

Gloucester Board of Health

Ad Hoc Fluoride Working Subcommittee Minutes

July 14<sup>th</sup> 2014, 6:30pm

3 Pond Road Conference Room

14 AUG 27 PM 2:41  
CITY OF GLOUCESTER, MA

**Attendees:** Rich Sagall M.D., Chair Gloucester Board of Health  
Joe Rosa Ph.D, Board Member  
Ben Polan, DDS, Children's Dental Center  
Noreen Burke M.P.P., Health Department Director

**Preparation of Response for City Council on the Matter of Fluoride in Community Water Supply:** Time Frame of the Presentation will be 10-15 Minutes plus time to address Individual Councilor questions.

- Ben uploaded several new articles to Basecamp. All the articles given by CAFAN were also read and reviewed by the ad-hoc subcommittee members.
- Ben reiterated that there is no evidence linking Fluoride to autism or cancer
- Ben highlighted a British study. It examined the overall health effects between towns with and without fluoride. The study concluded that the health effects were non-existent.

**Health Effects of Fluoride: Brainstorm Highlights to Address in Presentation to Council Members**

- Distinguish and explain Systemic and topical use of fluoride
- Systemic fluoride is essential for tooth decay until all teeth are formed
- Fluorosis is a very minor concern
- There is no hard evidence of the ill effects of fluoride
- Other

**Addressing Questions Submitted to City Council by CAFAN: Aspects to Consider**

- With respect to CAFAN Q1, it's irrelevant to the questions at hand. Going back and looking for definitive study is foolish
- Millions of people are treated with safety and efficacy with fluoride in the CWS
- Usually what's being compared by the anti-fluoride network does not compare similar variables, such as comparing one community with naturally occurring fluoride, with another community where fluoride is not naturally occurring.

- The vast majority of studies show the benefits of fluoride in the community water supply totally outweigh the risks
- The amount of fluoride that should be ingested a day is up to 1 milligram. A lethal dose of fluoride consists of 5 grams, 5000 times the recommended dose. This is the equivalent of consuming 120 tablets jars of ingestible fluoride, or 120 quarts/500 liters of water. That action would cause significant gastro effects but that's the extent of it.

**Brainstorming What We Need to Present Verbally and in Writing:**

- Extraordinary claims require extraordinary data. Big claims are being made by Anti-Fluoride Network. These big claims require lots and lots of good data. We don't see it anywhere. If you believe these claims then good science dictates that you conduct more studies. That's how good quality science works
- 100's of millions treated safely with it
- Osteosarcoma claims are extraordinary, where is the extraordinary data to back up those claims?
- Once you put fluorosilicic acid in water, it dilutes.
- Fluoride is from China, Certificate of Purity?? for fluoride, Ask Larry Durkin about that before the meeting
- Public Health very much cares about the social justice aspect of this topic. The cost effective provision of Fluoride to those most in need is imperative

**Next Steps for Ad Hoc Subcommittee: Items to Prepare for July 22<sup>nd</sup> Presentation**

- Distill each question from what's written already
- 1 paragraph response to each question
- Prepare a 2-3 page answer into questions while embedding in a larger narrative
- Amend our narrative with references
- Health Effects – Ben focus
- Executive Summary
- Prepare copy of each supporting document that demonstrates the case for fluoride