
February 3, 2025

Dear committee members,

I have been a practicing dentist since 2008, and in that time my views on fluoride in the water have changed drastically, based on new studies and emerging science. As a practicing dentist, I no longer believe in the “benefits” of fluoridated water.

This has been my stance- as well as thousands of my colleagues across the globe- for over the past decade, but ever since President Trump floated the idea of having Robert F. Kennedy, Jr. “go wild” on public health matters, there’s been a lot more chatter about ending fluoridation. Even before he was formally nominated to head the US Department of Health and Human Services, Kennedy said to expect the government to “advise all U.S. water systems to remove fluoride from public water” on day one.

<https://x.com/RobertKennedyJr/status/1852812012478398923?mx=2>

Since then, the media has found it harder to ignore things like the recent study in JAMA Pediatrics which confirmed evidence that fluoride exposure may lower children’s IQ scores.

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2828425>

Such risk of neurodevelopmental harm was at the heart of a US federal court ruling against the EPA this past September. The judge deemed that risk “unreasonable” and ordered the EPA to take action to lower it. The central document in that case was a doubly peer-reviewed report from the National Toxicology Program, which found a consistent association between fluoride exposure and IQ in children, and noted that there is no safe level of exposure.

<https://www.usnews.com/news/us/articles/2024-09-25/fluoride-in-drinking-water-poses-enough-risk-to-merit-new-epa-action-judge-says>

https://ntp.niehs.nih.gov/ntp/about_ntp/bsc/2023/fluoride/documents_provided_bsc_wg_031523.pdf

This was a landmark ruling. Still, the media seemed rather low key about it all, not to mention the steady stream of research that challenges conventional dentistry’s ideas about fluoride. I’ll give you a recap of a few of those studies below.

Recent Studies on the Impact of Fluoride on Kids

Unsurprisingly, class action lawsuits have already been filed against the makers of Crest, Colgate, and other kids’ oral hygiene products. As Reuters reported,

<https://www.reuters.com/legal/crest-colgate-lawsuits-target-fluoride-kids-toothpaste-mouth-rinse-2025-01-14/>

The proposed class actions cite warnings from U.S. health regulators that fluoride-based toothpastes and rinses not be used by children under ages 2 and 6, respectively, and that the toothpastes be kept out of reach of children under age 6.

They also say the products are marketed as "candy-like" with bright colors, cartoon images and flavors such as Groovy Grape and Silly Strawberry. The color of one Kid's Crest product is shown changing to pink from blue as children brush.

No doubt, these and other fluoride-related news items will get more oxygen as the movement to "Make America Healthy Again" continues to grow. Here are just a few that have been largely ignored: [A British study](#) compared the dental health of people in "optimally fluoridated" communities with that of those who did not. Analysis showed that the DMFT scores of those in the fluoride group - a measure of tooth decay - were only 2% lower. They needed just 3% fewer invasive dental treatments than those in the non-fluoride group. In other words, fluoride just didn't seem to make that big of a difference.

<https://pubmed.ncbi.nlm.nih.gov/38191778/>

In October, one of the most important and respected publishers of scientific reviews released an [update on the evidence for fluoridation](#). While analysis showed that it might slightly reduce decay in baby teeth, there was little evidence of benefit for adults. What's more, its authors noted that fluoridation appears to be less helpful today than before 1975, since it's available in pretty much every big brand toothpaste and other oral hygiene products.

<https://www.cochrane.library.com/cdsr/doi/10.1002/14651858.CD010856.pub3/full>

Finally, a study in the *Journal of Health Economics* found that kids who drank fluoridated water from birth to age five were more likely to struggle more with self-sufficiency as adults. They were less likely to finish high school or be able to support themselves financially. Their overall health was worse. They were less likely to join the military and more likely to end up in jail.

<https://www.sciencedirect.com/science/article/abs/pii/S0167629624000791>

Yet fluoridation still has its defenders?

As a health care provider, I took an oath to "do no harm."

Supporting fluoride-in water and pastes goes against that oath and I will spend the rest of my career educating the public on the dangers of ingesting too much fluoride.