

EAU SECOURS! IS STRONGLY OPPOSED TO THE FLUORIDATION OF DRINKING WATER AND RECOMMENDS:

- ◆ That the Government of Quebec takes a position for the whole province (fluoridation should not be a municipal decision). A **public health law** should prohibit the fluoridation of drinking water;
- ◆ That the population be well-informed of the consequences of fluoridation and that all perspectives be heard through truly **open and public debates**;
- ◆ That efforts be made to provide **more efficient, more focused and less costly** means to those who might otherwise need fluoride, such as:
 - Educational measures, including the promotion of good nutrition and dental hygiene in schools, including the free distribution of toothbrushes, toothpaste, and dental floss;
 - Programs in the CLSC system that raise awareness of how to fight dental cavities; and
 - Provision of free dental care for children, or the initiation of a new program of free dental care, focused especially on the children of families in need.
- ◆ That there be greater **regulation of the amount of sugar** allowed in products oriented towards children and served in schools;
- ◆ That the **precautionary principle** always be exercised, as there are too many uncertainties and unknowns to impose mass fluoridation.

TAKE ACTION!

If you disagree with efforts to fluoridate your water, we invite you to:

- Gather information about fluoridation and share what you learn with your community;
- Write to your elected representatives (mayors and deputies) and to the media to make your position publicly heard;

**Support the efforts of Eau Secours!
by becoming a member!**

www.eausecours.org

IMPACTS ON THE ENVIRONMENT

Only 1% of the waters that are treated by municipalities for drinking are actually drunk. The other 99% ends up back in the environment – and with these waters (if fluoridated), the fluorides, as the wastewater treatment plants are not able to filter them out.

Once in the water, these fluorides are absorbed by aquatic plants and animals. There they can retard growth and development, cause abnormal behaviours and lead to death.

There are still too many unknown factors. We don't know all of the sources of fluoride in the environment. Nor do we understand the cumulative impacts of adding fluoride to the waters of one municipality, then another, and then again another.

Eau Secours! is worried about the large-scale risks of water pollution caused by the use of fluoride.

Health Canada confirms that inorganic fluoride is not an element essential to health and that it is neither a nutrient nor a food. The Canadian Environmental Protection Act (1999) considers fluorides to be "toxic, persistent and bio-accumulative". Environment Canada defines fluoride as a "toxic substance" and Transport Canada classifies it as a "dangerous good".

Fluoridation of water violates the principles of a good medical ethics. It seems like an **imposed form of mass medication**. It is an anti-democratic measure that does not respect the rights and freedoms of individuals.

IMPACTS ON HUMAN HEALTH

Fluoride can have negative impacts on human health. It can accumulate in the bones, the brain and in other tissues, since in healthy people, only half the fluoride ingested is excreted daily through the kidneys.

The risks of fluorosis – an **overdose of fluoride** – are well known. **Dental fluorosis** is linked to the toxicity of fluoride, which causes discolouration and a permanent mottling of the dental enamel (spots and striations on the teeth).

As for **skeletal fluorosis**, this occurs when there has been a progressive accumulation of fluoride in the bone tissue over many years, and can bring about stiffness and joint pain, as well as increasing the risks of bone fractures.

The exposure to fluoride also increases the risks of congenital illnesses, causes trouble with the endocrine system, negatively impacts the intelligence quotient, and can accelerate the growth of cancerous tissues.

We are already exposed, if not over-exposed, to fluorides through toothpastes, medicines, food and pollution. As we cannot control the inputs that vary from person to person, it is better not to add any more to our water.

The only remedy is prevention!



Coalition Eau Secours!
québécoise pour une gestion responsable de l'eau

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FLUORINE OR FLUORIDE?

Fluorine (F) is an unstable and highly toxic chemical element that does not exist in its pure elemental state naturally. Because it is fluoride that we add to water and not fluorine, we call this treatment **fluoridation**.

WHO DRINKS FLUORIDATED WATER?

In Quebec, **3% of the population**, spread across 24 municipalities, drinks fluoridated water. However, the Public Health Division (*Direction de la santé publique*) of the provincial government wants to change this percentage with its provincial oral health action plan 2005-2012 (*Plan d'action de santé dentaire publique*). This plan aims to "ensure that 50% of the Quebec population will have access to drinking water containing an optimal concentration of fluoride by 2012".

Fluoridated municipalities in Quebec:

Ville Bécancour, St-Grégoire, Ste-Angèle-de-Laval, Précieux Sang, St-Gabriel, Trois-Rivières, Dorval, Pointe-Claire, Beaconsfield, Baie d'Urfé, Kirkland, Ste-Anne-de-Bellevue, Dollard-des-Ormeaux, Fermont, Montmagny, St-Romuald, St-Jean-Chrysostome, Charny, Châteauguay, Mercier, St-Paul-de-Châteauguay, St-Urbain, Ste-Martine, Laprairie.

In the United States, 66% of the population is supplied by fluoridated water; in Ontario, it's 60%; while in all of Canada, it is about 40%.

For more information, please refer to our website:

www.eausecours.org

AN ON-GOING DEBATE

On April 1st, 2008, Québec City stopped fluoridating its drinking water after having done so for 36 years.

At the end of January 2009, the agglomeration of **Longueuil** decided to keep its drinking water free of fluoride due to the inability to reach a consensus. In mid-September of the same year, the fluoridation project in the **Ville de Sainte-Marie** was dissolved.

On March 16th, 2010, the mayor of the **Ville de Saguenay** suspended an earlier decision to add fluoridation systems to the municipality's water filtration plants. In **Gatineau**, the fluoridation debate that had been raging since 2006 was ended on May 4th, 2010, with the rejection of fluoridation by the Municipal Council.

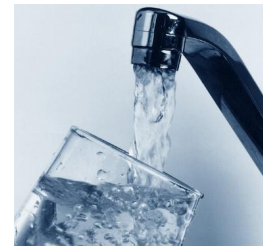
In 2011, fluoridation is still making the news: the municipality of **Mont-Joli** announced that they want to fluoridate, whereas **Verchères** has decided to stop the fluoridation of its drinking water; while **Châteauguay** is mobilizing to make it stop on its territory.

Did you know? In China, India, and Japan, the fluoridation of water is **prohibited**. In Europe, only 2% of municipalities fluoridate their water.



WHY FLUORIDATE TAP WATER?

Fluoridating water **does not make it more drinkable**. Fluoride is added to drinking water for the sole purpose of *possibly* reducing the incidence of dental decay.



Less than 1% of the waters that are treated for domestic use are actually consumed by humans.

Therefore, why should we fluoridate 100% of municipal waters?

WHERE DO FLUORIDES COME FROM?

Fluorosilicic acid, the most commonly-used fluoridation agent in Canada, comes principally from the industries that produce phosphate-based fertilizers. It is extracted from the purification filters installed in the industrial chimneys of these fertilizer-producing factories, as it is illegal to allow this industrial by-product to escape into the larger environment. Clearly, this fluoridation agent is a **toxic industrial by-product**.

Fluoridation agents are not pure; they are often contaminated by all sorts of toxics, such as lead, arsenic, mercury... compounds that accumulate in the human body.

To date, no governmental or professional body has tested the safety of the chemical agents used in the process of fluoridation.

IS FLUORIDE EFFECTIVE IN PREVENTING DENTAL CAVITIES?

The usefulness of fluoridation in fighting tooth decay is a topic of some controversy and seemingly contradictory conclusions in scientific studies. Some studies claim an effectiveness of 60%, whereas other studies show that there is no significant difference in dental health between populations that fluoridate their drinking water and those that do not.

On April 16th, 2010, the *Globe and Mail* published the results of a study conducted by Statistics Canada involving 5,000 Canadians between 2007 and 2009. Although Ontario has one of the highest rates of drinking water fluoridation (at 60%), and Quebec's rate of fluoridation is the lowest (at 3%), both provinces had very similar rates of dental decay. So, really, how effective is fluoridation?

Even if fluoride is discussed as a health benefit, the fluoride compounds used in the fluoridation of water are *not* pharmaceutical or "medicinal" in any way.

Fluoride only works through direct contact with the surface of our teeth. **So it's useless to swallow fluoride!** It is far more logical to apply fluoride directly to our teeth in the form of toothpaste or other dental treatments.

Fluoridated water is useless to those who already brush their teeth regularly.