

August 27, 2013

To Whom It May Concern:

As a practicing endocrinologist, I was appalled at the claims that fluoridated drinking water causes clinically significant harm to the endocrine system.

Clinically, in more than 30 years of seeing patients, I have never seen any fractures or thyroid problems associated with fluoridated water. Early puberty is more associated with obesity than anything else, though there are many endocrine disrupters that have estrogenic effect. Fluoride has not been implicated, though lavender, tea tree oil and HCG, substances found commonly in hair products, have been.

I looked at the papers cited about the effects of fluoride on thyroid function and could find none that suggested any effect on thyroid at doses used in fluoridated water. A Review of the literature published in 1986 came to the same conclusion:

“The increasing use of fluoride for prevention of dental caries poses the problem as to whether this halogen has antagonistic properties towards iodine, whereby it could hamper the success of iodine prophylaxis of endemic goitre. Review of the literature shows that some authors have found an inhibition by fluoride of various steps of thyroid hormone biosynthesis in animal experiments. By and large, the inhibition was only slight and it was elicited only with fluoride doses greatly in excess of those recommended for caries prevention. The inhibition was not consistently present and other authors could not confirm it in comparable experiments. There is no convincing evidence that fluoride produces true goitres with epithelial hyperplasia in experimental animals. There are some reports based on casual observations that fluoride is goitrogenic in man. On the other hand, several good studies with adequate exposed and control populations failed to detect any goitrogenic effect of fluoride in man. It is noteworthy in particular that fluoride does not potentiate the consequences of iodine deficiency in populations with a borderline or low iodine intake. **Published data failed to support the view that fluoride, in doses recommended for caries prevention, adversely affects the thyroid.**”

I hope this clarifies the issues a bit more.

Sincerely,

Janet Silverstein, MD, FAAP