

From: Stephanie Nagle [
Sent: January 24, 2013 3:30 PM
To: Toldo, Beth
Cc: Stephanie Nagle
Subject: In support of water fluoridation

Dear Mayor and Members of Windsor City Council;

As a dental hygienist for almost 40 years, it worries me that in a city with the highest unemployment rate in Ontario that a relatively inexpensive public health measure that affords protection to all socioeconomic levels and all ages is at risk of being taken away. As Dr. Arlene King, Chief Medical Officer of Health of Ontario has stated, "removing fluoride from drinking water will place those least able to afford or access dental treatment at an increased risk for oral health problems." Researchers point out that there is a direct relationship between poverty and dental caries and if we just think about it realistically, what parent has the time to monitor their child's intake of sugar, their toothbrushing and flossing effectiveness, the daily ingesting of fluoride supplements, and then afford to take the child to the dentist/dental hygienist 2 - 3 times yearly for topical fluoride applications and sealant placement?

I know that you have been inundated with research about fluoridation to help you make your decision, but I'd like to draw your attention to one significant study from Dorval, Quebec. In 2003, the city stopped fluoridation because they shared a water supply with Montreal and Montreal opposed it. A 2007 report by the Institut National de Sante Publique du Quebec revealed that the percentage of kindergarten children at high risk of developing tooth decay in Dorval, Quebec **doubled** in the two year period after water fluoridation was halted. In 2008, Dorval reintroduced fluoride. Do we want this to put our children through this in Windsor?

It also worries me that our community will be at increased risk to oral health problems as we age. I recall being part of a research team at the University of Western Ontario, Community Dentistry department where we compared root surface caries rates in adults who have lived in fluoridated areas for at least 25 years to those living in non-fluoridated areas for similar amounts of time. We observed that those adults living in the fluoridated areas exhibited 50% less root surface caries showing that fluoride continued to have a protective effect as we age.

Dental caries and fillings make it harder for us to clean our teeth leading to poor oral hygiene. Poor oral hygiene leads to periodontal disease, loss of teeth, the need for implants, and dentures. Poor oral hygiene is related to chronic diseases such as diabetes, cardiovascular disease, and respiratory infections. Your decision to withdraw or continue water fluoridation will impact the health of all Windsorites. Please consider that oral health is an integral part of overall health, wellbeing, and quality of life.

Sincerely,

a , - RDH, BScD, MA
Dental Hygiene Program Coordinator
St. Clair College
Windsor, Ontario N9A 6S4
519 - 972 - 2727 ext. 4400