

Dear Mr. Jackola and Lebanon City Council members,

The American Dental Association (ADA) would like to express our support for continuing water fluoridation for the community of Lebanon, Oregon. The ADA, along with the American Academy of Pediatrics, American Medical Association, Centers for Disease Control and Prevention, World Health Organization, and almost every major health care organization recommend drinking fluoridated water.

Why? Because above and beyond the use of fluoridated toothpaste and rinses, communities with water fluoridation see an additional 25% reduction in tooth decay. Although children get the most benefit from fluoride (especially lower income kids), adults benefit as well. Poor oral health is still a problem in our country and can result in pain, infection, hospitalization, and loss of school and work hours.

In studies from Texas and Louisiana, towns that fluoridate had lower Medicaid dental treatment costs for children than similar towns that didn't. Research shows that fluoridated communities can save up to \$32 per person- per year in dental treatment costs.

Fluoride is a naturally occurring mineral found in soil, air, and all sources of water. In most places in the U.S., water needs just a little extra fluoride to reach a level where it reduces tooth decay (0.7 parts per million water). Over 75 years of research shows that fluoridation is socially equitable, safe, and effective. Most of the studies that opponents of fluoridation cite are from countries like China and India with very high naturally occurring levels of fluoride- many times higher than we find in the U.S.

Oral health is an important part of general health, and we hope that you will consider the health of your community as you make your decision.

I am attaching a copy of ADA's **Fluoridation Facts**, but please feel free to call on me if you have any questions. Thank you.

Sincerely,

Dr. Liz Lense

Elizabeth C. Lense, DDS, MSHA, FAAOMP

Health Equity and Prevention Programs

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