

Re: Kids may get excess fluoride from beverages

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- *From:* Steven Bornfeld <dentaltwinmung@xxxxxxxxxxxxxxx>
 - *Date:* Thu, 30 Mar 2006 22:08:28 GMT
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One_Voice wrote:

My awareness of the dangers of fluoride is very new. Four days ago I came across this topic entirely by accident. It has consumed me since. As a mother I try to educate myself in order to provide better care for my children. Like most people, I believed fluoride was good for us. So, naturally, I provided fluoride toothpaste and rinse for my children. I don't allow softdrinks, and only occasional sweets (ice cream, homemade cookies, NOT candy). My middle child has what I now know to be moderate dental fluorosis. My reaction to his condition will always cause me shame. I encouraged more brushing, and more frequent use of the rinse "ACT". Little did I know, this stuff is already present in our environment, food, and drinks. In my research I found that I am not alone in my "educated" treatment of my child's condition.

The following is a very disturbing quote from the 'California Dental Association – Early Childhood Caries ' (<http://www.cda.org/articles/babybottle.htm>) fact sheet.

To inspect for early decay, parents should "lift the lip" to check for white spots on the teeth. These white spots are the signs of early decay and, if seen on your child's teeth, are indications that your child should be seen by a dentist. The dentist may want to apply a fluoride coating to your baby's teeth every few months to provide extra protection to these "damaged" areas of tooth enamel.

While there have been occasional reports of dental fluorosis in primary teeth, they are reported to my knowledge in places with exceptionally high fluoride levels in the water. I have never in 30 years in practice seen what I consider clinical fluorosis in primary teeth (and the mild cases I've seen are on the primary molars).

While fluorosis is quite common in secondary teeth, if you see white spots on primary teeth it is almost certainly either incipient caries or some genetic or acquired hypocalcification. Your dentist can confirm this on exam. Topical fluoride applications are appropriate in these cases and can significantly inhibit progress of decay.

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Steve

It would seem that this publication by a respected resource for dentists in encouraging the treatment of dental fluorosis in babies with topical application of fluoride. This was very discouraging. I was relieved to see that there are some dentists addressing this issue. I can not thank you enough for your awareness.

I have started a site with the goal of educating and mobilizing the masses to end water fluoridation for good.

It is still in it's infant stages, but I have high hopes, and devotion.

This must stop!!

'One_Voice' (<http://groups.msn.com/UnitedVoice>)

Please stop by, any suggestions for flyers, actions, etc. would be helpful. We will need as many people as we can get, with dentists, doctors and public officials being especially helpful in raising the credibility and strength of our group, as well as helping to guide our steps to make this an effective campaign.

Again, thank you. Your awareness is encouragement I desperately needed in my time of sad disillusionment.