

# 15 Fluoride Questions to Ask Your Dentist

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1. If fluoride is safe, why does the U.S. Food and Drug Administration (FDA) put a poison warning on toothpaste?
2. What is the definition of "safe"? How much is too much, and how can I tell?
3. Can you give me a scientific study which shows the safety of water fluoridation?
4. How does fluoride affect my organs and brain?
5. How much water should I drink daily to get the optimum dose of fluoride? What if I'm still thirsty?
6. When I add up the fluoride in my toothpaste, dentifrices, food, beverages and water what will my total exposure be?
7. Where can I find a list that shows the amount of fluoride in various foods?
8. Is fluoride recommended by the Canadian Dental Association (CDA) for infants? Does the CDA say it's OK for my baby's formula to be mixed with fluoridated water? What does the Canadian Paediatric Society have to say about it?
9. Where does the fluoride that is put into my water come from? Is it pharmaceutical grade or are there other substances in the compound, and if so, what are they? Where can I find an official listing of this?
10. Lots of people say that teeth in Lethbridge or other fluoridated communities are better than in other cities. Where are the published reports that prove it?
11. Is there a nationwide survey that shows the ratio of dentists in fluoridated cities versus non-fluoridated cities?
12. What is the average cost of dental care in fluoridated versus non-fluoridated communities?
13. In 1993, the U.S. Public Health Service warned that fluoridation leads to a variety of health issues to certain groups of people. Who do they say is affected and how?
14. If I suffer consequences from drinking Lethbridge city water, who will pay for my health problems?
15. Some say fluoride can increase lead in the brain, incidence of cancer, thyroid dysfunction, arthritis, skeletal fluorosis, and hip fractures. Where are the studies that prove these claims false?