

# Fluoride Yes!

## [www.FluorideYes.ca](http://www.FluorideYes.ca)

April 19 2021

Re Fluoride Information

Dear Doctor,

Thank you for your interest in Fluoridation.

The Council plebiscite on restoring fluoridation to Calgary water will be held at the same time as the election, on October 18<sup>th</sup> 2021.

We need an overwhelming vote for reinstating water fluoridation: the new council must be given strong support for effective action. We need to make water fluoridation the default situation; benefits follow without further active citizen involvement. Children of the less favoured in our society will not be further disadvantaged by extra preventable dental disease. Those few people who object strongly can easily obtain non-fluoridated drinking water.

To assist the campaign, please print out the attached poster – as many copies as you need. Then put them up in your clinic to show your support. Patients will ask questions; the one-page information sheet explains why fluoridation is the right way of efficiently distributing fluoride in our community to improve dental health. There are links to sites that provide further information.

The Fluoride Yes organisation website is developing responses to the arguments of the anti-fluoridation lobby, and that will be posted shortly. We will update information on that website as we can, as the campaign progresses, and when any new science is published.

Please participate actively in this campaign, since dental hygiene is a foundation for nutrition and general health.

Yours sincerely

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# The Tooth

About  
Water Fluoridation



Let's  
Talk  
Fluoride.

Vote  
Oct. 18<sup>th</sup>



Want to know more?  
Visit us at [www.FluorideYes.ca](http://www.FluorideYes.ca)



This poster is part of the FluorideYes! Campaign and is authorized by our official agent.



## Information for Physicians Speaking with Patients about Fluoridation

### What is fluoridation?

- Fluoride (F-) is a mineral, necessary for high quality tooth enamel. It reduces demineralization, and assists remineralization of enamel in early stages of caries.
- It occurs naturally in Calgary water but not enough for optimal protection of teeth.
- Fluoridation raises the fluoride level in city water to 0.7 parts in a million.
- This level is SAFE. We have 76 years of evidence that it is safe.
- Claims about harms to the developing brain, thyroid gland, kidneys, bone have all been debunked.

### Why do we need fluoridation?

- Dental decay, if not treated early can cause dental pain. In children, dental pain causes difficulty in eating, which leads to growth disturbances.
- Tooth loss may affect speech development, and cosmetic concerns, that lead to loss of confidence.
- Dental decay can cause serious oral infections that can affect the airway and spread to surrounding structures.
- Fluoridation assists dental integrity at all ages.

### Fluoridation is common

- Most cities in North America have fluoridation.
- Australia and New Zealand are largely fluoridated.
- Public water supplies in Singapore and Hong Kong are 100% fluoridated.
- Some European countries have water fluoridation, to varying degrees, others provide fluoride through salt or milk.

### Fluoridation is beneficial

- Fluoridated water helps prevent and reduce dental cavities for people of all ages, more among those who have more problems.
- Fluoridated water reaches people who otherwise struggle to afford or access dental care, or even good dental hygiene.
- Fluoridated water saves money by reducing the need for dental fillings or other treatments. The average Calgarian will save \$55 in yearly dental costs in return for \$1.29 per year invested in fluoridation.

### For more information:

[Alberta Health Services](#)  
[Public Health Agency of Canada](#)  
[US Centers for Disease Control](#)

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