Fluoridation Update: 2014
(still safe, effective, and inexpensive)

By Kurt Ferre DDS
OPHA annual meeting, Corvallis, OR
October 13, 2014
Fluoridation Vote Results

• 26-151 - City of Portland Vote
  Yes . .  64,728 = 39.40 %
  No. . .  99,573 = 60.60 %

• 42% of registered voters actually voted
• There are 391,193 registered voters
• 25% of registered voters decided outcome
• 226,892 voters didn’t care to vote.
Fluoridation PTSD
3 Key Observations

• It’s much easier to scare the public than to un-scare the public.

• The support for fluoridation is a mile wide, but the passion is an inch deep while the opposition support is an inch wide, ......

• Our belief system is a product of our life experiences and leads to our own confirmation biases.
Successful Defenses of Fluoridation

- Since October, 2010, these cities have retained fluoridation: Keizer, McMinnville, Lewiston, ID, Bethel, AK, Bozeman, MT, Philomath, and Scappoose.

- Since the May 2013 election, The Dalles, OR and Sweet Home, OR (June 2014) have successfully overcome challenges to their fluoridation programs.

- There have been anti activity in the fluoridated cities of Lebanon, Albany, and Silverton
True opponents will never change

“The good thing about science is that it’s true whether or not you believe in it.”
Expanding the Dental Team

Championed by the Oregon Oral Health Coalition's (OROHC) Early Childhood Cavities Prevention Committee (ECCP) launched a 3-year workforce development project in 2009 called “First Tooth” with a goal to reduce early childhood caries in Oregon.
U.S. Preventative Sx. Task Force

• Goal: prevention of cavities from birth to 5 y/o
• Services provided by primary care clinicians
• 2 recommendations:
  1) Rx fluoride supplements beginning @ 6 mo. (where water is deficient in fluoride)
  2) Apply fluoride varnish when 1st baby teeth erupt
Water fluoridation
Health monitoring report for England 2014

75% lower admissions with fluoridation

Preschool Children's Hospital Admissions for Poorest 20%

admission rate per 100,000 per year

Non-fluoridated  Fluoridated
CWF and Intelligence Study

- Subjects born 1972/73 comparing IQ for those born/raised in fluoridated area vs. non-fluoridated area.
- No significant differences in IQ
- Findings do not support the assertion that fluoride in the context of CWF programs is neurotoxic.
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<thead>
<tr>
<th>Year</th>
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<tr>
<td>2011</td>
<td>California Office of Environmental Health Hazard Assessment Carcinogen Identification Committee</td>
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<td>2011</td>
<td>Critical review of any new evidence on the hazard profile, health effects, and human exposure to fluoride and the fluoridating agents of drinking water. European Scientific Committee on Health and Environmental Risks</td>
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<tr>
<td>2008</td>
<td>A systematic review of the efficacy and safety of fluoridation. Department of Public Health, Scotland, UK</td>
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<td>2007</td>
<td>A systematic review of the efficacy and safety of fluoridation. National Health and Research Council, Australia</td>
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<td>2006</td>
<td>Fluoride in Drinking Water: a scientific review of EPA’s standards. National Research Council</td>
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<td>2001</td>
<td>Recommendations for Using Fluoride to Prevent and Control Dental Caries In the United States. MMWR, August 17, 2001;50</td>
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<td>2001</td>
<td>Task Force on Community Preventive Services, MMWR, November 30, 2001;50</td>
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<td>2000</td>
<td>A Systematic Review of Public Water Fluoridation University of York (UK)</td>
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<tr>
<td>1991</td>
<td>Review Of Fluoride: Benefits And Risks U.S. Public Health Service</td>
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Health effects of water fluoridation

“The review finds compelling evidence that fluoridation of the water at the established and recommended levels produces broad and continuing benefits for the dental health of New Zealanders. The public can be reassured on the basis of robust scientific data, that the implementation of this public health measure poses no risk of adverse health effects.”
Water fluoridation protects teeth in two ways:

- When delivered through the water supply to children during the tooth forming years.
- Through direct contact with teeth throughout life.

www.nidcr.nih.gov/DataStatistics/FindDataByTopic/WaterFluoridation/02/04/2013
Systemic effects of fluoridation

“Systemic effect of water fluoridation on dental caries prevalence”

- Comparing 11 y/o in 2 Korean now non-fluoridated communities
- One was fluoridated until 7 years ago.
- Those who ingested fluoridated water for 4 years after birth showed significantly lower DMFT (Decayed, Missing, Filled Teeth)
Strategic Plan for Oral Health in Oregon: 2014-2020
F Yeah!
Fluoridation Websites

• www.ilikemyteeth.org
• www.cdc.gov/fluoridation
• www.ada.org/sections/newsAndEvents/pdfs/fluoridation_facts.pdf
• www.fluoridescience.org
• Please “like” Campaign for Dental Health on Facebook.