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## Request for town to notify pregnant women about the latest study on fluoride's link to reduced IQ in children

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**Bryan Moss**

Sun, Sep 1, 2019

To: Kevin Mizikar <kmizikar@shrewsburyma.gov>

Hi Kevin,

As discussed at our meeting on Thursday, the world's premier pediatric journal has published last week a new government-funded study linking exposure to "optimally" fluoridated water during pregnancy to lowered IQ for the child. This means that pregnant women who drink fluoride-treated water may have children with lower IQs. While a cavity can be repaired, a child's brain cannot.

**In response to this newly released study, I am requesting that the town notify pregnant woman of the study so that pregnant women can make an informed decision on whether or not they want to avoid drinking Shrewsbury's fluoridated water during pregnancy.**

While this may seemed rushed or new information, it is not. Over 4 years ago, I provided information to the town identifying the link between fluoride to lower IQ and requested the town *"immediately suspend Shrewsbury's water fluoridation program until this matter can be fully investigated, and we can be certain that any fluoride added to the drinking water is having no adverse effect on children's minds."* I also brought up the neurotoxicity concern to the town two times after that in the May 2015 ATM and the Sept 2016 STM.

- <https://sustainableshrewsbury.files.wordpress.com/2018/03/letter-boh-suspend-fluoridation-request-0413151.pdf>

In August 2016, I also provided the Selectmen, Finance Committee, Board of Health, Town Manager, and Water Superintendent the following information of the risks of fluoride. I had identified the neurotoxicity issue again as well as many other issues.

- <https://sustainableshrewsbury.files.wordpress.com/2018/03/supplemental-2016-sep-stm-safe-drinking-water-protection-bylaw.pdf>

The longer the town waits to notify pregnant women in town, the longer their unborn children are exposed to fluoride and the more unborn children that will be impacted and exposed to the fluoride that the town of Shrewsbury puts into its drinking water supply.

Below is the link to the new study as well as some related information. I highly recommend listening to the 13 minute Editor's Summary audio podcast.

### **August 19, 2019 - Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada**

The American Medical Association's journal on pediatrics (JAMA Pediatrics) has published the second U.S. Government-funded study linking low-levels of fluoride exposure during fetal development to cognitive impairment. The observational study, entitled Association Between Maternal Fluoride Exposure During Pregnancy and IQ Scores in Offspring in Canada, was led by a team at York University in Ontario, Canada and looked at 512 mother-child pairs from six major Canadian cities. It was funded by the Canadian government and the U.S. National Institute of Environmental Health Science.

- <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2748634#224604298>

### **JAMA Pediatrics Editors' Summary - 12min 40sec Audio - by Dimitri Christakis, MD, MPH, Editor in Chief, and Frederick Rivara, MD, MPH, Editor in Chief of JAMA Network Open**

A must-hear twelve-minute podcast featuring AMA Pediatrics Editor in Chief, Dimitri Christakis, MD, MPH, and Frederick Rivara, MD, MPH, Editor in Chief of JAMA Network Open, was also released alongside the study. The editors express how "very concerning" and "startling" the evidence is against fluoridation, and how the neurological damage is "on par with lead." They praise the high quality of this study, and call for additional NIH funding of more fluoride research. Before publication, the study was subjected to two statistical reviews, with the researchers combing through the data to make sure that the results were not skewed by the mothers' education, income levels, or other factors. **Most importantly, they recommend that pregnant women avoid drinking fluoridated water.**

- <https://edhub.ama-assn.org/jn-learning/audio-player/17802991>

### **Editor's Note - Decision to Publish Study on Maternal Fluoride Exposure During Pregnancy**

"It is the only editor's note I've ever written," Dimitri Christakis, editor in chief of JAMA Pediatrics and a pediatrician, told The Daily Beast. "There was concern on the journal's editorial team about how this would play out in the public eye and what the public-health implications would be. The effects of this study are comparable to the effects of lead, and if these findings are true there should be as much concern about prenatal fluoride exposure,"

- <https://jamanetwork.com/journals/jamapediatrics/article-abstract/2748628>

### **Editorial - Is Fluoride Potentially Neurotoxic?**

In the editorial piece by Harvard Professor Dr. David Bellinger (note: he is one of the world's leading neuro-scientists) that accompanies the study, he provides an overview of recent fluoride/IQ research, and highlights the strengths of the study and need for additional research. Though he also gives the following warning:

*The hypothesis that fluoride is a neurodevelopmental toxicant must now be given serious consideration...It is instructive to recall that the hypothesis that subclinical lead exposures pose a neurodevelopmental hazard was bitterly contested in the 1980s and 1990s, and it was only the weight of evidence that eventually accumulated that led to the now widely held consensus that no level of lead exposure is safe...If the hypothesis is true, the implications are worrisome. Exposure to fluoride has increased substantially in recent decades...If the effect sizes reported by Green et al and others are valid, the total cognitive loss at the population level that might be associated with children's prenatal exposure to fluoride could be substantial.*

- <https://jamanetwork.com/journals/jamapediatrics/article-abstract/2748626>

The full pdf version of the editorial is also available here:

- <http://fluoridealert.org/wp-content/uploads/bellinger-editorial.2019.pdf>

Please let me know what the town's plans are to notify pregnant women.

Please also let me know if you have any questions and I appreciate your attention on this important matter.

Thank you,  
Bryan Moss  
Town Meeting Member, Precinct 8