Connersville, Indiana:

Will they fluoridate?

Once again the steadfast determination of local townspeople to stop the addition of fluoride to their drinking water was the prominent factor in heading off the compulsory measure. It had all started on August 12, 1985 when the City Council voted for artificial fluoridation after hearing from the state health officials on its benefits. It ended on October 12, 1985 with the City Council rescinding the fluoridation proposal by a 5 - 2 vote against.

Shirley McCoy along with Mary Hendershot spearheaded the local opposition to fluoridating the Connersville water supply. A friend of Shirley had sent her a "Life Savers Guide to Fluoridation." She was astounded by what she read about fluoride's toxicity and ability contribute to a lowered resistance of the immune system. CHA responded sending her more "Life Savers Guides" and our most recent **Update.** Shirley and her committee were now determined to gather enough signatures to demonstrate the need for a re-examination of the fluoridation question.

October 7 was the day of the Council's Hearing on fluoridation with experts from both sides presenting their cases. Biochemists, Dr. John Yiamouyiannis with C.H.A. and Dr. George Stookey of the Indiana University School of Dentistry took up again a debate they had waged before in court as expert witnesses.

Yiamouyiannis told the city council that there were several studies linking fluoride with cancer and chromosomal damage even at one part per million — the level recommended by the Indiana State Board of Health — and cited research conducted in locations ranging from Texas A & M to the Soviet Union.

In court cases in Illinois and Pennsylvania, judges ruled that fluoride was a health hazard and that there was no convincing evidence to the contrary. However, these cases were overturned, said Yiamouyiannis, on jurisdictional grounds with the preponderance of evidence demonstrating fluoridation's harm.

Dr. Stookey cast doubt on the Yiamouyiannis studies and said the level of fluoride in fluoridated water was not sufficient to cause any harm and that the blood serum level of fluoride could not reach dangerous concentrations at the level recommended by the state. Yiamouyainnis noted that at the levels being advised fluorosed teeth had increased to 28% of the children according to one study and the greater harm is from the long-term effects of drinking fluoridated water over a life time.

On October 12, 1985, at a special session of the Connersville City Council, fluoridation was rejected, this time with a five to two vote against the compulsory measure.

What about those Mercury/Amalgam (Silver) Fillings?

Fluoride Harmful?

If you took a poll of the man-on-the-street about fluoride and the amalgam fillings in most of our mouths, what do you think people would say about the safety of these substances?

Both fluoride (fluoridation) and mercury/amalgam are endorsed by the American Dental Association. Both are marketed and promoted as "absolutely safe" even though neither claim of safety was backed up by original scientific research **prior** to these endorsements.

What about the toxicity of these amalgam fillings? The major component of the filling is mercury. Many people, including physicians, are not aware that the fillings can contain up to 50% mercury. Mercury is known as a poison. It is also very volatile. This means that elemental mercury gives off mercury vapor when agitated, compressed (chewed) and exposed to increases in temperature. Mercury vapor, once inhaled into the lungs, can pass into the blood stream for distribution to all body tissues.

If mercury is known as a poison, how can the amalgam fillings be safe? Dentists have always been taught to believe that once the mercury has been combined into the filling material, it remains "locked in" and can't come out. In fact, as late as January 1984, the A.D.A. was publishing information that stated, "When mercury is combined with the metals used in dental amalgam, its toxic properties are made harm**less**." The sad fact is "that no scientific research exists to support this hypothesis." **(Pharmacological Basis of Therapeutics)**

Until recently most dentists believed what they were taught in dental school and what the

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Amalgam Fillings . . . . . continued

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A.D.A. says about mercury "staying locked up." Now, however, there is scientific evidence to show that the mercury does NOT stay locked up and that the toxic properties are NOT made harmless. Scientific evidence from the University of Iowa, the University of Calgary and the Oral Roberts University clearly show that the mercury vapor escapes from amalgam fillings in the mouth.

It is interesting to note that recent studies have also indicated a substance in many dentrifices can have an effect on the release of the mercury from the fillings. The stannous fluoride found in so many of our toothpastes has been shown to contribute to the release of the mercury in the oral cavity.

What about the adverse health effects from mercury? As with fluoride, mercury, even in small amounts, can be harmful to the kidneys, thyroid gland, and enzymes, as well as suppress the body's immune (defense) system. While much of the research into mercury's adverse health effects has been done with people who have suffered from industrial exposure or ecological exposure to mercury, there is sufficient evidence to suggest that continual exposure to low levels over long periods of time can produce the same results.

What about the National Institute of Dental Research? Have they done any research on this? In July 1984 the NIDR sponsored and the A.D.A. hosted a Workshop on the "Biocompatibility of Metals in Dentistry." After this workshop, the A.D.A. officially acknowledged that mercury is released from amalgam fillings. However, they went on to say that the amount released is so small that it could not cause any health problem except in those individuals who might be hypersensitive or allergic to mercury.

The problem is that the A.D.A. position cannot be substantiated with primary scientific research. In other words, "it is an opinion without any basis in scientific fact," according to Sam Ziff of Bio-Probe, Inc. Explaining further, Mr. Ziff states, "You should also be aware that in the 125 years that the A.D.A. has been in existence, it has not funded one single research project proving the biocompatibility or safety of amalgam in humans."

How can we find out more about how this mercury toxicity affects us and how we can avoid it harmful effects?

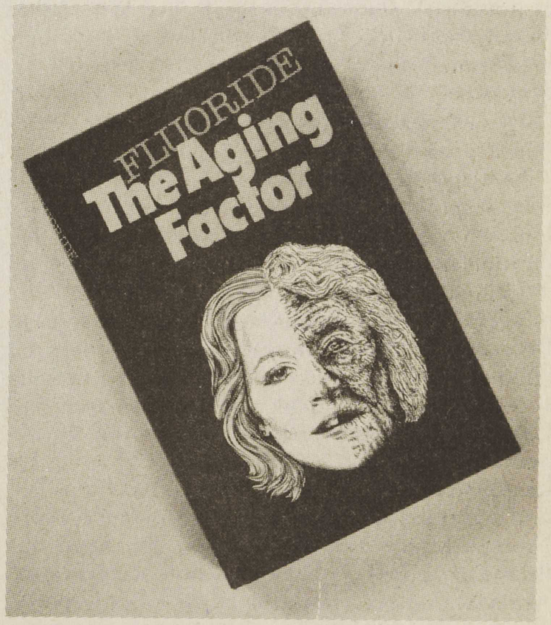
What Can You Do?

You can write to **Bio-Probe Newsletter, 4401 Real Court, Orlando, Fl 32808** whose booklet, **The Hazards of Silver/Mercury Dental Fillings,** was the source of information for this article.

Or you may want to contact the **Toxic Element Research Foundation, P.O., Box 38579, Colorado Springs, CO 80937.**

And, you can also contact a new organization, the **International Academy of Oral Medicine and Toxicology, 615 Gulf Canada Sq., 401 9th Avenue SW, Calgary, Alberta T2P 3C5 Canada.**

Ask them to send your dentist their information on the toxicity of Mercury/Amalgam fillings. It is their objective to make dental health professionals, as well as doctors and laymen, aware of the toxic materials used in dental medicine and how they can be avoided.



Yes, the second printing will be ready by March, 1986

Thank you everyone for all your support and donations.

Please write to the Book-of-the Month Club, asking them to include **Fluoride: The Aging Factor** by John Yiamouyiannis to their selections for members.