City of Hamilton
77 James St. North
Hamilton, ON
L8R 2K3

Attention: Ms. Ida Bediou, Legislative Assistant

RE: BOARD OF HEALTH COMMITTEE MEETING JULY 9TH, 2008

Dear Committee Members through Ms. Bediou:

I am a health professional in the Hamilton community. Recently I have become concerned about the emerging science on health issues surrounding the issue of water fluoridation. I understand that this topic will be discussed at an upcoming meeting with the City of Hamilton’s Board of Health Committee on July 9th. Please forward my comments to the committee for their review.

Previous to acquiring my professional degree I worked in a science position with the Canada Centre for Inland Waters. I am aware of the need to exercise the Precautionary Principle in water quality issues that affect all members of society.

As a professional, I understand that many people especially seniors have issues with compromised immune systems and general poor health. This increases the impacts of environmental toxins on the body. As some of the new research indicates water fluoridation may impact negatively on the endocrine system of the body, bones, kidneys and the brain, it would be advisable to discontinue the practice.

The evidence of health harm becoming mainstream has led the US National Kidney Foundation to issue a new position paper, no longer supporting the practice of water fluoridation and issuing an advisory to inform kidney patients of potential risks. I have enclosed a copy of a press release on this development. There are numerous kidney patients in the Hamilton area that would benefit from this information and from the discontinuation of the fluoridation program in Hamilton.

Please act responsibly for all members of our community. Thank you.

Kindest regards,

Dr. Marnie Richmond

301 Dundas Street East, Box 1025, Waterdown, Ontario. L0R 2H0 Tel: (905) 689-7234 • Fax: (905) 689-4285
Kidney Foundation Drops Fluoridation Support
Fluoride may damage bones of kidney patients

New York – June 9 – The National Kidney Foundation withdrew its support of water fluoridation citing the 2006 National Research Council (NRC) report indicating that kidney patients are more susceptible to fluoride’s bone and teeth-damaging effects.

The kidney-impaired retain more fluoride and risk skeletal fluorosis (an arthritic-type bone disease), fractures and severe enamel fluorosis, which may increase the risk of dental decay, reports the NRC.

Fluoride is added to US water supplies ostensibly to reduce tooth decay. Fluoride is also in foods, beverages, (1) drugs and dental products.

The National Kidney Foundation’s (NKF) (2) former fluoridation position statement also carried surprising cautions. The NKF advised monitoring children’s fluoride intake along with patients with chronic kidney impairment, those with excessive fluoride intake, and those with prolonged disease. But NKF now admits, “exposure from food and beverages is difficult to monitor, since FDA food labels do not quantify fluoride content.”

The NKF’s April 15, 2008 statement goes further: “Individuals with CKD [Chronic Kidney Disease] should be notified of the potential risk of fluoride exposure.”

“More than 20 million Americans have CKD, and most don’t even know it. More than 20 million others are at increased risk for developing CKD,” NKF reports.

“There is consistent evidence that impairment of kidney function results in changes to the way in which fluoride is metabolized and eliminated from the body, resulting in an increased burden of fluoride,” concludes Kidney Health Australia, (3) in a paper NKF recommends reading (4)

NKF’s fluoridation support was dropped when a lawyer, (5) an academic dentist and public health professional, Daniel Stockin, (6) alerted it to NRC’s findings.

“An easy way to reduce the uncontrolled flow of fluoride into our bodies is to stop water fluoridation,” says attorney Paul Beeber, President, New York State Coalition Opposed to Fluoridation. “But it takes political will to reject fluoridation.”

The American and Louisiana Dental Associations (7,8) erroneously claim the National Kidney Foundation supports fluoridation. However, even the ADA reports (9) that “decreased fluoride removal may occur among persons with
severely impaired kidney function who may not be on kidney dialysis.”

Chronic kidney disease is a growing health problem in the United States occurring more often in African-American populations, says the Centers for Disease Control. (10)

More fluoride/kidney information here:
http://www.fluoridealert.org/health/kidney/index.html

Contact: Paul Beeber, JD nyscof@aol.com
Daniel Stockin, MPH, The Lillie Center stockin2@yahoo.com 706-669-0786
SOURCE: NYS Coalition Opposed to Fluoridation, Inc
PO Box 263
Old Bethpage, NY 11804
http://www.orgsites.com/ny/nyscof

References:
1) USDA Fluoride in Foods Database
3) Nephrology Dialysis Transplantation
4) National Kidney Foundation, “Fluoride”
http://www.kidney.org/atoz/atozItem.cfm?id=205
5) September 18, 2007 letter, Reeves to National Kidney Foundation
http://www.fluoridealert.org/NKF_letter01.pdf
6) October, 2007 news release “Did Kidney Foundation Leave Millions at Risk by Failing to Warn about Fluorides and Fluoridated Drinking Water?” by Daniel Stockin, MPH, The Lillie Center

http://fluoridealert.org/press/nkf.htm

7) American Dental Association,

http://www.ada.org/public/topics/fluoride/facts/compendium.asp

8) Louisiana Dental Association, “Health Smiles Coalition”

http://www.healthysmileslouisiana.org/coalition.html

9) American Dental Association, “Fluoridation Facts”


10) U.S. Centers for Disease Control, MMWR “Prevalence of Chronic Kidney Disease and Associated Risk Factors --- United States, 1999—2004

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5608a2.htm