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Fluoride Lowers Self Esteem in Children

Fluoride ingestion from toothpaste, water and foods is rising, ruining children's teeth and lowering their self esteem

/24-7PressRelease/ - April 22, 2008 - Fluoride exposure is rising and causing children's tooth imperfections, ranging from white spots to brownish discolorations and pitting (fluorosis), dentist Elivir Dincer reports in the New York State Dental Journal. (1)

"Such changes in the tooth's appearance can affect the child's self-esteem which makes early prevention that much more critical," writes Dincer.

Children, aged 2 to 7 years, can swallow about one-quarter milligram of fluoride with every brushing because their swallowing reflexes are not fully developed, reports Dincer.

"Children from the age of 6-months to 3-years should not have more than one-quarter milligram of fluoride per day. Brushing the teeth of a 2-year-old twice a day will expose the child to about one-half milligram, exceeding the allowable [daily] limits" [from toothpaste alone], writes Dincer.

Intentionally swallowing the toothpaste which is likely, given the pleasant flavor of children's toothpaste, increases children's fluorosis risk, Dincer reports.

Fluoridated water, supplements, mouth rinses and/or foods add to daily fluoride intake.

Up to 48% of children have fluorosis, with 4% moderate/severe (yellow/brown teeth), reports the Centers for Disease Control (CDC) (2). Fluoride over-exposure at ages 22- to 25-months can discolor the permanent two front teeth while they form under the gums.

Two-thirds of US water suppliers add fluoride chemicals to reduce tooth decay. This fluoridated water is used to make many foods and beverages. (3) "Water and processed beverages (e.g., soft drinks and fruit juices) can provide approximately 75% of a person's fluoride intake," according to the CDC. (4)

Mixing infant formula with fluoridated water (5), fluoride supplements (6) and foods with naturally higher fluoride levels, such as tea and ocean fish, independently increase risk of dental fluorosis. Fluoride-containing pesticide residues remain on various foods. Fluoride is also inhaled via ocean and shower mist and is in some medicines.

Why isn't this information reaching the public?

In 2000, dental researcher AK Mascarenhas wrote, "There is substantial evidence that fluoridated water, fluoride supplements, infant formulas, and fluoride toothpastes are risk factors for fluorosis," alone and together in "Risk factors for Dental Fluorosis: A review of the recent literature," in *Pediatric Dentistry*, 4/22/2000.

Mascarenhas censored our news release which broadcasted her tax-payer supported research to the American public by successfully requesting Ascribe news service to deny our business. We have seen little evidence that organized dentistry or federal health officials passing all this information to the public.

"It's obvious that fluoridation is dosing our children with uncontrollable and undesirable amounts of fluoride," says attorney Paul Beeber, President, New York State Coalition Opposed to Fluoridation, Inc. "Besides affecting teeth, fluoride can be hazardous to your general health," he says. "Since fluoride is neither a nutrient nor essential for healthy teeth and no child is, or ever was, fluoride deficient, it's time we stop adding unnecessary and costly fluoride chemicals into water supplies," says Beeber.

Over 1600 professionals joined Environmental Protection Agency scientists in calling for an end to fluoridation. (7) Join the over 11,000 individuals supporting them by signing the petition asking for a Congressional investigation at

<http://congress.FluorideAction.Net>

References:

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<http://www.nysdental.org/img/current-pdf/JrnlJan2008.pdf>

2) Surveillance for Dental Caries, Dental Sealants, Tooth Retention, Edentulism and Dental Fluorosis, CDC, MMWR August 2005

<http://www.cdc.gov/mmwr/preview/mmwrhtml/figures/s403a1t23.gif>

3) USDA National Fluoride Database of Selected

Beverages and Foods - 2004 <http://www.nal.usda.gov/fnic/foodcomp/Data/Fluoride/Fluoride.html>

4) US Centers for Disease Control - Enamel Fluorosis http://www.cdc.gov/FLUORIDATION/safety/enamel_fluorosis.htm

5a) US Centers for Disease Control - Infant Formula and Fluoride

http://www.cdc.gov/FLUORIDATION/safety/infant_formula.htm#12

b) Academy of General Dentistry, "Monitor Infant's Fluoride Intake," March 2007

<http://www.agd.org/support/articles/?ArtID=1187>

c) American Dental Association, "ADA offers interim guidance on infant formula and fluoride," November 2006

<http://www.ada.org/prof/resources/pubs/adanews/adanewsarticle.asp?articleid=2212>

6) American Dental Association, Evidence Based Dentistry: Systematic Reviews Fluoride Supplements

http://www.ada.org/prof/resources/ebd/reviews/fluoride_supplements.asp

7) <http://www.fluorideaction.org/statement.august.2007.html>

8) http://www.orgsites.com/ny/nyscof/_pgg10.php3