

Proof Around the Globe: Fluoridation Is Safe & Effective

A **British** analysis of water fluoridation's impact "showed a 28% reduction in the prevalence of [cavities] in primary teeth at age five years and a 21% reduction in permanent teeth at age 12 years."



"The report provides further reassurance that water fluoridation is a safe and effective public health measure."¹

"In **Brazil**, fluoridation in treating the water supply began in 1953 ... Comparisons of caries rates among schoolchildren aged 6 to 14 years between 1953 and 1963 showed (positive) results similar to those observed in the U.S. and Canada."



"The effect of the water fluoridation was evident, even if it is assumed that other sources of fluoride use were present, such as fluoridated toothpaste. Moreover, if fluoridation was halted, the difference in [tooth decay] outcomes between regions with and without fluoridation became smaller."²

"Between 1977 and 1986, a survey of the oral health of children aged 6-7 was conducted in two **Quebec** municipalities: Windsor, where the water is fluoridated, and Richmond, a neighbouring and comparable community where the water is not fluoridated ... the [tooth decay] index declined by 61.8 % in Windsor and 34.4 % in Richmond, relative to 1977 figures.



"... children residing in the municipality of Windsor (fluoridated water) had shallower dental fissures, making their teeth less vulnerable to [cavities] than the children in Richmond."³

"There is compelling evidence that fluoridation of water at the established and recommended levels produces broad benefits for the dental health of **New Zealanders**.



"... the panel is unanimous in its conclusion that there are no adverse effects of fluoride of any significance arising from fluoridation at the levels used in New Zealand. In particular, no effects on brain development, cancer risk or cardiovascular or metabolic risk have been substantiated, and the safety margins are such that no subset of the population is at risk because of fluoridation."⁴

Sources

¹ Public Health England. Water fluoridation: Health monitoring report for England 2014. 2014. <http://www.dentalwatch.org/fl/england.pdf>. Accessed December 4, 2014.

² Frazão P, Peres MA, Cury JA. Drinking water quality and fluoride concentration *Revista de Saúde Pública*, 2011;45(5). <http://www.revistas.usp.br/rsp/article/viewFile/33040/35706>. Accessed December 4, 2014.

³ Levy M, Corbeil F. Water Fluoridation: An Analysis of the Health Benefits and Risks. Institut National de Santé due Québec. 2007. <http://www.inspq.qc.ca/pdf/publications/705-WaterFluoration.pdf>. Accessed December 4, 2014.

⁴ Royal Society of New Zealand. Health effects of water fluoridation: A review of the scientific evidence. 2014. http://assets.royalsociety.org.nz/media/2014/08/Health-effects-of-water-fluoridation_Aug_2014.pdf. Accessed December 4, 2014.