

After nearly 70 years of use we can be confident that community water fluoridation causes no disease. Yet, opponents commonly claim fluoridation harms bones.


Well funded committees of experts have many times reviewed all of the science surrounding fluoridation and health concerns. They have uniformly concluded there is no link between fluoridation weakened bones.

As examples, the English York Review from 2000 and the European Union's committee say fluoridation is safe for bones.

The European experts cite research showing fluoridation decreases fractures.

This is that study which found low fluoride to have about the same degree of harm to bones as does fluoride levels above the EPA's safe fluoride level. Fluoridation is the safest level that is best for bones.

And here is a recent very large study in elderly women from the Northwest's Oregon Health Sciences University showing fluoridation safe for bones.



# Hood River News

A false claim










8/4/2004


## Is the Force-Feeding of Fluoride Really Necessary?

By Brian Carlstrom

8. Experiments have already been done on humans. It has been determined that fluoride increases hip fractures by 41 percent among men and 27 percent among women in Brigham City, Utah, where water is intentionally fluoridated to 1.0 ppm.

### Systematic Evidence Based Reviews

 <p>2011 California Office of Environmental Health Hazard Assessment Carcinogen Identification Committee</p>	 <p>2006 Fluoride in Drinking Water: a scientific review of EPA's standards. National Research Council</p>
 <p>2011 Critical review of any new evidence on the hazard profile, health effects, and human exposure to fluoride and the fluoridating agents of drinking water. European Scientific Committee on Health and Environmental Risks</p>	 <p>2001 Recommendations for Using Fluoride to Prevent and Control Dental Caries in the United States. MMWR, August 17, 2001:50</p>
 <p>2008 A systematic review of the efficacy and safety of fluoridation. Department of Public Health, Scotland, UK</p>	 <p>2001 Task Force on Community Preventive Services, MMWR, November 30, 2001:50</p>
 <p>2007 A systematic review of the efficacy and safety of fluoridation. National Health and Research Council, Australia</p>	 <p>2000 A Systematic Review of Public Water Fluoridation. University of York (UK)</p>
	 <p>1991 Review Of Fluoride: Benefits And Risks. U.S. Public Health Service</p>



## Doesn't cause fractures

### Centre for Reviews and Dissemination


#### BONE FRACTURE AND BONE DEVELOPMENT PROBLEMS

Overall, the findings of studies of bone fracture effects showed small variations around the 'no effect' mark. A meta-regression of bone fracture studies also found no association with water fluoridation.


THE UNIVERSITY of York

2000

### Systematic Review



2011



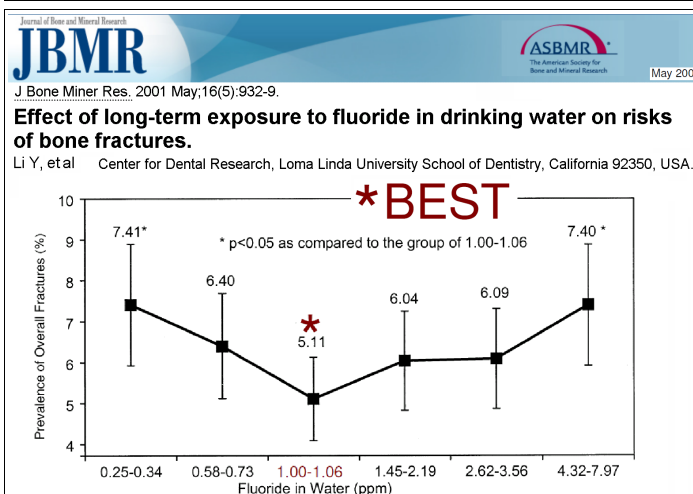
Directorate-General for Health & Consumers


Scientific Committee on Health and Environmental Risks  
SCHER

## Fewer fractures

#### Effect on bone strength and fractures

"There is no clear association of bone fracture risk with water fluoridation, and fluoridation at levels of 0.6 to 1.1 mg/L may actually lower overall fracture risk."





BMJ. 2000 October 7; 321(7265): 860-864.

Schools of Medicine and Dentistry, University of Oregon Health Sciences University

Kathy R Phipps, Eric S Orwoll, Jill D Mason, Jane A Cauley

## Community water fluoridation, bone mineral density, and fractures: prospective study of effects in older women

## Safe for bones

#### What is already known on this topic

Several ecological studies have found that rates of hip fracture are higher in communities with fluoridated drinking water compared with communities without fluoridation

These studies, however, have not controlled for several factors known to be associated with rates of fracture including use of oestrogen, smoking, and body weight

#### What this study adds

Long term exposure to fluoridation does not increase the risk of osteoporotic fracture among older women

In terms of any effect on bone mineral density community water fluoridation as a public health measure for the prevention of dental caries is safe

7,129 women

**American Cancer Society**

**NR**  
NATIONAL  
NUTRITION  
ASSOCIATION

**Society of American Indian Dentists**

**AAFP**  
American Academy of Family Practice

**American Pharmacists Association**

**AMA**

**MAYO CLINIC**

**ADIA**  
World Health Organization

**APHA**

**adha**

**CDC**

**HSA**  
HISPANIC DENTAL ASSOCIATION

**European Association of Public Health Dentists**

**E.A.P.D**  
European Academy of Paediatric Dentistry

**100+ Organizations recognize fluoridation's benefit**

No widely respected medical and health organizations oppose fluoridation

**100+ Organizations recognize fluoridation's benefit**

life is better  
**WITH TEETH**