

FLUORIDE FACTS

Did you know Durham has added liquid fluoride to their tap water since 1962?

Originally, this was intended to protect our teeth against cavities, but a lot of new science has been published since the 1950's.

HERE'S WHAT YOU SHOULD KNOW:

- Durham citizens spend \$100,000 annually purchasing liquid fluoride from MOSAIC (a fertilizer manufacturer) to add to their drinking water.
- Fluoride is an active ingredient in many pesticides and rodenticides and is a **powerful poison**—more acutely poisonous than lead!

FLUORIDE ACCIDENTS & POISONINGS:

Each year there are **thousands** of reports to Poison Control centers in the United States due to excessive ingestion of fluoride toothpastes, mouthrinses, and supplements. Many people are being over-exposed to fluoride as a result of receiving fluoride from many other sources besides the water supply, putting them at elevated risk of suffering toxic effects.

Fluoridated water is no longer recommended for babies. Babies exposed to fluoride are at high risk of developing dental fluorosis — a permanent tooth defect caused by fluoride damaging the cells which form the teeth. Other tissues in the body can also be affected by early-life exposure to fluoride. Fluoride can enter and damage the developing brain, causing learning deficits and other problems.

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GENERAL HEALTH RISKS:

- **Risk to the brain:** According to the National Research Council (NRC), fluoride can damage the brain. Animal studies conducted in the 1990s found dementia-like effects at the same concentration (1 ppm) used to fluoridate water, while human studies have found adverse effects on IQ at levels as low as 0.9 ppm among children with nutrient deficiencies, and 1.8 ppm among children with adequate nutrient intake.
- **Risk to the thyroid gland:** According to the NRC, fluoride is an "endocrine disrupter." Most notably, the NRC has warned that doses of fluoride (0.01–0.03 mg/kg/day) achievable by drinking fluoridated water may reduce the function of the thyroid among individuals with low iodine intake. Reduction of thyroid activity can lead to loss of mental acuity, depression and weight gain.
- **Risk to bones:** According to the NRC, fluoride can diminish bone strength and increase the risk for bone fracture. The best available information suggests that fracture risk may be increased at levels as low as 1.5 ppm.
- **Risk for bone cancer:** Animal and human studies have found a connection between fluoride and a serious form of bone cancer (osteosarcoma) in males under the age of 20.
- **Cavities do not increase when fluoridation stops.** A study done at Duke University found NO increase in cavities among 1800 children in Durham public schools when fluoride was stopped.

WANT TO GET INVOLVED?

Sign the Petition, Volunteer @

www.DurhamAgainstFluoride.com

LEARN MORE: www.fluoridealert.org



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