



Dr. Richard Gabriel, DDS,
is a confirmed fluoridationist.

Fluoride-sure

Dentist for: 29 years
Office in: Eugene, since 1980
Fightin' words: "We are totally missing the boat. In Eugene, we have one tenth the ideal amount of fluoride available in our water supply."

I'll give ya this ...

Fluoride can be toxic in high doses.

But with a caveat:

We have nothing to lose and strong teeth to gain by adjusting our water supply to the "optimal level" of 1 part per million (ppm) fluoride.

If I get my way and you don't like it, you can:

Get a reverse osmosis filter to remove the fluoride and other contaminants from your tap water. Communities worried about industrial waste can get fluorospar from the mines in Colorado.

Your solution won't work because:

It's not enough just to brush with fluoridated toothpaste. Developing children need systemic fluoride delivered by the bloodstream to strengthen teeth from the inside out. And poor kids often don't have access to fluoride supplements.

Lesson from the trenches:

In Pendleton in 1976, when the city did not



FLUOROSPAR!

Two Oregon dentists go tooth to tooth: a follow-up to last week's cover story on water fluoridation.

have fluoridated water, I took about four kids per month to the hospital for full-mouth reconstruction. But in 1980, after the city installed a fluoridation system, I was only taking one child per year to the hospital for the same procedure.

Oh, the shame!

Fluoride's opponents are inadvertently causing Lane County's poor to suffer the most. In my career as a practicing dentist, I have never seen a higher decay rate than in Eugene, Oregon. It's broken my heart, because tooth decay is a preventable disease.

For the kids:

I know many people feel that fluoridation is being imposed upon them, but the kids growing up here don't have a choice. They're stuck with crummy, soft, decayed teeth if they don't get treatment.

Surprising concession:

As consumers, we tend to abuse fluoride products. If we have fluoridated water, we won't need fluoridated toothpaste — or fillings.

Faith in fluoridation:

I'd like to see fluoridated water mandated not just at the state level, but at the federal level. Water fluoridation is the most widely studied subject in the world. I am comfortable with fluoride coming from any source, because all I want is that fluoride ion. **EW**

I'll give ya this ...

Water fluoridation may have been helpful in preventing tooth decay in the past.

But with a caveat:

Fluoridation is now obsolete because Americans are getting too much fluoride from food, beverages and other sources.

If I get my way and you don't like it, you can:

Get some fluoride supplements and fluoridated toothpaste, and lower your sugar intake. Countries in Europe that do not fluoridate their water have the same amount of tooth decay per person as the U.S.

Your solution won't work because:

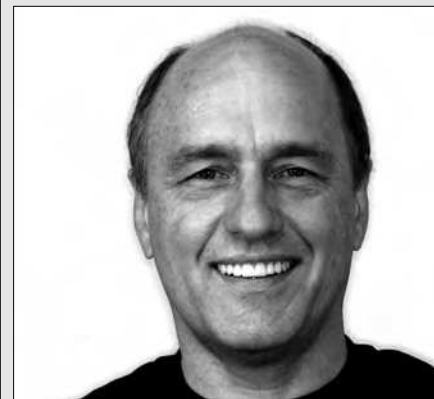
Fluoride is quickly losing its stripes in the medical community because it is now ineffective, and dangerous to boot. I'm confident it's only a matter of time before water fluoridation will be as common as blood letting.

Lesson from the trenches:

In non-fluoridated Lake Oswego, where I am a practicing dentist, I see dental fluorosis even among people who grew up in the area. That can only be explained by excessive fluoride intake from food and other sources.

Oh, the shame!

Fluoride is linked to (among other ailments) hypothyroidism, which causes lethargy and weight gain. Could pharmaceutical companies



Dr. Bill Osmunson, DDS, MPH,
isn't buying the fluoride hype.

Doubtful Dentist

Dentist for: 28 years
Office in: Lake Oswego, for several years
Fightin' words: "We should not medicate people against their will. I think that water fluoridation is wrong, morally and scientifically. Medically, I think it is dangerous."

producing thyroid drugs be lobbying for fluoridation? I don't have proof, but I wouldn't be surprised.

For the kids:

America's kids need better dental care without fluoride. Cities that have had fluoridation for decades still have damning decay rates, while cities that have stopped fluoridation and increased dental health education have seen improvements.

Surprising concession:

If you came to me and you had a bunch of active decay, I would say you could use some topical fluoride because it would help in reducing the amount of decay. Topical fluoride is beneficial to a small degree.

Faith in fluoridation:

Dentists generally look at the mouth and they don't look at the rest of the body. They believe what they're told. Very few look at the studies. If you say anything negative about fluoride, you have very serious professional consequences. **EW**

PRO-FLUORIDATION RESOURCES:

- **Fluoride Works!** www.fluorideworks.org
- **National Oral Health Surveillance System, Fluoridation Data:** www.cdc.gov/nohss/FSMain.htm
- **American Dental Association, Fluoride Info:** www.ada.org/public/topics/fluoride/index.asp

ANTI-FLUORIDATION RESOURCES:

- **Fluoride Action Network:** www.fluoridealert.org
- **Oregon Citizens for Safe Drinking Water:** www.keepers-of-the-well.org/oregon
- **Parents of Fluoride Poisoned Children:** www.bruha.com/pfpc/

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