

Chair Ruby, and honorable members of the Human Services Committee,

My name is Kami Dornfeld, I'm a practicing dentist in Williston, ND and the immediate past president of the North Dakota Dental Association. I write in opposition to HB 1605.

First off, thank you for all you do for our state and for taking the time to read this testimony. The American Dental Association as well as other reputable research facilities have spent extensive time and money researching the safety and efficacy of fluoridated water. It is the single most effective way to help prevent early childhood caries (decay.) One example of this research from the ADA includes the following statistic. "Studies show that fluoride in community water systems prevents at least 25 percent of tooth decay in children and adults, even with widespread public access to fluoride from other sources such as fluoride toothpaste." Here are a few other simple research-based facts from the American Dental Association.

- Fluoridation is an effective and inexpensive way to improve the oral health of everyone in a community, regardless of age, sex or income level.
- Research shows that children who drink water fluoridated at optimal levels can experience 20 to 40% less tooth decay.
- Water fluoridation is safe - credible scientific research finds no evidence of increased risk of cancer, bone disease, kidney disease, fluoride toxicity, thyroid suppression, neurotoxicity (e.g. lower IQ) or birth defects.

Unfortunately, the type of diet many Americans, including children, consume on a day-to-day basis has been a large contributing factor for increased tooth decay. The amount of sugar consumption provides the perfect environment for the decay process to take place. Without something as simple as the vitamin of fluoride in our water to fight this process, we face even higher rates of decay in our population, especially children. With an already stressed oral healthcare system due to employee and provider shortages in our state, I fear removing fluoride will further exacerbate this issue as we more than likely will see an even higher need for care.

Thank you for your time and consideration of my concerns.

Respectfully,

Kami Dornfeld DDS, NDDA Immediate Past
President