

common fluoride myths



fluoride



Myth: Fluoride causes cancer

Fact Scientific studies from around the world have failed to demonstrate a link between water fluoridation and any type of cancer.

Fact Cancer rates in the rest of Australia (mostly fluoridated for decades) are no higher than in Queensland (largely non-fluoridated until 2008).

Myth: Fluoride causes allergies

Fact Fluoride is found naturally in most foods and water.

Fact Reviews by peak health bodies around the world show no connection between water fluoridation and allergies, hypersensitivity or other immunological effects.

Myth: Fluoride causes arthritis

Fact The incidence of arthritis is no different in fluoridated and non-fluoridated communities, and there has never been any evidence from doctors, let alone published studies, suggesting this.

Fact Arthritis Australia has endorsed water fluoridation, stating that "Arthritis Australia is in favour of water fluoridation. There is no reputable scientific evidence that water fluoridation causes or worsens symptoms of arthritis".

Myth: Water fluoridation is banned in Europe

Fact No country has banned water fluoridation.

Fact In many European countries, the large number of separate water sources used for drinking water makes water fluoridation impractical. Many of these countries use salt fluoridation as an alternative.

Myth: Fluoride causes bone fractures

Fact All Australian capital cities (except Brisbane) have been fluoridated for decades and have not seen an increase in bone fractures or other ill effects. Water fluoridation has been endorsed by Osteoporosis Australia.

Myth: Water fluoridation is bad for babies

Fact Water fluoridation has been endorsed by the World Health Organization, Australian Medical Association and American Academy of Pediatrics, and poses no known health risks for babies and young children.

Myth: Infant formula contains high levels of fluoride when mixed with fluoridated water

Fact Recent Australian studies show no significant link between the use of infant formulas and dental fluorosis.

Fact Fluoridated water can be safely used to reconstitute infant formula, and the risk of dental fluorosis is low.

Myth: Water fluoridation causes excessive dental fluorosis

Fact The only known side effect of optimal water fluoridation is a slight increase in dental fluorosis levels.

Fact Most fluorosis is barely detectable and does not damage the teeth, whereas tooth decay is painful, unsightly and expensive to repair.

Myth: Water fluoridation is mass medication

Fact Queensland Health does not consider the addition of fluoride to drinking water to be 'mass medication', but simply adjusting the level of a substance already found naturally in the water to provide a substantial public health benefit.

