

# Public Health Notice

on

## Water Fluoridation

On Monday, April 11, Nairn & Hyman Town Council will consider removing fluoride from the community's water supply.

*"As your Medical Officer of Health, I know how poor oral health affects overall health. Painful tooth decay remains the most common chronic disease in Canadian children and causes much avoidable suffering and stigma. Water fluoridation can protect against tooth decay and is internationally recognized as an effective and cost efficient way of protecting everyone's oral health. Adding fluoride to the water provides the preventive effects of fluoride to individuals who may not be able to afford other types of fluoride, such as toothpaste and professional treatments. The evidence and experience elsewhere is clear that a decision to remove community water fluoridation in Nairn & Hyman would be expected to result in worse oral health among residents, especially children, seniors and those least able to afford dental care."*

Dr. Penny Sutcliffe, Medical Officer of Health  
Sudbury & District Health Unit

### Here are the facts on fluoride<sup>1</sup>:

- Fluoride is a mineral that exists naturally in virtually all water supplies, even the ocean. Usually, however, the amount of fluoride is too low to prevent tooth decay. This is why many communities in Canada add a small amount to reach the level proven to protect teeth.
- The leading health experts endorse community water fluoridation as a safe, effective way to reduce cavities. These experts include the Canadian Dental Association, the Canadian Pediatric Society, Health Canada, the Centers for Disease Control and Prevention, and the World Health Organization.
- Using fluoride toothpaste is important, but it doesn't give maximum protection against cavities. Drinking fluoridated water provides crucial added protection against tooth decay, and many studies prove it.
- Canada is one of the birthplaces of community water fluoridation. Our dental and medical officials from the 1940s were pioneers who helped conduct the initial research proving that fluoridation significantly reduces cavities. Many other countries have since followed our lead.
- Canada has a tradition of fortifying foods and beverages with vitamins and minerals to protect human health. For example, Vitamin D is added to milk, and folic acid is added to bread and pasta. Adding fluoride to water is one more way we help keep children and adults healthy.
- Fluoridation's positive impact is supported by hundreds of studies and nearly 70 years of experience. Some of these studies have been conducted within the past few years.