

Health authorities now advise that infants avoid ingesting fluoridated water; overexposure to fluoride puts infants at risk of developing dental fluorosis, a white or brownish scarring of the tooth enamel.

Authorities Issue Fluoride Warning for Infants



References

- (1) http://www.ada.org/prof/resources/pubs/epubs/egram/egram_061109.pdf ;
http://www.cdc.gov/80/fluoridation/safety/infant_formula.htm

Dental fluorosis pictures:
<http://www.fluorideaction.org/dental-fluorosis.htm>
 - (2) <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5403a1.htm>
 - (3) <http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;115/2/496>

<http://www.agd.org/consumer/topics/baby/fluoride.asp>
 - (4) http://dels.nas.edu/dels/rpt_briefs/fluoride_brief_final.pdf.
 - (5) http://books.nap.edu/nap-cgi/skimit.cgi?recid=11571&chap=23-88_p.33
 - (6) <http://ewg.org/issues/fluoride/20060322/index.php>
 - (7) Dr. Hardy Limeback, BSc, PhD, DDS, Associate Professor and Head, Preventive Dentistry, University of Toronto
 - (8) <http://www.canada.com:80/saskatoon/news/story.html?id=3ac13c57-80cc-4ddf-bb26-58d592a63014&k=95961>
 - (9) http://www.mothering.com/sections/news_bulletins/november2006.html#fluoride
 - (10) <http://www.nurserywater.com/home.html>
- ◆ In an attempt to prevent dental fluorosis in children, the American Dental Association (ADA) recently joined the Centers for Disease Control (CDC) in advising that fluoridated water not be used in infant formula or foods. (1). According to the CDC, 32% of American children have dental fluorosis, a significant increase from 23% in the 1980s (2).
 - ◆ The Academy of Pediatrics and the Academy of General Dentistry have also cautioned parents to avoid fluoridated water when making infant foods (3).
 - ◆ The National Research Council stated that on a per-body-weight basis, infants and young children ingesting fluoridated water have approximately three to four times greater exposure than adults (4).
 - ◆ Fluoridated water (1 ppm) has 250 times more fluoride than occurs naturally in human breast milk (.004pm) (5).
 - ◆ The Environmental Working Group, a public interest watchdog group, analyzed government data in March, 2006, and found that babies are over-exposed to fluoride in most major U.S. cities. In Seattle, almost 45% of formula-fed infants are over the safe fluoride exposure level (6).
 - ◆ Dental fluorosis indicates fluoride toxicity and, according to a prominent dental researcher, *"It is illogical to assume that tooth enamel is the only tissue affected by low daily doses of fluoride ingestion"* (7).
 - ◆ In November, 2006, the respected medical journal Lancet described fluoride as an "emerging neurotoxic substance" due to evidence linking fluoride to lower IQs in children, and brain damage in animals (8).
 - ◆ Mothering Magazine, November, 2006, published "New Fluoride Warning for Infants" (9).
 - ◆ Nursery Water for Infants, a type of bottled water with added fluoride, continues to be sold despite the new warnings (10).
 - ◆ Common household water filters do not remove fluoride; and unlike chlorine, fluoride does not steam off when water is boiled.