



The Big Fluoride Debate

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Do you take care of your teeth?

- 🌐 The UK Health Secretary recently announced that more water companies would be encouraged to add fluoride to the water supplies
- 🌐 Why is fluoride added?
- 🌐 What are the advantages and what are the risks?
- 🌐 Should it be put in the water?
- 🌐 What do YOU think?

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- Fluoride is the naturally occurring ion of the fluorine atom and has the symbol F-

- It has been added to some water supplies since the 1960's

- The first places in the UK to 6/10/10

It prevents cavities in teeth two ways:

- When fluoride touches the enamel it becomes embedded in the mineral that makes up the main part of teeth and bones. This strengthens the tooth enamel and makes it more resistant to the acids produced by bacteria in the mouth
- It helps the body to rebuild the enamel crystals if they are damaged by bacterial acids.

How
it
works

Sounds good so far...



But you should be made aware that too much fluoride can cause brown mottling of

WATER FLOURIDATION...

CAUSES DENTAL FLUOROSIS

"Fluorosis is poisoning by fluorides"
— *Websters Encyclopedic Unabridged Dictionary*

VERY MILD WATER @ 1PPM
San Francisco

1MG PER DAY PRESCRIPTION FLUORIDE
White and Brown Enamel

SEVERE WATER 4MG/DAY
Brown Pitted Enamel

Advantages and disadvantages

- You will be given fact sheets on the advantages and disadvantages of putting fluoride in the water - read them through carefully.
- Look at the position you have been asked to consider. What evidence for that position is there? What evidence against?
- Think how you could put these ideas across. What arguments could you use?

Should the water companies be

Fluoride is naturally present in many water supplies and artificially

It occurs naturally in many foods and water - we add fluoride to areas where it is missing to that level -

ed to others. If children from these areas have better teeth then fluoride should be available to

add vita

Some people will naturally drink a lot more water than others, labourers, diabetics, athletes. With fluoride in foods as well you may

have good te

get too large a dose

Commission set up by Government of New Zealand concluded that fluoride is not a drug but a nutrient which may be missing in the

l concentrate on toothbrushes and fluoride to children who are have poor teeth, as well to a dentist, instead of

diet

adding fluoride to the water.

Good or bad?

'It is all very well saying that they (children) should clean their teeth and that we should take their sweets away from them. But it is not until you have had to hold down a screaming four-year old child, anaesthetise it and pull out baby teeth that you realise the immorality of not initiating a proven, comprehensive plan that will prevent untold cases of future suffering.'

Lord Colwyn , legislator and Dentist



"I would advise against fluoridation.. Side-effects cannot be excluded .. In Sweden, the emphasis nowadays is to keep the environment as clean as possible with regard to pharmacologically active and, thus, potentially toxic

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