



## Dr. Linda Golden—Water Fluoridation

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### Water Fluoridation

Fluorides are compounds that consist mainly of the element fluorine and other elements, such as sodium. The common types found in dental pastes and mouthwashes include calcium fluoride, sodium fluoride and sodium monofluorophosphate. Fluoride is known to be readily absorbed in areas of the body high in calcium. It is thus thought to be effective when used on the teeth.

Many studies have shown that fluoride combines with hydroxyapatite crystals in teeth to form a strong surface resistant to caries. Although this may be true for topical fluorides, this erroneous generalization led to people and policy makers believing that fluoridating water sources can also be a good preventive measure for dental caries. However, this is far from the truth. The fluoride used in water fluoridation is silicofluoride, a dangerous chemical, which occurs as a byproduct of phosphate fertilizers. This fluoride prevents the normal metabolic activities of the body by inhibiting almost all the enzymes in the body. It also affects the formation of collagen, an essential protein for maintaining structural integrity in the body.

Not only this, but fluorides ingested into the body have a myriad of other adverse effects.

These include:

- Decrease in thyroid function
- Early sexual maturity (precocious puberty)
- Impaired glucose tolerance
- Easy absorption into hard tissues, causing stage one skeletal fluorosis (arthritis and joint pain)
- Fluorosis of teeth, which make these teeth brittle, sensitive and discolored
- Increase in risk of bone fractures due to skeletal fluorosis
- Resultant brain damage
- Cancers, such as osteosarcomas

The choice of whether to include fluoride in one's water should lie with each person, and should not be a decision imposed on anyone by virtue of the state he/she belongs to. It is, therefore, each person's responsibility to join organized grassroots' efforts to combat the farce of water fluoridation.

