

# HEALTH ALERT: FLUORIDE WARNING FOR INFANTS

Health authorities now agree that fluoride should not be given to infants. Health professionals, water districts, and the media need to work cooperatively to deliver this information to parents and caregivers so they can protect their children.



- On November 9th, 2006, based on a National Research Council (NRC) report (1) the American Dental Association (ADA) warned that fluoridated water should not be mixed into concentrated formula or foods intended for babies one year and younger in order to avoid moderate dental fluorosis (white, yellow or brown stains affecting the tooth surface) (2).
- On December 15, 2006, the Centers for Disease Control (CDC) stated that using fluoridated water for infant formula may influence a child's risk for developing enamel fluorosis (3). According to the CDC, 32% of American children have dental fluorosis, a significant increase from 23% in the 1980s (4).
- The Academy of General Dentistry has cautioned parents to avoid fluoridated water when making infant foods (5).
- The American Academy of Pediatrics has advised that fluoride not be given to infants 6 months and younger (6).
- Fluoridated water (1 ppm) has 250 times more fluoride than occurs naturally in human breast milk (.004pm) (7).
- The Environmental Working Group analyzed government data in March 2006, and found that babies are over-exposed to fluoride in most major U.S. cities. In Boston, over 60% of formula-fed infants are over the safe fluoride exposure level (8).
- In November 2006, the respected medical journal The Lancet described fluoride as an "emerging neurotoxic substance" due to evidence linking fluoride to lower IQs in children, and brain damage in animals (9).
- In March 2006, the National Research Council reported that fluoride is an "endocrine disrupter" which may interfere with the normal activity of the thyroid and pineal glands (10).
- A May 2006 Harvard study found a significant link between fluoridated water and bone cancer in boys (11).
- Common household water filters do not remove fluoride; and unlike chlorine, which steams off when water is boiled, fluoride becomes more concentrated.

## References:

- (1) [http://www.nap.edu/catalog/11571.html?onpi\\_newsdoc03222006](http://www.nap.edu/catalog/11571.html?onpi_newsdoc03222006)
- (2) [http://www.ada.org/prof/resources/pubs/epubs/egram/egram\\_epubs/egram\\_egram\\_061109.pdf](http://www.ada.org/prof/resources/pubs/epubs/egram/egram_epubs/egram_egram_061109.pdf)
- Dental fluorosis pictures: <http://www.FluorideAlert.Org>
- (3) [http://www.cdc.gov/fluoridation/safety/infant\\_formula.htm](http://www.cdc.gov/fluoridation/safety/infant_formula.htm)
- (4) <http://www.cdc.gov/mmwr/preview/mmwrhtml/figures/s403a1t23.gif>
- (5) <http://www.agd.org/consumer/topics/baby/fluoride.asp>

- (6) <http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;115/2/496>
- (7) [http://www.nap.edu/catalog/11571.html?onpi\\_newsdoc03222006](http://www.nap.edu/catalog/11571.html?onpi_newsdoc03222006) (p. 33)
- (8) <http://ewg.org/issues/fluoride/20060322/index.php>
- (9) <http://www.canada.com:80/saskatoon/news/story.html?id=3ac13c57-80cc-4ddf-bb26-58d592a63014&k=95961>
- (10) <http://www.fluoridealert.org/health/epa/nrc/excerpts.html>
- (11) <http://www.springerlink.com/index/W51278475H35L456.pdf>

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