











Required by state law in New Hampshire to be added to water quality reports distributed to the public and what I've asked to be added to water quality reports in Los Angeles:

“Your public water supply is fluoridated. According to the Centers for Disease Control and Prevention, if your child under the age of 6 months is exclusively consuming infant formula reconstituted with fluoridated water, there may be an increased chance of dental fluorosis. Consult your child's healthcare provider for more information.”

Fluoride from tap water

-babies fed formula made with tap water are fluoride-overdosed

subject	volume fluid intake	fluoride concentration in liquid consumed	fluoride dosage ($\mu\text{g}/\text{kg}$ per day)
6 mo. baby weighing 5 kg fed breast milk	up to 1 L	≈ 0.005 ppm	1
70 kg adult	1 L	0.7 ppm	10
70 kg adult	4 L	0.7 ppm	40
6 mo. baby weighing 5 kg fed infant formula made with tap water	up to 1 L	0.7 ppm	140

A **dose** refers to a specified amount of medication taken at one time. By contrast, **dosage** is the prescribed administration of a specific amount, number, and frequency of doses over a specific period of time. (AMA Manual of Style)

Examples of skeletal fluorosis in India resulting from high fluoride intake combined with poor nutrition while children are growing.

In adults skeletal fluorosis does not curve bones, but does cause pain and arthritis like symptoms.



Reasons this advisory should be widespread:

- Infants 0-6 months of age are no longer prescribed fluoride supplements. Preparing infant formula with fluoridated tap water is like giving you baby a fluoride supplement.
- The stated adequate fluoride intake for these infants is only 0.01mg per day. That's roughly the tiny amount of fluoride in breast milk.
- The CDC says any additional fluoride provides no additional benefit. Thus, this is a risk for no reward situation for these infants. Powdered infant formula is manufactured without fluoride, but still has trace amounts equal to what's in breast milk.

- The huge increase in fluorosis seen in American children as a result of fluoridation has resulted in 2 reductions in the amount of fluoride added to tap water - one in 1962 and one in 2015.

Over half of American children now have dental fluorosis, although sometimes it's barely visible.

- The CDC, the American Dental Association, and the American Academy of Pediatrics have advised parents to consider the use of non-fluoridated water to prepare infant formula.
- With substantial scientific evidence showing fluoride can reduce IQ due to prenatal exposure and young children ingesting fluoride, this advisory is even more important today. This relatively new science is the reason fluoridation has been in the national news.

There has been back room, unwritten opposition to having this advisory appear on water quality reports due to concerns it could affect the public perception of fluoridation.

Will Los Angeles do what's best for these infants or do what's best for the reputation of water fluoridation?

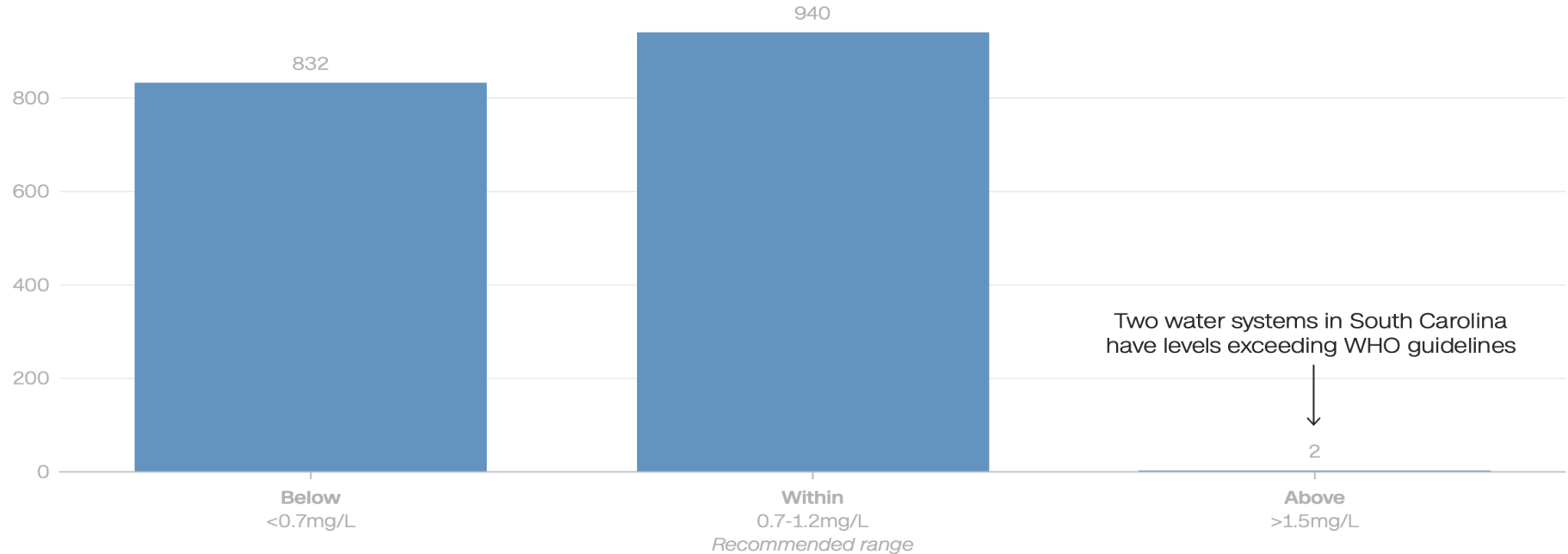
CNN 11/24
“3 charts that help explain fluoride in drinking water”

written by a data and graphics editor

Most US water systems have the recommended concentration of fluoride

Just over half of US water systems with publicly-available fluoride level data have concentrations within the recommended levels for drinking water. The World Health Organization states that long-term exposure to fluoride levels above 1.5mg/L can lead to health problems.

Public water systems, by fluoride concentration levels



Note: Data is average fluoride concentration across 2023. The data is limited to what each state has voluntarily chosen to share publicly - some states have not shared any. As a result, the data is not inclusive of all states and communities.

Source: My Water's Fluoride
Graphic: Soph Warnes, CNN

From the publicly available data on water system fluoride levels, two water systems, both located in South Carolina, reported fluoride concentration levels above WHO guidelines. WHO states that long-term exposure to fluoride levels above 1.5 milligrams per liter (mg/L) in drinking water can lead to health problems.

CNN Chart

Two water systems in South Carolina
have levels exceeding WHO guidelines



2

Above
>1.5mg/L

CNN Chart

From the publicly available data on water system fluoride levels, two water systems, both located in South Carolina, reported fluoride concentration levels above WHO guidelines. WHO states that long-term exposure to fluoride levels above 1.5 milligrams per liter (mg/L) in drinking water can lead to health problems.

The End

Thanks for your attention