, 2010). The latter used a panel of six experts to review the health literature. Four of the six were pro-fluoridation dentists and the other two had no demonstrated expertise on fluoride. A notable exception to this trend was the appointment by the U.S. National Research Council of the first balanced panel of experts ever selected to look at fluoride's toxicity in the U.S. This panel of twelve reviewed the US EPA's safe drinking water standards for fluoride. After three and half years the panel concluded in a 507- page report that the safe drinking water standard was not protective of health and a new maximum contaminant level goal (MCLG) should be determined (NRC, 2006). If normal toxicological procedures and appropriate margins of safety were applied to their findings this report should spell an end to water fluoridation. Unfortunately in January of 2011 the US EPA Office of Water made it clear that they would not determine a value for the MCLG that would jeopardize the water fluoridation program (EPA press release, Jan 7, 2011). Once again politics was allowed to trump science.

More and more independent scientists oppose fluoridation

48) Many scientists oppose fluoridation. Proponents of fluoridation have maintained for many years— despite the fact that the earliest opponents of fluoridation were biochemists—that the only people opposed to fluoridation are not bona fide scientists. Today, as more and more scientists, doctors, dentists and other professionals, read the primary literature for themselves, rather than relying on self-serving statements from the ADA and the CDC, they are realizing that they and the general public have not been diligently informed by their professional bodies on this subject. As of January 2012, over

4,000 professionals have signed a [statement](http://www.fluoridealert.org/researchers/professionals-statement/) (<http://www.fluoridealert.org/researchers/professionals-statement/>) calling for an end to water fluoridation worldwide. This statement and a list of signatories can be found on the website of the Fluoride Action Network. A glimpse of the caliber of those opposing fluoridation can be gleaned by watching the 28-minute video "[Professional Perspectives on Water fluoridation](http://www.fluoridealert.org/fan-tv/prof-perspectives/)" (<http://www.fluoridealert.org/fan-tv/prof-perspectives/>)" which can be viewed online at the same FAN site.

Proponents' dubious tactics

49) Proponents usually refuse to defend fluoridation in open debate. While pro-fluoridation officials continue to promote fluoridation with undiminished fervor, they usually [refuse](http://www.fluoridealert.org/articles/utah-debate/) (<http://www.fluoridealert.org/articles/utah-debate/>) to defend the practice in open public debate – even when challenged to do so by organizations such as the Association for Science in the Public Interest, the American College of Toxicology, or the U.S. EPA (Bryson 2004). According to Dr. Michael Easley, a prominent lobbyist for fluoridation in the US, "Debates give the illusion that a scientific controversy exists when no credible people support the fluorophobics' view" (Easley, 1999). In light of proponents' refusal to debate this issue, Dr. Edward Groth, a Senior Scientist at Consumers Union, observed that, "the political profluoridation stance has evolved into a dogmatic, authoritarian, essentially antiscientific posture, one that discourages open debate of scientific issues" (Martin 1991).

50) Proponents use very dubious tactics to promote fluoridation. Many scientists, doctors and dentists who have spoken out publicly on this issue have been subjected to [censorship and intimidation](http://www.fluoridealert.org/articles/martin-1991/) (<http://www.fluoridealert.org/articles/martin-1991/>) (Martin 1991). [Dr. Phyllis Mullenix](http://www.fluoridealert.org/content/mullenix-interview/) (<http://www.fluoridealert.org/content/mullenix-interview/>) was fired from her position as Chair of Toxicology at Forsythe Dental Center for publishing her findings on fluoride and the brain (Mullenix 1995); and [Dr. William Marcus](http://www.fluoridealert.org/content/marcus-interview/) (<http://www.fluoridealert.org/content/marcus-interview/>) was fired from the EPA for questioning the government's handling of the NTP's fluoride-cancer study (Bryson 2004). Many dentists and even doctors tell opponents in private that they are opposed to this practice but dare not speak out in public because of peer pressure and the fear of recriminations. Tactics like this would not be necessary if those promoting fluoridation were on secure scientific and ethical grounds.

Conclusion

When it comes to controversies surrounding toxic chemicals, vested interests traditionally do their very best to discount animal studies and quibble with epidemiological findings. In the past, political pressures have led government agencies to drag their feet on regulating asbestos, benzene, DDT, PCBs, tetraethyl lead, tobacco and dioxins. With fluoridation we have had a sixty-year delay. Unfortunately, because government officials and dental leaders have put so much of their credibility on the line defending fluoridation, and because of the huge liabilities waiting in the wings if they admit that fluoridation has caused an increase in hip fracture, arthritis, bone cancer, brain disorders or thyroid problems, it will be very difficult for them to speak honestly and openly about the issue. But they must, not only to protect millions of people from unnecessary harm, but to protect the notion that, at its core, public health policy must be based on sound science, not political expediency. They have a tool with which to do this: it's called the Precautionary Principle. Simply put, this says: if in doubt leave it out. This is what [most European countries](http://www.fluoridealert.org/content/europe-statements/) (<http://www.fluoridealert.org/content/europe-statements/>) have done and their children's teeth have not suffered, while their public's trust has been strengthened.

Just how much doubt is needed on just one of the health concerns identified above, to override a benefit, which when quantified in the largest survey ever conducted in the US, amounts to less than one tooth surface (out of 128) in a child's mouth?

While fluoridation may not be the greatest environmental health threat, it is one of the easiest to end. It is as easy as turning off a spigot in the public water works. But to turn off that spigot takes political will and to get that we need masses more people informed and organized. Please get these 50 reasons to all your friends and encourage them to get fluoride out of their community and to help ban this practice worldwide.

Postscript

Further arguments against fluoridation, can be viewed at <http://www.fluoridealert.org> (<http://www.fluoridealert.org/>) and in the book *The Case Against Fluoridation* (Chelsea Green, 2010). Arguments for fluoridation can be found at <http://www.ada.org> (<http://www.ada.org/>)

Publication history of the 50 Reasons

The 50 Reasons were first compiled by Paul Connett and presented in person to the Irish Fluoridation Forum in October 2000. The document was refined in 2004 and published in *Medical Veritas*. In the introduction to the 2004 version it was explained that after over four years the Irish authorities had not been able to muster a response to the 50 Reasons, despite agreeing to do so in 2000. Eventually, an anonymous, incomplete and superficial response was posted on the Irish Department of Health and Children's website (see this response and addendum at: http://www.dohc.ie/other_health_issues/dental_research/). Paul Connett's comprehensive response to this response can be accessed at <http://www.fluoridealert.org/50reasons.ireland.pdf>. We learned on August 7, 2011 that this governmental response was prepared by an external contractor at a cost to the Irish taxpayers' of over 30,000 Euros.

Since 2004, there have been many major scientific developments including the publication of the U.S. National Research Council report (NRC, 2006); the publication of Bassin's study on Osteosarcoma (Bassin 2006), and many more studies of fluoride's interaction with the brain, that necessitated a major update of the 50 Reasons in August 2011. This update was made with the generous assistance of James Beck, MD, PhD, Michael Connett, JD, Hardy Limeback, DDS, PhD, David McRae and Spedding Micklem, D.Phil. Additional developments in 2012, including FAN's translation of over 20 Chinese studies (<http://www.fluoridealert.org/researchers/translations/2012studies/>) on fluoride toxicity and publication of the Harvard team's meta-review of fluoride and IQ (Choi 2012), warranted a further update in August 2012, with the extremely helpful assistance of my son, Michael Connett.

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What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoridation in Calgary Water Supply

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

No to fluoridation of Calgary water supply. Fluoridation Is Not a Safe Practice- there are well documented health risks. Fluoridation Is an Outdated Form of Mass Medication- FDA recognizes fluoride as a drug not a nutrient. Fluoridation Is Unnecessary and Ineffective- Most nations and cities have long rejected or not even considered fluoridation. 95% of the world's people drink unfluoridated water, 97% in Europe, where numerous countries prohibit it, including France, Germany, Sweden and the Netherlands. In Canada, both British Columbia and Quebec are 98% fluoridation-free, and there is no evidence they have higher cavity rates than provinces with higher fluoridation rates.

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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Colleen

Last name (required) Cran

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Water Fluoridation plebiscite Nov. 15

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

It is a sad day for all Calgarians, to be confronted with another plebiscite on the issue of Water Fluoridation. It seems that the only way the W.F. Lobby can succeed in getting this industrial chemical back into our good public drinking water is through a plebiscite. My guess is that if you ask any of the 200,000 voters who voted yes, what they actually know about W.F. and the industrial chemical used, most of them would have to say they know little or nothing about it. Calgary's promoter of W.F. continues to mislead voters by telling them that the chemical used in W.F. is the same as the natural occurring fluoride found in our rivers. Nothing could be further from the truth. She continued to push the narrative that if you ingest this chemical, you will reduce cavities in children. Only topical fluoride offers some protection against cavities. So why would council want to put this chemical back into our water, when less than 2% is used for drinking and cooking. The bioethicist/lawyer/ assoc. prof from the U of C. was successful in convincing our last council to hold our 7th plebiscite on the issue. Why is she in such a rush to get our new council (barely in office 3 weeks) to make a decision on the issue? Please ask yourselves, how is it possible that if you buy industrial waste (hydrofluorosilicic acid) from the MOSAIC PHOSPHATE FERTILIZER MINING CO. in Florida, put it into our drinking water, it will reduce cavities in children in low income families? And yet that is what the person pushing this agenda, wants you to believe. How could council possibly justify spending \$30 million dollars on W.F. (when the equipment /pipes will have to be replaced in 20 yrs, because the chemical is so corrosive)? How many fewer cavities will there be? I hope that council will at least vote to postpone any vote on this issue, until you at least have time to become educated on



FORM TITLE

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the issue. I hope any decision you make will be made based on the 1.58 million people you represent, and not the W.F. Lobby pushing their agenda. Please don't take away our Freedom of Choice to access clean drinking water. Colleen Cran



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First name (required)	Kari
Last name (required)	Chatten
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Item 11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	No way should fluoride be in our drinking water. It should not be ingested. It's for topical use only. Also there are at least 4 communities outside Calgary that have Calgary water, but didn't get to vote!!! This is ridiculous.



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First name (required) Alysa
Last name (required) Deegan
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
It looks like Calgary council is going to vote on reintroducing fluoride as item 11.3.1 on Monday November 15.
Someone talked to the City Clerks office (Steven) and after much internal discussion, it has been determined that the "plebiscite" is considered "Public Engagement" and council is free to go ahead and vote on reintroduction. The knowledge of the vote was not received until after the deadline due to the holiday.
Quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day.
We wonder if prairie grasses and fish have poor teeth that need this treatment?
Also, everyone should know that Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote.
Shame on you all.
I, for one, will be investing in a filtration system through a private small business to ensure my water is untainted. Many are aware of your efforts to dumb down our population and will not go quietly. Crimes against humanity!



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First name (required) J

Last name (required) Pink

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride in city water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I vehemently oppose the addition of fluoride being put into our city water. I am deeply concerned about this happening and plead with the councillors to oppose this. There is no proven data that it does any good (ie: help children from developing cavities) but plenty proving it is harmful. If the city feels the need to take care of the children's dental health, put the upfront \$30 million toward their dental care and the following annual \$2-\$4 million it would cost to maintain the fluoride service, toward said children's dental maintenance.



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First name (required) Audrey

Last name (required) Kelly

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Calgary drinking water.

Date of meeting Nov 13, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) I do NOT approve of chemical added to my drinking water!! Stop poisoning Albertans.
We demanded Floride be removed before. And now it STAYS OUT. Listen to We The
People. NOW.



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First name (required)

Emily

Last name (required)

Vossler

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

Fluoride reintroduction

Date of meeting

Nov 13, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Calgary's water is some of the cleanest on the earth. This matter was only mentioned publicly was the deadline to vote was passed. This is atrocious. Calgary isn't the only place affected. Several surrounding nations and towns use Calgary's water for their people and no one was invited from these areas to speak on the matter. This is unbelievable and unethical.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Don

Last name (required) Temple

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Fluorid

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) **NO to fluoride. This is a very harmful chemical to be adding to our bodies. It does not help our teeth. Why would you want waste our tax dollars on fluoride when most of the city goes down the drain. Give it to the people who want fluoride but don't put it in our water. Use some common sense.**



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First name (required) Rhona
Last name (required) Temple
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am against fluoride for many reasons. Some are: the fish and vegetation don't need fluoride. I have no children at home and I don't get cavities. So my house does not need fluoride. I have NO choice. It is a harmful chemical. If I wanted it I could get it myself or the City could hand it out in pill or liquid form to those who want it. In Salmon Arm our children got it handed out in liquid form. It stained their teeth a mottled color. Expensive equipment will not need to be bought, installed and maintained. We do not get it from our dentist. The masks are the cause of many cavities and mouth conditions. "called Mask Mouth". The masks dry out the saliva need to buffer acidity and repair the teeth. Fluoride will not help that. Stop the mask mandates. Why are we vaccinated then? Strathmore, Chestermere, Airdrie and Tuitsina Nation get Calgary water and cannot even vote on it !!!!!!!!!!!!!!!!!!!!!!! I'm am strongly against fluoride. Something the City wants to give us with no choice or freedom to say NO!



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First name (required) Chelsea

Last name (required) Frederick

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Council's Vote on Fluoridation

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I am not in favour of the reintroduction of fluoride to the city's water supply. It is irresponsible in so many ways, and the cost, the environmental risk as well as the adverse effects to human health do not justify the dental benefits. Please add my comments to the list of Calgarians in opposition to this change.



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First name (required) Mina
Last name (required) Khan-Lee
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1 Fluoride
Date of meeting Nov 15, 2021

I write to you as a concerned Citizen of Calgary and mother of two regarding the debate of adding fluoride back into our water.

Fluoride intake through fluoridated water is uncontrollable, people are receiving varying doses regardless of age, health status, and individualized therapy. Given that fluoride is dose dependant too much accumulation can have dire consequences on neurological development and endocrine function which will eventually cost individuals and taxpayers. Diet and dental hygiene cannot be replaced by fluoridated water. Here is an excerpt from the review paper "The Fluoride Debate: The Pros and Cons of Fluoridation"- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6195894/. "Chronic fluoride toxicity is usually caused by high fluoride concentrations in drinking water or the use of fluoride supplements. Chronic ingestion of high doses leads to dental fluorosis, a cosmetic disorder where the teeth become mottled (1). In more severe cases, it leads to skeletal fluorosis, in which bone is radiologically dense, but fragile. Fractures can occur, and there may be calcification of ligaments and tendons, leading to reduced joint mobility (1). The syndrome also may include extensive calcification of ligaments and cartilage, as well as the bony outgrowths of osteophytes and exostoses (33). In Europe, only Ireland, Poland, Serbia, Spain, and the UK fluoridate their water. However, most developed countries, including Japan and 97% of the European population, do not consume fluoridated water (34). In Europe, only four countries have optional salt fluoridation (Germany, France, Switzerland, and Austria), while the majority have

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

neither fluoridated water nor fluoridated salt (34). In the US, about 70% of public water supplies are fluoridated (34). India, China, and parts of Africa have areas with high natural fluoride levels in their water, and are taking measures to remove the fluoride since it may cause health problems (34). Fluoridation has been debated in recent years, and several countries are taking measures to reduce fluoride intake because of its toxicity risk and many other concerns mentioned below:

- Fluoride intake through fluoridated water is uncontrollable, since people are receiving varying doses regardless of age, health status, and individualized therapy.
- Water might get contaminated with toxic chemicals while being fluoridated.

Not all countries provide certificates of analysis and the amounts of contaminants in chemicals added to water.



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First name (required)

Annie

Last name (required)

McDonald

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

Flouride in our water

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

We have some of the best water in Calgary and you CANNOT go polluting it with flouride! Let ppl poison themselves if they want, theres a reason we aren't supposed to swallow fluoridated toothpaste. A total waste of money and accomplishes nothing more that make our water toxic.



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First name (required) Janiffer

Last name (required) Stewart

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reintroduction of Flouride.

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

NOT IN FAVOUR OF REINTRODUCING FLUORIDE IN WATER SUPPLY. The harm this can cause outweighs any of the perceived benefits by certain groups. Fluoride sources from aluminum which is a heavy metal that has been linked to cause serious health damage. Consistent exposure and consumption can cause someone to develop autoimmune illnesses, neurological issues and can even cause ADHD as it accumulates in the brain. We have enough internal and external heavy metal exposures on a daily basis between all the toxic metals and chemicals found in our food supply, plastics, body care products, cleaning products and the list goes on. We simply don't need to consume more. Our bodies are 70% water. We therefore consume large amounts of it, more than any other source of nourishment. This means by consuming the level of water we need to survive daily we will be making our bodies even more toxic plaguing it with more chronic illnesses the medical industry cannot even help cure. At best they can only help control these with medications that also contain heavy metals in the ingredients. It is a vicious circle that just makes us more ill every day.

Please, find credible scientific research. Not just one study but many with various different angles so a truly educated decision can be made. Fluoride is not the saviour of cavities, our choices are. The more acidic we make our bodies by all the plastics, pesticides, chemicals and medications we consume, the more our teeth will deteriorate because of the ammonia our deteriorated intestinal tracts release. If you believe eating sugar causes cavities and fluoride will help keep your teeth healthy then just stop eating sugar. We don't need more chemicals in our bodies. We have enough going on



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with vaccines and now introduction of 5G that have little research on the impact to our bodies but now let's add chemicals to our main source of life. What's next?



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Susan

Last name (required) Dayna

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Please, reconsider Do not place Fluoride in the drinking water. This is a environmental issue. It goes into the Sewage system. Also the cost is quite substantial. Thanks again for your time.

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Nov 14, 2021

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First name (required) Katina
Last name (required) Belyova
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) item 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
No water fluoridation. Unlike the pharmaceutical grade fluoride in the toothpaste, the fluoride in the water is an untreated industrial waste product, one that contains trace elements of arsenic and lead. The U.S. National Institute for Occupational Safety and Health (OSHA) cautions that FSA, an inorganic fluoride compound, has dire health consequences for any worker that comes into contact with it. Breathing its fumes causes severe lung damage or death and an accidental splash on bare skin will lead to burning and excruciating pain. Quite ironic, considering the new mayor of Calgary has declared that we are in a climate emergency, to be dumping hundreds of kilograms of environmental waste in our pristine mountain water each and every day.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Anita
Last name (required)	Dion
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1 Fluoride
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Please vote NO



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First name (required) Robin

Last name (required) Sudom

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride vote

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am writing to express my concerns over the city adding fluoride to my drinking water. I do not wish this action to be taken. Please vote 'NO' to fluoride.



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First name (required)	Valerie
Last name (required)	Bautista
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am not in favor for water fluoridation, it does not benefit the people nor the environment. I also find it ironic since the mayor declared a climate emergency recently and is now wanting to take steps to destroy it further.



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First name (required)	Pearl
Last name (required)	Taylor
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Flouride in Drinking water
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	It is a well known that Flouride is a poison ,so please do not put it in Calgary drinking water .



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First name (required) Allison

Last name (required) Kessler

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Item 11.3.1 on Reintroducing Flouride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I was born and raised in Calgary and currently reside in the neighbourhood of Cedarbrae. I am absolutely against adding artificial flouride to our water supply. This is a toxin, with no safe levels. Here is a website informing the public on all of the dangers of adding flouride to our drinking water: https://www.safewatercalgary.com/. Just a quick search on Google (with a VPN) confirms flouride has been used repeatedly over the past century for nefarious purposes, specifically to keep the intended targets agreeable, submissive and in compliance with atrocities being committed upon them (used by the Nazis in World War II, etc.). As Calgary's City Council is complacent in numerous crimes against humanity already (mask mandates, Covid mRNA enforcement), this just adds one more tick to the list. This item is despicable, as is the continuous brainwashing of the public to get them to believe we need to add flouride. If this item does not proceed or pass, I will regain a glimmer of hope that there is someone within our City Council entity with a sense of right and wrong. If this item goes forth, I need to ask how much you all were paid to make it pass. That's all.



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First name (required) Michael

Last name (required) Callander

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Agenda item 11.3.1: Fluoridation of the water supply

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am not satisfied with the safety of adding fluoride to the water supply. The idea of dumping 400 kg of waste into the water supply is certainly not good for our environment, much less our health. In addition, the communities who will be affected downriver including Airdrie, Tsuu Tina, Chestermere and Strathmore were not eligible to vote on this item during our election. I am concerned that many of the people who will be affected by this decision are either uninformed of the risks of adding toxins to the water, or unable to give their consent. As this decision affects the health of everyone who drinks Calgary water, their consent needs to be received in order to continue this agenda item.

Due to the fact that not all of the parties involved have been included in the decision, and the fact that knowledge of the vote was not received until after the submission deadline because of the holiday, I would like to request that this agenda item be delayed until adequate time can be given for all stakeholders to participate in the process and contribute their voices.

As a sidenote, if the reason for putting fluoride in the water is dental issues, why not just supply free fluoridated toothpaste to all the families who can't afford it? I would much rather have choice about having fluoride or not and it doesn't have to be one extreme or the other, there are other solutions besides tainting the water supply.

<https://www.safewatercalgary.com/new-science>



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First name (required) Rosemarie

Last name (required) Taylor

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) item 11.3.1 vote on adding fluoride into the municipal water supply

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

As a Tax payer of Calgary. I greatly oppose putting fluoride into Calgary's pure clean water! Fluoride is not "natural". There is NO truth in the Calgary cavity studies as a follow-up published study shows stopping fluoridation in 2011 made no difference what ever in the cavity rate increase. The cost of putting a industrial by-product of a phosphate fertilizer industry. would be money better spent on many other services. if anyone needs fluoride they can always get drops or other forms of fluoride this alone is good reason NOT to put it in everyones water!



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First name (required) Laura
Last name (required) Schmitt
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
I ask council say no to the unnecessary and untimely expense of water fluoridation. I do not consent to receive this treatment on our public water. Please be fiscally and ethically responsible. It is particularly concerning that knowledge of the vote was not received until after the deadline due to the holiday.
Sincerely, Laura Manzanares



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First name (required) **Leanne**

Last name (required) **Doherty**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1 reintroducing fluoride**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) **I vote against fluoride being reintroduced into my water. I also was not given a deadline for this**



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First name (required) Devin

Last name (required) Anderson

What do you want to do? (required) Request to speak, Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I would like to voice my concerns with the addition of fluoride to the Municiple water supply in Calgary. In my opinion this is a huge waste of tax payers money which would be used to add additional toxicity to our drinking water supply especially when the natural occurring fluoride level from the BOE and elbow rivers is already at the "recommended levels" for tooth decay prevention.

There are also mountains of evidence showing how much harm can be done to people from unnecessary exposure to fluoride. Even if these fluoride studies are debatable, why put our population at potential risk? Thanks, Devin

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First name (required) **Timothy**

Last name (required) **Sebastian**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.13.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters) **I do not consent to a industrial waste byproduct generally distributed to my home.**



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First name (required)

Ryan

Last name (required)

Audette

What do you want to do? (required)

Submit a comment

Public hearing item (required - max 75 characters)

11.3.1 Fluoridation of Calgary Drinking Water Supply

Date of meeting

Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Over 95% of the world population DOES NOT drink fluoridated water, with the practice banned in many European countries. There is ZERO scientific evidence to support the claim that DRINKING fluoridated water benefits dental health, and there is AMPLE evidence that it causes adverse health effects, specifically to BRAIN and BONE health. It is not within Calgary City Council's mandate or authority to MASS MEDICATE over 1.5 million people in Calgary and surrounding areas WITHOUT THEIR CONSENT. To do so would require 100 PERCENT consent, not just the consent of LESS THAN 10% of the population through an invalid, non binding PLEBISCITE. The FEW do not get to decide the bodily health of the MANY. Calgary has one of the purest water supplies in the world, and to add this TOXIC WASTE MATERIAL to our drinking water supply would amount to no less than a CRIME AGAINT HUMANITY, for which all complicit parties will be held accountable. It would also be a CRIME AGAINST NATURE, as 99% of this TOXIC WASTE would end up in our RIVERS and ECOSYSTEMS.



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First name (required) Matt
Last name (required) Kelly
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Fluoride is a topical treatment, why on earth would we ingest this, there are warnings about toxic properties. If someone wants to use fluoride they should be responsible for the use of it.
Furthermore our newly appointed Mayor states we are entering a "climate emergency" and wants to dump tons of unnecessary chemicals into our fresh mountain water, spending countless dollars yearly that would be much better spent elsewhere
It was put to vote at the last civil election, but with less than patriotic numbers at the voting stations don't really convey the true voices of the people.
Not really a democratic choice of a major additives into our children's cups 8 cups per day



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First name (required) Krista

Last name (required) Rosner

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride added to drinking water

Date of meeting Nov 15, 2021

I am NOT in favour of adding fluoride to our drinking water.

Here is an excellent article published by the History Departments at The Ohio State University and Miami University: https://origins.osu.edu/article/toxic-treatment-fluorides-transformation-industrial-waste-public-health-miracle

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

If you need fluoride on your teeth, put it on your teeth, why on earth would you want to put fluoride in your brain or your bones where it is dangerous! Studies reveal that fluoride is neurotoxic and associated with lower IQ, ADHD, sleep disturbances, pineal calcification.

Fluoride is a very potent poison. It's a registered pesticide, used for killing rats or mice. I'm fact stalin and hitler used it on their prisoners to make them docile and weak. If it were to be disposed of, it would require a class-one landfill. It is an industry by-product from phosphate!m!

Would cost less to make the bi-annual fluoride treatment free!



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First name (required) **Dave**

Last name (required) **Elliott**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Fluoride agenda**

Date of meeting **Nov 14, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

To all city council,

My name is Dave age 48 a born and raised Calgarian. I wish to provide my views on our drinking water.

We have the cleanest drinking water in the world. I myself drink an average of four liters a day. Adding chemicals to our water is absolutely disturbing. Fluoride in has very little effect on teeth and even bigger risk of health concerns. Not to mention a massive waste of tax payers money. This is why we brush our teeth and teach our children to do the same. It should be a choice and not forced on the rest of us who do not wish to be poisoned by extra wasteful additives that really has no significant benefit proven by science. The fact that this is even a question is upsetting. Please leave our ousting water system alone. It is not recommended or necessary.

Sincerely
Dave E.



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First name (required) Devina

Last name (required) Damhar

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Agenda 11.3.1 regarding fluoride to water

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) I do not consent adding fluoride to our drinking water, this is dangerous to humans health.



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First name (required) Dev

Last name (required) Damhar

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Agenda 11.3.1 regarding fluoride in water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I do not consent for the agenda to reintroduce fluoride in our drinking water. I see this a violation of our health and freedom of choice. People residing in areas such as Strathmore, airdrie and chestermere who will be getting the same water from Calgary are excluded from voicing their concern, this is tyranny !
I have done enough research in the matter to say that fluoride is a POISON and i do not see any healthy reason why it should be reintroduced in our water. This is yet another plan to get people sick.



FORM TITLE

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First name (required) Sophie

Last name (required) Frigon

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Vote on fluoride added to the municipal water supply, it's agenda 11.3.1.

Date of meeting Nov 15, 2021

Hi, I am a citizen of Calgary and I am shocked to see that the city is thinking about putting fluoride back in the water. Are we going backwards as regards public health?

It is widely known that ingesting fluoride is detrimental to our health. Please take a moment to think about the consequences shown in the following studies, and forget that very bad idea of reintroducing fluoride in our precious water.

And could dumping hundreds of kilograms of environmental waste be good for the environment?

Knowledge of the vote was not received until after the deadline due to the holiday, so please take my arguments into account for your Monday's vote.

"fluoride has a potential to cause major adverse human health problems, while having only a modest dental caries prevention effect... industrial safety measures need to be tightened in order to reduce unethical discharge of fluoride compounds into the environment."

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3956646/]

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

"...topical fluoride application in the oral cavity appears to be a more direct and appro-

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ropriate means of preventing caries...systemic fluoride uptake is suspected of causing adverse effects, in particular neurotoxicity during early development. The latter is supported by experimental neurotoxicity findings and toxicokinetic evidence of fluoride passing into the brain."

[<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6923889/>]

"In this prospective birth cohort study, fluoride exposure during pregnancy was associated with lower IQ scores in children aged 3 to 4 years."

[<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2748634> (Study in Canada)]

"Ingested fluoride from water enters the bloodstream as an artificial component, not a normal constituent,... Fluoride influences calcium homeostasis...only ~1 ppm blood levels cause a chronic form of congestive heart failure (found after hemodialysis with fluoridated water) and 2-3 ppm causes acute heart failure...The average lifespan for many animal species is reduced significantly by providing 1 ppm fluoridated water for their entire lives

[<https://www.hindawi.com/journals/jeph/2013/439490/>]

These are extracts of studies demonstrating the deleterious effects of fluoride, links are included.

*“fluoride has a potential to cause **major adverse human health problems**, while having only a modest dental caries prevention effect...**industrial safety measures need to be tightened in order to reduce unethical discharge of fluoride compounds into the environment.**”*

[<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3956646/>]

*“...topical fluoride application in the oral cavity appears to be a more direct and appropriate means of preventing caries...systemic fluoride uptake is suspected of causing adverse effects, in particular **neurotoxicity during early development**. The latter is supported by experimental neurotoxicity findings and toxicokinetic evidence of fluoride passing into the brain.”*

[<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6923889/>]

*“In this prospective birth cohort study, **fluoride exposure during pregnancy was associated with lower IQ scores in children aged 3 to 4 years.**”*

[<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2748634> (Study in Canada)]

*“Ingested fluoride from water **enters the bloodstream** as an artificial component, not a normal constituent,...
Fluoride influences calcium homeostasis...only ~1*

ppm blood levels cause a chronic form of congestive heart failure (found after hemodialysis with fluoridated water) and **2-3 ppm causes acute heart failure...**The **average lifespan for many animal species is reduced significantly by providing 1 ppm fluoridated water for their entire lives**

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First name (required) DR ROBERT C
Last name (required) DICKSON
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) WATER FLUORIDATION
Date of meeting Nov 15, 2021

HIGHLIGHTS

This report provides Council with results of the Fluoridation Vote of Elector results as part of the General Election in October 2021 and seeks guidance on the reintroduction of water fluoridation as part of the water treatment process.

THE GUIDANCE PART IS EASY—MORE TIME IS REQUIRED TO DO AN UPDATE ON THE OIPH REPORT TO COUNCIL IN JULY 2019, WHICH STATED "A very important point is from the O'Brien Institute of Public Health in their 2019 Report To Calgary City Council that had this statement: "In summary, there is some new emerging evidence that fluoride exposure during pregnancy may be harmful to the brain development of children..."

What does this mean to Calgarians? If directed by Council, Water Services will reintroduce fluoridation as part of the water treatment process.

OR NOT, IF DIRECTED BY COUNCIL. OR DEFERRED, IF DIRECTED BY COUNCIL.

Why does this matter? Reliable and safe drinking water provides the foundation of a

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Comments - please refrain from providing personal information in this field (maximum 2500 characters)

healthy and green city. Water treatment is an efficient and cost-effective means to distribute fluoride to a large population, if this is the desired outcome of Council.

6 MAJOR FLAWS HERE:

NO FLUORIDATION SYSTEM IS RELIABLE, AS OVER AND UNDER FEEDS ARE COMMON

MEDICATION BY PUBLIC WATER IS NOT SAFE, AS WITNESSED BY 70 OUT OF 78 RECENT HUMAN STUDIES SHOWING NEUROTOXICITY AND BRAIN DAMAGE INHERENTLY NOT HEALTHY, AS FROM 1-15% OF THE POPULATION HAS SENSITIVITIES AND/OR ALLERGIES I.E. MORE THAN 200,000 CITIZENS COULD BE AFFECTED ADVERSELY

DEFINITELY NOT GREEN, DUMPING TONS OF HYDROFLUOSILICIC ACID BACK INTO THE ENVIRONMENT WHEN WE HAVE A CLIMATE EMERGENCY

NOT EFFICIENT NOR COST EFFECTIVE IF THE COSTS OF TREATING FLUOROSIS (NOW OVER 50% OF TEENS IN THE USA), LOSS OF IQ, BONE AND KIDNEY DAMAGE, ETC ARE FACTORED IN

DISTRIBUTING ANY DRUG BY PUBLIC WATER ONLY USES CONCENTRATION, AND HAS ABSOLUTELY NO CONTROL OVER DOSE OR DOSAGE.

The Community Water Fluoridation Report (CPS2019-0965) issued by the University of Calgary's, O'Brien Institute, was presented to Council in 2019. This report outlined health

considerations and social implications related to drinking water fluoridation and was received for the Corporate record. See Attachment 4.

AS ABOVE IN GUIDANCE, "A very important point from the O'Brien Institute of Public Health in their 2019 Report To Calgary City Council had this statement: "In summary, there is some new emerging evidence that fluoride exposure during pregnancy may be harmful to the brain developmen



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First name (required) **Courtney**

Last name (required) **Molyneux**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Fluoride in Calgary**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

No other mass medication is forced on people. Putting it in tap water is an imprecise way of distributing fluoride. How much fluoride a person gets depends on body weight and water consumed. With fluoride now so widely available in toothpaste and mouth-wash, there is no need to add it to water. The U.S. Environmental Protection Agency and Environment Canada both state that chemicals used in artificial fluoridation are hazardous waste which may not be put directly into lakes, rivers or oceans. Please do not add fluoride to Calgary's water supply.



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First name (required) Mechtild

Last name (required) Starke

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Why would the council vote for adding fluoride to the water, which is really part of an industrial waste product, including other heavy metals like mercury and lead, when the mayor just declared a climate emergency?

Look at the unnecessary cost, when people could brush there teeth with toothpaste, that has fluoride in it. Bye the way, we are not supposed to swallow it.

Why do all of us need to pay for people that don't look after themselves, when our bodies don't need fluoride, is accumulative and toxic in our bodies?

I only now found out about the vote tomorrow. Please consider these comments from a very concerned longtime Calgarian.

PS: Tsuut'ina, Strathmore, Chestermere and Airdrie didn't even get a chance to vote!



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Joe
Last name (required) Panto
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Fluoride is toxic to human health. Among possible sources, it is a waste product of the fertilizer industry. 99% of fluoride added to municipal water is never utilized for its intended, stated purpose (fluoridated toilet water for example). Additionally, the corrosive effects of fluoride on infrastructure causes premature aging of the infrastructure. Fertilizer itself is a problematic outcome of outdated industrial farming, and can easily be replaced with organic processes. Neither taxpayers, nor the environment, nor municipal infrastructure, should ever bear the burden of any economic solution to this destructive problem. Proper dental health begins with food choices, not the application of toxic chemicals.

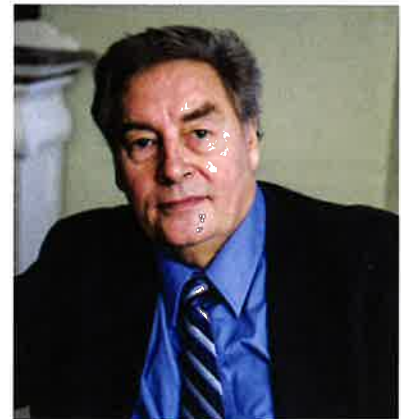
50 Reasons to Oppose Fluoridation



Introduction

In Europe, only Ireland (73%), Poland (1%), Serbia (3%), Spain (11%), and the U.K. (11%) fluoridate any of their water. Most developed countries, including Japan and 97% of the western European population, do not consume fluoridated water.

In the U.S., about 70% of public water supplies are fluoridated. This equates to approximately 185 million people, which is over half the number of people drinking artificially fluoridated water worldwide. Some countries have areas with high natural fluoride levels in the water. These include India, China and parts of Africa. In these countries measures are being taken to remove the fluoride because of the health problems that fluoride can cause.



Dr. Paul Connett

Fluoridation is a bad medical practice

1) Fluoride is the only chemical added to water for the purpose of medical treatment. The U.S. Food and Drug Administration (FDA) classifies fluoride as a drug when used to prevent or mitigate disease (FDA 2000). As a matter of basic logic, adding fluoride to water for the sole purpose of preventing tooth decay (a non-water borne disease) is a form of medical treatment. All other water treatment chemicals are added to improve the water's quality or safety, which fluoride does not do.

2) Fluoridation is unethical. Informed consent is standard practice for all medication, and one of the key reasons why most of Western Europe has ruled against fluoridation. With water fluoridation we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients.

Put another way: Does a voter have the right to require that their neighbor ingest a certain medication (even if it is against that neighbor's will)?

3) The dose cannot be controlled. Once fluoride is put in the water it is impossible to control the dose each individual receives because people drink different amounts of water. Being able to control the dose a patient receives is critical. Some people (e.g., manual laborers, athletes, diabetics, and people with kidney disease) drink substantially more water than others.

4) The fluoride goes to everyone regardless of age, health or vulnerability. According to Dr. Arvid Carlsson, the 2000 Nobel Laureate in Medicine and Physiology and one of the scientists who helped keep fluoridation out of Sweden:

"Water fluoridation goes against leading principles of pharmacotherapy, which is progressing from a stereotyped medication — of the type 1 tablet 3 times a day — to a much more individualized therapy as regards both dosage and selection of drugs. The addition of drugs to the drinking water means exactly the opposite of an individualized therapy" (Carlsson 1978).

5) People now receive fluoride from many other sources besides water. Fluoridated water is not the only way people are exposed to fluoride. Other sources of fluoride include food and beverages processed with fluoridated water (Kiritsy 1996; Heilman 1999), fluoridated dental products (Bentley 1999; Levy 1999), mechanically deboned meat (Fein 2001), tea (Levy 1999), and pesticide residues (e.g., from cryolite) on food (Stannard 1991; Burgstahler 1997). It is now widely acknowledged that exposure to non-water sources of fluoride has significantly increased since the water fluoridation program first began (NRC 2006).

6) Fluoride is not an essential nutrient. No disease, not even tooth decay, is caused by a "fluoride deficiency." (NRC 1993; Institute of Medicine 1997, NRC 2006). Not a single biological process has been shown to require fluoride. On the contrary there is extensive

evidence that fluoride can interfere with many important biological processes. Fluoride interferes with numerous enzymes (Waldbott 1978). In combination with aluminum, fluoride interferes with G-proteins (Bigay 1985, 1987). Such interactions give aluminum-fluoride complexes the potential to interfere with signals from growth factors, hormones and neurotransmitters (Strunecka & Patocka 1999; Li 2003). More and more studies indicate that fluoride can interfere with biochemistry in fundamental ways (Barbier 2010).

7) The level in mothers' milk is very low. Considering reason #6 it is perhaps not surprising that the level of fluoride in mother's milk is remarkably low (0.004 ppm, NRC, 2006). This means that a bottle-fed baby consuming fluoridated water (0.6 – 1.2 ppm) can get up to 300 times more fluoride than a breast-fed baby. There are no benefits (see reasons #11-19), only risks (see reasons #21-36), for infants ingesting this heightened level of fluoride at such an early age (an age where susceptibility to environmental toxins is particularly high).

8) Fluoride accumulates in the body. Healthy adult kidneys excrete 50 to 60% of the fluoride ingested each day (Marier & Rose 1971). The remainder accumulates in the body, largely in calcifying tissues such as the bones and pineal gland (Luke 1997, 2001). Infants and children excrete less fluoride from their kidneys and take up to 80% of ingested fluoride into their bones (Ekstrand 1994). The fluoride concentration in bone steadily increases over a lifetime (NRC 2006).

9) No health agency in fluoridated countries is monitoring fluoride exposure or side effects. No regular measurements are being made of the levels of fluoride in urine, blood, bones, hair, or nails of either the general population or sensitive subparts of the population (e.g., individuals with kidney disease).

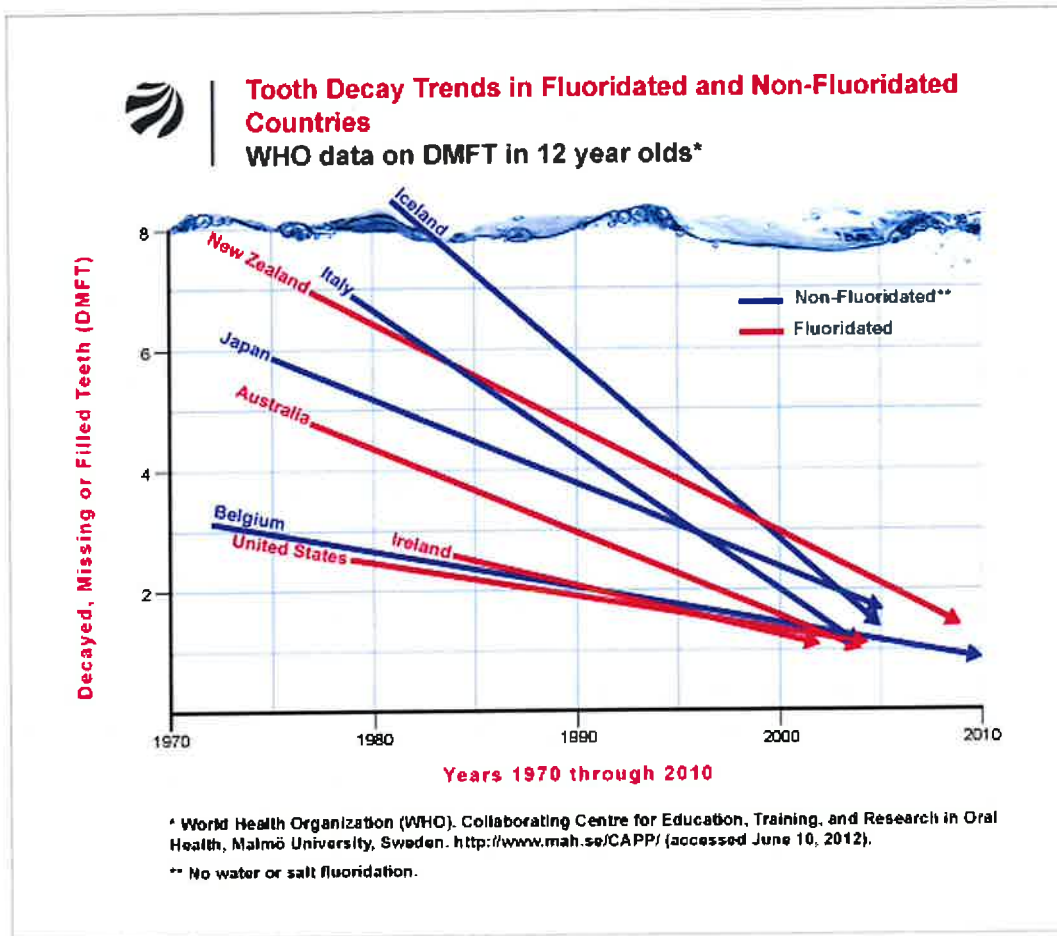
10) There has never been a single randomized controlled trial to demonstrate fluoridation's effectiveness or safety. Despite the fact that fluoride has been added to community water supplies for over 60 years, "there have been no randomized trials of water fluoridation" (Cheng 2007). Randomized trials are the standard method for determining the safety and effectiveness of any purportedly beneficial medical treatment. In 2000, the British Government's "York Review" could not give a single fluoridation trial a Grade A classification – despite 50 years of research (McDonagh 2000). The U.S. Food and Drug Administration (FDA) continues to classify fluoride as an "unapproved new drug."

Swallowing fluoride provides no (or very little) benefit

11) Benefit is topical not systemic. The Centers for Disease Control and Prevention (CDC, 1999, 2001) has now acknowledged that the mechanism of fluoride's benefits are mainly topical, not systemic. There is no need whatsoever, therefore, to swallow fluoride to protect teeth. Since the purported benefit of fluoride is topical, and the risks are systemic, it makes

more sense to deliver the fluoride directly to the tooth in the form of toothpaste. Since swallowing fluoride is unnecessary, and potentially dangerous, there is no justification for forcing people (against their will) to ingest fluoride through their water supply.

12) Fluoridation is not necessary. Most western, industrialized countries have rejected water fluoridation, but have nevertheless experienced the same decline in childhood dental decay as fluoridated countries. (See data from World Health Organization presented graphically in Figure).



13) Fluoridation's role in the decline of tooth decay is in serious doubt. The largest survey ever conducted in the US (over 39,000 children from 84 communities) by the National Institute of Dental Research showed little difference in tooth decay among children in fluoridated and non-fluoridated communities (Hileman 1989). According to NIDR researchers, the study found an average difference of only 0.6 DMFS (Decayed, Missing, and Filled Surfaces) in the permanent teeth of children aged 5-17 residing their entire lives in either fluoridated or unfluoridated areas (Brunelle & Carlos, 1990). This difference is less than one tooth surface, and less than 1% of the 100+ tooth surfaces available in a child's mouth. Large surveys from three Australian states have found even less of a benefit, with decay reductions ranging from 0 to 0.3 of one permanent tooth surface (Spencer 1996; Armfield & Spencer 2004). None of these studies have allowed for the possible delayed

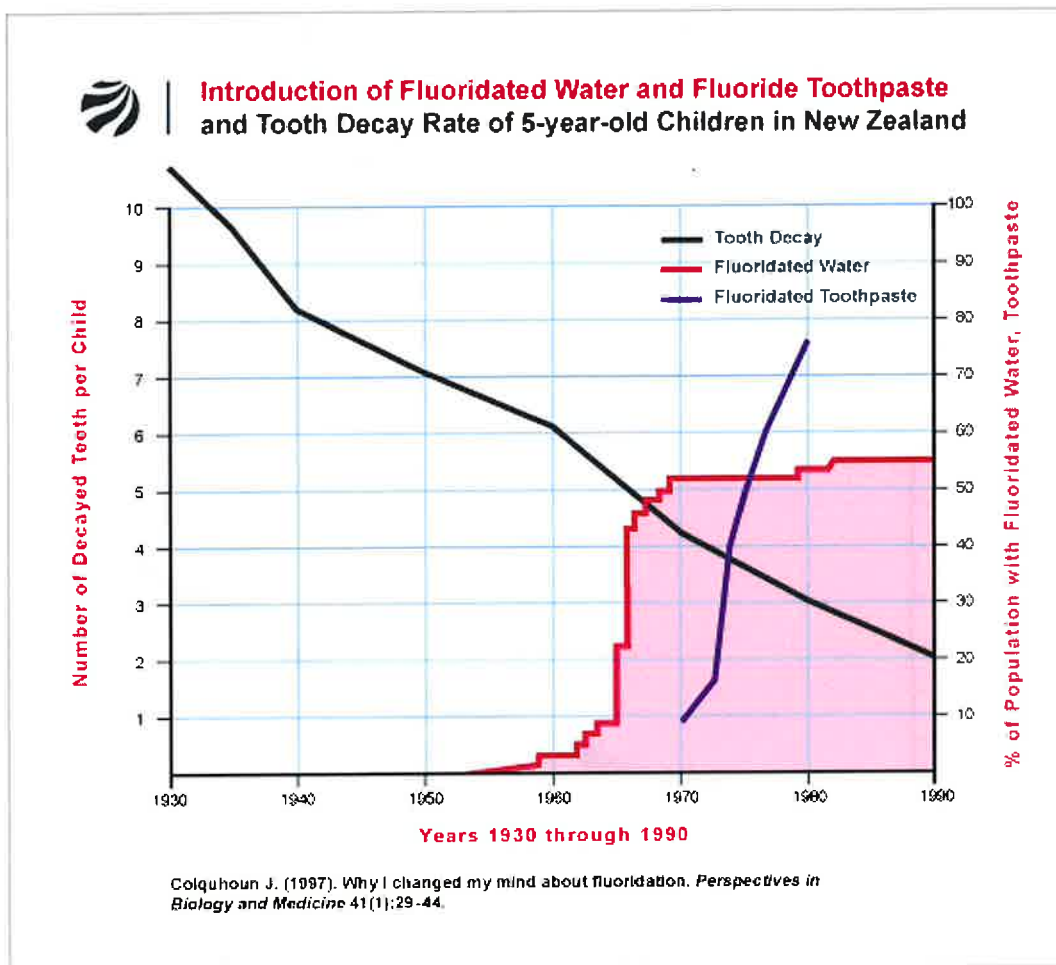
eruption of the teeth that may be caused by exposure to fluoride, for which there is some evidence (Komarek 2005). A one-year delay in eruption of the permanent teeth would eliminate the very small benefit recorded in these modern studies.

14) NIH-funded study on individual fluoride ingestion and tooth decay found no significant correlation. A multi-million dollar, U.S. National Institutes of Health (NIH)-funded study found no significant relationship between tooth decay and fluoride intake among children. (Warren 2009) This is the first time tooth decay has been investigated as a function of individual exposure (as opposed to mere residence in a fluoridated community).

15) Tooth decay is high in low-income communities that have been fluoridated for years. Despite some claims to the contrary, water fluoridation cannot prevent the oral health crises that result from rampant poverty, inadequate nutrition, and lack of access to dental care. There have been numerous reports of severe dental crises in low-income neighborhoods of US cities that have been fluoridated for over 20 years (e.g., Boston, Cincinnati, New York City, and Pittsburgh). In addition, research has repeatedly found fluoridation to be ineffective at preventing the most serious oral health problem facing poor children, namely "baby bottle tooth decay," otherwise known as early childhood caries (Barnes 1992; Shiboski 2003).

16) Tooth decay does not go up when fluoridation is stopped. Where fluoridation has been discontinued in communities from Canada, the former East Germany, Cuba and Finland, dental decay has not increased but has generally continued to decrease (Maupomé 2001; Kunzel & Fischer, 1997, 2000; Kunzel 2000; Seppa 2000).

17) Tooth decay was coming down before fluoridation started. Modern research shows that decay rates were coming down before fluoridation was introduced in Australia and New Zealand and have continued to decline even after its benefits would have been maximized. (Colquhoun 1997; Diesendorf 1986). As the following figure indicates, many other factors are responsible for the decline of tooth decay that has been universally reported throughout the western world.

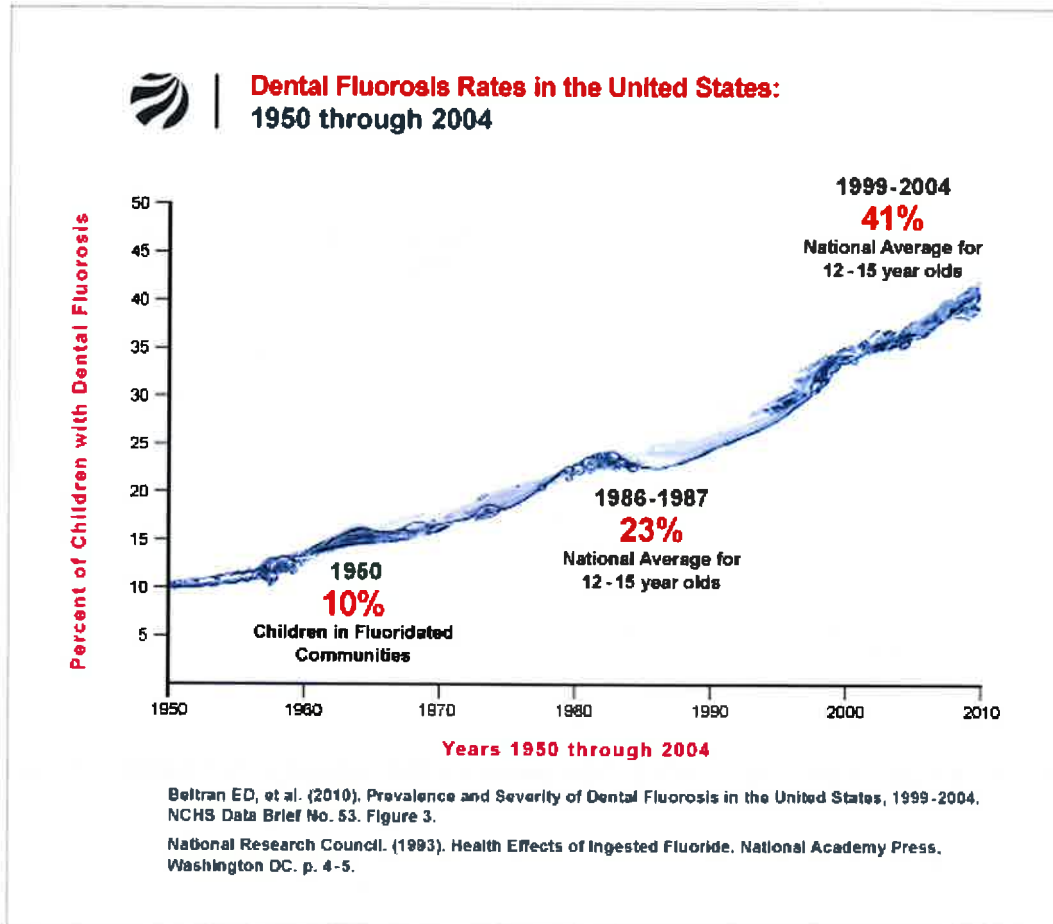


18) The studies that launched fluoridation were methodologically flawed. The early trials conducted between 1945 and 1955 in North America that helped to launch fluoridation, have been heavily criticized for their poor methodology and poor choice of control communities (De Stefano 1954; Sutton 1959, 1960, 1996; Ziegelbecker 1970). According to Dr. Hubert Arnold, a statistician from the University of California at Davis, the early fluoridation trials “are especially rich in fallacies, improper design, invalid use of statistical methods, omissions of contrary data, and just plain muddleheadedness and hebetude.” Serious questions have also been raised about Trendley Dean’s (the father of fluoridation) famous 21-city study from 1942 (Ziegelbecker 1981).

Children are being over-exposed to fluoride

19) Children are being over-exposed to fluoride. The fluoridation program has massively failed to achieve one of its key objectives, i.e., to lower dental decay rates while limiting the occurrence of dental fluorosis (a discoloring of tooth enamel caused by too much fluoride). The goal of the early promoters of fluoridation was to limit dental fluorosis (in its very mild form) to 10% of children (NRC 1993, pp. 6-7). In 2010, however, the Centers for Disease Control and Prevention (CDC) reported that 41% of American adolescents had dental fluorosis, with 8.6% having mild fluorosis and 3.6% having either moderate or severe dental

fluorosis (Beltran-Aguilar 2010). As the 41% prevalence figure is a national average and includes children living in fluoridated and unfluoridated areas, the fluorosis rate in fluoridated communities will obviously be higher. The British Government's York Review estimated that up to 48% of children in fluoridated areas worldwide have dental fluorosis in all forms, with 12.5% having fluorosis of aesthetic concern (McDonagh, 2000).



20) The highest doses of fluoride are going to bottle-fed babies. Because of their sole reliance on liquids for their food intake, infants consuming formula made with fluoridated water have the highest exposure to fluoride, by bodyweight, in the population. Because infant exposure to fluoridated water has been repeatedly found to be a major risk factor for developing dental fluorosis later in life (Marshall 2004; Hong 2006; Levy 2010), a number of dental researchers have recommended that parents of newborns not use fluoridated water when reconstituting formula (Ekstrand 1996; Pendrys 1998; Fomon 2000; Brothwell 2003; Marshall 2004). Even the American Dental Association (ADA), the most ardent institutional proponent of fluoridation, distributed a November 6, 2006 email alert to its members recommending that parents be advised that formula should be made with “low or no-fluoride water.” Unfortunately, the ADA has done little to get this information into the hands of parents. As a result, many parents remain unaware of the fluorosis risk from infant exposure to fluoridated water.

Evidence of harm to other tissues

21) Dental fluorosis may be an indicator of wider systemic damage. There have been many suggestions as to the possible biochemical mechanisms underlying the development of dental fluorosis (Matsuo 1998; Den Besten 1999; Sharma 2008; Duan 2011; Tye 2011) and they are complicated for a lay reader. While promoters of fluoridation are content to dismiss dental fluorosis (in its milder forms) as merely a cosmetic effect, it is rash to assume that fluoride is not impacting other developing tissues when it is visibly damaging the teeth by some biochemical mechanism (Groth 1973; Colquhoun 1997). Moreover, ingested fluoride can only cause dental fluorosis during the period before the permanent teeth have erupted (6-8 years), other tissues are potentially susceptible to damage throughout life. For example, in areas of naturally high levels of fluoride the first indicator of harm is dental fluorosis in children. In the same communities many older people develop skeletal fluorosis.

22) Fluoride may damage the brain. According to the National Research Council (2006), "it is apparent that fluorides have the ability to interfere with the functions of the brain." In a review of the literature commissioned by the US Environmental Protection Agency (EPA), fluoride has been listed among about 100 chemicals for which there is "substantial evidence of developmental neurotoxicity." Animal experiments show that fluoride accumulates in the brain and alters mental behavior in a manner consistent with a neurotoxic agent (Mullenix 1995). In total, there have now been over 100 animal experiments showing that fluoride can damage the brain and impact learning and behavior. According to fluoridation proponents, these animal studies can be ignored because high doses were used. However, it is important to note that rats generally require five times more fluoride to reach the same plasma levels in humans (Sawan 2010). Further, one animal experiment found effects at remarkably low doses (Varner 1998). In this study, rats fed for one year with 1 ppm fluoride in their water (the same level used in fluoridation programs), using either sodium fluoride or aluminum fluoride, had morphological changes to their kidneys and brains, an increased uptake of aluminum in the brain, and the formation of beta-amyloid deposits which are associated with Alzheimer's disease. Other animal studies have found effects on the brain at water fluoride levels as low as 5 ppm (Liu 2010).

23) Fluoride may lower IQ. There have now been 33 studies from China, Iran, India and Mexico that have reported an association between fluoride exposure and reduced IQ. One of these studies (Lin 1991) indicates that even just moderate levels of fluoride exposure (e.g., 0.9 ppm in the water) can exacerbate the neurological defects of iodine deficiency. Other studies have found IQ reductions at 1.9 ppm (Xiang 2003a,b); 0.3-3.0 ppm (Ding 2011); 1.8-3.9 ppm (Xu 1994); 2.0 ppm (Yao 1996, 1997); 2.1-3.2 ppm (An 1992); 2.38 ppm (Poureslami 2011); 2.45 ppm (Eswar 2011); 2.5 ppm (Seraj 2006); 2.85 ppm (Hong 2001); 2.97 ppm (Wang 2001, Yang 1994); 3.15 ppm (Lu 2000); 4.12 ppm (Zhao 1996). In the Ding study, each 1 ppm increase of fluoride in urine was associated with a loss of 0.59 IQ points. None of these studies indicate an adequate margin of safety to protect all children drinking artificially fluoridated water from this affect. According to the National Research Council

(2006), “the consistency of the results [in fluoride/IQ studies] appears significant enough to warrant additional research on the effects of fluoride on intelligence.” The NRC’s conclusion has recently been amplified by a team of Harvard scientists whose fluoride/IQ meta-review concludes that fluoride’s impact on the developing brain should be a “high research priority.” (Choi et al., 2012). Except for one small IQ study from New Zealand (Spittle 1998) no fluoridating country has yet investigated the matter.

24) Fluoride may cause non-IQ neurotoxic effects. Reduced IQ is not the only neurotoxic effect that may result from fluoride exposure. At least three human studies have reported an association between fluoride exposure and impaired visual-spatial organization (Calderon 2000; Li 2004; Rocha-Amador 2009); while four other studies have found an association between prenatal fluoride exposure and fetal brain damage (Han 1989; Du 1992; Dong 1993; Yu 1996).

25) Fluoride affects the pineal gland. Studies by Jennifer Luke (2001) show that fluoride accumulates in the human pineal gland to very high levels. In her Ph.D. thesis, Luke has also shown in animal studies that fluoride reduces melatonin production and leads to an earlier onset of puberty (Luke 1997). Consistent with Luke’s findings, one of the earliest fluoridation trials in the U.S. (Schlesinger 1956) reported that on average young girls in the fluoridated community reached menstruation 5 months earlier than girls in the non-fluoridated community. Inexplicably, no fluoridating country has attempted to reproduce either Luke’s or Schlesinger’s findings or examine the issue any further.

26) Fluoride affects thyroid function. According to the U.S. National Research Council (2006), “several lines of information indicate an effect of fluoride exposure on thyroid function.” In the Ukraine, Bachinskii (1985) found a lowering of thyroid function, among otherwise healthy people, at 2.3 ppm fluoride in water. In the middle of the 20th century, fluoride was prescribed by a number of European doctors to reduce the activity of the thyroid gland for those suffering from hyperthyroidism (overactive thyroid) (Stecher 1960; Waldbott 1978). According to a clinical study by Galletti and Joyet (1958), the thyroid function of hyperthyroid patients was effectively reduced at just 2.3 to 4.5 mg/day of fluoride ion. To put this finding in perspective, the Department of Health and Human Services (DHHS, 1991) has estimated that total fluoride exposure in fluoridated communities ranges from 1.6 to 6.6 mg/day. This is a remarkable fact, particularly considering the rampant and increasing problem of hypothyroidism (underactive thyroid) in the United States and other fluoridated countries. Symptoms of hypothyroidism include depression, fatigue, weight gain, muscle and joint pains, increased cholesterol levels, and heart disease. In 2010, the second most prescribed drug of the year was Synthroid (sodium levothyroxine) which is a hormone replacement drug used to treat an underactive thyroid.

27) Fluoride causes arthritic symptoms. Some of the early symptoms of skeletal fluorosis (a fluoride-induced bone and joint disease that impacts millions of people in India, China, and Africa), mimic the symptoms of arthritis (Singh 1963; Franke 1975; Teotia 1976; Carnow 1981; Czerwinski 1988; DHHS 1991). According to a review on fluoridation

published in Chemical & Engineering News, “Because some of the clinical symptoms mimic arthritis, the first two clinical phases of skeletal fluorosis could be easily misdiagnosed” (Hileman 1988). Few, if any, studies have been done to determine the extent of this misdiagnosis, and whether the high prevalence of arthritis in America (1 in 3 Americans have some form of arthritis – CDC, 2002) and other fluoridated countries is related to growing fluoride exposure, which is highly plausible. Even when individuals in the U.S. suffer advanced forms of skeletal fluorosis (from drinking large amounts of tea), it has taken years of misdiagnoses before doctors finally correctly diagnosed the condition as fluorosis.

28) Fluoride damages bone. An early fluoridation trial (Newburgh-Kingston 1945-55) found a significant two-fold increase in cortical bone defects among children in the fluoridated community (Schlesinger 1956). The cortical bone is the outside layer of the bone and is important to protect against fracture. While this result was not considered important at the time with respect to bone fractures, it did prompt questions about a possible link to osteosarcoma (Caffey, 1955; NAS, 1977). In 2001, Alarcon-Herrera and co-workers reported a linear correlation between the severity of dental fluorosis and the frequency of bone fractures in both children and adults in a high fluoride area in Mexico.

29) Fluoride may increase hip fractures in the elderly. When high doses of fluoride (average 26 mg per day) were used in trials to treat patients with osteoporosis in an effort to harden their bones and reduce fracture rates, it actually led to a higher number of fractures, particularly hip fractures (Inkovaara 1975; Gerster 1983; Dambacher 1986; O’Duffy 1986; Hedlund 1989; Bayley 1990; Gutteridge 1990. 2002; Orcel 1990; Riggs 1990 and Schnitzler 1990). Hip fracture is a very serious issue for the elderly, often leading to a loss of independence or a shortened life. There have been over a dozen studies published since 1990 that have investigated a possible relationship between hip fractures and long term consumption of artificially fluoridated water or water with high natural levels. The results have been mixed – some have found an association and others have not. Some have even claimed a protective effect. One very important study in China, which examined hip fractures in six Chinese villages, found what appears to be a dose-related increase in hip fracture as the concentration of fluoride rose from 1 ppm to 8 ppm (Li 2001) offering little comfort to those who drink a lot of fluoridated water. Moreover, in the only human epidemiological study to assess bone strength as a function of bone fluoride concentration, researchers from the University of Toronto found that (as with animal studies) the strength of bone declined with increasing fluoride content (Chachra 2010). Finally, a recent study from Iowa (Levy 2009), published data suggesting that low-level fluoride exposure may have a detrimental effect on cortical bone density in girls (an effect that has been repeatedly documented in clinical trials and which has been posited as an important mechanism by which fluoride may increase bone fracture rates).

30) People with impaired kidney function are particularly vulnerable to bone damage. Because of their inability to effectively excrete fluoride, people with kidney disease are prone to accumulating high levels of fluoride in their bone and blood. As a result of this

high fluoride body burden, kidney patients have an elevated risk for developing skeletal fluorosis. In one of the few U.S. studies investigating the matter, crippling skeletal fluorosis was documented among patients with severe kidney disease drinking water with just 1.7 ppm fluoride (Johnson 1979). Since severe skeletal fluorosis in kidney patients has been detected in small case studies, it is likely that larger, systematic studies would detect skeletal fluorosis at even lower fluoride levels.

31) Fluoride may cause bone cancer (osteosarcoma). A U.S. government-funded animal study found a dose-dependent increase in bone cancer (osteosarcoma) in fluoride-treated, male rats (NTP 1990). Following the results of this study, the National Cancer Institute (NCI) reviewed national cancer data in the U.S. and found a significantly higher rate of osteosarcoma (a bone cancer) in young men in fluoridated versus unfluoridated areas (Hoover et al 1991a). While the NCI concluded (based on an analysis lacking statistical power) that fluoridation was not the cause (Hoover et al 1991b), no explanation was provided to explain the higher rates in the fluoridated areas. A smaller study from New Jersey (Cohn 1992) found osteosarcoma rates to be up to 6 times higher in young men living in fluoridated versus unfluoridated areas. Other epidemiological studies of varying size and quality have failed to find this relationship (a summary of these can be found in Bassin, 2001 and Connett & Neurath, 2005). There are three reasons why a fluoride-osteosarcoma connection is plausible: First, fluoride accumulates to a high level in bone. Second, fluoride stimulates bone growth. And, third, fluoride can interfere with the genetic apparatus of bone cells in several ways; it has been shown to be mutagenic, cause chromosome damage, and interfere with the enzymes involved with DNA repair in both cell and tissue studies (Tsutsui 1984; Caspary 1987; Kishi 1993; Mihashi 1996; Zhang 2009). In addition to cell and tissue studies, a correlation between fluoride exposure and chromosome damage in humans has also been reported (Sheth 1994; Wu 1995; Meng 1997; Joseph 2000).

32) Proponents have failed to refute the Bassin-Osteosarcoma study. In 2001, Elise Bassin, a dentist, successfully defended her doctoral thesis at Harvard in which she found that young boys had a five-to-seven fold increased risk of getting osteosarcoma by the age of 20 if they drank fluoridated water during their mid-childhood growth spurt (age 6 to 8). The study was published in 2006 (Bassin 2006) but has been largely discounted by fluoridating countries because her thesis adviser Professor Chester Douglass (a promoter of fluoridation and a consultant for Colgate) promised a larger study that he claimed would discount her thesis (Douglass and Joshipura, 2006). Now, after 5 years of waiting the Douglass study has finally been published (Kim 2011) but in no way does this study discount Bassin's findings. The study, which used far fewer controls than Bassin's analysis, did not even attempt to assess the age-specific window of risk that Bassin identified. Indeed, by the authors' own admission, the study had no capacity to assess the risk of osteosarcoma among children and adolescents (the precise population of concern). For a critique of the Douglass study, [click here](#).

33) Fluoride may cause reproductive problems. Fluoride administered to animals at high doses wreaks havoc on the male reproductive system – it damages sperm and increases the rate of infertility in a number of different species (Kour 1980; Chinoy 1989; Chinoy 1991; Susheela 1991; Chinoy 1994; Kumar 1994; Narayana 1994a,b; Zhao 1995; Elbetieha 2000; Ghosh 2002; Zakrzewska 2002). In addition, an epidemiological study from the US found increased rates of infertility among couples living in areas with 3 ppm or more fluoride in the water (Freni 1994), two studies have found increased fertility among men living in high-fluoride areas of China and India (Liu 1988; Neelam 1987); four studies have found reduced level of circulating testosterone in males living in high fluoride areas (Hao 2010; Chen P 1997; Susheela 1996; Barot 1998), and a study of fluoride-exposed workers reported a “subclinical reproductive effect” (Ortiz-Perez 2003). While animal studies by FDA researchers have failed to find evidence of reproductive toxicity in fluoride-exposed rats (Sprando 1996, 1997, 1998), the National Research Council (2006) has recommended that, “the relationship between fluoride and fertility requires additional study.”

34) Some individuals are highly sensitive to low levels of fluoride as shown by case studies and double blind studies. In one study, which lasted 13 years, Feltman and Kosel (1961) showed that about 1% of patients given 1 mg of fluoride each day developed negative reactions. Many individuals have reported suffering from symptoms such as fatigue, headaches, rashes and stomach and gastro intestinal tract problems, which disappear when they avoid fluoride in their water and diet. (Shea 1967; Waldbott 1978; Moolenburgh 1987) Frequently the symptoms reappear when they are unwittingly exposed to fluoride again (Spittle, 2008). No fluoridating government has conducted scientific studies to take this issue beyond these anecdotal reports. Without the willingness of governments to investigate these reports scientifically, should we as a society be forcing these people to ingest fluoride?

35) Other subsets of population are more vulnerable to fluoride’s toxicity. In addition to people suffering from impaired kidney function discussed in reason #30 other subsets of the population are more vulnerable to fluoride’s toxic effects. According to the Agency for Toxic Substances and Disease Registry (ATSDR 1993) these include: infants, the elderly, and those with diabetes mellitus. Also vulnerable are those who suffer from malnutrition (e.g., calcium, magnesium, vitamin C, vitamin D and iodine deficiencies and protein-poor diets) and those who have diabetes insipidus. See: Greenberg 1974; Klein 1975; Massler & Schour 1952; Marier & Rose 1977; Lin 1991; Chen 1997; Seow 1994; Teotia 1998.

No Margin of Safety

36) There is no margin of safety for several health effects. No one can deny that high natural levels of fluoride damage health. Millions of people in India and China have had their health compromised by fluoride. The real question is whether there is an adequate margin of safety between the doses shown to cause harm in published studies and the total dose people receive consuming uncontrolled amounts of fluoridated water and non-water sources of fluoride. This margin of safety has to take into account the wide range of individual

sensitivity expected in a large population (a safety factor of 10 is usually applied to the lowest level causing harm). Another safety factor is also needed to take into account the wide range of doses to which people are exposed. There is clearly no margin of safety for dental fluorosis (CDC, 2010) and based on the following studies nowhere near an adequate margin of safety for lowered IQ (Xiang 2003a,b; Ding 2011; Choi 2012); lowered thyroid function (Galletti & Joyet 1958; Bachinskii 1985; Lin 1991); bone fractures in children (Alarcon-Herrera 2001) or hip fractures in the elderly (Kurtio 1999; Li 2001). All of these harmful effects are discussed in the NRC (2006) review.

Environmental Justice

37) Low-income families penalized by fluoridation. Those most likely to suffer from poor nutrition, and thus more likely to be more vulnerable to fluoride's toxic effects, are the poor, who unfortunately, are the very people being targeted by new fluoridation programs. While at heightened risk, poor families are least able to afford avoiding fluoride once it is added to the water supply. No financial support is being offered to these families to help them get alternative water supplies or to help pay the costs of treating unsightly cases of dental fluorosis.

38) Black and Hispanic children are more vulnerable to fluoride's toxicity. According to the CDC's national survey of dental fluorosis, black and Mexican-American children have significantly higher rates of dental fluorosis than white children (Beltran-Aguilar 2005, Table 23). The recognition that minority children appear to be more vulnerable to toxic effects of fluoride, combined with the fact that low-income families are less able to avoid drinking fluoridated water, has prompted prominent leaders in the environmental-justice movement to oppose mandatory fluoridation in Georgia. In a statement issued in May 2011, Andrew Young, a colleague of Martin Luther King, Jr., and former Mayor of Atlanta and former US Ambassador to the United Nations, stated:

"I am most deeply concerned for poor families who have babies: if they cannot afford unfluoridated water for their babies' milk formula, do their babies not count? Of course they do. This is an issue of fairness, civil rights, and compassion. We must find better ways to prevent cavities, such as helping those most at risk for cavities obtain access to the services of a dentist...My father was a dentist. I formerly was a strong believer in the benefits of water fluoridation for preventing cavities. But many things that we began to do 50 or more years ago we now no longer do, because we have learned further information that changes our practices and policies. So it is with fluoridation."

39) Minorities are not being warned about their vulnerabilities to fluoride. The CDC is not warning black and Mexican-American children that they have higher rates of dental fluorosis than Caucasian children (see #38). This extra vulnerability may extend to other toxic effects of fluoride. Black Americans have higher rates of lactose intolerance, kidney problems and diabetes, all of which may exacerbate fluoride's toxicity.

40) Tooth decay reflects low-income not low-fluoride intake. Since dental decay is most concentrated in poor communities, we should be spending our efforts trying to increase the access to dental care for low-income families. The highest rates of tooth decay today can be found in low-income areas that have been fluoridated for many years. The real “Oral Health Crisis” that exists today in the United States, is not a lack of fluoride but poverty and lack of dental insurance. The Surgeon General has estimated that 80% of dentists in the US do not treat children on Medicaid.

The largely untested chemicals used in fluoridation programs

41) The chemicals used to fluoridate water are not pharmaceutical grade. Instead, they largely come from the wet scrubbing systems of the phosphate fertilizer industry. These chemicals (90% of which are sodium fluorosilicate and fluorosilicic acid), are classified hazardous wastes contaminated with various impurities. Recent testing by the National Sanitation Foundation suggest that the levels of arsenic in these silicon fluorides are relatively high (up to 1.6 ppb after dilution into public water) and of potential concern (NSF 2000 and Wang 2000). Arsenic is a known human carcinogen for which there is no safe level. This one contaminant alone could be increasing cancer rates – and unnecessarily so.

42) The silicon fluorides have not been tested comprehensively. The chemical usually tested in animal studies is pharmaceutical grade sodium fluoride, not industrial grade fluorosilicic acid. Proponents claim that once the silicon fluorides have been diluted at the public water works they are completely dissociated to free fluoride ions and hydrated silica and thus there is no need to examine the toxicology of these compounds. However, while a study from the University of Michigan (Finney et al., 2006) showed complete dissociation at neutral pH, in acidic conditions (pH 3) there was a stable complex containing five fluoride ions. Thus the possibility arises that such a complex may be regenerated in the stomach where the pH lies between 1 and 2.

43) The silicon fluorides may increase lead uptake into children’s blood. Studies by Masters and Coplan (1999, 2000, 2007), and to a lesser extent Macek (2006), show an association between the use of fluorosilicic acid (and its sodium salt) to fluoridate water and an increased uptake of lead into children’s blood. Because of lead’s acknowledged ability to damage the developing brain, this is a very serious finding. Nevertheless, it is being largely ignored by fluoridating countries. This association received some strong biochemical support from an animal study by Sawan et al. (2010) who found that exposure of rats to a combination of fluorosilicic acid and lead in their drinking water increased the uptake of lead into blood some threefold over exposure to lead alone.

44) Fluoride may leach lead from pipes, brass fittings and soldered joints. In tightly controlled laboratory experiments, Maas et al (2007) have shown that fluoridating agents in combination with chlorinating agents such as chloroamine increase the leaching of lead from

brass fittings used in plumbing. While proponents may argue about the neurotoxic effects of low levels of fluoride there is no argument that lead at very low levels lowers IQ in children.

Continued promotion of fluoridation is unscientific

45) Key health studies have not been done. In the January 2008 issue of *Scientific American*, Professor John Doull, the chairman of the important 2006 National Research Council review, *Fluoride in Drinking Water: A Review of EPA's Standards*, is quoted as saying:

What the committee found is that we've gone with the status quo regarding fluoride for many years—for too long really—and now we need to take a fresh look . . . In the scientific community people tend to think this is settled. I mean, when the U.S. surgeon general comes out and says this is one of the top 10 greatest achievements of the 20th century, that's a hard hurdle to get over. But when we looked at the studies that have been done, we found that many of these questions are unsettled and we have much less information than we should, considering how long this [fluoridation] has been going on.

The absence of studies is being used by promoters as meaning the absence of harm. This is an irresponsible position.

46) Endorsements do not represent scientific evidence. Many of those promoting fluoridation rely heavily on a list of endorsements. However, the U.S. PHS first endorsed fluoridation in 1950, before one single trial had been completed and before any significant health studies had been published (see chapters 9 and 10 in *The Case Against Fluoride* for the significance of this PHS endorsement for the future promotion of fluoridation). Many other endorsements swiftly followed with little evidence of any scientific rationale for doing so. The continued use of these endorsements has more to do with political science than medical science.

47) Review panels hand-picked to deliver a pro-fluoridation result. Every so often, particularly when their fluoridation program is under threat, governments of fluoridating countries hand-pick panels to deliver reports that provide the necessary re-endorsement of the practice. In their recent book *Fluoride Wars* (2009), which is otherwise slanted toward fluoridation, Alan Freeze and Jay Lehr concede this point when they write:

There is one anti-fluoridationist charge that does have some truth to it. Anti-fluoride forces have always claimed that the many government-sponsored review panels set up over the years to assess the costs and benefits of fluoridation were stacked in favor of fluoridation. A review of the membership of the various panels confirms this charge. The expert committees that put together reports by the American Association for the Advancement of Science in 1941, 1944 and 1954; the National Academy of Sciences in 1951, 1971, 1977 and 1993; the World Health Organization in 1958 and 1970; and the U.S. Public Health Service in 1991 are

rife with the names of well-known medical and dental researchers who actively campaigned on behalf of fluoridation or whose research was held in high regard in the pro-fluoridation movement. Membership was interlocking and incestuous.

The most recent examples of these self-fulfilling prophecies have come from the Irish Fluoridation Forum (2002); the National Health and Medical Research Council (NHMRC, 2007) and Health Canada (2008, 2010). The latter used a panel of six experts to review the health literature. Four of the six were pro-fluoridation dentists and the other two had no demonstrated expertise on fluoride. A notable exception to this trend was the appointment by the U.S. National Research Council of the first balanced panel of experts ever selected to look at fluoride's toxicity in the U.S. This panel of twelve reviewed the US EPA's safe drinking water standards for fluoride. After three and half years the panel concluded in a 507- page report that the safe drinking water standard was not protective of health and a new maximum contaminant level goal (MCLG) should be determined (NRC, 2006). If normal toxicological procedures and appropriate margins of safety were applied to their findings this report should spell an end to water fluoridation. Unfortunately in January of 2011 the US EPA Office of Water made it clear that they would not determine a value for the MCLG that would jeopardize the water fluoridation program (EPA press release, Jan 7, 2011). Once again politics was allowed to trump science.

More and more independent scientists oppose fluoridation

48) Many scientists oppose fluoridation. Proponents of fluoridation have maintained for many years— despite the fact that the earliest opponents of fluoridation were biochemists— that the only people opposed to fluoridation are not bona fide scientists. Today, as more and more scientists, doctors, dentists and other professionals, read the primary literature for themselves, rather than relying on self-serving statements from the ADA and the CDC, they are realizing that they and the general public have not been diligently informed by their professional bodies on this subject. As of January 2012, over 4,000 professionals have signed a [statement](#) calling for an end to water fluoridation worldwide. This statement and a list of signatories can be found on the website of the Fluoride Action Network. A glimpse of the caliber of those opposing fluoridation can be gleaned by watching the 28-minute video "[Professional Perspectives on Water fluoridation](#)" which can be viewed online at the same FAN site.

Proponents' dubious tactics

49) Proponents usually refuse to defend fluoridation in open debate. While pro-fluoridation officials continue to promote fluoridation with undiminished fervor, they usually [refuse](#) to defend the practice in open public debate – even when challenged to do so by organizations such as the Association for Science in the Public Interest, the American College of Toxicology, or the U.S. EPA (Bryson 2004). According to Dr. Michael Easley, a prominent lobbyist for fluoridation in the US, "Debates give the illusion that a scientific

controversy exists when no credible people support the fluorophobics' view" (Easley, 1999). In light of proponents' refusal to debate this issue, Dr. Edward Groth, a Senior Scientist at Consumers Union, observed that, "the political profluoridation stance has evolved into a dogmatic, authoritarian, essentially antiscientific posture, one that discourages open debate of scientific issues" (Martin 1991).

50) Proponents use very dubious tactics to promote fluoridation. Many scientists, doctors and dentists who have spoken out publicly on this issue have been subjected to censorship and intimidation (Martin 1991). Dr. Phyllis Mullenix was fired from her position as Chair of Toxicology at Forsythe Dental Center for publishing her findings on fluoride and the brain (Mullenix 1995); and Dr. William Marcus was fired from the EPA for questioning the government's handling of the NTP's fluoride-cancer study (Bryson 2004). Many dentists and even doctors tell opponents in private that they are opposed to this practice but dare not speak out in public because of peer pressure and the fear of recriminations. Tactics like this would not be necessary if those promoting fluoridation were on secure scientific and ethical grounds.

Conclusion

When it comes to controversies surrounding toxic chemicals, vested interests traditionally do their very best to discount animal studies and quibble with epidemiological findings. In the past, political pressures have led government agencies to drag their feet on regulating asbestos, benzene, DDT, PCBs, tetraethyl lead, tobacco and dioxins. With fluoridation we have had a sixty-year delay. Unfortunately, because government officials and dental leaders have put so much of their credibility on the line defending fluoridation, and because of the huge liabilities waiting in the wings if they admit that fluoridation has caused an increase in hip fracture, arthritis, bone cancer, brain disorders or thyroid problems, it will be very difficult for them to speak honestly and openly about the issue. But they must, not only to protect millions of people from unnecessary harm, but to protect the notion that, at its core, public health policy must be based on sound science, not political expediency. They have a tool with which to do this: it's called the Precautionary Principle. Simply put, this says: if in doubt leave it out. This is what most European countries have done and their children's teeth have not suffered, while their public's trust has been strengthened.

Just how much doubt is needed on just one of the health concerns identified above, to override a benefit, which when quantified in the largest survey ever conducted in the US, amounts to less than one tooth surface (out of 128) in a child's mouth?

While fluoridation may not be the greatest environmental health threat, it is one of the easiest to end. It is as easy as turning off a spigot in the public water works. But to turn off that spigot takes political will and to get that we need masses more people informed and organized. Please get these 50 reasons to all your friends and encourage them to get fluoride out of their community and to help ban this practice worldwide.

Postscript

Further arguments against fluoridation, can be viewed at <http://www.fluoridealert.org> and in the book *The Case Against Fluoridation* (Chelsea Green, 2010). Arguments for fluoridation can be found at <http://www.ada.org>

Publication history of the 50 Reasons

The 50 Reasons were first compiled by Paul Connett and presented in person to the Irish Fluoridation Forum in October 2000. The document was refined in 2004 and published in *Medical Veritas*. In the introduction to the 2004 version it was explained that after over four years the Irish authorities had not been able to muster a response to the 50 Reasons, despite agreeing to do so in 2000. Eventually, an anonymous, incomplete and superficial response was posted on the Irish Department of Health and Children's website (see this response and addendum at: http://www.dohc.ie/other_health_issues/dental_research/). Paul Connett's comprehensive response to this response can be accessed at <http://www.fluoridealert.org/50reasons.ireland.pdf>. We learned on August 7, 2011 that this governmental response was prepared by an external contractor at a cost to the Irish taxpayers' of over 30,000 Euros.

Since 2004, there have been many major scientific developments including the publication of the U.S. National Research Council report (NRC, 2006); the publication of Bassin's study on Osteosarcoma (Bassin 2006), and many more studies of fluoride's interaction with the brain, that necessitated a major update of the 50 Reasons in August 2011. This update was made with the generous assistance of James Beck, MD, PhD, Michael Connett, JD, Hardy Limeback, DDS, PhD, David McRae and Spedding Micklem, D.Phil. Additional developments in 2012, including FAN's translation of [over 20 Chinese studies](#) on fluoride toxicity and publication of the Harvard team's meta-review of fluoride and IQ (Choi 2012), warranted a further update in August 2012, with the extremely helpful assistance of my son, Michael Connett.

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First name (required) DR. ROBERT C

Last name (required) DICKSON

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) WATER FLUORIDATION

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

MISINFORMATION FROM VINCENT ST. PIERRE IN PREVIOUS SUBMISSION TO COUNCIL:
 -"ignore medical advice" THE BEST SCIENCE AND STUDIES NOW PROVE BRAIN DAMAGE AND NEUROTOXICITY IN OUR CHILDREN--70 OF 78 RECENTS HUMAN STUDIES!
 -"kowtow to the fearful and misinformation spreaders in our community". EVERY STATEMENT IN SAFE WATER CALGARY'S CAMPAIGN IS BACKED UP ON OUR WEBSITE
 -"messages from the No campaign. They have proven themselves incapable of engaging in a positive dialogue: relying on bad studies, hostile conspiracies of a nefarious "dental lobby". SAFE WATER CALGARY PRESENTED ONLY THE MOST RECENT AND POWERFUL STUDIES PROVING BRAIN DAMAGE IN OUR CHILDREN. THE PRO FLUORIDE LOBBY IS NOT UP ON THE LATEST SCIENCE, SADLY.
 "Fear, uncertainty and doubt are their only tools, and tools they used with reckless abandon in this past election." SCIENCE, THE TRUTH, AND COMMON SENSE (WHY ADD A HIGHLY TOXIC CHEMICAL ON APR WITH LEAD AND ARSENIC TO OUR PUBLIC WATER WITH NO CONTROL OF DOSE AND NO MONITORING, WHEN THERE ARE SO MANY BETTER WAYS TO PREVENT CARIES?) ARE THE MAJOR TOOLS USED BY SAFE WATER CALGARY TO EDUCATE THE PUBLIC
 "the No campaign referred to me as a paedophile, animal abuser and a used car salesman. They remain bad actors in our city." SAFE WATER CALGARY HAS NEVER RESORTED TO SUCH PEJORATIVE LANGUAGE, AND NEVER WILL. A THOR-



FORM TITLE

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OUGH CHECK OF OUR WEBSITE AND FACEBOOK PAGE WILL REVEAL ONLY RESPECTFUL DIALOGUE.

"There is a need to reject the politics of vicious character assassination. It pushes good people out of our shared dialogue and is harmful." THE ONLY PLACE ONE FINDS CHARACTER ASSASSINATION IS ON THE FLUORIDE YES WEBSITE. NOTHING OF THE SORT IS FOUND ON THE SAFE WATER CALGARY SITES. AND, THE FLUORIDE LOBBYIST CONSISTENTLY REFUSE OUR OFFERS FOR PUBLIC DIALOGUE AND DEBATE.

"There is a need to ensure that we follow the science and work with researchers from our universities and public health providers. To do otherwise sets our city back." MOST CERTAINLY AGREE, SO LET'S FOLLOW THE NEWEST TOP LEVEL CANADIAN SCIENCE BY DR. CHRISTINE TILL, DR. BRUCE LANPHEAR, RIVKA GREEN AND OTHERS. ANY OF THESE TOP LEVEL RESEARCHERS ARE WILLING TO PRESENT TO CITY COUNCIL ABOUT THE HARMS TO OUR CHILDREN THAT THEIR CANADIAN RESEARCH SHOWS, FROM FLUORIDATED CITIES IN CANADA THAT IS BEING PROPOSED FOR CALGARY.



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Cindy
Last name (required)	Oneil
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1 reintroducing flouride to our water
Date of meeting	Nov 15, 2011

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am completely opposed to the forced implementation of adding flouride to our water. It should be everyone's choice based on the scientific dangers of flouride being a toxin. Please seriously consider the scientific information and data from safewatercalgary.com. I am NOT in favour of daily dumping 400 kilograms of flouride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply. This has been proven to be extremely harmful to some people. With there being topical sources of flouride available, there is no reason to force this on everyone just because over 50% of people who have not done their proper research voted in favor of it. The rest of us should not have to suffer with our health because of their negligence.
Thank you for your time on this important health matter



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First name (required) Kyle
Last name (required) Silzer
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I would like to start off with saying that the community was unaware that this Vote was being held, we only found out as of this weekend, with the holiday I assume, to try and get our say in.

It has become very apparent within circles, that a package was received by numerous members who will be sitting in on this Vote. This package included very detailed health information in regards to the damages of fluoride to the body. There has been very minimal medical evidence that fluoride is a good chemical to have WITHIN the human body. But on the other side with the harms of fluoride there is more than substantial evidence to prove we should NOT be consuming this chemical at all let alone in daily drinking water. If people want better dental hygiene, change your eating/drinking and brushing habits. This is a criminal act poisoning water supplies to multiple communities. But if it has to go to court like it did with Teflon, guess we will because I as a born and raised Calgarian do NOT consent to your mass poisoning! Picture is of 1 of 3 pages of who all received the package. Maybe they can share it with the group.



FORM TITLE

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First name (required) Alice

Last name (required) Cripps

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) Vote by City Council on Fluoridation

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am appalled that our City leadership deems the dumping of toxic waste under the guise of 'fluoridation' into Calgary's potable water system as being beneficial to its citizens. It is well researched and documented that fluoridation (in low/natural levels) is manageable by our human bodies. Recommended for dental health it cannot be assimilated through consumption. Even dentists/hygienists will caution their patients to be careful not to swallow during fluoride applications/treatments which they apply directly onto the teeth! I am adamantly opposed to this plebiscite that the Council is voting on tomorrow.

Due to the Remembrance Day holiday, this notification came late and therefore my response is being submitted at this juncture to be considered at your meeting on Monday. Thank you.



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First name (required)	Peter
Last name (required)	Newman
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Calgary has the cleanest drinking water in the world. Do not put industrial toxic waste in our water. fluoride. There is very little scientific proof that man made Fluoride is beneficial. I hope you people that are voting this realize this. NO FLUORIDE IN WATER



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First name (required) **Gabriela**

Last name (required) **Puni**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1.**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am against water fluoridation in Calgary. I have studied extensively and in great details the water fluoridation issue in scientific studies.

I have found that the majority of scientists are against internal use of the fluoride as considered a very toxic chemical compound and over 90% of countries in the world have banned the tap water fluoridation. The European countries including the one I was born in have banned the water fluoridation in proportion of 99%.

**Here is a link to a scientific study published on "Harvard - School of Public Health" website according to which fluoride ingestion may adversely affect cognitive development in children. Other scientific studies have found that fluoride ingestion can lead to Skeletal fluorosis, Thyroid problems and Neurological problems.
<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>**



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Lana
Last name (required) Lauder
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Public hearing item 11.3.1
Date of meeting Nov 15, 2021

Most honourable counsellors on Calgary City Council:

I realize that Calgary City Council only has jurisdiction in Calgary-related government matters. However, as a person that lives in Airdrie, I am being affected by a very impactful decision that Calgary City Council is about to make, namely whether to go ahead with fluoridating Calgary's drinking water in response to the recent plebiscite.

As an Airdronian, I may soon have no choice but to be subjected to dosing of fluoride in my water supply, since Airdrie receives water from Calgary. I was utterly dismayed that surrounding cities to Calgary that are supplied with the same water never had a say in the water fluoridation plebiscite. This will directly affect me and my family and thousands of other people from the Tsuut'ina Nation, Airdrie, Chestermere, and Strathmore, yet we didn't get to vote.

A very recent well conducted study from Sweden showed that fluoridation of water increases hip fractures in menopausal women (1). I already have osteoporosis and don't need any "help" from fluoridation in my drinking water.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I have a very young grandchild who lives in Airdrie, and hope to be blessed with more grandchildren. Another recent Canadian study indicates that IQ levels are significantly lower in babies who are bottle-fed where there is water fluoridation, compared to babies who are being fed with formula, where the water is unfluoridated (2).

DISCLAIMER



I would like to remind the new City of Calgary council that the plebiscite in favour of water fluoridation was not binding, and I implore counsellors not to make such an important decision based on public opinion where the people voting may or may not have been properly informed. Please consider that this is an issue that will have far-reaching health consequences for all on the receiving end, not just Calgary.

Thank you for considering my comments.

Respectfully,

Lana Lauder

(1) [https://ehp.niehs.nih.gov/doi/full/10.1289/EHP7404?
fbclid=IwAR34CJoMn4mLgaa16Y2ovfs7o0QQ1uvXP8zWj9BVuZZTqnSsfA-s79WoCk](https://ehp.niehs.nih.gov/doi/full/10.1289/EHP7404?fbclid=IwAR34CJoMn4mLgaa16Y2ovfs7o0QQ1uvXP8zWj9BVuZZTqnSsfA-s79WoCk)

(2) <https://www.sciencedirect.com/science/article/pii/S0160412019326145>



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First name (required) daniel

Last name (required) sturko

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am writing to protest the adding of fluoride to our water! Its a heavy metal and toxic to our brains and bodies! It would be a lot cheaper to give all those who want it fluoride drops and a mouth tray, 30 million buys a lot of mouth trays and drops!. Our skin is our largest organ, and I dont want to absorb this every time I shower. Edmonton adds this to their water and has the same if not more tooth decay as Calgary. Maybe ask people to brush and floss more would be better and to reduce pop and candy! If this passes I will have to install a R.O (reverse osmosis) system to purge this, at a high cost to me. I plead with you to find another solution!



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Joanne**

Last name (required) **Carruthers**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1 fluoridation**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

It is misguided to put any drug in drinking water. The simple compromise for all Calgary citizens is to make available fluoride drops which parents can add on a daily basis to their child's juice, thus controlling the dose. This was done by AHS when my kids were little and you brought your kids in for vaccination. It is a waste of taxpayer dollars to flush toilets and water lawns with fluoride. If 95% of the world drinks unfluoridated water, why would we add it especially since the new mayor wants to declare a climate emergency ie dumping toxic waste in our pristine mountain water???While I can buy bottled water (adding negatively to the environment) poor people will have no alternative but to drink polluted water. There is no way to control how much fluoride will be ingested - think of athletic kids drinking several bottles of water. This would be the trigger for me to leave Calgary and take my property taxes with me. I believe, if those voting for fluoride introduction knew about the fluoride drops which have always been available, many would have voted "no".



FORM TITLE

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Callan

Last name (required) Kostick

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoridation of Calgary's Water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I strongly oppose the addition of fluoride to our water supply. It is a harmful chemical that is unnecessary to be blanket covering an entire population simply to 'benefit' a small portion of people. If the city is concerned about low income families' dental care, use the money proposed to build a massive amount of infrastructure to provide subsidies for those families to access fluoride toothpaste or proper dental care. Fluoride in the water doesn't benefit the teeth, it passes right on through to the rest of the body and causes damage. Please keep Calgary fluoride free!

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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Margaret**

Last name (required) **Barber**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **please do not force me to buy one use water bottles, while I flush flourid**

Date of meeting **Nov 14, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)



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First name (required) Teresa

Last name (required) Nichols

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Agenda item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) NO NO NO NO NO NO TO ADDING POISONOUS FLUORIDE TO OUR Wtwr suppl. NO NO NO NO!!!

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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Samantha

Last name (required) Kok

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reintroduction of Fluoride (item 11.3.1)

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply. Quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day.

Also Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote.

Conveniently knowledge of this vote was not received until after the deadline due to the holiday, please print and present this to the Chair for inclusion, and have it noted that, again, I am NOT in favour of the reintroduction of fluoride to our water! Thank you in advance.



FORM TITLE

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Elizabeth

Last name (required) MacDonald

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I am NOT in favour of fluoridating Calgary's water supply. Ingesting fluoride should be a matter of personal choice.



FORM TITLE

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First name (required) **Jessica**

Last name (required) **Murdoch**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Fluoride in City of Clagary water. Not in favour.**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The money being spent to put in the new fluoride system could be used for so many other things in this struggling city. It is not an urgent need, or an environmentally friendly one. If we are in the middle of a "climate crisis" and our new mayor so urgently stated, why are we pumping more chemicals into our water supply? Creating more pollution for this process to take place. This seems counter active even if there is a so called benefits for our teeth (that we can get from fluoride in toothpaste). This is an unnecessary waste of money and a pollutant. Another point, there are many communities that receive Calgary water that were not allowed to participate in the vote. This should make the results taken from the municipal election void as there is a misrepresentation and exclusion of peoples opinion.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)

Peter

Last name (required)

Osiowy

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

Item 11.3.1 (Community Water Fluoridation)

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

I am a citizen with some concerns regarding the vote on community water fluoridation. First, it has the potential to disproportionately affect the health of the Tsuut'ina Nation and other minority groups. Second, there is strong evidence to suggest neurotoxic effects on the population at large. I hope that City Council will take the time to review this document and consider its arguments.

14 November 2021

To the Calgary City Council, all City Councillors, and the Mayor;

I have recently been informed that a vote on the reintroduction of artificial fluoride to Calgary's water supply has been scheduled for Monday, November 15th. The plebiscite on community water fluoridation, which took place on October 18th, 2021, has been officially classified as "public engagement," and City Council is therefore free to vote on the issue. **I am strongly requesting that the City Council refrain from making a final decision at this time, due to two particularly prescient concerns.**

Firstly, the plebiscite neglected to include the perspectives of a number of communities, including Strathmore, Chestermere, Airdrie, and the Tsuut'ina Nation. These communities will all receive fluoridated water, yet their public has not been engaged whatsoever. Proper communication with all affected groups should take place before a responsible decision on the matter may be reached.

This is a matter of serious concern, as some genetic populations are highly sensitive to fluoride. Even when it has been diluted to 0.7 parts per million, many people still report a defect or discolouration on their enamel. Today, it is referred to as dental fluorosis. In Grand Rapids, Michigan, in 1945, when authorities there began a massive involuntary medical experiment by adding the controversial chemical to the water supply, they hypothesized that fluoride might reduce cavities. The results of the experiment, which for the first time focused on the chemical's effects on the black community, revealed that blacks were far more susceptible to dental fluorosis than whites. In an internal 1962 memorandum from Public Health Service official F.J. Maier, "sanitary engineer director" with the "Division of Dental Public Health and Resources," it was stated that "negroes in Grand Rapids had twice as much fluorosis than others."

Today, dental fluorosis has reached unprecedented levels among all Americans — with blacks continuing to suffer the most. According to another set of recently released documents, well over one third of white children in America were diagnosed with the condition in a 1999-2004 national survey by the U.S. Centres for Disease Control and Prevention (CDC). By contrast, a shocking 58 percent of black children in the United States suffered from dental fluorosis in that period, according to the CDC survey. I have enclosed two pdf documents on this topic. In a similar recent survey of First Nations' oral health, about one in four First Nations children aged 6-11 (25.7%) exhibit fluorosis with a higher prevalence found in girls. Most cases were mild, meaning the spots were light, small or difficult to see. But one percent developed severe discolouration, which can pit or divide a person's teeth.

It should be noted that this was a survey, not a study, meaning they interviewed people and conducted exams, but did not perform any experiments or compare rates against control groups. It's possible the rate of fluorosis is much higher, especially with milder cases which are hard to spot. There haven't been any clinical trials for dental fluorosis, so it's hard to say how widespread it really is. Most dentists think the risk is a fair trade off. The benefits — healthier teeth for the majority of people — outweigh the costs. However, this obscures a major issue: **certain communities within Calgary, including the Tsuut'ina First Nations, may be disproportionately affected by artificial water fluoridation, and this decision is being made without their participation.**

Dental fluorosis creates hardened, dark-coloured spots on a patient's teeth, but in skeletal fluorosis, those spots appear on your bones. Skeletal fluorosis can be painful and make your joints stiff. In severe cases it can bend the spine so badly the patient can no longer walk.

Fluorosis conditions highlight a second problem with artificial water fluoridation; it is virtually impossible to regulate. When a doctor gives an individual a prescription for a drug, they'll specify a dose based on their age, sex and weight among other factors. Introducing artificial fluoride into a community's water supply for the purpose of reducing dental caries is a medical intervention, and this classifies fluoride as a drug.

However, everyone who uses a community water system gets the same concentration of fluoride. Adults drink the same water as children. Consumption is unrelated to height, weight, sex or age. The only way to control dosage is to limit our tap water intake. But what happens to those who need more water than others? Athletes, bottle fed babies and diabetics drink more water than the average person, which means they're more likely to develop a fluoride overdose otherwise called fluoride toxicity. This is a serious but rare medical condition marked by nausea, vomiting, diarrhea and abdominal pain. Dental and skeletal fluorosis can be warning signs of fluoride toxicity.

The argument has been made that the fluoride in water is so diluted it would be almost impossible to get a toxic dose from the tap. Melanie Amato of the Ohio Department of Health stated, "...you would have to drink bathtubs and bathtubs of water before getting too much fluoridation. In fact, you would die of water toxicity or drowning before you would overdose on fluoride."

This argument fails to take into account the accumulation of fluoride over time. In 1997, dentist Dr. Jennifer Lu conducted a series of autopsies. She found that elderly people have an average of 9000 fluoride parts per million in their pineal gland, which accumulated after a lifetime of drinking fluoridated water. By drinking the recommended eight glasses a day, an individual will consume roughly 80 gallons in about five and a half months. That's a little more than two bathtubs of water a year. So an individual who is exposed to fluoridated water will easily consume Amato's "bathtubs and bathtubs of water" before they're old enough to vote. **Fluoride is now labeled a "neurotoxin"** by arguably the world's most prestigious medical journal, The Lancet — and, in fact, out of 77 neurotoxicity studies, 69 linked higher fluoride levels to lower IQs.

The decision on whether to reintroduce artificial fluoridation in the City of Calgary is one that will have a permanent effect on the health of hundreds of thousands of people, especially children. It is my hope that the City Council will do their utmost to make a careful, informed, and responsible decision, and I do not believe that such a decision is possible at the current time and given the current information. **Once again, I urge the City Council to seek a more complete picture of public opinion from all parties, and to discuss and critique all perspectives in appropriate depth, before reaching a final decision.**

Thank you for taking the time to review this submission.

A concerned but hopeful citizen,

Peter Osiowy

Gracia, Nadine (IO/OASH)

From: Hughes, Dora (HHS/IOS)
Sent: Wednesday, April 27, 2011 1:25 PM
To: Gracia, Nadine (IO/OASH); Koh, Howard (HHS/OASH)
Subject: RE: Fluoridation Issues in GA

(b) (5) thanks for the heads up.

Dora L Hughes, MD, MPH, FACP
Counselor for Science & Public Health
Office of the Secretary, DHHS

From: Gracia, Nadine (IO/OASH)
Sent: Wednesday, April 27, 2011 12:23 PM
To: Koh, Howard (HHS/OASH); Hughes, Dora (HHS/IOS)
Subject: Fluoridation Issues in GA

Hi Howard and Dora,

We have been informed by CDC that Andrew Young, former mayor of Atlanta and former U.S. Ambassador to the UN, has written letters to Georgia legislators to repeal Georgia's mandatory community water fluoridation law, stating that African Americans are disproportionately affected by dental fluorosis and have a greater burden due to higher rates of kidney disease and diabetes (concern about the impact of fluoride and kidney function). The news clip is below.

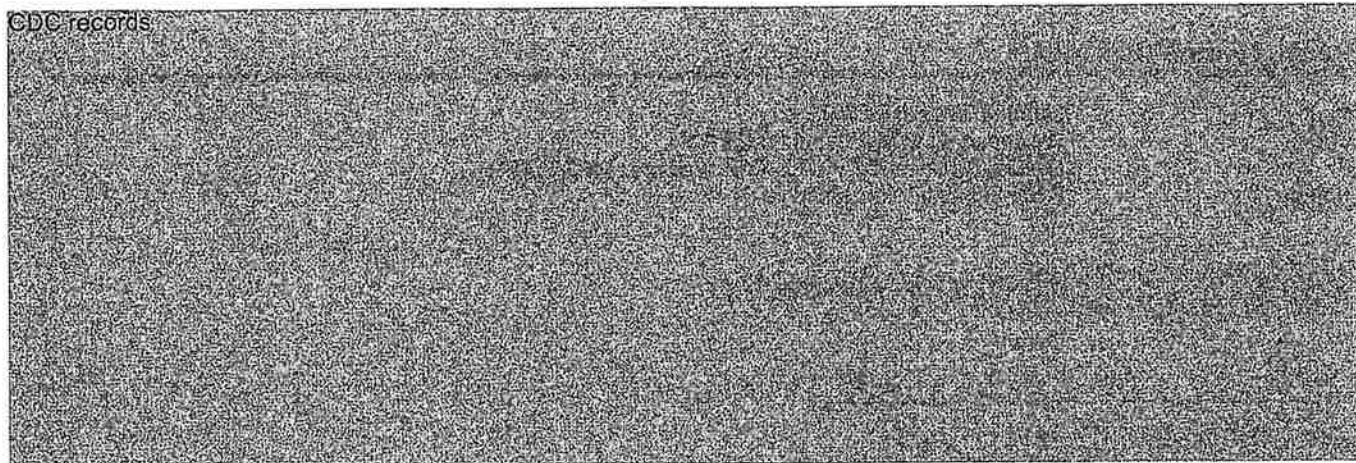
(b) (5) [Redacted]

(b) (5) [Redacted]

(b) (5) [Redacted]

Per CDC data, blacks did have higher levels of dental fluorosis than whites (58% vs. 36%) based on 1999-2004 NHANES data. Most of the dental fluorosis (90%) is very mild or mild for both populations. In a 2005 MMWR, CDC acknowledged this difference and stated that it is unclear why it exists and that further research is needed. On a positive note, CDC data also show that in 1986-1987 blacks had more untreated tooth decay

CDC records



Michigan Study - Grand Rapids

OPTIONAL FORM NO. 10
5010-104

UNITED STATES GOVERNMENT

Memorandum

TO : Chief, Disease Control Branch *1172*
: Division of Dental
Public Health and Resources

FROM : Sanitary Engineer Director
Division of Dental Public Health and Resources

SUBJECT: Optimum Fluoride Levels

DATE: January 10, 1962

Refer to: DPR-DC

Dr. Russell told me today that negroes in Grand Rapids had twice as much fluorosis as others - (indices of 0.15 vs 0.35). In a community with a larger number of negroes (say in DeKalb County, Georgia) would this tend to change our optimum fluoride levels? Would this observation indicate more studies in case opponents use this finding?


F. J. Maier



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First name (required) Cielia
Last name (required) Hatch
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride
Date of meeting Nov 16, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Introducing Fluoride adds more to our water supply than simply fluoride. The industrial waste product which will be added to our water includes some content of mercury, lead and other heavy metals. We live in a toxic world and we do not need any concentration of heavy metals or fluoride, no matter how small. The effect of all of these toxins on our bodies is significant and it is cumulative since the body does not readily remove toxins especially with the diets we consume today. We should be removing unnatural, toxic substances from our water, not adding them.



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First name (required)	Joel
Last name (required)	F
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Item 11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	knowledge of the vote was not received until after the deadline due to the holiday



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First name (required)	Ron
Last name (required)	Leitch
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The proposed reintroduction of Fluoride in to Calgary's water supply is a costly and unnecessary proposal. Funds spent on the benefits of personal dental care in school and through public interaction would be less costly and more effective. Fluoride is already in most applications for dental health ; tooth paste, mouthwash etc and placing such a large amount onto tax payers due to individuals lack of dental hygiene or lack of knowledge in regards to proper dental hygiene, should not be a burden to all Calgarians. The possibility of placing this responsibility onto all Calgarians, when more cost affective measures could be practiced, the choice to add Fluoride needs to be reconsidered.

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1/1

Nov 15, 2021

2:48:01 AM



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First name (required) **Maria**

Last name (required) **Castro**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Fluoridation 11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Dear city clerk,
 The public at large had no idea of this vote happening. Please accept my entry on the records and to ask council.
 Only at most 2% of water is ingested. So are we literally throwing away 29700,000 dollars on next 20 years washing our cars and dishes?
 Also my kid is affected by this toxin. Who in council is liable since by voting yes you are choosing to harm my kids?
 Do the ethically and fiscally responsible action and vote no to add this industry neuro-toxic waste.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Ashley
Last name (required) Rusnak
What do you want to do? (required) Request to speak, Submit a comment
Public hearing item (required - max 75 characters) Fluoride Reintroduction Item 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Dear Mayor and Council Members of the City of Calgary and Surrounding Municipalities,
I ask you Do Not favour water fluoridation to be reintroduced in Calgary. Fluoride and artificial water fluoridation are neither safe, effective, nor ethical. Fluoride is not needed for a single bodily function and in fact does more harm than good. With impacts on neurological development, IQ, thyroid regulation and hormone balance as well as fluorosis and studies have found that children with fluorosis have increased rates of cavities. Additionally, studies reveal that there are direct adverse effects on the kidneys by excess fluoride, leading to kidney damage and dysfunction. As well as the evidence of carcinogenic activity of sodium fluoride and the rise in tumors of the thyroid and oesophageal cancers as well as contributing to nutrient deficiencies such as iodine, needed for many regulatory and bodily functions. Iodine deficiency may result in goiter, hypothyroidism, miscarriage, stillbirth, congenital anomalies, infant and neonatal mortality, impaired intellectual development and impaired growth. In the most severely iodine-deficient regions, maternal iodine deficiency can result in children who are born with cretinism (a condition characterized by physical deformity and learning disabilities that is caused by congenital thyroid deficiency). As well fluoride causes physical developmental impairments such as skeletal fluorosis which mimics the symptoms of arthritis and osteoarthritis.
Numerous studies show the health implications far outweigh the single benefit of preventing cavities.
Fluoridation is unethical. Informed consent is a standard practice for all medications.



With water fluoridation, we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients. The dose cannot be controlled. Once fluoride is put in the water it is impossible to control the dose each individual receives because people drink different amounts of water. Being able to control the dose a patient receives is critical. Some people (e.g., manual laborers, athletes, diabetics, and people with kidney disease) drink substantially more water than others. The highest doses of fluoride are going to bottle-fed babies. Because of their sole reliance on liquids for their food intake, infants consuming formula made with fluoridated water have the highest exposure to fluoride, by bodyweight.W

Links for referenced Studies and publications for public comment on Fluoride Introduction

<https://pub-calgary.escribemeetings.com/filestream.ashx?DocumentId=149388&fbclid=IwAR1nEffuqkJO-wMg8XJYbJKHGrOAPAlcEi28rirtXxmYXwQYUgtAHoZjdmY>

<https://pubmed.ncbi.nlm.nih.gov/15047676/>(<https://pubmed.ncbi.nlm.nih.gov/15047676/>)

<http://fluoridealert.org/wp.../uploads/grandjean-20141.pdf>(<http://fluoridealert.org/wp.../uploads/grandjean-20141.pdf>)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3956646/>(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3956646/>...)

<https://www.hsph.harvard.edu/.../fluoride-childrens.../>(<https://www.hsph.harvard.edu/.../fluoride-childrens.../>...)

<https://www.hsph.harvard.edu/.../fluoride-childrens.../>(<https://www.hsph.harvard.edu/.../fluoride-childrens.../>...)

<https://www.newsweek.com/fluoridation-may-not-prevent...>(<https://www.newsweek.com/fluoridation-may-not-prevent...>)
<https://iaomt.org/.../fluoride-toxicity-exposure-effects/>(<https://iaomt.org/.../fluoride-toxicity-exposure-effects/>...)

<https://fluoridealert.org/studies/acute03/>(<https://fluoridealert.org/studies/acute03/>...)
https://www.jcdr.net/article_fulltext.asp?id=2179...(https://www.jcdr.net/article_fulltext.asp?id=2179...)

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<https://pubmed.ncbi.nlm.nih.gov/8637511/>)

https://jech.bmj.com/content/69/7/619?fbclid=IwAR0AgGp3eurdEI7AL0U2hfugaHdzvID0BeC0JvmMWYBqzVBghnv_zOfW8Q)

https://link.springer.com/article/10.1007/s10552-016-0759-9?error=cookies_not_supported&code=7425e259-ce82-43ea-9850-5a1740de137e&fbclid=IwAR1XfBCcckm8olACoSZ0ycQRF9_q3-47TT84pD3w_FULAqRTMWYawo2oXbs

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[[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3491930/...](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3491930/)]

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3491930/?fbclid=IwAR331wVuL0ddJjlhG6QrQeQqn3GlwQW7rk3-bUyNMs3CZwH5lr6pWZOkv0w>

<https://pubmed.ncbi.nlm.nih.gov/30472891/>

<https://fluoridealert.org/studytracker/34904/?fbclid=IwAR1G25kXDxKrdIRLrf3Pa6tFFF70LywCBbMEEBKWUL0HYRI2sKqkx8a6zI0>



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Adele

Last name (required) Sanoy

What do you want to do? (required) Request to speak, Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I find it ironic that council considers adding more than 400 kilograms of industrial waste to the Bow River each day while it sits to vote on a declaration of an environmental crisis. In what kind of world do elected officials purposely poison the environment in an attempt to medicate children's teeth with a treatment that only works when applied topically?

Only 12% said yes to the question, and 8% said no, so 4% net carried that non-binding question, and as a result will council vote to medicate a difference of 1.4 million people without informed consent?

I am against fluoride in drinking water, and hope council will recognize that it would be outrageous to approve it with only 4% Calgary water consumers' consent. Only a tiny fraction of people not know the product used is an industrial waste product, and council should consider informing the public of that fact during a CLIMATE EMERGENCY. Distributing an industry waste product by dumping it into municipal water changes an expensive industrial liability into corporate profit. Children and our water, fishes and other wildlife, and plants, should not be receptacles for industry waste. Additionally, I do not consent to be medicated. Fluoride is not added for water and safety, but for the proposed treatment, with an intended health outcome. Council does not have licence to practise medicine.

The prairie grasses and fish and frogs don't need topical application of fluoride to have healthy teeth. Research shows fluoride is toxic to marine life: https://pubmed.ncbi.nlm.nih.gov/12656244/

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Please vote NO to adding industry waste or any hexafluorosilicic acid to Calgary drinking water. It might be politically unpopular, but it would be doing the right thing to vote NO. Let's now educate the public.

SUBJECT

For item 11.3.1 NO FLUORIDE /industrial waste in Calgary's drinking water during a climate emergency? Say NO to fluoride

I find it ironic that **council considers adding more than 400 kilograms of industrial waste to the Bow River each day** while it sits to vote on a declaration of an environmental crisis. In what kind of world do elected officials purposely poison the environment in an attempt to medicate children's teeth with a treatment that only works when applied topically?

Only 12% said yes to the question, and 8% said no, **so 4% net carried that non-binding question**, and as a result will council vote to medicate a difference of 1.4 million people without informed consent?

I am against fluoride in drinking water, and hope council will recognize that it would be outrageous to approve it with only 4% Calgary water consumers' consent. Only a tiny fraction of **people not know the product used is an industrial waste product, and council should consider informing the public of that fact during a CLIMATE EMERGENCY.**

Distributing an industry waste product by dumping it into municipal water changes an expensive industrial liability into corporate profit. Children and our water, fishes and other wildlife, and plants, should not be receptacles for industry waste.

Additionally, **I do not consent to be medicated.** Fluoride is not added for water and safety, but for proposed treatment, with an intended health outcome. Council does not have licence to practise medicine.

The prairie grasses and fish and frogs don't need topical application of fluoride to have healthy teeth. Research shows fluoride is toxic to marine life:

<https://pubmed.ncbi.nlm.nih.gov/12656244/>

Please vote NO to adding industry waste or any hexafluorosilicic acid to Calgary drinking water. It might be politically unpopular, but it would be doing the right thing to vote NO. Let's now educate the public.

Signed
Adele Sanoy



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First name (required) **Vhalle**

Last name (required) **Hohn**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.31**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters) **Fluoride should not be added to our drinking water, full stop PERIOD. If people choose to consume Fluoride for whatever reason there are ways they can consume it without affect my health or the health of our planet. Has anyone at the city done a cost comparison to provide fluoride drops to people who want it compared to city water distribution - and by the way- cost is a nominal part of my argument, but money usually talks. Vhalle Hohn 403-815-2183**



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First name (required) DR. ROBERT C

Last name (required) DICKSON

What do you want to do? (required) Request to speak

Public hearing item (required - max 75 characters) WATER FLUORIDATION

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

The majority of new councillors (and old councillors as well) have not had the opportunity to get up to speed on all the latest and powerful science on artificial water fluoridation.

I would very much appreciate the opportunity to provide the newest information and data on brain damage to our children, especially the poorest and most vulnerable.

Thanks, Dr. Robert C Dickson, MD, CCFP, FCFP
T3A 2M7
403-560-4574



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First name (required)	Moe
Last name (required)	Bashir
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Adding Fluoride to water
Date of meeting	Nov 12, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I'm strongly opposed to adding fluoride to water. This added cost does not have a justifiable benefit to the public. The majority of water is not consumed in drinking. The trend of cavity has been increasing for cities with and without fluoride. No really science behind this move



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First name (required) Alykhan
Last name (required) Nurani
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoridation of water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

As a health practitioner who has reviewed the scientific literature in regards to the mostly negative health effects of adding in fluoride to the water system i strongly urge the council to reconsider this decision. Dental associations that are recommending this treatment are applying a very narrow lens when making this recommendation and it is important we look at the scientific evidence in objectivity. Fluoride has effects on the body BEYOND oral and dental health. At the very least you can create a committee to review the evidence and not just rely on the election poll as i feel many people were not informed and likely swayed due to a last minute radio campaign that appeared quite biased. Please reconsider as the health of many is at stake.



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First name (required)	Radu
Last name (required)	Gliguta
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	I object and do not consent to use of fluoride
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I object and do not consent to use of fluoride, mercury, lead and other heavy metals in city water. Quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day. Late submission as nothing showed up due to Remembrance Day.



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First name (required) Aleks

Last name (required) Johnston

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reintroduction of Fluoride

Date of meeting Nov 15, 2021

Cavity rates in Calgary have been rising for decades, even while Calgary was fluoridating the water (before 2011). This is mainly from diet/hygiene habits and other lifestyle choices. Some families have a hard enough time making ends meet; they don't have time or resources to cook healthy food so instead rely on pre-packaged goods. They also don't have time to take their kids to the dentist regularly, even if it was free of charge.

The best way to provide protection and fluoridation to these children is through the school system. Hire a small fleet of dental hygienists to systematically go to every class of every school over the course of the school year. Give each child a complimentary dental examination, brief cleaning + new tooth brush to keep, fluoride treatment, and report any issues to the parent with a referral to a dentist for complimentary cavity treatment (to stop larger or longer term problems from developing). A team of 6-8 dental hygienists could spent a few days at each school to see every child and prevent little issues from getting worse. And all kids will get a targeted fluoride treatment right where they need it - ON THEIR TEETH!

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Drinking fluoridated water barely gives it any time to coat and contact your teeth, compared to a targeted topical application. So if the cry for needing fluoride is to prevent/reduce cavities in children, then provide annual dental examinations to all children via the schools, with a topic fluoride treatment. Examinations and treatments could be done twice per year in regions with higher cavities. Costs for the program, including

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Nov 12, 2021

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educating parents of the need for daily flossing and brushing, would be less than \$1.5MM/yr (\$30MM over 20 years).

Once fluoride is in the water, you will get it in your garden. In your grass and trees. In your food, in your coffee. Into your river. Into anything you provide water for. You will get it into your body and absorb the fluoride, which is known to be a neurotoxin. Fluoride is known to lower IQs and increase ADHD rates in children. In the water, you cannot control how much people are getting.

Adding 400 kg/day of fluoride (which is part of a larger volume of an industrial waste product which will include some amounts of mercury, lead and other heavy metals, as well as other toxins) into our drinking water supply is quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency!

Please say no to adding fluoride to Calgary's water.



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First name (required) Kyle
Last name (required) Bunbury
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Water fluoridation. 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Knowledge of the vote was not recieved until after the deadline due to the holiday.
I am NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply.
Quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day.



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First name (required)	Debera
Last name (required)	Kok
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Keep your privatized, toxic fluoride waste disposal problems out of our public water supply! This vote decision does not belong to city council. Knowledge of the vote was not received until after the deadline due to the holiday, and speaking of 'votes', why were communities that receive Calgary water not even able to participate in the election vote regarding fluoride? This toxic chemical is of absolutely no benefit to any living creature. The promotion of the idea that it should be consumed for 'public health' is criminal.



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First name (required) Lashauna

Last name (required) McKay

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride

Date of meeting Nov 12, 2021

City of Calgary – Your Local Government
Dear Mayor and Council Members of the City of Calgary and Surrounding Municipalities,

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I ask you Do Not favour water fluoridation to be reintroduced in Calgary. Fluoride and artificial water fluoridation are neither safe, effective, nor ethical. Fluoride is not needed for a single bodily function and in fact does more harm than good. With impacts on neurological development, IQ, thyroid regulation and hormone balance as well as fluorosis and studies have found that children with fluorosis have increased rates of cavities. Additionally, studies reveal that there are direct adverse effects on the kidneys by excess fluoride, leading to kidney damage and dysfunction. As well as the evidence of carcinogenic activity of sodium fluoride and the rise in tumors of the thyroid and oesophageal cancers as well as contributing to nutrient deficiencies such as iodine, needed for many regulatory and bodily functions. Iodine deficiency may result in goiter, hypothyroidism, miscarriage, stillbirth, congenital anomalies, infant and neonatal mortality, impaired intellectual development and impaired growth. In the most severely iodine-deficient regions, maternal iodine deficiency can result in children who are born with cretinism (a condition characterized by physical deformity and learning disabilities that is caused by congenital thyroid deficiency). As well fluoride causes physical developmental impairments such as skeletal fluorosis which mimics the symptoms of arthritis and osteoarthritis.



FORM TITLE

Header text

Numerous studies show the health implications far outweigh the single benefit of preventing cavities.

Fluoridation is unethical. Informed consent is a standard practice for all medications. With water fluoridation, we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients. The dose cannot be controlled. Once fluoride is put in the water it is impossible to control the dose each individual receives because people drink different amounts of water. Being able to control the dose a patient receives is critical. Some people (e.g., manual laborers, athletes, diabetics, and people with kidney disease) drink substantially more water than others. The highest doses of fluoride are going to bottle-fed babies. Because of their sole reliance on liquids for their food intake, infants consuming formula made with fluoridated water have the hi



FORM TITLE

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Adrienn

Last name (required) Johnston

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) No adding fluoride to Calgary's water - item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Council vote NO for the introduction of fluoride to Calgary's water. Reasons for vote of NO fluoride:
• Fluoride is not considered to be essential for human growth.
• There are better, proven, and safer ways to apply fluoride to teeth.
• Fluoride adversely affects cognitive development in children (lowers IQ).
• Tooth decay rates were rising in Calgary long before fluoridation was removed in 2011.
• Harmful neurological effects are found with even very low concentrations of fluoride.
• The fluoride chemical (hydrofluorosilicic acid) that is being proposed to add to Calgary's water would never be found naturally in the Bow River, yet the vast majority of this chemical will end up in our environment.
• It is an unethical violation of informed consent to add a treatment to the public water supply that many consider to be toxic.
Please find attached letter and references.

Adrienn Johnston
124 Christie Knoll Heights SW
Calgary AB T3H 2R9
adriennszivos@gmail.com

November 12, 2021

Councillor Richard Pootmans
The City of Calgary
P.O. Box 2100, Station M
Calgary, AB, T2P 2M5

Dear Councillor Pootmans,

I require your representation of me, a woman in your riding, to vote NO for the introduction of fluoride into Calgary's municipal water supply.

There are better, proven, and safer ways to provide fluoride such as fluoridated toothpaste, rinses, mouthwashes, foams, varnishes, gels and inexpensive fluoride supplements. Published research shows that children living in regions without fluoridated water are already ingesting too much fluoride.

Swallowing fluoride delivers it to the entire body, the brain and neurological system, the thyroid, bones, kidneys-and potentially causes harm to these and all organs and systems.

The European Commission states:

“Fluoride is not considered to be essential for human growth and development but it is considered to be beneficial in the prevention of dental caries (tooth decay).”

“A body of scientific literature seems to suggest that fluoride intake may be associated with a number of adverse health effects, dental fluorosis and effects on bones (increased fragility and skeletal fluorosis) ... Systemic effects following prolonged and high exposure to fluoride have also been reported and more recently effects on the thyroid, developing brain and other tissues, and an association with certain types of osteosarcoma (bone cancer) have been reported.”

https://ec.europa.eu/health/scientific_committees/opinions_layman/fluoridation/en/l-3/1.htm

In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time combined 27 studies and found **strong indications that fluoride may adversely affect cognitive development in children**. Based on the findings, the authors say that this risk should not be ignored, and that more research on fluoride's impact on the developing brain is warranted.

“Children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas. The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity.”

<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

Did you know that tooth decay rates were already rising in Calgary (and were at an even higher rate of 7%) when Fluoride was still in the water (pre-2011) than after it was removed (rate of 5%)?

<https://fluoridealert.org/articles/calgary-fluoride-study/>

Harmful neurological effects are found from fluoride in water with even low concentrations of fluoride. In a June 2021 study, Grandjean et al. have established maternal urine fluoride concentration of 0.2mg/L was enough to lower IQ of the child by 1 point. This was associated with mother's fluoride urine level of 0.2 ppm, which is well below the average urinary levels of pregnant women in fluoridated communities (in Canada and the USA and other fluoridated countries).

<https://onlinelibrary.wiley.com/doi/10.1111/risa.13767>

This should put to an end to the false claims from fluoridation promoters that neurocognitive damage only occurs at concentrations above the fluoride levels used in fluoridation programs (0.7 to 1.2ppm).

The fluoride that is being voted on to add back to Calgary's water is not the same compound as what would be found in the Bow River naturally, this is an industrial byproduct: called hydrofluorosilicic acid. It is a toxic waste substance created from the creation processes of aluminum, fertilizer, steel and nuclear industries. It's not a natural source of fluoride (such as fluorite, fluorapatite, and cryolite), it's industrial toxic waste.

99% of fluoridated water is not consumed and goes back into the environment unchecked. My understanding is that the City of Calgary has just declared a climate emergency: let's start by not adding more toxins to our environment (and our bodies)!

The overall cost of reintroducing water fluoridation for a 20-year service life would be \$30.1 million. The tax dollars saved from putting a toxic treatment in our water could be better utilized for more effective interventions.

Lastly, but perhaps most importantly, **it is unethical to add a treatment to the public water supply that many, as supported by the sources provided in this letter, consider to be toxic.** This is an unethical violation of informed consent!

I trust that on Monday November 15th you will represent me by voting NO on the reintroduction of fluoride (item 11.3.1).

Yours Truly,

Adrienn Johnston, P.Eng



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First name (required) Christine
Last name (required) Kazeil
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please vote against polluting our public drinking water with toxic fluoride. Fluoride is well documented as a neurotoxin and has been linked to poor cognitive function, skin problems, cardiovascular problems, reproductive issues, thyroid dysfunction, bone and joint problems. Proper daily dental hygiene is not cost prohibitive, toothpaste and a toothbrush can be purchased for \$2 per year or less. Dental application of fluoride is not needed to maintain teeth - just proper at home care would suffice. Poisoning the entire population for the sake of a few people's laziness is not appropriate. It is expensive, and causes undue harm to people and the environment. The newly designated 'climate emergency' should preclude the addition of more chemicals to the drinking water. Further, this imposition on the entire population will open council and the city up to risk of liability. Thank you for your time and consideration.



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First name (required) Cecile

Last name (required) Petra

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 - water fluoridation

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please do not vote to support water fluoridation. Any benefit to dentition is far outweighed by the mountains of evidence showing deleterious health effects: neurologically, immunologically, and on the endocrine system, not to mention increased risks of certain cancers. Most western countries have rejected institutionalized fluoridation, without any detrimental effects on their teeth. This is just a sampling of some of the evidence. The second link, a study by the National Research Council, summarizes many of the risks.
https://www.thelancet.com/journals/laneur/article/PIIS1474-4422(13)70278-3/fulltext#article_upsell
https://fluoridealert.org/researchers/nrc/findings/
https://pubmed.ncbi.nlm.nih.gov/29763350/



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First name (required) Dr Stephen

Last name (required) Summey DC

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Adding Fluoride to Calgary drinking water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

It is common knowledge that Fluoride is a toxin to humans & it has more research on its potential for harm when exposed to the whole human body than it does for benefiting human teeth! If the minority of the people in favour of fluoride for teeth, let them have the freedom to have their dentist apply a fluoride treatment to those tissues - don't force it on the majority who do NOT want this industrial waste in their bodies!

Forcing the population to consume this chemical waste product is a criminal action and for the majority of the citizens if 'Informed Consent' of the risks were included in public education before a vote on this action were done, there would be a resounding majority voting NO to this action!

Signed: Dr Stephen R Summey DC



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First name (required) Patty

Last name (required) Allan

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride in water supply

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am not a resident of Calgary but as a resident of the Town of Strathmore I am affected by the City of Calgary decision to add fluoride to the water as we use Calgary water. I would ask that you decide against using any fluoride in the water as it is a dangerous chemical that I do not feel safe drinking. There have been many studies done over many years about the dangers of fluoridation. I believe that the Calgary water supply was at one time fluoridated and the residents of Calgary voted to remove it then. Why would you go back to poisoning the water supply now when your new Mayor seems to be very concerned about climate change and pollution of the earth?



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First name (required) **Francesca**

Last name (required) **Andrea**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Agenda Item 11.3.1 (Fluoride in water supply)**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

I am respectfully writing this comment because like many others, I have concerns over the reintroduction of fluoride into our water supply. One reason for this is that I was a scrutineer for the recent municipal election (October 18, 2021) and I am worried that the results regarding the question of whether or not to add fluoride back into the water supply may have been influenced during the voting process. I personally overheard a poll worker explain to a voter's children (in front of him) how beneficial fluoride is for teeth.

Secondly, Fluoride is neither safe nor beneficial being added to the water supply. Why not ask local dental hygiene schools to provide services for free or at a greatly discounted rate if the concern is universal dental health?

In addition, other districts, municipalities and Indigenous areas like Tsuu T'ina, which share a water supply with Calgary, were not able to vote on this question.

Thank you for your consideration.
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First name (required) Jodie
Last name (required) Lucy
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) We don't need fluoride in the water. Why spend the tax payers money to put something back in the water than we already took out, it laundering money. City of Calgary is ok to make us all sicker so you can line your pockets.

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First name (required) **Olga**

Last name (required) **Rylova**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Item 11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am against fluoridation of Calgary's water supply. Recently, epidemiological studies have suggested that fluoride is a human developmental neurotoxicant that reduces measures of intelligence in children, placing it into the same category as toxic metals (lead, methylmercury, arsenic) and polychlorinated biphenyls. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7261729/>



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First name (required) Karla

Last name (required) Valencia

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 Fluoride in water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I DO NOT agree that fluoride be added to the municipal water supply. There are other ways of caring for dental health...the city could look into providing or at least facilitating access to dental services rather than using resources as a blanket approach to dental health. Other municipalities will also be affected by this decision! Have they been included in this vote?



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Sarah

Last name (required) Kellett

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride in water

Date of meeting Nov 15, 2021

Dear Mayor and Council Members of the City of Calgary and Surrounding Municipalities,

I ask you Do Not favour water fluoridation to be reintroduced in Calgary. Fluoride and artificial water fluoridation are neither safe, effective, nor ethical. Fluoride is not needed for a single bodily function and in fact does more harm than good. With impacts on neurological development, IQ, thyroid regulation and hormone balance as well as fluorosis and studies have found that children with fluorosis have increased rates of cavities. Additionally, studies reveal that there are direct adverse effects on the kidneys by excess fluoride, leading to kidney damage and dysfunction. As well as the evidence of carcinogenic activity of sodium fluoride and the rise in tumors of the thyroid and oesophageal cancers as well as contributing to nutrient deficiencies such as iodine, needed for many regulatory and bodily functions. Iodine deficiency may result in goiter, hypothyroidism, miscarriage, stillbirth, congenital anomalies, infant and neonatal mortality, impaired intellectual development and impaired growth. In the most severely iodine-deficient regions, maternal iodine deficiency can result in children who are born with cretinism (a condition characterized by physical deformity and learning disabilities that is caused by congenital thyroid deficiency). As well fluoride causes physical developmental impairments such as skeletal fluorosis which mimics the symptoms of arthritis and osteoarthritis.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Numerous studies show the health implications far outweigh the single benefit of pre-



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venting cavities.

Fluoridation is unethical. Informed consent is a standard practice for all medications. With water fluoridation, we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients. The dose cannot be controlled. Once fluoride is put in the water it is impossible to control the dose each individual receives because people drink different amounts of water. Being able to control the dose a patient receives is critical. Some people (e.g., manual laborers, athletes, diabetics, and people with kidney disease) drink substantially more water than others. The highest doses of fluoride are going to bottle-fed babies. Because of their sole reliance on liquids for their food intake, infants consuming formula made with fluoridated water have the highest exposure to fluoride, by bodyweight



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First name (required)	Rommel
Last name (required)	Maturino
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	With the reintroduction of fluoride into our water system I am not in favour of the reintroduction. I have only attained this knowledge after the deadline date do to the long weekend Thank you



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First name (required) **Barbara**

Last name (required) **Vance**

What do you want to do? (required) **Request to speak**

Public hearing item (required - max 75 characters) **11.3.1 (fluoridation)**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I believe the city of Calgary citizens have the right to submit their opinions on city council items being voted on. The reintroduction of fluoridation submission deadline was not known until after the deadline due to the holiday. Please keep this in mind as this is a subject of importance to myself and others who feel they have a right to their voices being heard prior to city council voting. Please allow more time for others to submit their opinion. As for myself, I am against fluoridation.



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Barbara

Last name (required) Low

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 - Reintroduction of Fluoride in Calgary City water supply

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

As a long standing citizen of the City of Calgary I am very much against the city expending taxpayer dollars once again on something that has been tried before and voted out by the citizens of Calgary. If individuals feel that their family members are short on fluoride for dental or whatever other purposes, there are means of supplementing this industrial waste product other than by contaminating our city water supply. Fluoride is readily available in things such as toothpaste.

The cost to reintroduce fluoride into the water supply, not to mention the ongoing cost, is a cost that is totally unnecessary to the taxpaying citizens of Calgary. The majority of the fluoride will end up being passed on into our sewers, since 90% of our water usage is being billed as waste water, so therefore 90% of whatever fluoride will simply be going into the city sewer systems which can further damage our environmental rivers and streams. Also, since this is meant as some sort of health benefit, then how are amounts being administered to individuals being measured since amount of water consumption per individual can vary greatly and as with any 'medication' the size of the amount administered should be adjusted based on the size of the recipient - this obviously will not happen. How many people will be overdosed???

Since our current mayor, is of the opinion that we are facing a climate crisis, which obviously has to do with environment, does not the dumping of an additional, not required, industrial waste product into our water systems and sewers impact negatively our overall environment?



FORM TITLE

Header text

Please do not impose this unnecessary product on all the citizens of Calgary when there are obviously alternative methods for those who wish to have/consume fluoride to do so without it being forced on the entire city population. If the city wishes to provide fluoride to its citizens, making it available for purchase or giveaway in a droplet or other form to those who are interested would be a far better use of taxpayer dollars.



FORM TITLE

Header text

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First name (required)	Ben
Last name (required)	Vance
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1 fluoridation
Date of meeting	Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am against fluoridation in Calgary. As you know the deadline for submission was missed. I have been a citizen of Calgary for about 45 years.



FORM TITLE

Header text

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Tamara

Last name (required) Hardman

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride 11.3.1

Date of meeting Nov 15, 2021

City of Calgary – Your Local Government
Dear Mayor and Council Members of the City of Calgary and Surrounding Municipalities,

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I ask you Do Not favour water fluoridation to be reintroduced in Calgary. Fluoride and artificial water fluoridation are neither safe, effective, nor ethical. Fluoride is not needed for a single bodily function and in fact does more harm than good. With impacts on neurological development, IQ, thyroid regulation and hormone balance as well as fluorosis and studies have found that children with fluorosis have increased rates of cavities. Additionally, studies reveal that there are direct adverse effects on the kidneys by excess fluoride, leading to kidney damage and dysfunction. As well as the evidence of carcinogenic activity of sodium fluoride and the rise in tumors of the thyroid and oesophageal cancers as well as contributing to nutrient deficiencies such as iodine, needed for many regulatory and bodily functions. Iodine deficiency may result in goiter, hypothyroidism, miscarriage, stillbirth, congenital anomalies, infant and neonatal mortality, impaired intellectual development and impaired growth. In the most severely iodine-deficient regions, maternal iodine deficiency can result in children who are born with cretinism (a condition characterized by physical deformity and learning disabilities that is caused by congenital thyroid deficiency). As well fluoride causes physical developmental impairments such as skeletal fluorosis which mimics the symptoms of arthritis and osteoarthritis.

DISCLAIMER



FORM TITLE

Header text

Numerous studies show the health implications far outweigh the single benefit of preventing cavities.

Fluoridation is unethical. Informed consent is a standard practice for all medications. With water fluoridation, we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients. The dose cannot be controlled. Once fluoride is put in the water it is impossible to control the dose each individual receives because people drink different amounts of water. Being able to control the dose a patient receives is critical. Some people (e.g., manual laborers, athletes, diabetics, and people with kidney disease) drink substantially more water than others. The highest doses of fluoride are going to bottle-fed babies. Because of their sole reliance on liquids for their food intake, infants consuming formula made with fluoridated water have the hi



FORM TITLE

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Mihaela
Last name (required) Gillund
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) item 11.3.1 for Monday's meeting
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Knowledge of the discussion on this issue was not received until after the deadline so I am submitting my comments just now. Please consider this as a public submission comment to item 11.3.1.
The new mayor of Calgary has declared that we are in a climate emergency. Dumping hundreds of kilograms of environmental waste in the water each and every day does not help. And how is the environment going to be impacted, influenced? Any studies done on this? For the cost to add the Fluoride what is the health benefit saving? Adding fluoride to the water would increase health costs for a segment of the population due to side effects from a forced medical treatment, which would be in addition to the cost of adding the fluoride.
Less than 25% of eligible voters have made the decision to spend ~\$30M and impose their uneducated position on the entire city.
Put another way: Does a voter have the right to require that their neighbor ingest a certain medication (even if it is against that neighbor's will)?
Informed consent is standard practice for all medication, and one of the key reasons why most of Western Europe has ruled against fluoridation. With water fluoridation we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients.
If one looks carefully for every report stating that fluoridating water is a great solution, there are other reports stating the health problems, especially looking at countries that have a naturally fluoridated water.

DISCLAIMER



Other issues:

No health agency in fluoridated countries is monitoring fluoride exposure or side effects
Why go to the effort and expense to fluoridate everything else we use water on, showers, laundry, lawns, etc.?

Fluoride is proven to be toxic to fish.

Benefit is topical not systemic.

There are other ways to reduce tooth decay.

The simplest, the most sustainable, and no doubt the most cost effective solution?

Give free fluoride toothpaste to people who cannot afford it or fluoride drops to anyone who wants them – they could get them from a pharmacy. This is the cheapest solution, no one is medicated against their will.

The municipality should provide people with clean, safe drinking water, not contaminated with industrial byproducts.

Precautionary Principle - simply put, this says: if in doubt leave it out.

WATER FLUORIDATION

Some of the 50 Reasons Against...

<http://fluoridealert.org/articles/50-reasons/>

1) Fluoride is the only chemical added to water for the purpose of medical treatment.

- The U.S. Food and Drug Administration (FDA) classifies fluoride as a drug when used to prevent or mitigate disease (FDA 2000). As a matter of basic logic, adding fluoride to water for the sole purpose of preventing tooth decay (a non-water borne disease) is a form of medical treatment.

2) Fluoridation is unethical.

- Informed consent is standard practice for all medication, and one of the key reasons why most of Western Europe has ruled against fluoridation. With water fluoridation we are allowing governments to do to whole communities (forcing people to take a medicine irrespective of their consent) what individual doctors cannot do to individual patients.
- Put another way: **Does a voter have the right to require that their neighbor ingest a certain medication** (even if it is against that neighbor's will)?

3) The dose cannot be controlled.

- Once fluoride is put in the water it is impossible to control the dose each individual receives because people drink different amounts of water. Being able to control the dose a patient receives is critical. Some people (e.g., manual laborers, athletes, diabetics, and people with kidney disease) drink substantially more water than others.

5) People now receive fluoride from many other sources besides water.

- Fluoridated water is not the only way people are exposed to fluoride. Other sources of fluoride include:
 - *food and beverages processed with fluoridated water (Kiritsy 1996; Heilman 1999),*
 - *fluoridated dental products (Bentley 1999; Levy 1999),*
 - *mechanically deboned meat (Fein 2001),*
 - *tea (Levy 1999),*
 - *pesticide residues (e.g., from cryolite) on food (Stannard 1991; Burgstahler 1997)*
- It is now widely acknowledged that exposure to non-water sources of fluoride has significantly increased since the water fluoridation program first began (NRC 2006).

6) Fluoride is not an essential nutrient.

- No disease, not even tooth decay, is caused by a “fluoride deficiency.”(NRC 1993; Institute of Medicine 1997, NRC 2006). Not a single biological process has been shown to require fluoride.
- On the contrary there is extensive evidence that fluoride can interfere with many important biological processes. Fluoride interferes with numerous enzymes (Waldbott 1978). In combination with aluminum, fluoride interferes with G-proteins (Bigay 1985, 1987). Such interactions give aluminum-fluoride complexes the potential to interfere with signals from growth factors, hormones and neurotransmitters (Strunecka & Patocka 1999; Li 2003). More and more studies indicate that fluoride can interfere with biochemistry in fundamental ways (Barbier 2010).

8) Fluoride accumulates in the body.

- Healthy adult kidneys excrete 50 to 60% of the fluoride ingested each day (Marier & Rose 1971).
- The remainder accumulates in the body, largely in calcifying tissues such as the bones and [pineal gland](#) (Luke 1997, 2001).
- Infants and children [excrete less](#) fluoride from their kidneys and take up to 80% of ingested fluoride into their bones (Ekstrand 1994).
- The fluoride concentration in bone steadily increases over a lifetime (NRC 2006).

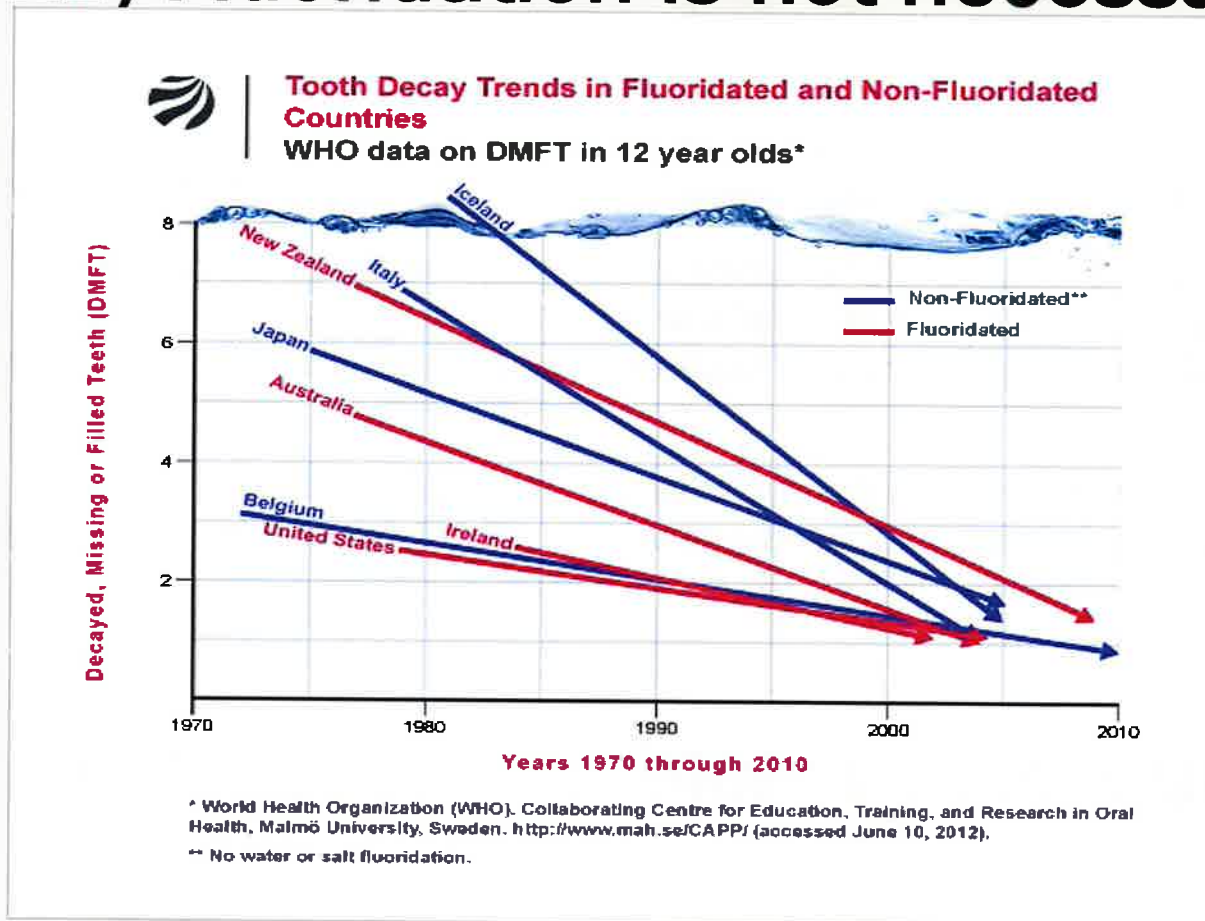
9) No health agency in fluoridated countries is monitoring fluoride exposure or side Effects.

- No regular measurements are being made of the levels of fluoride in urine, blood, bones, hair, or nails of either the general population or sensitive subparts of the population (e.g., individuals with [kidney disease](#)).

11) Benefit is topical not systemic.

- The Centers for Disease Control and Prevention (CDC, 1999, 2001) has now acknowledged that the mechanism of fluoride's benefits are mainly topical, not systemic.
- There is no need whatsoever, therefore, to swallow fluoride to protect teeth. Since the purported benefit of fluoride is topical, and the risks are systemic, it makes more sense to deliver the fluoride directly to the tooth in the form of toothpaste.
- Since swallowing fluoride is unnecessary, and potentially dangerous, there is no justification for forcing people (against their will) to ingest fluoride through their water supply.

12) Fluoridation is not necessary.



22) Fluoride may damage the brain.

- According to the National Research Council (2006), “it is apparent that fluorides have the ability to interfere with the functions of the brain.”
- In a review of the literature commissioned by the US Environmental Protection Agency (EPA), fluoride has been listed among about 100 chemicals for which there is “substantial evidence of **developmental neurotoxicity**.”
- Animal experiments show that **fluoride accumulates in the brain** and alters mental behavior in a manner consistent with a neurotoxic agent (Mullenix 1995). In total, there have now been over 100 animal experiments showing that fluoride can damage the brain and impact learning and behavior.

25) Fluoride affects the pineal gland.

- Studies by Jennifer Luke (2001) show that fluoride accumulates in the human [pineal gland](#) to very high levels.
- In her Ph.D. thesis, Luke has also shown in animal studies that fluoride reduces melatonin production and leads to an earlier onset of puberty (Luke 1997).
- Consistent with Luke's findings, one of the earliest fluoridation trials in the U.S. (Schlesinger 1956) reported that on average young girls in the fluoridated community reached menstruation 5 months earlier than girls in the non-fluoridated community. Inexplicably, no fluoridating country has attempted to reproduce either Luke's or Schlesinger's findings or examine the issue any further.

26) Fluoride affects thyroid function.

- According to the U.S. National Research Council (2006), “several lines of information indicate an effect of fluoride exposure on [thyroid function](#).”
- In the Ukraine, Bachinskii (1985) found a **lowering of thyroid function, among otherwise healthy people, at 2.3 ppm fluoride in water**. In the middle of the 20th century, fluoride was prescribed by a number of European doctors to reduce the activity of the thyroid gland for those suffering from hyperthyroidism (overactive thyroid) (Stecher 1960; Waldbott 1978). According to a clinical study by Galletti and Joyet (1958), the thyroid function of hyperthyroid patients was effectively reduced at just 2.3 to 4.5 mg/day of fluoride ion. To put this finding in perspective, the Department of Health and Human Services (DHHS, 1991) has estimated that total fluoride exposure in fluoridated communities ranges from 1.6 to 6.6 mg/day. This is a remarkable fact, particularly considering the rampant and increasing problem of hypothyroidism (underactive thyroid) in the United States and other fluoridated countries. In 2010, the second most prescribed drug of the year was Synthroid (sodium levothyroxine) which is a hormone replacement drug used to treat an underactive thyroid.

27) Fluoride causes arthritic symptoms.

- Some of the early symptoms of skeletal fluorosis (a fluoride-induced bone and joint disease that impacts millions of people in India, China, and Africa), mimic the symptoms of [arthritis](#) (Singh 1963; Franke 1975; Teotia 1976; Carnow 1981; Czerwinski 1988; DHHS 1991).
- According to a review on fluoridation published in Chemical & Engineering News, “Because some of the clinical symptoms mimic arthritis, the first two clinical phases of skeletal fluorosis could be easily misdiagnosed” (Hileman 1988). Few, if any, studies have been done to determine the extent of this misdiagnosis, and whether the high prevalence of arthritis in America (1 in 3 Americans have some form of arthritis – CDC, 2002) and other fluoridated countries is related to growing fluoride exposure, which is highly plausible. Even when individuals in the U.S. suffer advanced forms of skeletal fluorosis (from drinking large amounts of tea), it has taken [years of misdiagnoses](#) before doctors finally correctly diagnosed the condition as fluorosis.

28) Fluoride damages bone.

- In 2001, Alarcon-Herrera and co-workers reported a linear correlation between the severity of dental fluorosis and the frequency of bone fractures in both children and adults in a high fluoride area in Mexico.

30) People with impaired kidney function are particularly vulnerable to bone damage.

- Because of their inability to effectively excrete fluoride, people with [kidney disease](#) are prone to accumulating high levels of fluoride in their bone and blood. As a result of this high fluoride body burden, kidney patients have an elevated risk for developing skeletal fluorosis.
- In one of the few U.S. studies investigating the matter, crippling skeletal fluorosis was documented among patients with severe kidney disease drinking water with just 1.7 ppm fluoride (Johnson 1979). Since severe skeletal fluorosis in kidney patients has been detected in small case studies, it is likely that larger, systematic studies would detect skeletal fluorosis at even lower fluoride levels.

34) Some individuals are highly sensitive to low levels of fluoride

- about 1% of patients given 1 mg of fluoride each day developed negative reactions. Many individuals have reported suffering from symptoms such as fatigue, headaches, rashes and stomach and gastro intestinal tract problems, which disappear when they avoid fluoride in their water and diet. (Shea 1967; Waldbott 1978; Moolenburgh 1987) Frequently the symptoms reappear when they are unwittingly exposed to fluoride again (Spittle, 2008).

36) There is no margin of safety for several health effects.

- No one can deny that high natural levels of fluoride damage health. Millions of people in India and China have had their health compromised by fluoride. The real question is whether there is an adequate margin of safety between the doses shown to cause harm in published studies and the total dose people receive consuming uncontrolled amounts of fluoridated water and non-water sources of fluoride.
- There is clearly no margin of safety for dental fluorosis (CDC, 2010) and based on the following studies nowhere near an adequate margin of safety for lowered IQ (Xiang 2003a,b; Ding 2011; Choi 2012); lowered thyroid function (Galletti & Joyet 1958; Bachinskii 1985; Lin 1991); bone fractures in children (Alarcon-Herrera 2001) or hip fractures in the elderly (Kurtio 1999; Li 2001). All of these harmful effects are discussed in the NRC (2006) review.

37) Low-income families penalized by fluoridation.

- Those most likely to suffer from poor nutrition, and thus more likely to be more vulnerable to fluoride's toxic effects, are the poor, who unfortunately, are the very people being targeted by fluoridation programs.
- While at heightened risk, poor families are least able to afford avoiding fluoride once it is added to the water supply. No financial support is being offered to these families to help them get alternative water supplies.

40) Tooth decay reflects low-income not low-fluoride intake.

- Dental decay is most concentrated in poor communities. Efforts should be made to increase the access to dental care for low-income families.
- The highest rates of tooth decay today can be found in low-income areas that have been fluoridated for many years.
- As far as tooth decay is concerned, this is not caused by lack of fluoride. Tooth decay is caused by acids in the mouth, typically created from sugar being metabolized by bacteria (*Streptococcus mutans*), and one of the top source of calories is high fructose corn syrup and sugar.
- The acid produced then attacks your enamel. Eventually the bacteria can get into the dentine, at which point tooth decay sets in.
- Dental caries are typically not found in more primitive societies that do not consume vast amounts of sugar.
- **"We need education, not fluoridation. That education would have a double dividend. By avoiding high fructose sugar, we'll not only score a huge benefit with dental decay but also with obesity and health."** (Dr. Paul Connett)

44) Fluoride may leach lead from pipes, brass fittings and soldered joints.

- In tightly controlled laboratory experiments, Maas et al (2007) have shown that fluoridating agents in combination with chlorinating agents such as chloroamine increase the leaching of lead from brass fittings used in plumbing.
- While proponents may argue about the neurotoxic effects of low levels of fluoride there is no argument that lead at very low levels lowers IQ in children.

47) Review panels hand-picked to deliver a pro-fluoridation result.

- Health Canada (2008, 2010): used a panel of six experts to review the health literature. Four of the six were pro-fluoridation dentists and the other two had no demonstrated expertise on fluoride.
- Dr. Edward Groth, a Senior Scientist at Consumers Union, observed that, “the political profluoridation stance has evolved into a dogmatic, authoritarian, essentially antiscientific posture, one that discourages open debate of scientific issues”

50) Proponents use very dubious tactics to promote fluoridation

- Many scientists, doctors and dentists who have spoken out publicly on this issue have been subjected to [censorship and intimidation](#) (Martin 1991).
- [Dr. Phyllis Mullenix](#) was fired from her position as Chair of Toxicology at Forsythe Dental Center for publishing her findings on fluoride and the brain (Mullenix 1995); and [Dr. William Marcus](#) was fired from the EPA for questioning the government's handling of the NTP's fluoride-cancer study (Bryson 2004).
- Many dentists and even doctors tell opponents in private that they are opposed to this practice but dare not speak out in public because of peer pressure and the fear of recriminations. Tactics like this would not be necessary if those promoting fluoridation were on secure scientific and ethical grounds.

Conclusion

- When it comes to controversies surrounding toxic chemicals, vested interests traditionally do their very best to discount animal studies and quibble with epidemiological findings. In the past, political pressures have led government agencies to drag their feet on regulating asbestos, benzene, DDT, PCBs, tetraethyl lead, tobacco and dioxins. With fluoridation we have had a sixty-year delay. Unfortunately, because government officials and dental leaders have put so much of their credibility on the line defending fluoridation, and because of the huge liabilities waiting in the wings if they admit that fluoridation has caused an increase in hip fracture, arthritis, bone cancer, brain disorders or thyroid problems, it will be very difficult for them to speak honestly and openly about the issue.
- **Precautionary Principle.** Simply put, this says: if in doubt leave it out.



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First name (required) Tanya

Last name (required) Roach

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride in water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Given that less than 1/4 of Calgarians bites in the civic election along with our water going to the small towns and cities around Calgary and did not get to vote I do think it would be appropriate to move forward with putting chemicals in our water full of heavy metals



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Deborah

Last name (required) Newman

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) City Council Vote on agenda item 11.3.1 - Fluoride in Calgary water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Dear Council Members,
I respectfully disagree with adding a toxic waste product known as Fluoride to our city water. The serious health consequences can include but, is not limited to brain damage and cancer. There are easy to find scientific studies that back these claims up. It is common knowledge.
I apologize for getting this in last minute, however I only found out about this vote after the Memorial Day holiday.
Sincerely,
Deborah Newman
https://fluoridealert.org/issues/health/



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Lee
Last name (required) Gogel
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Item #11.3.1 (Fluoride debate)
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am strongly opposed to fluoride in the water as there are far better ways to get fluoride into children such as fluoride in the toothpaste, mouth wash or better yet - drops to be added into their drink, then they will get the adequate amount. Putting it into our water system is a huge waste of money as I bet 90% of it is wasted going into our toilets, bathing, watering plants and eventually into the sewer sstem to get into our farm animals, birds, fish, etc. Also there are so many people that only drink bottled water and so many people that don't drink adequate amounts of water, so there would be no control over the quantities going into people. Plus there are studies that show it is not very effective and it is harmful. It is not a good resource of tax payer money.

DISCLAIMER



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Tiann**

Last name (required) **Williams**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1 - fluoride being added to our water.**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Here's what I wrote:

I am completely opposed to adding fluoride into our municipal drinking water. How did a toxic by-product of the fertilizer industry become a human health benefit? The argument that fluoride prevents tooth decay is false. In fact, fluoride causes a type of tooth decay called dental fluorosis. China stopped adding fluoride to drinking water two decades ago because they realized it increased dental fluorosis by a whopping 550%!

Fluoride also weakens the immune system, can cause certain cancers and gastrointestinal issues like vomiting and diarrhea, and lead to birth defects. Calgary citizens clearly voted against the addition of fluoride to municipal drinking water a few years ago and Calgary Council absolutely does not need to re-visit this issue now.

References

<https://www.medicalnewstoday.com/articles/154164.php>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4418502/>

<https://anyavien.com/the-real-truth-about-your-fluoride-toothpaste/>



FORM TITLE

Header text

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Rebekah
Last name (required) Nash
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1 fluoride
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

If you care about the health and wellness of Calgarians, I urge you to reject adding fluoride into our water supply. I was not made away of the ability to comment due to the holiday but I understand there is a meeting regarding this on Monday. Fluoride is toxic to our bodies and it's not meant to be ingested. There will be grave health and environment concerns to follow if this done. Fluoride is a highly toxic substance. Consider, for example, the poison warning that the FDA now requires on all fluoride toothpastes sold in the U.S. or the tens of millions of people throughout China and India who now suffer serious crippling bone diseases from drinking water with elevated levels of fluoride.

In terms of acute toxicity (i.e., the dose that can cause immediate toxic consequences), fluoride is more toxic than lead, but slightly less toxic than arsenic. This is why fluoride has long been used in rodenticides and pesticides to kill pests like rats and insects. It is also why accidents involving over-ingestion of fluoridated dental products—including fluoride gels, fluoride supplements, and fluoridated water—can cause serious poisoning incidents, including death



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Karen

Last name (required) Gogel

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) item 11.3.1 (fluoride in our water)

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Putting fluoride in our water is absolutely stupid because at least 80% of it will be wasted on watering our plants, running down our toilets, bathing and into the sewer system, then into the ecosystem to get to farm animals, fish, birds, etc. Plus there will be no control over everyone getting the right amounts - a majority of people don't drink enough water plus so many only drink bottle water. The solution is making sure it gets into toothpaste, mouth wash and perhaps drops to be put into peoples drinks. It is such a huge waste of money as well as the fact that it's been proven to not be safe and not that effective. I strongly oppose this.



FORM TITLE

Header text

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✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Robin
Last name (required) Marchuk
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I cannot for life of me, understand how a perceived majority of 204 000 people can vote to fluoridate the municipal water supply with 127 000 opposed to having harmful chemicals introduced and imposed despite their objections.

I also have trouble understanding how a perceived majority can impose their will on so many people who oppose fluoride and so many more that didn't even have a say because they live in outlying communities but rely on Calgary water. They number close to the amount of people who voted in favour of fluoride but we're not consulted.

People have the choice to add fluoride topically if they so choose, almost all toothpaste product contain it. Therefore those opposed to the addition of chemicals to their drinking water supply have had another decision made for them by a plebiscite with notoriously low municipal voter turnout.

This initiative appears to more an exercise in political will than a consultation with an informed public. Studies show this chemical reduces the IQ of unborn infants (study attached) but more importantly this chemical builds up in the pineal gland of the brain, a region revered by ancient culture for its association to our spiritual side and religious practises.

Do not add this poison to our water.

DISCLAIMER

Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada

Rivka Green, MA; Bruce Lanphear, MD; Richard Hornung, PhD; David Flora, PhD; E. Angeles Martinez-Mier, DDS; Raichel Neufeld, BA; Pierre Ayotte, PhD; Gina Muckle, PhD; Christine Till, PhD

IMPORTANCE The potential neurotoxicity associated with exposure to fluoride, which has generated controversy about community water fluoridation, remains unclear.

OBJECTIVE To examine the association between fluoride exposure during pregnancy and IQ scores in a prospective birth cohort.

DESIGN, SETTING, AND PARTICIPANTS This prospective, multicenter birth cohort study used information from the Maternal-Infant Research on Environmental Chemicals cohort. Children were born between 2008 and 2012; 41% lived in communities supplied with fluoridated municipal water. The study sample included 601 mother-child pairs recruited from 6 major cities in Canada; children were between ages 3 and 4 years at testing. Data were analyzed between March 2017 and January 2019.

EXPOSURES Maternal urinary fluoride (MUF_{SG}), adjusted for specific gravity and averaged across 3 trimesters available for 512 pregnant women, as well as self-reported maternal daily fluoride intake from water and beverage consumption available for 400 pregnant women.

MAIN OUTCOMES AND MEASURES Children's IQ was assessed at ages 3 to 4 years using the Wechsler Primary and Preschool Scale of Intelligence-III. Multiple linear regression analyses were used to examine covariate-adjusted associations between each fluoride exposure measure and IQ score.

RESULTS Of 512 mother-child pairs, the mean (SD) age for enrollment for mothers was 32.3 (5.1) years, 463 (90%) were white, and 264 children (52%) were female. Data on MUF_{SG} concentrations, IQ scores, and complete covariates were available for 512 mother-child pairs; data on maternal fluoride intake and children's IQ were available for 400 of 601 mother-child pairs. Women living in areas with fluoridated tap water ($n = 141$) compared with nonfluoridated water ($n = 228$) had significantly higher mean (SD) MUF_{SG} concentrations (0.69 [0.42] mg/L vs 0.40 [0.27] mg/L; $P = .001$; to convert to millimoles per liter, multiply by 0.05263) and fluoride intake levels (0.93 [0.43] vs 0.30 [0.26] mg of fluoride per day; $P = .001$). Children had mean (SD) Full Scale IQ scores of 107.16 (13.26), range 52-143, with girls showing significantly higher mean (SD) scores than boys: 109.56 (11.96) vs 104.61 (14.09); $P = .001$. There was a significant interaction ($P = .02$) between child sex and MUF_{SG} (6.89; 95% CI, 0.96-12.82) indicating a differential association between boys and girls. A 1-mg/L increase in MUF_{SG} was associated with a 4.49-point lower IQ score (95% CI, -8.38 to -0.60) in boys, but there was no statistically significant association with IQ scores in girls ($B = 2.40$; 95% CI, -2.53 to 7.33). A 1-mg higher daily intake of fluoride among pregnant women was associated with a 3.66 lower IQ score (95% CI, -7.16 to -0.14) in boys and girls.

CONCLUSIONS AND RELEVANCE In this study, maternal exposure to higher levels of fluoride during pregnancy was associated with lower IQ scores in children aged 3 to 4 years. These findings indicate the possible need to reduce fluoride intake during pregnancy.

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← Editorial page 915 and Editor's Note page 948

+ Audio and Supplemental content

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For decades, community water fluoridation has been used to prevent tooth decay. Water fluoridation is supplied to about 66% of US residents, 38% of Canadian residents, and 3% of European residents.¹ In fluoridated communities, fluoride from water and beverages made with tap water makes up 60% to 80% of daily fluoride intake in adolescents and adults.²

Fluoride crosses the placenta,³ and laboratory studies show that it accumulates in brain regions involved in learning and memory⁴ and alters proteins and neurotransmitters in the central nervous system.⁵ Higher fluoride exposure from drinking water has been associated with lower children's intelligence in a meta-analysis⁶ of 27 epidemiologic studies and in studies^{7,8} including biomarkers of fluoride exposure. However, most prior studies were cross-sectional and conducted in regions with higher water fluoride concentrations (0.88–31.6 mg/L; to convert to millimoles per liter, multiply by 0.05263) than levels considered optimal (ie, 0.7 mg/L) in North America.⁹ Further, most studies did not measure exposure during fetal brain development. In a longitudinal birth cohort study involving 299 mother-child pairs in Mexico City, Mexico, a 1-mg/L increase in maternal urinary fluoride (MUF) concentration was associated with a 6-point (95% CI, –10.84 to –1.74) lower IQ score among school-aged children.¹⁰ In this same cohort, MUF was also associated with more attention-deficit/hyperactivity disorder-like symptoms.¹¹ Urinary fluoride concentrations among pregnant women living in fluoridated communities in Canada are similar to concentrations among pregnant women living in Mexico City.¹² However, it is unclear whether fluoride exposure during pregnancy is associated with cognitive deficits in a population receiving optimally fluoridated water.

This study examined whether exposure to fluoride during pregnancy was associated with IQ scores in children in a Canadian birth cohort in which 40% of the sample was supplied with fluoridated municipal water.

Methods

Study Cohort

Between 2008 and 2011, the Maternal-Infant Research on Environmental Chemicals (MIREC) program recruited 2001 pregnant women from 10 cities across Canada. Women who could communicate in English or French, were older than 18 years, and were within the first 14 weeks of pregnancy were recruited from prenatal clinics. Participants were not recruited if there was a known fetal abnormality, if they had any medical complications, or if there was illicit drug use during pregnancy. Additional details are in the cohort profile description.¹³

A subset of 610 children in the MIREC Study was evaluated for the developmental phase of the study at ages 3 to 4 years; these children were recruited from 6 of 10 cities included in the original cohort: Vancouver, Montreal, Kingston, Toronto, Hamilton, and Halifax. Owing to budgetary restraints, recruitment was restricted to the 6 cities with the most participants who fell into the age range required for the testing during the data collection period. Of the 610 children, 601

Key Points

Question Is maternal fluoride exposure during pregnancy associated with childhood IQ in a Canadian cohort receiving optimally fluoridated water?

Findings In this prospective birth cohort study, fluoride exposure during pregnancy was associated with lower IQ scores in children aged 3 to 4 years.

Meaning Fluoride exposure during pregnancy may be associated with adverse effects on child intellectual development, indicating the possible need to reduce fluoride intake during pregnancy.

(98.5%) completed neurodevelopmental testing; 254 (42.3%) of these children lived in nonfluoridated regions and 180 (30%) lived in fluoridated regions; for 167 (27.7%) fluoridation status was unknown owing to missing water data or reported not drinking tap water (Figure 1).

This study was approved by the research ethics boards at Health Canada, York University, and Indiana University. All women signed informed consent forms for both mothers and children.

Maternal Urinary Fluoride Concentration

We used the mean concentrations of MUF measured in urine spot samples collected across each trimester of pregnancy at a mean (SD) of 11.57 (1.57), 19.11 (2.39), and 33.11 (1.50) weeks of gestation. Owing to the variability of urinary fluoride measurement and fluoride absorption during pregnancy,¹⁴ we only included women who had all 3 urine samples. In our previous work, these samples were moderately correlated; intraclass correlation coefficient (ICC) ranged from 0.37 to 0.40.¹²

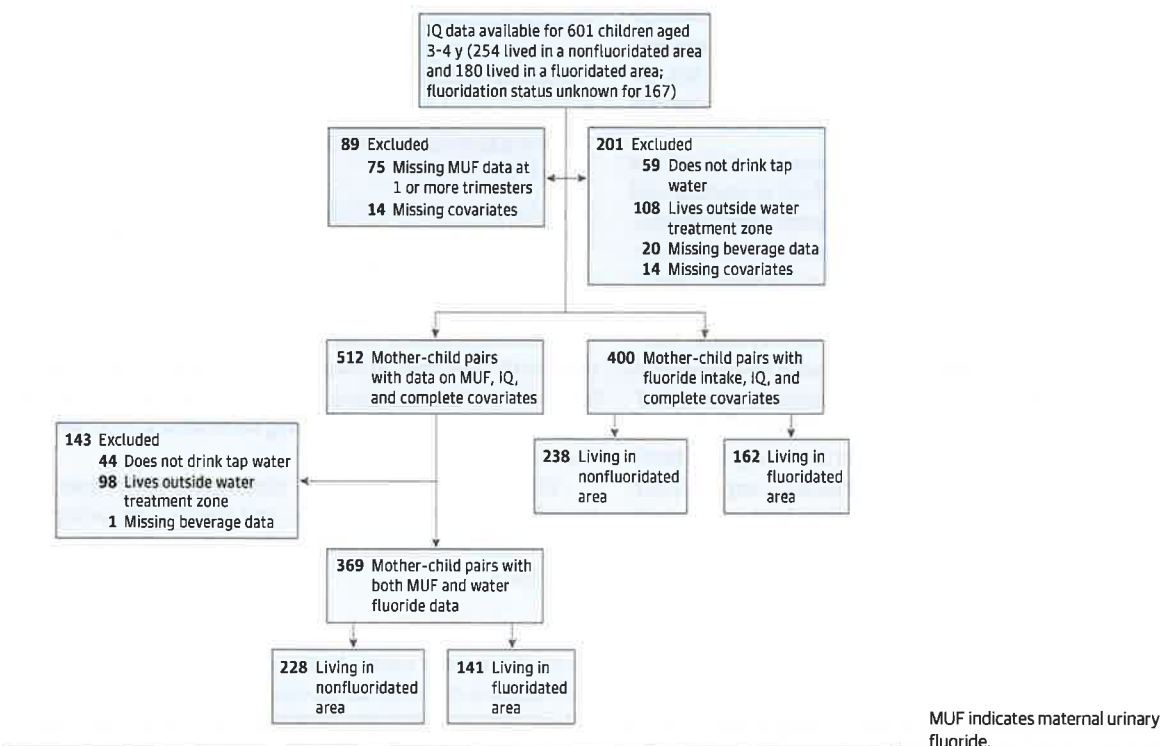
Urinary fluoride concentration was analyzed at the Indiana University School of Dentistry using a modification of the hexamethyldisiloxane (Sigma Chemical Co) microdiffusion procedure¹⁵ and described in our previous work.¹² Fluoride concentration could be measured to 0.02 mg/L. We excluded 2 samples (0.002%) because the readings exceeded the highest concentration standard (5 mg/L) and there was less certainty of these being representative exposure values.

To account for variations in urine dilution at the time of measurement, we adjusted MUF concentrations for specific gravity (SG) using the following equation: $MUF_{SG} = MUF_i \times (SG_M - 1) / (SG_i - 1)$, where MUF_{SG} is the SG-adjusted fluoride concentration (in milligrams of fluoride per liter), MUF_i is the observed fluoride concentration, SG_i is the SG of the individual urine sample, and SG_M is the median SG for the cohort.¹⁶ For comparison, we also adjusted MUF using the same creatinine adjustment method that was used in the 2017 Mexican cohort.¹⁰

Water Fluoride Concentration

Water treatment plants measured fluoride levels daily if fluoride was added to municipal drinking water and weekly or monthly if fluoride was not added to water.¹² We matched participants' postal codes with water treatment plant zones, allowing an estimation of water fluoride concentration for each woman by averaging water fluoride concentrations (in milligrams per liter) dur-

Figure 1. Flowchart of Inclusion Criteria



ing the duration of pregnancy. We only included women who reported drinking tap water during pregnancy.

Daily Fluoride Intake in Mothers

We obtained information on consumption of tap water and other water-based beverages (tea and coffee) from a self-report questionnaire completed by mothers during the first and third trimesters. This questionnaire was used in the original MREC cohort and has not been validated. Also, for this study, we developed methods to estimate and calculate fluoride intake that have not yet been validated. To estimate fluoride intake from tap water consumed per day (milligrams per day), we multiplied each woman's consumption of water and beverages by her water fluoride concentration (averaged across pregnancy) and multiplied by 0.2 (fluoride content for a 200-mL cup). Because black tea contains a high fluoride content (2.6 mg/L),^{17,18} we also estimated the amount of fluoride consumed from black tea by multiplying each cup of black tea by 0.52 mg (mean fluoride content in a 200-mL cup of black tea made with deionized water) and added this to the fluoride intake variable. Green tea also contains varying levels of fluoride; therefore, we used the mean for the green teas listed by the US Department of Agriculture (1.935 mg/L).¹⁸ We multiplied each cup of green tea by 0.387 mg (fluoride content in a 200-mL cup of green tea made with deionized water) and added this to the fluoride intake variable.

Primary Outcomes

We assessed children's intellectual abilities with the Wechsler Preschool and Primary Scale of Intelligence, Third Edi-

tion. Full Scale IQ (FSIQ), a measure of global intellectual functioning, was the primary outcome. We also assessed verbal IQ (VIQ), representing verbal reasoning and comprehension, and performance IQ (PIQ), representing nonverbal reasoning, spatial processing, and visual-motor skills.

Covariates

We selected covariates from a set of established factors associated with fluoride metabolism (eg, time of void and time since last void) and children's intellectual abilities (eg, child sex, maternal age, gestational age, and parity) (Table 1). Mother's race/ethnicity was coded as white or other, and maternal education was coded as either bachelor's degree or higher or trade school diploma or lower. The quality of a child's home environment was measured by the Home Observation for Measurement of the Environment (HOME)-Revised Edition¹⁹ on a continuous scale. We also controlled for city and, in some models, included self-reported exposure to secondhand smoke (yes/no) as a covariate.

Statistical Analyses

In our primary analysis, we used linear regression analyses to estimate the associations between our 2 measures of fluoride exposure (MUF_{SG} and fluoride intake) and children's FSIQ scores. In addition to providing the coefficient corresponding to a 1-mg difference in fluoride exposure, we also estimated coefficients corresponding to a fluoride exposure difference spanning the 25th to 75th percentile range (which corresponds to a 0.33 mg/L and 0.62 mg F/d difference in MUF_{SG} and fluoride intake, respectively) as well as the 10th

Table 1. Demographic Characteristics and Exposure Outcomes for Mother-Child Pairs With MUF_{SG} (n = 512) and Fluoride Intake Data (n = 400) by Fluoridated and Nonfluoridated Status^a

Variable ^b	No. (%)		
	MUF _{SG} Sample (n = 512) ^c	Maternal-Child Pairs With Fluoride Intake, IQ, and Complete Covariate Data (n = 400) Nonfluoridated (n = 238)	Fluoridated (n = 162)
Mothers			
Age of mother at enrollment, mean (SD), y	32.33 (5.07)	32.61 (4.90)	32.52 (4.03)
Prepregnancy BMI, mean (SD)	25.19 (6.02)	25.19 (6.35)	24.33 (5.10)
Married or common law	497 (97)	225 (95)	159 (98)
Born in Canada	426 (83)	187 (79)	131 (81)
White	463 (90)	209 (88)	146 (90)
Maternal education			
Trade school diploma/high school	162 (32)	80 (34)	38 (24)
Bachelor's degree or higher	350 (68)	158 (66)	124 (76)
Employed at time of pregnancy	452 (88)	205 (86)	149 (92)
Net income household >\$70 000 CAD	364 (71)	162 (68)	115 (71)
HOME total score, mean (SD)	47.32 (4.32)	47.28 (4.48)	48.14 (3.90)
Smoked in trimester 1	12 (2)	7 (3)	2 (1)
Secondhand smoke in the home	18 (4)	9 (4)	2 (1)
Alcohol consumption, alcoholic drink/mo			
None	425 (83)	192 (81)	136 (84)
<1	41 (8)	23 (10)	11 (7)
≥1	46 (9)	23 (10)	15 (9)
Parity (first birth)	233 (46)	119 (50)	71 (44)
Children			
Female	264 (52)	118 (50)	83 (51)
Age at testing, mean (SD), y	3.42 (0.32)	3.36 (0.31)	3.49 (0.29)
Gestation, mean (SD), wk	39.12 (1.57)	39.19 (1.47)	39.17 (1.81)
Birth weight, mean (SD), kg	3.47 (0.49)	3.48 (0.48)	3.47 (0.53)
FSIQ	107.16 (13.26)	108.07 (13.31)	108.21 (13.72)
Boys ^d	104.61 (14.09)	106.31 (13.60)	104.78 (14.71)
Girls ^d	109.56 (11.96)	109.86 (12.83)	111.47 (11.89)
Exposure variables			
MUF_{SG} concentration, mg/L^e			
No.	512	228	141
Mean (SD)	0.51 (0.36)	0.40 (0.27)	0.69 (0.42)
Fluoride intake level per day, mg			
No.	369 ^a	238	162
Mean (SD)	0.54 (0.44)	0.30 (0.26)	0.93 (0.43)
Water fluoride concentration, mg/L			
No.	369 ^a	238	162
Mean (SD)	0.31 (0.23)	0.13 (0.06)	0.59 (0.08)

Abbreviations: BMI, body mass index (calculated as weight in kilograms divided by height in meters squared); CAD, Canadian dollars; FSIQ, Full Scale IQ; HOME, Home Observation for Measurement of the Environment; MUF_{SG}, maternal urinary fluoride adjusted for specific gravity.

SI conversion factor: To convert fluoride to millimoles per liter, multiply by 0.05263.

^a Owing to missing water treatment plant data and/or MUF data, the samples are distinct with some overlapping participants in both groups (n = 369).

^b All of the listed variables were tested as potential covariates, as well as the following: paternal variables (age, education, employment status, smoking status, and race/ethnicity); maternal chronic condition during pregnancy and birth country; breastfeeding duration; and time of void and time since last void.

^c Maternal urinary fluoride (averaged across all 3 trimesters) and corrected for specific gravity.

^d The FSIQ score has a mean (SD) of 100 (15); US population norms used.

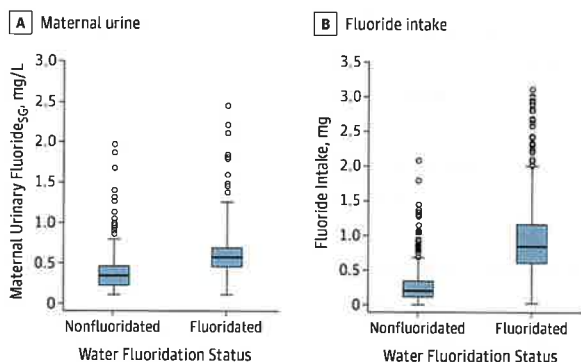
^e Owing to missing water treatment plant data, the samples in the fluoridated and nonfluoridated regions do not add up to the MUF sample size.

to 90th percentile range (which corresponds to a 0.70 mg/L and 1.04 mg F/d difference in MUF_{SG} and fluoride intake, respectively).

We retained a covariate in the model if its *P* value was less than .20 or its inclusion changed the regression coefficient of the variable associated factor by more than 10% in any of the IQ models. Regression diagnostics confirmed that there were no collinearity issues in any of the IQ models with MUF_{SG} or fluoride intake (variance inflation factor <2 for all covariates). Residuals from each model had approximately normal distributions, and their Q-Q plots revealed no extreme outliers. Plots

of residuals against fitted values did not suggest any assumption violations and there were no substantial influential observations as measured by Cook distance. Including quadratic or natural-log effects of MUF_{SG} or fluoride intake did not significantly improve the regression models. Thus, we present the more easily interpreted estimates from linear regression models. Additionally, we examined separate models with 2 linear splines to test whether the MUF_{SG} association significantly differed between lower and higher levels of MUF_{SG} based on 3 knots, which were set at 0.5 mg/L (mean MUF_{SG}), 0.8 mg/L (threshold seen in the Mexican birth cohort),¹⁰ and 1 mg/L (op-

Figure 2. Distribution of Fluoride Levels in Maternal Urine and for Estimated Fluoride Intake by Fluoridation Status



To convert fluoride to millimoles per liter, multiply by 0.05263.

timal concentration in the United States until 2015).²⁰ For fluoride intake, knots were set at 0.4 mg (mean fluoride intake), 0.8 mg, and 1 mg (in accordance with MUF_{SG}). We also examined sex-specific associations in all models by testing the interactions between child sex and each fluoride measure.

In sensitivity analyses, we tested whether the associations between MUF_{SG} and IQ were confounded by maternal blood concentrations of lead,²¹ mercury,²¹ manganese,^{21,22} perfluoro-octanoic acid,²³ or urinary arsenic.²⁴ We also conducted sensitivity analyses by removing IQ scores that were greater than or less than 2.5 standard deviations from the sample mean. Additionally, we examined whether using MUF adjusted for creatinine instead of SG affected the results.

In additional analyses, we examined the association between our 2 measures of fluoride exposure (MUF_{SG} and fluoride intake) with VIQ and PIQ. Additionally, we examined whether water fluoride concentration was associated with FSIQ, VIQ, and PIQ scores.

For all analyses, statistical significance tests with a type I error rate of 5% were used to test sex interactions, while 95% confidence intervals were used to estimate uncertainty. Analyses were conducted using R software (the R Foundation).²⁵ The *P* value level of significance was .05, and all tests were 2-sided.

Results

For the first measure of fluoride exposure, MUF_{SG}, 512 of 601 mother-child pairs (85.2%) who completed the neurodevelopmental visit had urinary fluoride levels measured at each trimester of the mother's pregnancy and complete covariate data (Figure 1); 89 (14.8%) were excluded for missing MUF_{SG} at 1 or more trimesters (*n* = 75) or missing 1 or more covariates included in the regression (*n* = 14) (Figure 1). Of the 512 mother-child pairs with MUF_{SG} data (and all covariates), 264 children were female (52%).

For the second measure of fluoride exposure, fluoride intake from maternal questionnaire, data were available for 400 of the original 601 mother-child pairs (66.6%): 201 women (33.4%) were excluded for reporting not drinking tap water

(*n* = 59), living outside of the predefined water treatment plant zone (*n* = 108), missing beverage consumption data (*n* = 20), or missing covariate data (*n* = 14) (Figure 1).

Children had mean FSIQ scores in the average range (population normed) (mean [SD], 107.16 [13.26], range = 52-143), with girls (109.56 [11.96]) showing significantly higher scores than boys (104.61 [14.09]; *P* < .001) (Table 1). The demographic characteristics of the 512 mother-child pairs included in the primary analysis were not substantially different from the original MIREC cohort or subset of mother-child pairs without 3 urine samples (eTable 1 in the Supplement). Of the 400 mother-child pairs with fluoride intake data (and all covariates), 118 of 238 (50%) in the group living in a nonfluoridated region were female and 83 of 162 (51%) in the group living in a fluoridated region were female.

Fluoride Measurements

The median MUF_{SG} concentration was 0.41 mg/L (range, 0.06-2.44 mg/L). Mean MUF_{SG} concentration was significantly higher among women (*n* = 141) who lived in communities with fluoridated drinking water (0.69 [0.42] mg/L) compared with women (*n* = 228) who lived in communities without fluoridated drinking water (0.40 [0.27] mg/L; *P* < .001) (Table 1; Figure 2).

The median estimated fluoride intake was 0.39 mg per day (range, 0.01-2.65 mg). As expected, the mean (SD) fluoride intake was significantly higher for women (162 [40.5%]) who lived in communities with fluoridated drinking water (mean [SD], 0.93 [0.43] mg) than women (238 [59.5%]) who lived in communities without fluoridated drinking water (0.30 [0.26] mg; *P* < .001) (Table 1; Figure 2). The MUF_{SG} was moderately correlated with fluoride intake (*r* = 0.49; *P* < .001) and water fluoride concentration (*r* = 0.37; *P* < .001).

Maternal Urinary Fluoride Concentrations and IQ

Before covariate adjustment, a significant interaction (*P* for interaction = .03) between MUF_{SG} and child sex (*B* = 7.24; 95% CI, 0.81-13.67) indicated that MUF_{SG} was associated with FSIQ in boys; an increase of 1 mg/L MUF_{SG} was associated with a 5.01 (95% CI, -9.06 to -0.97; *P* = .02) lower FSIQ score in boys. In contrast, MUF_{SG} was not significantly associated with FSIQ score in girls (*B* = 2.23; 95% CI, -2.77 to 7.23; *P* = .38) (Table 2).

Adjusting for covariates, a significant interaction (*P* for interaction = .02) between child sex and MUF_{SG} (*B* = 6.89; 95% CI, 0.96-12.82) indicated that an increase of 1 mg/L of MUF_{SG} was associated with a 4.49 (95% CI, -8.38 to -0.60; *P* = .02) lower FSIQ score for boys. An increase from the 10th to 90th percentile of MUF_{SG} was associated with a 3.14 IQ decrement among boys (Table 2; Figure 3). In contrast, MUF_{SG} was not significantly associated with FSIQ score in girls (*B* = 2.43; 95% CI, -2.51 to 7.36; *P* = .33).

Estimated Fluoride Intake and IQ

A 1-mg increase in fluoride intake was associated with a 3.66 (95% CI, -7.16 to -0.15; *P* = .04) lower FSIQ score among boys and girls (Table 2; Figure 3). The interaction between child sex and fluoride intake was not statistically significant (*B* = 1.17; 95% CI, -4.08 to 6.41; *P* for interaction = .66).

Table 2. Unadjusted and Adjusted Associations Estimated From Linear Regression Models of Fluoride Exposure Variables and FSIQ Scores

Variable	Difference (95% CI)			
	Unadjusted	Adjusted Estimates, Regression Coefficients Indicate Change in Outcome per ^a		
		1 mg	25th to 75th Percentiles	10th to 90th Percentiles
MUF _{SG} ^{b,c}	-2.60 (-5.80 to 0.60)	-1.95 (-5.19 to 1.28)	-0.64 (-1.69 to 0.42)	-1.36 (-3.58 to 0.90)
Boys	-5.01 (-9.06 to -0.97)	-4.49 (-8.38 to -0.60)	-1.48 (-2.76 to -0.19)	-3.14 (-5.86 to -0.42)
Girls	2.23 (-2.77 to 7.23)	2.40 (-2.53 to 7.33)	0.79 (-0.83 to 2.42)	1.68 (-1.77 to 5.13)
Fluoride intake ^{d,e}	-3.19 (-5.94 to -0.44)	-3.66 (-7.16 to -0.15)	-2.26 (-4.45 to -0.09)	-3.80 (-7.46 to -0.16)

Abbreviations: FSIQ, Full Scale IQ; HOME, Home Observation for Measurement of the Environment; MUF_{SG}, maternal urinary fluoride adjusted for specific gravity.

^a Adjusted estimates pertain to predicted FSIQ difference for a value spanning the interquartile range (25th to 75th percentiles) and 80th central range (10th to 90th percentiles): (1) MUF_{SG}: 0.33 mg/L, 0.70 mg/L, respectively; (2) fluoride intake: 0.62 mg, 1.04 mg, respectively.

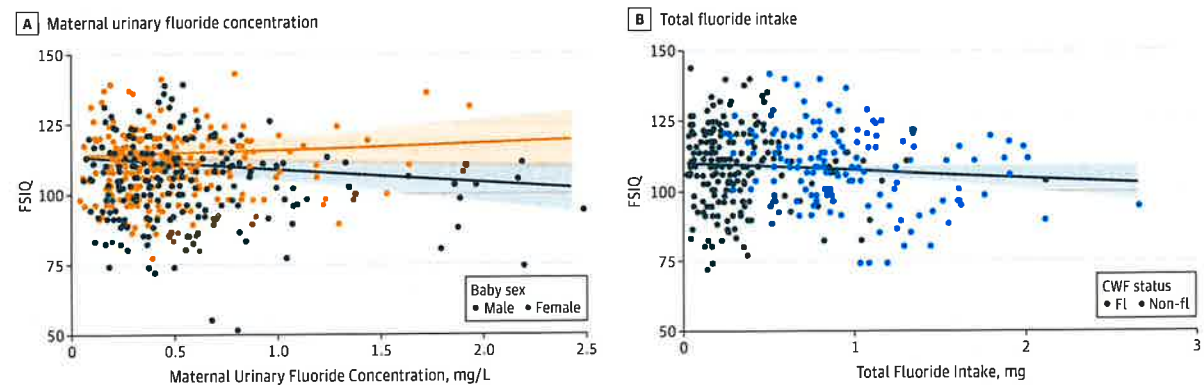
^b n = 512.

^c Adjusted for city, HOME score, maternal education, race/ethnicity, and including child sex interaction.

^d n = 400.

^e Adjusted for city, HOME score, maternal education, race/ethnicity, child sex, and prenatal secondhand smoke exposure.

Figure 3. Covariate Results of Multiple Linear Regression Models of Full Scale IQ (FSIQ) from Maternal Urinary Fluoride Concentration by Child Sex (n = 512) and Total Fluoride Intake Estimated from Daily Maternal Beverage Consumption (n = 400)



B, Community fluoridation status (CWF) is shown for each woman; black dots represent women living in nonfluoridated (non-FI) communities and blue dots represent women living in fluoridated (FI) communities.

Sensitivity Analyses

Adjusting for lead, mercury, manganese, perfluorooctanoic acid, or arsenic concentrations did not substantially change the overall estimates of MUF_{SG} for boys or girls (eTable 2 in the Supplement). Use of MUF adjusted for creatinine did not substantially alter the associations with FSIQ (eTable 2 in the Supplement). Including time of void and time since last void did not substantially change the regression coefficient of MUF_{SG} among boys or girls.

Estimates for determining the association between MUF_{SG} and PIQ showed a similar pattern with a statistically significant interaction between MUF_{SG} and child sex (P for interaction = .007). An increase of 1 mg/L MUF_{SG} was associated with a 4.63 (95% CI, -9.01 to -0.25; P = .04) lower PIQ score in boys, but the association was not statistically significant in girls (B = 4.51; 95% CI, -1.02 to 10.05; P = .11). An increase of 1 mg/L MUF_{SG} was not significantly associated with VIQ in boys (B = -2.85; 95% CI, -6.65 to 0.95; P = .14) or girls (B = 0.55; 95% CI, -4.28 to 5.37; P = .82); the interaction between MUF_{SG} and child sex was not statistically significant (P for interaction = .25) (eTable 3 in the Supplement).

Consistent with the findings on estimated maternal fluoride intake, increased water fluoride concentration (per 1 mg/L) was associated with a 5.29 (95% CI, -10.39 to -0.19) lower FSIQ score among boys and girls and a 13.79 (95% CI, -18.82 to -7.28) lower PIQ score (eTable 4 in the Supplement).

Discussion

Using a prospective Canadian birth cohort, we found that estimated maternal exposure to higher fluoride levels during pregnancy was associated with lower IQ scores in children. This association was supported by converging findings from 2 measures of fluoride exposure during pregnancy. A difference in MUF_{SG} spanning the interquartile range for the entire sample (ie, 0.33 mg/L), which is roughly the difference in MUF_{SG} concentration for pregnant women living in a fluoridated vs a nonfluoridated community, was associated with a 1.5-point IQ decrement among boys. An increment of 0.70 mg/L in MUF_{SG} concentration was associated with a 3-point IQ decrement in boys; about half of the women living in a fluoridated commu-

nity have a MUF_{SG} equal to or greater than 0.70 mg/L. These results did not change appreciably after controlling for other key exposures such as lead, arsenic, and mercury.

To our knowledge, this study is the first to estimate fluoride exposure in a large birth cohort receiving optimally fluoridated water. These findings are consistent with that of a Mexican birth cohort study that reported a 6.3 decrement in IQ in preschool-aged children compared with a 4.5 decrement for boys in our study for every 1 mg/L of MUF.¹⁰ The findings of the current study are also concordant with ecologic studies that have shown an association between higher levels of fluoride exposure and lower intellectual abilities in children.^{7,8,26} Collectively, these findings support that fluoride exposure during pregnancy may be associated with neurocognitive deficits.

In contrast with the Mexican study,¹⁰ the association between higher MUF_{SG} concentrations and lower IQ scores was observed only in boys but not in girls. Studies of fetal and early childhood fluoride exposure and IQ have rarely examined differences by sex; of those that did, some reported no differences by sex.^{10,27-29} Most rat studies have focused on fluoride exposure in male rats,³⁰ although 1 study³¹ showed that male rats were more sensitive to neurocognitive effects of fetal exposure to fluoride. Testing whether boys are potentially more vulnerable to neurocognitive effects associated with fluoride exposure requires further investigation, especially considering that boys have a higher prevalence of neurodevelopmental disorders such as ADHD, learning disabilities, and intellectual disabilities.³² Adverse effects of early exposure to fluoride may manifest differently for girls and boys, as shown with other neurotoxicants.³³⁻³⁶

The estimate of maternal fluoride intake during pregnancy in this study showed that an increase of 1 mg of fluoride was associated with a decrease of 3.7 IQ points across boys and girls. The finding observed for fluoride intake in both boys and girls may reflect postnatal exposure to fluoride, whereas MUF primarily captures prenatal exposure. Importantly, we excluded women who reported that they did not drink tap water and matched water fluoride measurements to time of pregnancy when estimating maternal fluoride intake. None of the fluoride concentrations measured in municipal drinking water were greater than the maximum acceptable concentration of 1.5 mg/L set by Health Canada; most (94.3%) were lower than the 0.7 mg/L level considered optimal.³⁷

Water fluoridation was introduced in the 1950s to prevent dental caries before the widespread use of fluoridated dental products. Originally, the US Public Health Service set the optimal fluoride concentrations in water from 0.7 to 1.2 mg/L to achieve the maximum reduction in tooth decay and minimize the risk of enamel fluorosis.³⁸ Fluorosis, or mottling, is a symptom of excess fluoride intake from any source occurring during the period of tooth development. In 2012, 68% of adolescents had very mild to severe enamel fluorosis.³⁹ The higher prevalence of enamel fluorosis, especially in fluoridated areas,⁴⁰ triggered renewed concern about excessive ingestion of fluoride. In 2015, in response to fluoride overexposure and rising rates of enamel fluorosis,^{39,41,42} the US Public Health Service recommended an optimal fluoride concentration of 0.7 mg/L, in line with the recommended level of fluo-

ride added to drinking water in Canada to prevent caries. However, the beneficial effects of fluoride predominantly occur at the tooth surface after the teeth have erupted.⁴³ Therefore, there is no benefit of systemic exposure to fluoride during pregnancy for the prevention of caries in offspring.⁴⁴ The evidence showing an association between fluoride exposure and lower IQ scores raises a possible new concern about cumulative exposures to fluoride during pregnancy, even among pregnant women exposed to optimally fluoridated water.

Strengths and Limitations

Our study has several strengths and limitations. First, urinary fluoride has a short half-life (approximately 5 hours) and depends on behaviors that were not controlled in our study, such as consumption of fluoride-free bottled water or swallowing toothpaste prior to urine sampling. We minimized this limitation by using 3 serial urine samples and tested for time of urine sample collection and time since last void, but these variables did not alter our results. Second, although higher maternal ingestion of fluoride corresponds to higher fetal plasma fluoride levels,⁴⁵ even serial maternal urinary spot samples may not precisely represent fetal exposure throughout pregnancy. Third, while our analyses controlled for a comprehensive set of covariates, we did not have maternal IQ data. However, there is no evidence suggesting that fluoride exposure differs as a function of maternal IQ; our prior study did not observe a significant association between MUF levels and maternal education level.¹² Moreover, a greater proportion of women living in fluoridated communities (124 [76%]) had a university-level degree compared with women living in nonfluoridated communities (158 [66%]). Nonetheless, despite our comprehensive array of covariates included, this observational study design could not address the possibility of other unmeasured residual confounding. Fourth, fluoride intake did not measure actual fluoride concentration in tap water in the participant's home; Toronto, for example, has overlapping water treatment plants servicing the same household. Similarly, our fluoride intake estimate only considered fluoride from beverages; it did not include fluoride from other sources such as dental products or food. Furthermore, fluoride intake data were limited by self-report of mothers' recall of beverage consumption per day, which was sampled at 2 points of pregnancy, and we lacked information regarding specific tea brand.^{17,18} In addition, our methods of estimating maternal fluoride intake have not been validated; however, we show construct validity with MUF. Fifth, this study did not include assessment of postnatal fluoride exposure or consumption. However, our future analyses will assess exposure to fluoride in the MIREC cohort in infancy and early childhood.

Conclusions

In this prospective birth cohort study from 6 cities in Canada, higher levels of fluoride exposure during pregnancy were associated with lower IQ scores in children measured at age 3 to 4 years. These findings were observed at fluoride levels typically found in white North American women. This indicates the possible need to reduce fluoride intake during pregnancy.

ARTICLE INFORMATION

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Author Contributions: Ms Green and Dr Till had full access to all of the data in the study and take responsibility for the integrity of the data and the accuracy of the data analysis.

Concept and design: Green, Lanphear, Martinez-Mier, Ayotte, Muckle, Till.

Acquisition, analysis, or interpretation of data: All authors.

Drafting of the manuscript: Green, Flora, Martinez-Mier, Muckle, Till.

Critical revision of the manuscript for important intellectual content: All authors.

Statistical analysis: Green, Hornung, Flora, Till.

Obtained funding: Lanphear, Muckle, Till.

Administrative, technical, or material support: Green, Lanphear, Martinez-Mier, Ayotte, Till.

Supervision: Flora, Till.

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Editor's Note

Decision to Publish Study on Maternal Fluoride Exposure During Pregnancy

Dimitri A. Christakis, MD, MPH

The decision to publish this article was not easy.¹ Given the nature of the findings and their potential implications, we subjected it to additional scrutiny for its methods and the presentation of its findings. The mission of the journal is to ensure that child health is optimized by bringing the best available evidence to the fore. Publishing it serves as testament to the fact



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that *JAMA Pediatrics* is committed to disseminating the best science based entirely on the rigor of the methods and the soundness of the hypotheses tested, regardless of how contentious the results may be. That said, scientific inquiry is an iterative process. It is rare that a single study provides definitive evidence. This study is neither the first, nor will it be the last, to test the association between prenatal fluoride exposure and cognitive development. We hope that purveyors and consumers of these findings are mindful of that as the implications of this study are debated in the public arena.

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First name (required) **Ashley**

Last name (required) **Froese**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Regarding item 11.3.1 scheduled for Monday, November 15, 2021**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) **Please add my name to the list of submissions that does NOT support this item. I do not support fluoride being added to our water supply.**



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First name (required) **Debbie**

Last name (required) **Wong**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Reintroducing Fluoride**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

As a holistic doctor, mother and environmentalist, I am against adding reintroducing fluoride in Calgary's water. It is toxic and completely unnecessary. Has council looked at statistics regarding processed diets, sugars or oral hygiene in creation of cavities. Processed foods contain huge amounts of sugar, and it's included in so many different foods that never use to contain it. Because food companies know how addictive sugars are and this helps with their profit margin if customers are addicted. And also with any health issue, causation is multifactorial and individual. There is no one size fits all solution. As so with cavity formation. As well, I don't need fluoride in my shower water, my plants don't need it, and neither do my pets. Since other communities receive Calgary water, were the included in the vote to reintroduce it. No! Shouldn't they?

If mayor Gondek is so concerned with climate change, isn't she concerned with dumping toxic fluoride into our water which will eventually make its way into our waters and streams? How will this affect our plants, animals and environment?? We need to address ALL aspects of environmental health, not just carbon dioxide emissions correct?



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Casey

Last name (required) Kok

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I am NOT in favour of industrial waste (the source of hydrofluorosilicic acid) being added to the water supply, Knowledge of the vote was not received until after the deadline due to the holiday.



FORM TITLE

Header text

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First name (required) **Lorene**

Last name (required) **Messer**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1 adding fluoride to our drinking water**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters) **We should not add fluoride to our drinking water. This process will include adding toxic heavy metals. There are clinical studies that prove fluoride is harmful to brain function. We might need it topically but we do not need to ingest it. Let this be about health and not about politics or money.**



FORM TITLE

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First name (required)	Jennifer
Last name (required)	Taylor
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Fluoride in water
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Our whole household of 7 ARE AGAINST adding fluoride. The New Calgary mayor talks about a 'climate emergency' then do not add chemicals into our water. Save the planet!



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First name (required)	Anna
Last name (required)	Picken
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1 fluoride
Date of meeting	Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I would have submitted this earlier, but was unaware that it was was coming to a vote until literally right now. I was one of many children in Calgary who had fluoride poisoning as a child the last time there was fluoride in the drinking water. I have spent thousands of dollars correcting the damages fluoride has done to my teeth; and damages that it causes to mental health. Fluoride is toxic; we are in an environmental state of emergenc; we are having a mental health emergency in Calgary due to Covid. Please don't add this toxin to our water. It will only make it all that much worse.



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First name (required) Charlotte

Last name (required) Deering

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Agenda item 11.3.1 - requesting no fluoride in our clean drinking water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Fluoride is an industrial waste (the source of hydrofluorosilicic acid) This should not be added to our water supply - nor should the dumping of fluoride be permitted in our drinking water or the environment. The cost to the tax payers and the environment is too great. For those citizens desiring fluoride they can obtain from the dental office should they choose it.



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First name (required) Shandi

Last name (required) Thachuk

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) 11.3.1 Fluoride Plebiscite

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) **Vote NO to reintroduction of fluoride to city water.**
Please consider that the areas outside of city limits that receive city water did not get to vote on reintroduction.



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First name (required) Tannis

Last name (required) Quennell

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 reintroducing fluoride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Hello. Please do not move forward with adding fluoride into Calgarys water Knowledge of this vote did not appear until after the deadline due to the holiday. With the new majors agenda on climate why would city council vote to dump hundreds of kilograms of toxic environment waste into our water sysyem. Please vote NO to fluoroide. Thank you.



FORM TITLE

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First name (required) Allison

Last name (required) Peters

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please do not poison our water with fluoride. We took it out for a reason. In a world full of chemtrails and GMOs our children are at least entitled to clean drinking water. Please do not pass this.



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First name (required)

Gene

Last name (required)

Deering

What do you want to do? (required)

Submit a comment

Public hearing item (required - max 75 characters)

11.3.1 i do not agree with an industrial waste being put in our water.

Date of meeting

Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Due to the nov 11 stat - I just received this info. The mayor is not taking into account the climate but instead this bill would dump 100s of kilograms of waste into the water daily.



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First name (required) **Melissa**

Last name (required) **Porter**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **ReIntroducing fluoride to our water**

Date of meeting **Nov 15, 2021**

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters) **I don't think it fair or just that because I reside in airdrie I didn't get to vote on this matter, even though it's my drinking water too.. Let alone the proven damage it causes to the pineal gland. If anything, all areas consuming this water should be given the same right to chose.**



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First name (required) Tammy

Last name (required) Oak

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Fluoride added to drinking water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day.

We wonder if prairie grasses and fish have poor teeth that need this treatment?

Also, everyone should know that Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote. There are much cheaper ways to add fluoride to dental health for those who want it. For those with health issues made worse by consuming fluoride what is the option. It was meant to be used on teeth not consumed in the body.



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First name (required) Nerin
Last name (required) Carr
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride in water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I am deeply concerned that you would consider pouring toxic fluoride into our water supply! Water is precious and is a core intake of every living thing, humans, animals, wildlife and all the living systems of our communities. The only positive claim I have ever heard about fluoride is that it makes teeth brittle. Topical fluoride is cheaply, readily available in toothpaste and dental offices. You can control dose with the topical fluoride. Not when you dump the toxins into our water. We certainly don't want fluoride in all the organs of our body being used in baby formula even! The mayor declared a climate emergency. How does dumping industrial waste into the water supply and ecosystem fit with her vision for the environment?



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First name (required) Crystal

Last name (required) Pickard

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Considering we use Calgary tap water for numerous things, it doesn't make sense to reintroduce fluoride into the tap water, especially since no additional information has been provided as to long term affects on animals/produce along other items. Will additional minerals be introduced into our tap water inadvertently? Has surrounding areas using Calgary's been consulted as well and given a chance to vote on this change? If not, how can such an item be considered? ? for these reasons, we're opposed to this change.

Thank you in advance for taking the time to read my comments and concerns.



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First name (required) Peter

Last name (required) Wellman

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) public submission to item 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Please explain how putting hundreds of kilograms of chemicals into our water supply is to help a few bad teeth. The logic is beyond insane, 99.9% of our city water does not end up in the mouths of the youth. Why would we poison our waters, fish and grasslands in areas far reaching the city limits. This amounts as an assault on the citizenry, wildlife, and plant life of Calgary and area. Consider yourselves on notice if you vote this thru. The people will respond in kind.



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First name (required)

Kerri

Last name (required)

Guillaume

What do you want to do? (required)

Submit a comment

Public hearing item (required - max 75 characters)

Fluoride in our drinking water

Date of meeting

Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I'd like to know why during a so called climate crisis, city council would introduce dumping manufacturing waste called fluoride into our drinking water? Why is it that the surrounding towns that use Calgary drinking water never got the chance to vote on the referendum? I'm asking all city councillors to leave our drinking water alone as people can choose to fluoride in their own homes if they really want to. Calgary has been happy for many many years without fluoride. Why now are you bringing it back? Stop with all the chemicals! Please. <http://www.poisonpaste.com/fluoride-history.php>



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First name (required) Desi
Last name (required) Klein
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoride
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Do not understand why I, and many others, as a citizen of Chestermere, was not able to vote for this issue regarding fluoride. The option was NOT on my ballot. I understand this is the same for other surrounding areas. Absolutely unacceptable and I DO NOT AGREE OR CONSENT TO HAVING FLUORIDE ADDED TO OUR WATER!!!



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First name (required) Iris
Last name (required) Fischer
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
While the submission for this is late, it should be noted that knowledge of the vote was not received until after the deadline due to the holiday.
My concerns: I am finding it somewhat ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day, and now Fluoride. We all know the harmful and detrimental effect of fluoride and suffice it to say, I am submitting my vote for keeping fluoride OUT of our environment/water systems. Makes absolutely NO sense if there is a climate (and environment) crisis! Perhaps it might be more prudent to look at the pollutants we can take OUT of our water systems instead of adding to them? Thank you for your consideration.



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Amy
Last name (required) Hardy
What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Introduction of Fluoride

Date of meeting Nov 15, 2021

I reside in the community of Mahogany_.
I ask you do not favor water fluoridation to be reintroduced in Calgary. Fluoride and artificial water fluoridation are neither safe, effective, nor ethical. Fluoride is not needed for a single body function.

Water Fluoridation denies a person's right to choose and their informed consent. You cannot guarantee that fluoride is safe and effective for everyone. Nor do I feel like the privilege belongs to you in deciding which medicinal products I consume through drinking water.

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

According to a comprehensive data from the World Health Organization reveals that there is no discernible difference in tooth decay between the minority of western nations that fluoridate water, and the majority that do not. In fact, the tooth decay rates in many non-fluoridated countries are now lower than the tooth decay rates in fluoridated ones.

The Food & Drug Administration accepts that fluoride is a drug, not a nutrient, when used to prevent disease. By definition therefore, fluoridating water is a form of medication and should not be mass introduced to the public.



FORM TITLE

Header text

Please consider this information.

Amy Hardy



FORM TITLE

Header text

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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Keely
Last name (required) Bays
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Fluoridation of water
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please consider this scientific article reviewing research on the physiological effects of water fluoridation. It says that old studies showing a reduction in dental cavities were biased, using cherry-picked data, and that other studies both old and newer show that fluoridation causes more brittle teeth prone to cracking and other issues. The bigger concern is the studies showing a connection between fluoridation and impairment of cognitive development in children (lower IQ), iodine deficiency, hypothyroidism, and cancer, among other conditions.
'the review by the National Research Council in the USA for the Environmental Protection Agency which took a weight of evidence approach to examining toxicological and physiological effects of fluoride on water [49]. This review identified a number of potential and established adverse effects including cognitive impairment, hypothyroidism, dental and skeletal fluorosis, enzyme and electrolyte derangement, and cancer [49].
In a meta-analysis of 27 mostly China-based studies on fluoride and neurotoxicity, researchers from Harvard School of Public Health and China Medical University in Shenyang found strong indications that fluoride may adversely affect cognitive development in children [50].
Thank you for taking this into consideration, this information which I imagine was not reviewed by most people who voted in the fluoridation plebiscite.



FORM TITLE

Header text

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3956646/?fbclid=IwAR1sTuvCA3O4kDAYSPyIAeYESpM5vDJO2-_ui4r4wrnUnlYW-lscda3HIJg



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First name (required) Johm
Last name (required) Do
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3,1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Knowledge of this vote was not received before the deadline due to the holiday. Please consider voting against adding fluoride back into our water system. There are many studies showing the insignificant benefit (if any) and the harm it does. Hydrofluorosilicic acid is industrial waste - this is shown to be harmful to our health over all. The vast majority of the water is used for grass, showers, washing cars, washing dishes, ends up down the drain and in toilets. The amount of money spent on fluoridating our water is literary going down the drain. There are much more effective ways to add fluoride to our water if we want it; adding fluoride drops to a glass of water/milk once a day was used in the past and this way, we don't medicate every single person. It leaves the choice up to each individual. Dumping hundreds of kilograms of industrial waste into our waters is contradictory to our mayor's climate emergency. It is causing more issues. Tsuut'ina Nation, Chestermere, Cochrane, Strathmore and Airdrie all get water from Calgary yet didn't have the opportunity to vote on this issue.

Vote against adding fluoride to our water system.



FORM TITLE

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First name (required) Katharina

Last name (required) Do

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

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Vote against adding fluoride to our water system. It is a waste of money, resources and common sense. We know better and we know there are better ways to encourage optimal oral health.



FORM TITLE

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First name (required) **Konstantine**

Last name (required) **Katraouras**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters) **Flouride in drinking water does nothing for dental health as the flouride is not in high enough concentrations and does not stay on the teeth long enough to have any effect. Please do not re-add flouride to our drinking water.**

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Tyson
Last name (required) Gallant
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please vote against dumping toxic flouride into the water. There is flouride in tooth paste and we dont drink that. With the environment already in a state of emergency, why would we put a new yoxic element inyo the water supply. What will it do to the environment down stream. There is no need to poison us with excess amounts just so kids wont get cavitys. Instead spead the million on education on proper oral hygiene. Why have we forgot that the reason we got rid of flouride was because the cost of fixing the machines were becoming to expensive over the years. Please please think of the future generation and the environment.



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First name (required)	Vern
Last name (required)	Dickau
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Anyone who wants to add chemicals to our water is an environmental hypocrite. If u want to help fight cavities hand out toothpaste & brushes to the same \$ tune



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First name (required) Darren

Last name (required) Sauer

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I as a business owner and tax paying citizen vote against using Flouride in the city water system plebiscite 11.3.1... thank you for this opportunity as a Calgarian to vote against this important issue



FORM TITLE

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First name (required)	Diana
Last name (required)	O'Brien
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Please vote no to adding fluoride to Calgary's water. There is no proven benefit and in fact new science shows that it can cause harm. Citizens expect their water to be safe. Thank you.



FORM TITLE

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First name (required) Danielle

Last name (required) Miller

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) Please accept this notification that I think adding fluoride to our water is a waste of money & this is a chemical that we don't need to put into our bodies. Simply brush your teeth & eat healthy instead. That said I say no!



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First name (required) **Sandra**

Last name (required) **Marshall**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **FLORIDE IN CALGARY WATER**

Date of meeting

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

FLORIDE causes cancer and as a resident of calgary I am vehemently opposed to being forced to drink this. This was brought forward years ago and rightfully turned down. If our mayor is do climate control conscience why would she initiate such a disaster proposal. Stop this insane spending right from The get ho.



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First name (required) Brandy

Last name (required) Schwingenschlegel

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reintroduction of Fluoride in Calgary

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please reconsider reintroducing fluoride! The general public voted on this but only ever hear about fluoride and its role with teeth. It seems like a good thing if you never hear about the possible ill effects.

Fluoride is a known neurotoxin and an endocrine disruptor that can exacerbate diabetes, kidney disease, hypothyroidism, bone fractures and many other harmful conditions. This is well established in credible scientific literature and there is a massive compendium available on the website "SafeWaterCalgary.com"

Dental products warn not to ingest fluoridated tooth paste, but we will put it into our drinking water?

It cannot be easily removed and those of us residents who wish to avoid consuming it are not being given a choice.

Surely there are better more targeted means of advancing dental care for Calgarians using this massive fund.

Please think progressively. Fluoridated water is antiquated thinking.



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First name (required) **Scott**

Last name (required) **Polton**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Introduction of fluoride into drinking water is not a good plebiscite issue. Most voters are not informed of what (acid) is to be added to water or the negative health effects. When you get fluoride at the dentist do they tell you to swallow after swishing? Of course not, because it is toxic.

Fluoride can't be filtered out, or removed via distillation. There is also a thing as too much fluoride which can actually damage teeth.

We have some of the best drinking water in the world. Please don't ruin it.



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First name (required) **Barbara**

Last name (required) **Bonkowsky**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **11.3.1. Flouride.**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Why are we discussing this yet again? Why does the new mayor believe dumping Flouride in our water system is of a higher priority than dealing with the mask mandate? Perhaps Mayor Gondek needs to reexamine this priority. I am opposed to this dumping Flouride into Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie and Calgary's water. Stop this. This is definitely the sign of a insanity. Doing things over and over expecting a different answer. Move on to more pressing matters such as repealing the mask mandate.

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Nov 12, 2021

6:01:14 PM



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First name (required)	Beth
Last name (required)	Brannan
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1. Fluoride in Calgary water
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	DO NOT ADD THE POISON FLUORIDE TO THE WATER IN CALGARY. THE PEOPLE DO NOT NEED MORE POISON ADDED TO THEIR DIET. VOTE NO TO ADDING FLUORIDE! IT IS TOXIC WASTE!



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Natalie

Last name (required) Head

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) We do not need fluoride in our water. Having it added to our drinking water forces everyone to consume it. Allow everyone to choose for themselves. If wanted, they can receive it through dental appointments.



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First name (required) Denise

Last name (required) Richardson

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) 11.3.1 Fluoride in City water

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please vote NO to fluoride in the water. Quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day.

We wonder if prairie grasses and fish have poor teeth that need this treatment?

Also, how is it that Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote.

City council for the city and it's people..



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record

First name (required) Melanie
Last name (required) Hill
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Introduction of fluoride into municipal water supply
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I AM NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins)

Quite ironic considering the new mayor of Calgary has declared that we are in a climate emergency - to be dumping hundreds of kilograms of environmental waste in the water each and every day.

We wonder if prairie grasses and fish have poor teeth that need this treatment?

Also, everyone should know that Tsuut'ina Nation, Chestermere, Strathmore, and Airdrie all get Calgary water and were not able to participate in the vote.

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Pat
Last name (required) Withers
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1 Fluoride
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I would like to submit a public submission to item 11.3.1 for Monday's meeting with respect to Fluoride. I am extremely disappointed the public had no idea of the vote until AFTER the deadline due to the holiday of Nov 11, 2021. This LACK of transparency by the Mayor and City Counsel is unacceptable! I believe this issue is being slipped through without giving the public an opportunity to discuss this matter with their city counsellors which is not fair. I am NOT in favor of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply. Please put off this vote until the taxpayers have had a chance to submit their submissions on this important matter. This is a huge expense to the taxpayers of the City of Calgary which we cannot afford as many people do not have jobs or money to buy food for their families! Furthermore, the city has a responsibility to do their due diligence and tell the taxpayers exactly what the cost will be and how that will fit in with the budget! You just don't go ahead with something like this without ALL the information being obtained and communicated. Ample proper notice for deadlines with respect to submissions should be given to taxpayers. Furthermore, my counsellor is new - I haven't even had the chance to get their contact information. I'm sure many citizens feel the same way. More importantly, until an audit of the election is complete - the results of this plebiscite are questionable! I trust you will reconsider voting on this matter and adjourn it to a later date. Thank you for consideration of my submission.

Nelson, Chantelle

From: Mary Anne <mschleinich@gmail.com>
Sent: Monday, November 15, 2021 2:42 PM
To: Public Submissions
Subject: [EXT] public submission

Follow Up Flag: Follow up
Flag Status: Completed

Thank you for the notice to record my public submission. Yes, I do wish the following to be submitted and I have read and agree with the FOIP information that you provided.

For the record, regarding public water fluoridation:

It is important not to let the evolving nature of sound science get lost in the controversy.

The O'Brien Institute for Public Health's report to City Council on Community Water Fluoridation states (bold and italics emphasis are mine):

“there are very recent studies (and notably some methodologically strong studies published in late 2018 and 2019) on *potential detrimental cognitive effects*” (p. 9, June 2019).

There have been strong studies since 2019, by Canadian researchers, notably Prof. Christine Till of York University and Bruce Lanphear of Simon Fraser University. I urge Calgary City Council to postpone its vote until it has the chance to review such studies. I view this as especially important since you are a new council and many of you were not present to the two day open public consultation process in which I took part, representing myself, in 2019.

Please take the time necessary for this process. In the meantime, fluoride can be provided topically at much less cost. On that note, Dr Hardy Limeback, Professor Emeritus, former Head of Preventive Dentistry, University of Toronto and licensed dentist for 37 years reported to me that:

“There isn’t a single double blinded randomized clinical trial to show that fluoridation works. That is the standard evidence for any drug meant to treat people for a disease.”

An abstract to a first, pilot randomized control study of the effect bottled water fluoridation on children’s dentition, currently being proposed in North Carolina, is here for your reference:

<https://reporter.nih.gov/search/PFwKGbvVE6fuAV53WzBCg/project-details/10121623>

Sincerely,

Mary Anne Schleinich

3916 Vardell Rd NW

Counselling Psychotherapist

<https://www.marystherapy.ca>

403 288 5712



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Caroline

Last name (required) Martel

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

THREE REASONS TO END WATER FLUORIDATION

REASON #1: Fluoridation Is an Outdated Form of Mass Medication

Unlike all other water treatment processes, fluoridation does not treat the water itself, but the person consuming it. The Food & Drug Administration accepts that fluoride is a drug, not a nutrient, when used to prevent disease. By definition therefore, fluoridating water is a form of medication. This is why most western European nations have rejected the practice — because in their view, the public water supply is not an appropriate place to be adding drugs, particularly when fluoride is readily available for individual use in the form of toothpaste.

REASON #2: Fluoridation Is Unnecessary and Ineffective

The most obvious reason to end fluoridation is that it is now known that fluoride's main benefit comes from topical contact with the teeth, not from ingestion. Even the CDC's Oral Health Division now acknowledges this. There is simply no need therefore, to swallow fluoride, whether in the water, toothpaste, or any other form. Further, despite early claims that fluoridated water would reduce cavities by 65%, modern large-scale studies show no consistent or meaningful difference in the cavity rates of fluoridated and non-fluoridated areas.

Comments - please refrain from providing personal information in this field (maximum 2500)

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REASON #3: Fluoridation Is Not a Safe Practice

The most important reason to end fluoridation is that it is simply not a safe practice, particularly for those who have health conditions that render them vulnerable to fluoride's toxic effects.

First, there is no dispute that fluoridation is causing millions of children to develop dental fluorosis, a discoloration of the teeth that is caused by excessive fluoride intake. Scientists from the Centers for Disease Control have even acknowledged that fluoridation is causing "cosmetically objectionable" fluorosis on children's front teeth — an effect that can cause children embarrassment and anxiety at an age when physical appearance is the single most important predictor of self-esteem.

Second, it is known that fluoridated water caused severe bone disease in dialysis patients up until the late 1970s (prior to dialysis units filtering fluoride). While dialysis units now filter out the fluoride, research shows that current fluoride exposures are still resulting in dangerously high bone fluoride levels in dialysis patients and patients with other advanced forms of kidney disease. It is unethical to compromise the health of some members in a population to obtain a



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Victor

Last name (required) Wong

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) reintroducing fluoride as item 11.3.1 on Monday November 15

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) I amNOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply.

From: [Mary Anne](#)
To: [Public Submissions](#)
Subject: [EXT] public submission
Date: Monday, November 15, 2021 2:42:18 PM

Thank you for the notice to record my public submission. Yes, I do wish the following to be submitted and I have read read and agree with the FOIP information that you provided.

For the record, regarding public water fluoridation:

is important not to let the evolving nature of sound science get lost in the controversy.

The O'Brien Institute for Public Health's report to City Council on Community Water Fluoridation states (bold and italics emphasis are mine):

“there are very recent studies (and **notably some methodologically strong studies published in late 2018 and 2019**) on *potential detrimental cognitive effects*” (p. 9, June 2019).

There have been strong studies since 2019, by Canadian researchers, notably Prof. Christine Till of York University and Bruce Lanphear of Simon Fraser University. I urge Calgary City Council to postpone its vote until it has the chance to review such studies. I view this as especially important since you are a new council and many of you were not present to the two day open public consultation process in which I took part, representing myself, in 2019.

Please take the time necessary for this process. In the meantime, fluoride can be provided topically at much less cost. On that note, Dr Hardy Limeback, Professor Emeritus,

former Head of Preventive Dentistry, University of Toronto and licensed dentist for 37 years reported to me that:

“There isn’t a single double blinded randomized clinical trial to show that fluoridation works. That is the standard evidence for any drug meant to treat people for a disease.”

An abstract to a first, pilot randomized control study of the effect bottled water fluoridation on children’s dentition, currently being proposed in North Carolina, is here for your reference:

<https://reporter.nih.gov/search/PFwKGbvFVE6fuAV53WzBCg/project-details/10121623>

Sincerely,

Mary Anne Schleinich
3916 Vardell Rd NW
Counselling Psychotherapist
<https://www.marystherapy.ca>
403 288 5712

From: [Marilyn Day](#)
To: [Public Submissions](#)
Subject: Re: [EXT]
Date: Monday, November 15, 2021 3:35:58 PM

I have read and agree with the FOIP information.

I am very much against the use of fluoride in our drinking water as it is a toxic chemical and should only be used topically for prevention of cavities. If people want to use fluoride they can be given drops and still have what they want. If people don't want it they would be forced to buy water or buy an expensive water purifier.

I might also mention that the vote in our last election was not half of Calgary, it was half of the people that voted.

Please vote "NO" to fluoride in our drinking.

Thank you.
Marilyn Day

On Mon, Nov 15, 2021, 2:11 PM Public Submissions, <PublicSubmissions@calgary.ca> wrote:

Hello Marilyn,

Thank you for your email.

If you wish for your comments to be added to the November 15 2021 Agenda/Minutes for the Combined Meeting of Council, please resubmit using the Public Submission Form or email us back with your attachment at publicsubmissions@calgary.ca letting us know that you have read and agree with the FOIP information below.

In accordance with sections 43 through 45 of Procedure Bylaw 35M2017, your name, contact information and comments will be made publicly available as part of the Agenda/Minutes and be published at www.calgary.ca/ph.

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Thank you,

Governance and Protocol Services | City Clerk's Office
E: PublicSubmissions@Calgary.ca

From: Marilyn Day <marilyn.day88@gmail.com>
Sent: Monday, November 15, 2021 12:59 AM

To: City Clerk <CityClerk@calgary.ca>
Subject: [EXT]

I am very much against adding fluoride to our drinking water as it is a toxic chemical. It may help cavities only when used topically, not taken internally. People who want to use it have options. People who don't want it have no options if it is in our water.

Please vote NO to fluoride.

Thank you.

Marilyn Day

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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Larisa

Last name (required) Mangutov

What do you want to do?
(required) Submit a comment

Public hearing item (required -
max 75 characters) It's not good for anyone to put in the water fluoridation.

Date of meeting Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

about 1% of patients given 1 mg of fluoride each day developed negative reactions. Many individuals have reported suffering from symptoms such as fatigue, headaches, rashes and stomach and gastro intestinal tract problems, which disappear when they avoid fluoride in their water and diet. (Shea 1967; Waldbott 1978; Moolenburgh 1987) Frequently the symptoms reappear when they are unwittingly exposed to fluoride again (Spittle, 2008).

Nelson, Chantelle

From: Marilyn Day <marilyn.day88@gmail.com>
Sent: Monday, November 15, 2021 3:36 PM
To: Public Submissions
Subject: Re: [EXT]

Follow Up Flag: Follow up
Flag Status: Completed

I have read and agree with the FOIP information.

I am very much against the use of fluoride in our drinking water as it is a toxic chemical and should only be used topically for prevention of cavities. If people want to use fluoride they can be given drops and still have what they want. If people don't want it they would be forced to buy water or buy an expensive water purifier.

I might also mention that the vote in our last election was not half of Calgary, it was half of the people that voted.

Please vote "NO" to fluoride in our drinking.

Thank you.
Marilyn Day

On Mon, Nov 15, 2021, 2:11 PM Public Submissions, <PublicSubmissions@calgary.ca> wrote:

Hello Marilyn,

Thank you for your email.

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Thank you,

Governance and Protocol Services | City Clerk's Office

E: PublicSubmissions@Calgary.ca

From: Marilyn Day <marilyn.day88@gmail.com>

Sent: Monday, November 15, 2021 12:59 AM

To: City Clerk <CityClerk@calgary.ca>

Subject: [EXT]

I am very much against adding fluoride to our drinking water as it is a toxic chemical. It may help cavities only when used topically, not taken internally. People who want to use it have options. People who don't want it have no options if it is in our water.

Please vote NO to fluoride.

Thank you.

Marilyn Day

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- ✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Corinne

Last name (required) Cornidh

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) agenda item 11.3.1.

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) DO NOT IMPLEMENT THIS! I am NOT in favour of daily dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into the drinking water supply, into my body and the the children's. Wake up!



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) **Jason**

Last name (required) **Slawosky**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Fluoride in water**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

My understanding is there is a meeting today to discuss putting flouride in the water. Please do not do this! It is such a huge waste of tax payer money. The benefits are not proven and there may actually be greater risk of harm than we understand.



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Julie
Last name (required) Gardner
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) Item 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Knowledge of this vote was not received until AFTER the deadline. The mayor has declared that the City of Calgary is in a climate emergency, in which case we should vote NO to fluoride being added to the water supply. That is my request - please register this as an adamant NO vote to fluoridization of our water supply. Also, the Tsuu T'ina Nation, Chestermere, Strathmore and Airdrie all get Calgary water, so those communities should also be given the opportunity to vote. Please delay this vote until all communities have been given that opportunity, or cancel the whole program immediately.



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I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Sarah
Last name (required)	Parkinson
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	11.3.1 flouride to calgary water
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I do NOT consent to flouride OR any chemicals that calcify the pineal gland in the brain and cause severe health problems to be added to water that we drink clean and bathe in!!!! NO!!!!



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Marjorie
Last name (required)	Briwn
What do you want to do? (required)	Submit a comment
Public hearing item (required - max 75 characters)	Regarding Fluoride issue
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	I am very concerned about this issue and am strongly against having Fluoride added to our water. Please give it serious consideration

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1/1

Nov 15, 2021

9:47:36 AM



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First name (required) **John**

Last name (required) **Walter**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Fluoride**

Date of meeting

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

There is sufficient fluoride in our natural waterways , no need to add a chemical that is considered a by product of industrial processes namely a waste product. There are fluoride tablets available for parents to provide their children should dental care not be adequate. No need to poison every organ in our bodies to remedy a cavity . The expense is not worth the long term organ damage and hospitalization.



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First name (required) Eily
Last name (required) Sweeney
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)
November 12, 2021
The City of Calgary
P.O. Box 2100, Station M
Calgary, AB, T2P 2M5
Dear Council:
I require your representation of me to vote NO for the introduction of fluoride into Calgary's municipal water supply.
There are better, proven, and safer ways to provide fluoride such as fluoridated toothpaste, rinses, mouthwashes, foams, varnishes, gels and inexpensive fluoride supplements. Published research shows that children living in regions without fluoridated water are already ingesting too much fluoride.
Swallowing fluoride delivers it to the entire body, the brain and neurological system, the thyroid, bones, kidneys-and potentially causes harm to these and all organs and systems.
The European Commission states:
"Fluoride is not considered to be essential for human growth and development but it is considered to be beneficial in the prevention of dental caries (tooth decay)."
"A body of scientific literature seems to suggest that fluoride intake may be associated with a number of adverse health effects, dental fluorosis and effects on bones (increased fragility and skeletal fluorosis) Systemic effects following prolonged and high exposure to fluoride have also been reported and more recently effects on the thyroid, developing brain and other tissues, and an association with certain types of

DISCLAIMER

osteosarcoma (bone cancer) have been reported.”

https://ec.europa.eu/health/scientific_committees/opinions_layman/fluoridation/en/I-3/1.htm

In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time combined 27 studies and found strong indications that fluoride may adversely affect cognitive development in children. Based on the findings, the authors say that this risk should not be ignored, and that more research on fluoride’s impact on the developing brain is warranted.

“Children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas. The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity.”

<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

Did you know that tooth decay rates were already rising in Calgary (and were at an even higher rate of 7%) when Fluoride was still in the water (pre-2011) than after it

November 12, 2021

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P.O. Box 2100, Station M
Calgary, AB, T2P 2M5

Dear Council:

I require your representation of me to vote NO for the introduction of fluoride into Calgary's municipal water supply.

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“A body of scientific literature seems to suggest that fluoride intake may be associated with a number of adverse health effects, dental fluorosis and effects on bones (increased fragility and skeletal fluorosis) ... Systemic effects following prolonged and high exposure to fluoride have also been reported and more recently effects on the thyroid, developing brain and other tissues, and an association with certain types of osteosarcoma (bone cancer) have been reported.”

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“Children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas. The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity.”

<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

Did you know that tooth decay rates were already rising in Calgary (and were at an even higher rate of 7%) when Fluoride was still in the water (pre-2011) than after it was removed (rate of 5%)?

<https://fluoridealert.org/articles/calgary-fluoride-study/>

Harmful neurological effects are found from fluoride in water with **even low concentrations of fluoride**.

In a June 2021 study, Grandjean et al. have established maternal urine fluoride concentration of 0.2mg/L was enough to lower IQ of the child by 1 point. This was associated with mother's fluoride urine level of 0.2 ppm, which is well below the average urinary levels of pregnant women in fluoridated communities (in Canada and the USA and other fluoridated countries).

<https://onlinelibrary.wiley.com/doi/10.1111/risa.13767>

This should put to an end to the false claims from fluoridation promoters that neurocognitive damage only occurs at concentrations above the fluoride levels used in fluoridation programs (0.7 to 1.2ppm).

The fluoride that is being voted on to add back to Calgary's water is not the same compound as what would be found in the Bow River naturally, this is an industrial byproduct: called hydrofluorosilicic acid. It is a toxic waste substance created from the creation processes of aluminum, fertilizer, steel and nuclear industries. It's not a natural source of fluoride (such as fluorite, fluorapatite, and cryolite), it's industrial toxic waste.

99% of fluoridated water is not consumed and goes back into the environment unchecked. My understanding is that the City of Calgary has just declared a climate emergency: let's start by not adding more toxins to our environment (and our bodies)!

The overall cost of reintroducing water fluoridation for a 20-year service life would be \$30.1 million. The tax dollars saved from putting a toxic treatment in our water could be better utilized for more effective interventions.

Lastly, but perhaps most importantly, **it is unethical to add a treatment to the public water supply that many, as supported by the sources provided in this letter, consider to be toxic.** This is an unethical violation of informed consent!

I trust that on Monday November 15th you will represent me by voting NO on the reintroduction of fluoride (item 11.3.1).

Yours Truly,

Eily Sweeney



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First name (required) Greg
Last name (required) Hayden
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) MEETING OF COUNCIL Nov. 15, 2021 at 9:30 AM_11.4 COMMITTEE REPORTS
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Many of the bullets presented in support of the motion are seriously flawed and lack science-based arguments or clear supporting data.
Examples:
Bullet 1 - Common cries that many major storms are a product of climate change are typically refuted when statistics are reviewed vs historical patterns. Where are the facts specifically here.
Bullet 2 - Authority to disregard science and data and promote alarmist views with financial consequences to taxpayers is not something the voters of Calgary have bestowed upon Calgary Council.
Bullet 3 - The largest river flood in Calgary history occurred in the late 1800's, before cries of climate change as cause ever arose. Look at Dirty 30's for severe weather not caused by "climate change".
Bullet 4 - We are not a bunch of silly sheep following misguided leadership with agendas that are poorly based and considered.
Bullet 5 - This is largely a result of media hype. If people are constantly being told the sky is falling they will eventually take in on faith. The just completed COP26 meetings are demonstrating that many countries are waking up to misguided media and activist claims. They will start believing things. Q.....Where is councils independent science council.
Bullet 6 - Royal Dutch Shell has been hounded out of the Netherlands. They are leaving the Netherlands and moving to UK. This is what will happen in the Calgary if unreasonable persecution takes place. Erosion of tax base through ignorant choices



FORM TITLE

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by Council has to be avoided.
Bullet 7.- This is an aspirational hope of the future that is clearly conjectural. Hope is no basis for a tangible plan.
Greg Hayden 2021-11-15



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First name (required) **Sherry**

Last name (required) **McPherson**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **Fluoridation of Calgary water**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

As a mother and citizen of Calgary I beg of you not to add fluoride and other toxic wastes to our drinking water. In my opinion it is unfair to the surrounding communities who also access Calgarys water. I have spoken to my dentist who says it does not protect our teeth. I have read many studies supporting the toxicity of fluoride. One of the reasons I moved to Calgary is because they do not fluoridate their water. At this time in particular with inflation many families cannot afford to have to purchase additional drinking water. Please take a stand for your citizens. Please educate yourselves on the dangers of fluoridation. Thank you.



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First name (required) Laszlo

Last name (required) Nagy

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please reconsider adding fluoride to our water. Fluoride needs to be applied topically to the teeth and not ingested where the dose cannot be controlled. Please look into the historical uses of this chemical. It is easy to find it should not be ingested.



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First name (required) Aura
Last name (required) Pon
What do you want to do? (required) Submit a comment
Public hearing item (required - max 75 characters) 11.3.1
Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I did not learn of the council vote to re-introduce fluoride into the water supply until after the deadline due to the holiday, so I apologize for this submission being late. I write to implore city council to vote NO to fluoridating our water. While the only reason being offered to introduce it is to supposedly reduce cavities, which is not a proven assurance as there are so many factors affecting cavity rates, the reasons against fluoride are numerous. It has not been proven 100% safe for people of all ages to ingest in all quantities, and if this is disputed, is there a single medical professional or government official that will take liability for any potential harm? It is a medication being forced in uncontrolled doses, and this especially may affect babies and children, who will likely get an inappropriate dose depending on how much water they drink. Safety for humans is the biggest caution, but it also may impact the environment and animals. Fluoride would be in the water we give pets and animals, as well as what we water lawns and gardens, shower and bathe, fill backyard swimming pools, and wash our cars with. Can this be assured to be safe for animals, absorption in our vegetables, and introduced into natural waterways through runoff? This raises another detriment: financial waste. Most of the fluoride will be wasted in these previously mentioned uses of water. The equipment to fluoridate is expensive, only to have most of the fluoride be wasted. If the only interest in this initiative is supposedly improve dental health, the money could be better spent on more targeted solutions, such as providing fluoride drops or tooth paste to those who want them, or subsidize dental care. Don't force-medicate us at incredible expense and risk to our health and environment.



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First name (required) Katya

Last name (required) Zinina

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 city water flouridation

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Dumping 400 kilograms of fluoride (which is part of a larger volume of an industrial waste product which will include some content of mercury, lead and other heavy metals as well as other toxins) into our drinking water should never be acceptable and would be absolutely criminal. My understanding is that the new mayor of Calgary has declared that we are in a climate emergency... how can dumping hundreds of kilograms of environmental waste in the water each and every day help? Damage to our ground waters, fish and environment would be detrimental.



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First name (required) **Vivian**

Last name (required) **Morgan**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **11.3.1 fluoridation**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Please DO NOT fluoridate our water.

It cause more health issue than the benefit. Our kids grew up without it for the past 10+ years and their teeth are health, as long as they brush teeth regular. Why add extra chemical to our drinking water? That's right, it's a chemical, not an essential mineral we need for our bodies. Councillors, please do your study a d don't just follow the vote results. Many people didn't see the question which is placed on the bottom of the voting ticket.



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First name (required) Jenny

Last name (required) Day

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) reintroducing fluoride

Date of meeting 2021/11/15

Comments - please refrain from providing personal information in this field (maximum 2500 characters) My family and I don't agree to reintroducing fluoride to our drinking water.



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First name (required) **Denise**

Last name (required) **Stolz**

What do you want to do? (required) **Submit a comment**

Public hearing item (required - max 75 characters) **Fluoride**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

Fluoride is something you do not want to add to our water, because of all the health risks, and can't believe you are even considering this. Fluoride is classified as a pollutant and indicates we should be wary of its effects on our health. A key issue surrounding water fluoridation is that there is no way to control the daily dosage of ingestion. This puts populations at serious risk, since too much fluoride increases risk of many issues, such as: Thyroid issues, Neurological problems, higher risks of some cancers, high blood pressure, bone and joint issues, plus much more. The damaging effects are far more dangerous than the benefits, and can't believe council is trying to pass this without EVERYONE involved being able to vote on this, absolutely disturbing. If this is secretly being passed, what else is going on that the people don't know about.



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First name (required) Tara
Last name (required) OSullivan
What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reintroduction of flouride

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) This is to state, as a citizen of Calgary, that I categorically oppose reintroduction of flouride into municipal water for health related reasons which are abundantly detailed in the scientific literature. This note comes at 11th hour given I had no knowledge of today's vote till after deadline for formal submission was passed due to holiday. Best regards. Tara O'Sullivan



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First name (required)

Jay

Last name (required)

Johnson

What do you want to do?
(required)

Submit a comment

Public hearing item (required -
max 75 characters)

Council vote NO for the introduction of fluoride to Calgary's water.

Date of meeting

Nov 15, 2021

Comments - please refrain from
providing personal information in
this field (maximum 2500
characters)

Dear Council:

I require your representation of me to vote NO for the introduction of fluoride into Calgary's municipal water supply.

Attached is a letter with links itemizing the scientific evidence supporting as to why water fluoridation is neither necessary nor effective, especially in Calgary

Thank you for representing your constituent's wishes and interests.

November 12, 2021

The City of Calgary
P.O. Box 2100, Station M
Calgary, AB, T2P 2M5

Dear Council:

I require your representation of me to vote NO for the introduction of fluoride into Calgary's municipal water supply.

There are better, proven, and safer ways to provide fluoride such as fluoridated toothpaste, rinses, mouthwashes, foams, varnishes, gels and inexpensive fluoride supplements. Published research shows that children living in regions without fluoridated water are already ingesting too much fluoride.

Swallowing fluoride delivers it to the entire body, the brain and neurological system, the thyroid, bones, kidneys-and potentially causes harm to these and all organs and systems.

The European Commission states:

“Fluoride is not considered to be essential for human growth and development but it is considered to be beneficial in the prevention of dental caries (tooth decay).”

“A body of scientific literature seems to suggest that fluoride intake may be associated with a number of adverse health effects, dental fluorosis and effects on bones (increased fragility and skeletal fluorosis) Systemic effects following prolonged and high exposure to fluoride have also been reported and more recently effects on the thyroid, developing brain and other tissues, and an association with certain types of osteosarcoma (bone cancer) have been reported.”

https://ec.europa.eu/health/scientific_committees/opinions_layman/fluoridation/en/l-3/1.htm

In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time combined 27 studies and found **strong indications that fluoride may adversely affect cognitive development in children**. Based on the findings, the authors say that this risk should not be ignored, and that more research on fluoride's impact on the developing brain is warranted.

“Children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas. The children studied were up to 14 years of age, but the investigators speculate that any toxic effect on brain development may have happened earlier, and that the brain may not be fully capable of compensating for the toxicity.”

<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

Did you know that tooth decay rates were already rising in Calgary (and were at an even higher rate of 7%) when Fluoride was still in the water (pre-2011) than after it was removed (rate of 5%)?

<https://fluoridealert.org/articles/calgary-fluoride-study/>

Harmful neurological effects are found from fluoride in water with **even low concentrations of fluoride**. In a June 2021 study, Grandjean et al. have established maternal urine fluoride concentration of 0.2mg/L was enough to lower IQ of the child by 1 point. This was associated with mother's fluoride urine level of 0.2 ppm, which is well below the average urinary levels of pregnant women in fluoridated communities (in Canada and the USA and other fluoridated countries).

<https://onlinelibrary.wiley.com/doi/10.1111/risa.13767>

This should put to an end to the false claims from fluoridation promoters that neurocognitive damage only occurs at concentrations above the fluoride levels used in fluoridation programs (0.7 to 1.2ppm).

The fluoride that is being voted on to add back to Calgary's water is not the same compound as what would be found in the Bow River naturally, this is an industrial byproduct: called hydrofluorosilicic acid. It is a toxic waste substance created from the creation processes of aluminum, fertilizer, steel and nuclear industries. It's not a natural source of fluoride (such as fluorite, fluorapatite, and cryolite), it's industrial toxic waste.

99% of fluoridated water is not consumed and goes back into the environment unchecked. My understanding is that the City of Calgary has just declared a climate emergency: let's start by not adding more toxins to our environment (and our bodies)!

The overall cost of reintroducing water fluoridation for a 20-year service life would be \$30.1 million. The tax dollars saved from putting a toxic treatment in our water could be better utilized for more effective interventions.

Lastly, but perhaps most importantly, **it is unethical to add a treatment to the public water supply that many, as supported by the sources provided in this letter, consider to be toxic**. This is an unethical violation of informed consent!

I trust that on Monday November 15th you will represent me by voting NO on the reintroduction of fluoride (item 11.3.1).

Yours Truly,



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- I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required)	Laura
Last name (required)	Vanhoutte
What do you want to do? (required)	Request to speak, Submit a comment
Public hearing item (required - max 75 characters)	item 11.3.1
Date of meeting	Nov 15, 2021
Comments - please refrain from providing personal information in this field (maximum 2500 characters)	Notice of the vote was not received until after the deadline due to the holiday. Adding poison to our water is a violation in any amount as per code 245 and all that allow it will be liable

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1/1

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Nov 15, 2021

7:58:45 AM



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First name (required) **Noah**

Last name (required) **Beaudry**

What do you want to do?
(required) **Submit a comment**

Public hearing item (required -
max 75 characters) **item 11.3.1**

Date of meeting **Nov 15, 2021**

Comments - please refrain from providing personal information in this field (maximum 2500 characters)

I live in Airdrie and we receive and pay for your city water as our municipal supply. I was not allowed to vote NO for the fluoridation because I do not live there but it directly affects me. My major concern is not that you are adding fluoride alone. If the product being added was SODIUM FLUORIDE ONLY there would be less concern on my end. Yet, this is not the case and chemical industrial waste at 400kilograms a day using hydrofluorosilicic acid, Sodium fluorosilicate, and then Sodium Fluoride. The one chosen is based on which one is the cheapest and since the first two are mining byproducts they would be the cheapest and most polluted. Until a safe additive is proposed as the only option I vote NO to the Fluoridation of water but YES, to offering free Sodium Fluoride tables for home use for those who wish to fluoride their own drinking water as it would also be VASTLY more cost effective and dosage specific! You add chemical waste to the water for my lawn and eventually the fish in the rivers and I pay for a costly chemical extraction unit in my house to remove the pollution being added by the city. This makes no sense as only the poor will be effected by this mandate! If we are in a climate crises and global pollution problem, why are you choosing to add to the very same problem??



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- ✓ I have read and understand that my name and comments will be made publicly available in the Council agenda. My email address will not be included in the public record.

First name (required) Thomas

Last name (required) MacKinnon

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) Reintroduction of floride into Calgary's water supply.

Date of meeting Nov 15, 2021

Comments - please refrain from providing personal information in this field (maximum 2500 characters) We should not be reintroducing floride into our water supply. This is forced medication of the population. What is even more repugnant is that this is industrial waste containing heavy metals. At the very least We need a study to determine the effects on our natural environment.



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First name (required) Tyler

Last name (required) Gradwell

What do you want to do? (required) Submit a comment

Public hearing item (required - max 75 characters) 11.3.1 introducing fluoride in the City of Calgary's water supply. Grave mi

Date of meeting Nov 15, 2021

THREE REASONS TO STOP WATER FLUORIDATION

Reason #1: Fluoridation Is an Outdated Form of Mass Medication
Unlike all other water treatment processes, fluoridation does not treat the water itself, but the person consuming it. The Food & Drug Administration accepts that fluoride is a drug, not a nutrient, when used to prevent disease. By definition, therefore, fluoridating water is a form of medication. This is why most western European nations have rejected the practice — because, in their view, the public water supply is not an appropriate place to be adding drugs, particularly when fluoride is readily available for individual use in the form of toothpaste.

Reason #2: Fluoridation Is Unnecessary and Ineffective
The most obvious reason to end fluoridation is that it is now known that fluoride's main benefit comes from topical contact with the teeth, not from ingestion. Even the CDC's Oral Health Division now acknowledges this. There is simply no need, therefore, to swallow fluoride, whether in the water, toothpaste, or any other form. Further, despite early claims that fluoridated water would reduce cavities by 65%, modern large-scale studies show no consistent or meaningful difference in the cavity rates of fluoridated and non-fluoridated areas.

Reason #3: Fluoridation Is Not a Safe Practice
The most important reason to end fluoridation is that it is simply not a safe practice,

Comments - please refrain from providing personal information in this field (maximum 2500 characters)



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particularly for those who have health conditions that render them vulnerable to fluoride's toxic effects.

First, there is no dispute that fluoridation is causing millions of children to develop dental fluorosis, a discoloration of the teeth that is caused by excessive fluoride intake. Scientists from the Centers for Disease Control have even acknowledged that fluoridation is causing "cosmetically objectionable" fluorosis on children's front teeth—an effect that can cause children embarrassment and anxiety at an age when physical appearance is the single most important predictor of self-esteem.

Second, it is known that fluoridated water caused severe bone disease in dialysis patients up until the late 1970s (prior to dialysis units filtering fluoride). While dialysis units now filter out the fluoride, research shows that current fluoride exposures are still resulting in dangerously high bone fluoride levels in dialysis patients and patients with other advanced forms of kidney disease. It is unethical to compromise the health of some members in a population to obtain a purported b