



FLUORIDATION **FACTS** vs **FICTION**

FACT	FICTION
<p>Fluoride in drinking water is safe. The low concentration of fluoride used to fluoridate water is not harmful to people, animals, or the environment</p>	<ul style="list-style-type: none"> • Fluoride is poison
<p>Water fluoridation began in NSW more than 60 years ago. There is no reliable evidence linking water fluoridation at Australian levels to any health problems, including cancer, lowered intelligence, arthritis, bone fracture, kidney disease, allergies or thyroid problems.</p>	<ul style="list-style-type: none"> • Fluoride causes cancer • Fluoride lowers IQ • Fluoride causes allergies
<p>Fluoridated water is safe for babies, children and pregnant women. It is safe to use fluoridated water to reconstitute infant formula</p>	<ul style="list-style-type: none"> • Fluoridated water is bad for children, especially formula-fed babies • Pregnant women should not drink fluoridated water
<p>Fluoridation reduces tooth decay by up to 44% in children and 27% in adults. It provides extra protection on top of brushing with fluoride toothpaste</p>	<ul style="list-style-type: none"> • Water fluoridation does nothing prevent tooth decay
<p>Fluoride is not a medicine. It's found naturally in all water sources, including fresh water. Water fluoridation adjusts the level of fluoride to provide maximum dental health benefits</p>	<ul style="list-style-type: none"> • Water fluoridation is mass medication
<p>Almost all dental fluorosis in Australia is mild or very mild, and does not affect the function or appearance of the teeth. There is no evidence that water fluoridation at Australian levels causes serious dental fluorosis</p>	<ul style="list-style-type: none"> • Water fluoridation causes dental fluorosis, which permanently damages teeth