

On the Plus side..

The Health Secretary and others believe adding fluoride to drinking water is necessary to prevent tooth decay among children who do not brush their teeth regularly

There is less decay in the teeth of richer families where parents teach the children to clean their teeth than families where children may not even have their own toothbrush

So children from poorer families have a chance to have less tooth decay

Less cavities in children means less dental work all your life!

On the Minus

Children in Manchester, where water is not fluoridated

More than 4mg/litre can give you fluorosis – the first sign is discoloured teeth

So that saves you money on Dentist bills

Food	Fluoride content (parts per million)
Strawberries	3.73
Raisins	2.34
Fresh coffee	0.91
Diet coke	0.60 (average)
Mackerel and sardines	27 (fresh weight)
Vegetables	3-20 (dry weight)
Cheddar cheese	0.35

side..

Can lead to hardening of the skeleton and deformity. Common where natural fluoride in water is high (eg India, Ethiopia)

Amount of fluoride you consume depends on your diet – also found in toothpastes and various foods. (see table) and do you swallow or spit your toothpaste? How much water do you drink?

No accepted level for daily intake – suggested 0.05-0.07mg of fluoride per kilo of body mass per day

Tooth decay has been decreasing throughout last 50 years even in areas where fluoride is not added to the water. Better diet? Fluoride toothpaste? Better oral hygiene? ..who knows?

Some people will naturally drink a lot more water than others, labourers, diabetics, athletes. With fluoride in foods as well you may get too large a dose

May be linked to certain types of bone and bladder cancer.

Should the water companies be allowed to decide what we drink?

Commission set up by Government of New Zealand concluded that fluoride is not a drug but a nutrient which may be missing in the diet

It occurs naturally in many foods and water - we add fluoride to areas where it is missing to bring it up to that level – same as we add vitamins to margarine.

Fluoride is naturally present in many water supplies and artificially added to others. If children from these areas have better teeth then this should be available to all

We
Adding fluoride is like adding medicine to the water supply. We are being drugged without our consent

We should do anything we can to help poorer children have better teeth. It's not fair that they should be at risk of greater dental problems