ONTARIO’S DOCTORS SET THE RECORD STRAIGHT ON FLUORIDE IN DRINKING WATER

October 21, 2010, Toronto, ON – Ontario’s doctors want to dispel the misconceptions and ease the concerns of those who question the safety of fluoride. The Ontario Medical Association (OMA) has approved a policy that supports the addition of fluoride to drinking water, following extensive research on the issue.

“Ontario’s doctors want their patients to know that the process of adding fluoride to our drinking water in Ontario has been and is safe,” said Dr. MacLeod, President of the OMA. “We know that some parents have concerns, but they should be confident that in Ontario, the fluoride concentrations are well regulated and will not cause their children harm.”

Ontario drinking water systems that fluoridate their water are closely monitored, report continually on fluoride concentrations, and are well within the safety guidelines. There is also a wealth of evidence on the benefits of adding fluoride to drinking water systems, including:

Health Canada’s expert panel, as well as international academics from Europe, Australia, and the US, have found that 0.7 parts per million of fluoride in drinking water is effective for preventing cavities; and

A Danish study released earlier this year, examined the risk of cavities in children five and 15 years old. Over a period of 10 years, the risk of cavities was reduced by approximately 20 percent with fluoridation levels at the lowest concentration level (0.125-0.25mg/L).

“We’ve been adding fluoride to drinking water since the 1940’s and it’s important that we continually research the practice, but the evidence is clear that adding fluoride to drinking water in Ontario is safe,” said Dr. MacLeod.

-30-

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