



YES to FLUORIDE
Sample comments

Overview

48% of respondents (3062 people) supported the re-introduction of fluoride into the city's water supply.

SAMPLE OF COMMENTS

I grew up with it in NT. I have stronger teeth than my sisters in Cairns.

I grew up in Adelaide where we have had fluoride for many years and it is a great help with oral health

I think Fluoride is very important for teeth especially children. We originally came from Melbourne and our children grew up with fluoride in the water with no effects except to have really good teeth

As children we were given fluoride tablets and we have good teeth compared to the children of today, ask any dentist.

You can't get fluoride in bottled water. It's important for teeth.

Better dental health for everyone, less of a burden on bulk billed dental needs.

High population of indigenous people, and high amounts of sugar intake contributes to tooth decay. Fluoride added will benefit families and young children who may not brush their teeth.

It is extremely beneficial for dental health, and coming from a city with Fluoride my teeth are very good

The benefits are so clearly obvious. I have three small children and worry about the impacts of not having it in the water. It will also go a long way to help the most disadvantaged children who may not brush with fluoride regularly enough.

I am originally from Perth, WA and have grown up with fluoridated water and have greatly benefitted all through my life from it.

It is an ethical, affordable, community-wide approach to preventing dental decay

The average lifetime cost per person to fluoridate a water supply is less than the cost of one dental filling. For most cities, every \$1 invested in water fluoridation saves \$38 in dental treatment costs. Teeth are important - cosmetically and functionally. Water with fluoride builds the foundation of healthy teeth. Water fluoridation is the ADJUSTMENT (as fluoride is NATURALLY found in groundwater and saliva as well) of fluoride to a recommended level for preventing tooth decay. I would like to be able to have access to fluoridated water without having to move to another city (like Townsville, which has had fluoridated water for 47 years). I see signs calling it a 'poison'. Yes, and so is water - if you drink enough it will kill you. The lethal dose of fluoride also happens to be the amount in about 10L - so it's not a problem, if fluoride doesn't kill you the water will. There are health

hazards to EVERY chemical. As long as you don't drink 10L of water every day, you'll be fine. Fluorosis? That is just tooth discolouration - not even dangerous. Gastric disturbance? Possible, but preventable and reversible. Honestly though, with today's nutrition - full of sugars and acids - there is really nothing but a brief 2 minute brush (if that) twice a day that is helping to protect and stabilise the tooth's surface in people of ALL ages. It doesn't end there. Not only sugar causes cavities, any carbohydrate will. Bacteria in the mouth eat carbohydrates and turn them into acid. Too much demineralisation without enough remineralisation to repair the enamel layer leads to tooth decay. Fluoride helps prevent tooth decay by making the tooth more resistant to acid attacks from plaque bacteria and sugars in the mouth. It also reverses early decay. Fluoride has also been shown to REDUCE growth rates of the main caries-causing bacterium - *Mucans streptococci*. Without regular, topical application of small amounts of fluoride every day - your teeth are not going to last. A recipe for cavities and periodontal (or gum) disease! How wonderful! So please consider - especially in a city that offers a dental surgery course. In this case, ignorance is not bliss. Most anti-fluoride campaigners do not understand the true benefits. Dental work is expensive! You aren't doing yourself any favours. Fluoride has been beaten up so much in the past few decades that now, I know a few people that buy FLUORIDE-FREE toothpastes just because they have heard that fluoride is 'bad' for you... Awesome, more \$\$\$ spent at the dentist. We need to at least stop thrashing fluoride - it is having detrimental effects on our city's smiles. I am only 18, but what is nice to see is that my generation has their eyes open. We support fluoride. Life is better WITH teeth. Protect your smile by putting fluoride back into the water supply. Thank you.

medical evidence supports it to reduce decay

It's a safe, well-proven additive that is provable to decrease teeth, mouth and gum problems. The previous decision to remove fluoridation was a knee-jerk reaction to a small but vocal group of fear-mongers who could present no internationally-recognised evidence to support their claims.

I have young children. My teeth had a good foundation as a child with fluoride tablets. Fluoride tablets are no longer available as fluoride was meant to be added to all Qld water. By not placing it in the water supply you have taken away the option for children's teeth to have a good start. If council is not going to add the water they must have fluoride tablets as an option for people who want them. I believe this means having the discussions with the pharmaceutical companies. The negativity that seems to surround this debate astounds me. Council should look at the benefits to the future health of our city and listen to the dentists, scientists and researchers. There are other options for people if fluoride is in the water (ie filtered, rain water etc) but there are no options for people who want it. Please listen.

Proven effective for improving dental health for disadvantaged children. Cost effective compared to dental treatment

Although there is conflicting opinions on fluoridation, I believe it has been proven that fluoridation of drinking water does have positive effects on the communities dental Health. I believe it was a backward step stopping Fluoridation in Cairns. The equipment is still in Place and should be utilised for the communities benefit.

Because it is good for the teeth of our children and whole population. I come from a country with fluoride water and we never had any secondary effects.

It is strongly recommended by the experts in the dental field. There is sufficient research to indicate that it is not harmful and with the large indigenous population it is the only way some of these kids will have good teeth.

Water fluoridation has proven benefits, particularly to children in lower socio-economic groups. Poor dentition leads to poorer health outcomes (which cost the public health system) and other social problems including reduced employability.

The arguments against it are nonsense not backed up by evidence. We look like backwards hicks by banning it and our children's health will suffer.

For the health of my teeth and those of my young son. I have understood that it is particular important for the health of very young children such as my toddler that they have fluoride in their drinking water. Brushing teeth isn't enough.

I was born in NSW (which has fluoride) and very few dental problems. If not added to the water supply, why not provide tablets to those residents who want them? That way, those who don't approve, don't have anything to complain about!

I was given fluoride tablets every day when I was growing up and it made my teeth stronger than other children and I would like the same for my child

For the benefit of stronger teeth and reduced cost of dentistry, I grew up with fluoridated water and it has saved my teeth when I've practised poor dental hygiene

After growing up in NSW I have had little to no teeth issues. My husband who has grown up in QLD has really bad teeth and every dentist has put it down to lack of fluoride. Why are the dentist professionals not being listened to? Gum and teeth disease is a huge issue

I was lucky enough to grow up with fluoride in the water and have always had very good teeth, I think anything that AIDS healthy teeth is a good thing

It should be a medical/ scientific solution to add or remove fluoride to the water, not a populist uninformed decision. Sometimes the easy decision makes you popular, but, it is not right for the

I grew up with fluoride in Victoria, best for our teeth. I work at school and you can see students teeth are rotten even their baby teeth, due to no fluoride and bad diets.

I lived in a city in the UK where fluoride was added and hardly ever had any issue with dental health, since moving to Cairns 12 years ago however I've had to have fillings and all kinds of dental work done.

I grew up in South Australia with fluoride and I have strong teeth as a result. It's a great prevention of tooth decay

I am a healthcare worker and know that the benefits will prove in the long term effective at reducing spending on dental problems

My children always had fluoridated water and have never had fillings in their teeth - they are aged 38-41.

There are known benefits of fluoride to oral health and oral health is linked to a number of preventable chronic diseases, so it sits with Council's strategic vision for Cairns. Many communities in the south expect it in their water supply. If we are to attract and retain and develop a young, productive, capable community to Cairns then this is necessary for our competitive advantage to meet the expectations of those who chose to move to our city. It supports our vision to be the largest regional city in Northern Australia and demonstrates to our Asian neighbours our high quality social, health and community infrastructure. Health, Education and Safety are the essentials that people expect before moving to or staying in regional areas.

Recommended by health/dental professionals -why would we not listen to the data that supports public health and listen to the few who do not understand the implications for thousands of children. They have choice buy bottle water! as I had to buy fluoride drops to give to my children when i lived in an non fluoridated area!

I believe it is of great benefit to the health of the community. my husband, myself and our first child grew up with fluoride, we have one child who grew up without (in Cairns) and the condition of his teeth are far worse than ours.

Because it is vital to stop chalky teeth. in NZ it was included in our water as children and now we are seeing the benefits of looking after our teeth and keeping them later in life.

Beneficial to teeth health - I have young children and it worries me that their teeth will suffer from the lack of fluoride. I have lived in Melbourne most of my life, where the water has been fluoridated for many years and the scare tactics some people use to say that fluoride is dangerous, is infuriating.

to provide dental protection to all, particularly children and others who may not have sufficient knowledge or understanding themselves to care for their teeth appropriately

I believe it has demonstrated positive effects on dental health and limited science to support the claims of adverse side effects in the quantities used

It has been proven to be a very effective way of reducing the incidence of dental decay. Fluoridation is currently available to 70% of the Australian population and was implemented in the major population areas in the 1960's. I believe that it helps prevent tooth decay. Neither of my adult daughters have cavities. I believe this is because I administered both fluoride drops and tablets to them from an early age. It is vital that children receive fluoride early in their development. Unfortunately some parents are ill informed and make unwise decisions resulting in their children suffering. prevention is better than cure.

As a child in country NSW there was no fluoride in our water and I have dreadful teeth. My children were brought up in Sydney, with fluoridated water, and have never had fillings or extractions - and they are now 38 and 40.

I trust the science of the majority of experts. They have studied the benefits and possible side effects of the use of fluoride. I am not swayed by the voices of the gullible. People that choose to only read and become self professed experts after reading one or two disparaging articles. The Council should be doing the right thing for the majority of its citizens. They make the decision not based on nut bag ravings but for the people...may not be popular but you have to do the right thing!

I come from Tasmania, where it has been in the water since I was born in 1960. Zero cavities in almost all the people there who practice oral hygiene

science is very clear as to the benefits. The most recent health reports for the region show above average health problems. We need to come up with solutions to fix these and reduce the burden on Govt health funding so that can be better used to support major projects in the Cairns and other regions which improve the liveability of our city

Fluoride will benefit our children's health. Yes, it is a poison but so is salt and many others things that we consume on a daily basis. It is only a poison if you have too much of it (as with everything). It is medically proven to work and should definitely be reintroduced.

I grew up in Brazil where water supplies are added with fluoride and it's proven to reduce lots of dental problems in the community.

The children of our city need the benefits of fluoride in the water. It saves a lot of pain and suffering and reduces trips to the dentist.

It is supported by a wealth of scientific consensus, and can improve dental and general health in the whole population, in particular lower socioeconomic groups who have reduced access to dental care

Evidence supported, equality in health effects for people from all socioeconomic backgrounds, brings Cairns up to the same standard as other states and large cities in Queensland.

Having been fed Fluoride in tablet form as a child, and now having strong teeth in my senior years, I have experienced the benefits of fluoride for my dental health.

Because it was a cowardly decision by Cairns Council to remove it in the first place. Not based on science or fact - just because of a few very vocal minority. Educated people want fluoride. And unfortunately the uneducated people who don't want fluoride are the ones losing in the long run as they are the ones that cannot afford dental work. Really it is a public health issue, which Cairns is extremely poor at. Other states such as NSW and VIC have been using fluoride in water supply for 60 years and the fact QLD is optional, down to council discretion is a disgrace. Cairns Council should be ashamed they ever removed fluoride in the first place.

It is better for the health of people's teeth. There is a huge amount of money spent on dental problems that could be reduced by adding fluoride. I have moved from Sydney and am amazed at the number of people suffering preventable dental problems because of the lack of fluoride

The science stacks up to do it. The benefit outweighs the risk and the experts are mostly unanimous - what are we even arguing for?

I grew up in Auckland where fluoride has always been added to the water. The incidence of tooth decay in Auckland was greatly reduced as a result. As a scientist I consider the removal of fluoride from our water supply just to pander to the anti-science lobby on the basis of minimal evidence of harm and massive scientific evidence demonstrating the benefits of fluoride was just plain wrong.

I couldn't believe that Cairns didn't have fluoride in the water when we moved here from the Northern Territory. If the rest of Australia can do it why does Queensland think that it's different/special? Fluoride is beneficial - not having it in the water only assists in increasing medical/dentist bills and putting an increased strain on the public health system.

I am a doctor and I see first hand what poor dentition can do to your health. It's not just restricted to the mouth but even heart disease and premature labour can be caused by poor dentition. I grew up in Cairns with my mother giving us fluoride tablets as there was no fluoride in the water and none of my siblings or myself have any cavities.

I was brought up in another state on fluoridated water for over 40 years with no side effects. When my family and I moved to Cairns at the beginning of 2010 the dentist I took my then 10 and 13 year old children too for the first time commented that it was quite evident from the healthy state of their teeth that they had not been brought up in Cairns and had instead been brought up with fluoridated water. There is overwhelming evidence around Australia that fluoride in water increases the health of teeth. One of my work colleague's 3 year old son has just recently had to have fillings in 3 of his baby teeth and they were even talking about a root canal. On a 3 year old!! In addition the cost of dental services to society far outweighs the cost to fluoridate water.

Based on our children's history, coming from Victoria where no fluoride was then added, we gave our children (4) fluoride tablets which were easy to take. I have a bad history of tooth disease, but our four children now aged 39,41,43 and 45 do not have any fillings.

At over 60 I still have all my teeth and my husband over 70 also which I put down to drinking fluoride in the water during our growing up and maturing years, I was horrified at the state of people's teeth when I moved up here and then found out no fluoride in the local water supply and poor dental care.

It is quite clear from all the scientific evidence that it is highly beneficial to preventing tooth decay and there is no harm in its consumption. Do not understand why it is not there already.

Have lived in area where water contained fluoride, children had either no, or very few caries; 'real' scientific evidence and dentists support fluoridation of water supply

Allows low socioeconomic or disadvantaged members of the community whom may not have access to preventative dental care (toothbrush, fluoridated denitrifies) to have exposure to fluoride to decrease risk of caries.

Because I am a health professional and support the clear science that fluoride should be added into the water supply as a cost effective preventative measure. I highly encourage council and the public to consult the scientific evidence with the help of health experts (i.e dentists) when making important decisions that affect the community. As a dietician, food is not a significant source of fluoride, which makes it difficult for the public to meet the nutritional requirements for fluoride.

Coming from Adelaide, fluoride was always in the water, as a result my family has good strong teeth and do not have to visit the dentist often other than for a check up and clean

Because all the medical experts on the planet agree that it has beneficial public health impacts. Cairns has high rates of poor social outcomes and health of our poorest people is one of the top

indicators of good social outcomes - i.e. you want less crime and unemployment, you need public health for the poorest.

Because it's scientifically proven to improve the health of teeth. I grew up with fluoride and I have children who have not been exposed to it in this way. This concerns me. The issue is so clouded by pseudo-scientific nonsense I don't actually feel that it should be left up to a survey of this nature: you will be bombarded by people who are ideologically opposed to it without any objectively valid reason.

Cairns has some of the worst dental caries in the country. Fluoride is proven to counter tooth decay. All the rubbish found online from the anti-everything people should be treated with the contempt it deserves.

There is strong evidence that it reduces child tooth decay, and has a proven safety record, it has been used for decades in most developed countries with no problems.

We have some of the worst oral health in the country. This then cost the country cost in public health care. It is far better to save \$ by preventative measures. Fluoride in the water supply is a positive health measure. Just get on with it and do it. If they made the cost of oral health a council cost you would do it.

I am a dentist in community service and was extremely disappointed the fluoridation was discontinued because of a small vocal minority who opposed it. The dental health of Queenslanders is very much poorer than patient I see who have been raised in other states with fluoridation.

I have seen the outcome of no fluoride in my children's teeth. I have to put special toothpaste on them to make up for the lack of fluoride in the water.

I'm a dentist, and fluoride is the number one combat against dental decay. Dental decay is a preventable disease, and the number one reason why young children have to undergo general anaesthetics.

As a medical professional, I know it has good effect at preventing dental disease in the long term. I want my kids to have this on board. The scare campaigns by nay-sayers are complete nonsense.

Because I am concerned about the dental health of myself and my children. A small but vocal minority shouldn't dictate policy for the rest of the community to live by.

Most equitable way of improving oral health for our most disadvantaged community members - I am a specialist dentist

Industry peer reviewed reports strongly state that fluoride in the water is beneficial for children's teeth with statistical reports showing much higher decay rates in children in non fluoridated areas.

I am a nurse and am familiar with the scientific evidence that demonstrates the positive effects of fluoride on teeth and dental caries. An absolute necessity to have fluoridated water, and I believe this is Cairns number 1 public health issue and which affects far more people than dengue fever.

To reduce tooth decay in children and adults. It promotes healthy teeth and reduces other medical health issues. It would also save tax payers a lot of money in paying dental care, which is highest in non fluoride areas. It helps disadvantaged socioeconomic groups, and especially our indigenous population

Scientific evidence has proven it makes a difference to dental health. In a time when dental treatment is out of reach of a lot of families, it is a "no brainer" to protect children while they are too young to take responsibility for themselves.

Scientific evidence suggests it provides benefits to oral health with no side effects. More cost efficient to fluoridate water than to pay for poor dental hygiene later.

Great for teeth and everyone needs to drink water, why not help increase fluoride intake, I had it growing up on the Sunshine Coast

High dental costs and terrible children's teeth. As a teacher I see young children with terrible decay. Scare campaign about fluoride has been allowed to win instead of looking at research from countries that have put fluoride in their water for over 50 years

Because there are too many young people whose parents aren't modelling proper dental hygiene and fluoride treatment gives them a better baseline than nothing at all.

Its known to work. I service dental surgery equipment and I can tell you there are far fewer dentist in Townsville than Cairns because of their fluoride. Most of the dentist in Townsville are not busy at the moment either.

I grew up in Canberra, which has had fluoridation and most friends and family note a significant reduction in tooth decay to other areas. The anti-fluoride activists have the loudest voices and have hijacked this at the expense of good science and the community at large.

Because it is well known in other states (many of Cairns population has moved here from interstate), and dentists too, that fluoride is beneficial in protecting growing teeth. It would help our economy in the future in saving the cost of dental care, and it makes good sense for good health.

Ask any dentist, areas without adequate fluoride levels can be identified by looking at kids teeth. Empirical evidence supports this globally, and no link to anything such as autism has ever been validated. The dental care cost of listening to ill informed opinion will be huge. Well meaning, ill informed, delusional, anti vaccine, homeopathic advocates and scaremongers should not determine health policy.

There is a continuous problem in decay of children under the ages of 10. This is not only from flouride not being in our water but to lack of education to parents when it comes to oral health. Flouride is a treatment that majority of dentists use and charge patients to do so. Having flouride in our water supply is a more effective treatment rather applying it topically. It would save families thousands of dollars as decay would decrease immensely and the health of teeth would improve. Most see it as a chemical, so is chlorine.

I support the dentist's view of the positive aspects of fluoride. Even though myself and children grew up without fluoride and have healthy teeth - today's "junk food" diet is disadvantaging oral

maintenance and I think it would be a positive step to provide additional support where possible for the next generation.

Fluoride has been proven to help with dental health when applied to water supplies. Many people in this region do not feed nor adequately supply dental/health needs to their children, This is one small area the community as a whole could help and benefit

Coming from Sydney I realise the value of having fluoride in the water - my children lived there during their formative years and because of this have fabulously strong healthy teeth as opposed to their Cairns friends who always had many fillings to do when the dental van came to school. Don't let the negative voice become the dominant in this issue ! Their concerns are totally unscientific.

Although the public has been told that Fluoride is a poison, that have not been told the quantity or concentration that actually makes it poisonous. In small amounts, it is beneficial in being incorporated into tooth structure to make it stronger and more resistant to dietary acids

Tooth decay leads to many other later health issues, which is a burden on the health system. People put dental care last on their priorities. At least adding fluoride to the water may reduce the incidence of tooth decay and later problems.

I support fluoride being added to the water due to its health benefits. Having come from NSW where it is added to their drinking water I can see how it has helped prevent tooth decay & lower expenditure on public health. Having it added to Cairns water supply should be a no brainer, as it helps strengthen bones, reduce oral tooth decay, & help improve oral hygiene for cairns residents. And more importantly in our youth it sets up good basic oral health. Ask any dentist here in cairns & they will be able to tell who is from cairns & not, by looking at the health of their teeth due to the lack of fluoridation here in our water. In the long term it also helps reduce the medical costs spent on dental problems from tooth decay e.g fillings, root canal & extractions. It also leads to more regular & thorough water testing to make sure the levels within our drinking water are at the correct levels. As a naturally occurring mineral I don't see why Cairns council would remove such a vital component from the public drinking water. Considering other additives are added into our foods for our health benefit like iodine in salt, folic acid in bread and omega3/vitamin d in milk!

Adding fluoride to the water will improve dental hygiene as it assists in reducing tooth decay and dental care is not something that all people can afford. It should never have been removed from the water supply in the first place and was only done to reduce costs to the council.

I have two children who are yet to get their adult teeth. I do not want them to have a life of dental problems because fluoride was not added to the water. There is no medical proof that it causes any adverse health, but poor dental hygiene certainly does. please put it back in, it will make my day!

Proven to be top 10 contribution to health - oral health impacts on while body health across the lifespan. Significant impact on children's health and emergency detriments. It is a public health necessity - most beneficial to low income groups .

Addition of fluoride to water is associated with improved dental health. In the 21st century, in a developed country there should be no reason for not adding fluoride. The public health benefits are enormous, the relative costs small and is supported by the fact that fluoride is added to water in all other states and regions. The outspoken few who protested leading to fluoride addition to water being reversed are a minority (albeit a loud one) and dare I say likely to be also against vaccinations, another extremely well validated and scientifically proven means of improving public health.

I gave my 4 children fluoride tablets growing up as there was no fluoride in the water. Not one of the four has had to have a filling and they are all now in their 20's. I'm a radiographer and I take dental xrays and I see the state of the teeth of the people in Cairns and Kuranda. We definitely need fluoride in our water supply.

Because it is proven to be effective in reducing dental cavities and decay. I grew up with Fluoride in Tasmania and my teeth have no cavities whilst my husband who grew up in Brisbane with no fluoride has many cavities. This should be a no brainer and put back into the city water to improve dental health.

If fluoride is used in small doses in drinking water it is not poisonous and is in fact very beneficial to keep people teeth healthy. QLD has a very poor record for healthy teeth. Of course fluoride should not replace regular dental hygiene (e.g. daily brushing, flossing, etc).

It works for preventing teeth decay, the science is there to support it. We believe its one of the best public health initiatives a council can do - its cost effective, safe and it works. I grew up in Melbourne where it was already added and have amazing teeth compared to many of my 'Cairns local friends'.

The benefit to community health is proven. This is a social justice issue. It is the lower socio-economic groups that benefit most and it is criminal for Council to deny the most vulnerable members of our community a guaranteed health benefit.

The widely recognised and respected science proves that fluoridation is world's best practice in developed countries - and there is no history of negative side effects over many years where fluoride has been used. The benefits to the public health system are substantial. I am tiered of the vocal minority lobbying against Council. As a major health issue, this should be a State Govt blanket decision. It is not fair in this day and age for people in a neighbouring community (like Townsville) to have an advantageous public health policy. We are all Australians and our Governing bodies should deliver uniform standards of health services.

It's a true no-brainer. The addition of fluoride is soundly proven in terms of health benefits, particularly for those worst affected by disadvantage already and those most likely to suffer dental caries. It is soundly supported by science and decades of use without ill effects. Just get on with adding it to the water.