

Mass Medication

Water is for everyone,
Toxic fluorides are for no one.

Vote **NO** to
fluoridation

Email: info@qawf.org



Water fluoridation is mass medication, and violates the right of people to choose their medication.

NO deficiency state is known from lack of fluoride. It is not a nutrient (National Research Council (1993). "Health Effects of Ingested Fluoride")

Scientists and health professionals in many countries oppose water fluoridation because of its toxicity.

To date **14 Nobel Scientists** have opposed water fluoridation

Fluoride is not recommended for anyone with kidney failure, in pregnancy or breast feeding (MIMS 2007, Information on Medicines in Australia)

Would your doctor prescribe a medication for -

- an unseen patient
- medical history unknown
- dose controlled only by thirst
- with no right of refusal
- for a lifetime

Why should your local council or government dictate your medication?

When is industry's toxic waste good enough to drink?
When they call it **Fluoridation.**

- The fluoridation chemicals used are waste products from aluminium and fertilizer plants and contain arsenic, lead, mercury and hydrogen fluoride residues.

This brochure prepared and provided by
Queenslanders Against Water Fluoridation Inc.
PO BOX 149 ARCHERFIELD QLD. 4108 www.qawf.org

- No health and safety studies have been done on water fluoridation in Australia.
- No toxicological studies have been done on industrial grade chemicals used for fluoridation.
- www.fluoridealert.org for more information

Fluoride Facts



In healthy adults 50% of ingested fluoride is retained in the body. In young children 80% is retained. (Eksterand et al. *Adv Dent Res* 1994b;8:175-80)

- Too much fluoride → poisoning
- Baby formula made up with fluoridated water is no longer considered safe (American Dental Assoc. Nov 2006)
- Up to 40% of the community will develop fluorosis at the fluoridation levels planned for Qld (York Review, 2000; *Fluoridation of Drinking Water; A Systemic Review of its Efficacy and Safety*)
- 1% of the population displays sensitivity to fluoride in various ways e.g dermatitis, headaches, nausea and abdominal pain (Journal of Dental Medicine 16: 190-99).
- Only 1% of fluoridated water is drunk. The rest is used in industry or domestically. Fluoridation is inefficient and costly. (Pine Rivers Shire Council, 2005)
- Most countries have rejected water fluoridation while Australia and USA still promote it. European countries that have ceased water fluoridation have no increase in tooth decay
- The Australian Dental Association (ADA) aggressively promotes fluoridation but in 2006 the ADA denied any liability for any harm caused by water fluoridation
- Water fluoridation is mass medication denying FREEDOM OF CHOICE

Harm to Babies

The American Dental Association and Centers for Disease Control (USA) advise –

Baby formulas should NOT be mixed with fluoridated water because of the high risk of fluorosis

Fluoride causes fluorosis, affecting teeth and bones (World Health Org.)

What is Fluorosis?

- Permanent white or brownish scarring of tooth enamel
- The first visible sign of fluoride poisoning



Marks on the teeth indicate what is happening in the bones. The more fluoride you drink the worse the effects.

Say NO to water fluoridation!

Harm to Health

Hip Fractures - Ingested fluoride accumulates in bones causing brittleness as with hip fractures. It also may cause joint stiffness and pain (National Research Council, USA 2006)

Bone Cancer – Boys in fluoridated communities have 5 times more risk of bone cancer (Bassin E. 2006; Cancer, Causes, Control)

Thyroid Function – Fluoride disrupts thyroid function resulting in serious medical problems (Nat. Research Council 2006)

Lowered Intelligence – Fluoride in water can be toxic to the nervous system. Researchers suggest it should now be regarded as an **"Emerging Neurotoxin"** because of its ability to lower IQ in children at levels proposed for Qld (The Lancet Medical Journal Vol.368, Dec 2006)

Poor Kidney Function and Fluoride Poisoning



One in seven Australians have poor kidney function due to high blood pressure, diabetes and obesity (Kidney Health, Australia). **These individuals have limited ability to excrete fluoride and are at greater risk of associated health problems** (Bansal R, Tiwari SC; 2006)

Water Fluoridation is NOT EFFECTIVE

Latest statistics show little difference in dental decay rates for permanent teeth when comparing fluoridated to non-fluoridated areas.

Townsville - artificially fluoridated for 40 years - has similar decay rates to non-fluoridated Queensland regions. For 12 year old children, averages for Decayed Missing and Filled Teeth (DMFT) follow:

DMFT of 1.0 = average of one decayed tooth
Higher the DMFT rate = more decay

Queensland Dental Health Survey 2002		
	Local Areas of Comparison	DMFT Rates
Fluoridated	Townsville	1.38
Non - Fluoridated Areas in Qld	Rockhampton	0.76
	Mackay	0.93
	Gold Coast	1.02
	Brisbane North	1.28
	Sunshine Coast	1.44
	Mount Isa	1.58
	Toowoomba	1.92
	Logan/Beaudesert	1.95

World Wide Comparisons, WHO 2007		
Fluoridated	USA	1.28
	Ireland	1.1
	Australia	0.95
Non - Fluoridated	Switzerland	0.9
	Denmark	0.9
	Sweden	1.1
	Belgium	1.1
	Italy	1.1
	Finland	1.2

Benefits of water fluoridation are overstated. Tooth brushing with toothpaste and diets low in sugar are the true oral health solutions. There is no need to fluoridate our drinking water