

Fluoride Yes! Campaign

Top Five Facts

Prepared for Health Professionals



Point 1: Dental decay affects the majority of children and teens.

Dental decay is the most common chronic disease of children and teens. Dental decay is 5 times more common than asthma, 4 times more common than obesity, and 20 times more common than juvenile diabetes.(1)

Each weekday, one surgical suite at the Alberta Children's Hospital in Calgary is dedicated to the treatment of dental decay under general anaesthetic.



Point 2: Dental decay can cause children to have poor overall health.

Untreated dental decay in children is associated with poor overall growth, iron deficiency, protein deficiency, behaviour problems, low self-esteem, a reduction in school attendance and performance, and poor overall health.(2-8)



Point 3: Calgary's children have had significant increases in dental decay since community water fluoridation was ceased.

A University of Calgary study led by Dr. L. McLaren showed that the decay rate of the teeth of Grade 2 children in Calgary was significantly higher after the cessation of water fluoridation than was the decay rate of Grade 2 children in Edmonton where fluoridation continued.

The number of decayed, extracted, filled surfaces of baby teeth (defs scores) in Calgary increased 146% by rising from 2.6 to 6.4 after fluoride cessation. In Edmonton, where fluoridation continued, the defs scores increased by only 46%, rising from 4.5 to 6.6.(9)



Point 4: Community water fluoridation is effective.

Community water fluoridation is effective at reducing dental decay. This fact has been demonstrated repeatedly over the more than 75 year history of fluoridation, including in a Health Technology Assessment (HTA) on community water fluoridation conducted by the Canadian Agency for Drugs and Technologies in Health (CADTH).(10)

CADTH's HTA also showed that community water fluoridation is effective in increasing the proportion of caries-free primary teeth in children and caries-free permanent teeth in children and adults.(10)

This effect is seen independent of other fluoride exposures through delivery agents such as fluoridated toothpastes.(10) In other words, community water fluoridation further reduces decay in children even if those children use fluoridated toothpastes and mouthrinses.



Point 5: Community water fluoridation is safe.

Although some people say that fluoridation is harmful, there is no good evidence of harm.(10) CADTH concluded that there is consistent evidence for no association between water fluoridation at the current Canadian levels and the incidence of bone cancer, total cancer and cancer-related mortality, and hip fracture.(10) There is limited evidence for no association between water fluoridation at the current Canadian levels and Down syndrome, and IQ and cognitive function.(10)

There is insufficient evidence for an association between water fluoridation at the current Canadian levels and all-cause mortality, atherosclerosis, hypertension, skeletal fluorosis, osteoporosis, musculoskeletal pain, newborn's height and weight, thyroid function, CKD, gastric discomfort, headache, insomnia, reproductive outcomes, refractive errors, diabetes, and myocardial infarction.(10)



References:

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9. McLaren L, Patterson S, Thawer S, et al. Measuring the short-term impact of fluoridation cessation on dental caries in Grade 2 children using tooth surface indices. *Community Dent Oral Epidemiol.* 2016;44(3):274-82.
10. Community Water Fluoridation Programs: A Health Technology Assessment – Review of Dental Caries and Other Health Outcomes. Ottawa: CADTH; 2019 Feb. (CADTH technology review; no. 12).



Take Action Now:

You know the facts, you know the science, and you know that Calgary needs to bring back fluoride.

Now what?

Please consider participating in our campaign in one of the following ways:

- Signing our petition - <https://www.FluorideYes.ca/petition>
- Volunteering - <https://www.FluorideYes.ca/volunteer>
- Donating - <https://www.FluorideYes.ca/donate>

Remember to vote this October 18th! To learn more about voting, please visit www.calgary.ca/election.

