

Why as a pediatrician I am opposed to fluoridation

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My background

I'm a pediatrician and environmental health expert, in practice for 7 years.

I graduated from University of Wisconsin School of Medicine in Madison in 1999 and glad to be back in support of Alderman Bohl's proposal to end water fluoridation.

I receive no compensation for my testimony, in fact I lose a week's pay to be here, because this is a serious public health issue.

I am against fluoride in the water because you're supposed to spit it out, not swallow it. It is a toxin, according to the CDC, EPA and NIH. IOM could not issue an RDA because the scientific evidence is inconclusive, so it has AI levels.

Toxins are poisonous hazardous substances, and this is the only one that is released freely into the environment, without any monitoring, and as a result, children are suffering toxicity to their teeth, bones, brain and kidneys.

Dental fluorosis is proof of fluoride overexposure and toxicity and is just as common as cavities, so how effective is that?

American Academy of Pediatrics

- The AAP changed its official policy statement 17 years ago, warning against fluoride consumption in babies, despite which there are no health or safety warnings from health departments, the city, nor medical and dental professionals.

Parents thank me for being the only one warning them. Everyone says the same thing "I didn't know". I diagnose dental fluorosis at least 5 times daily, even in babies' 1st teeth eruption at 6 months old who have consumed formula mixed with fluoridated water since birth.

This group is most severely harmed because they exceed the EPA's reference dose for toxicity more than 3 times the safe level, this is serious because no one is monitoring them.

In adults, 10% of fluoride gets incorporated into bone, children 50%, newborns 90% of their skeleton is damaged because when you drink fluoride, it reduces the calcium and mineral content needed to build strong teeth and bones, replacing the natural calcium hydroxyapatite mineral with fluorohydroxyapatite which is harder and more cavity resistant, but more prone to fracture because of its reduced mineral content.

Destroying your teeth and bones
to prevent cavities is like
destroying your lungs to prevent
asthma.

Fluoride can cross the blood brain barrier and as a neurotoxin, it harms the brain and nervous system. In pediatrics, we are seeing a rapid rise in neurodevelopmental problems in children from autism, ADHD which is being diagnosed in children as young as 3 years old, speech disorders, low IQ, behavioral and psychiatric problems. No one can pinpoint what causes all this, but neurotoxins play a major role.

Children are at greater risk of toxicity because their kidneys are underdeveloped and unable to efficiently excrete it in the urine, so it gets reabsorbed back into the bloodstream, where it bioaccumulates and causes more prolonged and severe symptoms. Fluoride is also an endocrine disruptor that increases risk of hypothyroidism.

In pediatric toxicology, the dose determines the poison and the timing determines the poison. You need to understand that lowering the concentration of fluoride to 0.7ppm does not go far enough. This is crucial in understanding why water fluoridation must be discontinued immediately.

This is not a “one size fits all,” health policies require pediatric considerations. It is impossible to control the dose of fluoride because it comes from too many sources, and even absorbed through the skin, which occurs at higher rates in children and after 60 years of water fluoridation, skin absorption studies have never been done, yet we bathe with everyday.

I am here to protect

- 1) Pregnant women because fluoride crosses the placenta and blood brain barrier of the fetus. A recent study at SUNY showed an increase in preterm birth in mothers who consumed fluoridated water.
- 2) Seniors and those with kidney disease because they are less able to excrete fluoride
- 3) Ethnic minorities

Minorities

- Minorities have the highest rates of dental fluorosis
- Black babies are more likely to be bottle fed with fluoridated water
- Blacks have higher rates of kidney disease, especially chronic kidney disease, hypertensive kidney disease, diabetic kidney disease and kidney disease related to lupus
- Blacks have higher rates of poor academic achievement and criminal behavior, which is linked to neurotoxins

Minorities

- The Civil rights community including Andrew Young, MLK family, LULAC and others have issued public statements against water fluoridation due to this disproportionate harm.

Fluoride is a Toxin

- Fluoride is the only toxin in the history of medicine used to prevent a disease. Safer alternatives exist and the true cause of dental cavities has not been addressed.

Better Alternatives

- Sugars, sweets and carbs left on the teeth is what causes cavities, and when you address this you are also preventing obesity, diabetes and other health conditions.

Better Alternatives

- Eating a diet rich in multivitamins, especially vitamin D, calcium and magnesium does more to strengthen teeth than fluoride.
- Brushing teeth after meals and improving access to dental care is the main solution.

Stop the harm

- If you continue water fluoridation, you will continue to harm the most vulnerable groups and impose unnecessary liability for doctors, dentists, health departments and the city.
- They need special safeguards, protections and considerations when making this crucial decision, and resist the political bullying.

I'm also here to protect

*pregnant women because fluoride crosses the placenta and blood brain barrier of the fetus. A recent study at SUNY showed an increase in preterm birth in mothers who consumed fluoridated water.

*seniors and those with kidney disease because they are less able to excrete fluoride

*ethnic minorities, especially Black babies, are disproportionately harmed for a number of reasons