

Can you let me know that this was received and is in line for the hearing on HB 5350. Thank you Dick Banfield

I am Richard S. Banfield, Jr M.D. a long retired Ob-Gyn from Stamford.

With regard to House Bill 5350, I want to discuss fluorides effect on babies and youth, its effect on the thyroid gland and on cavities.

BABIES: The evidence is overwhelming that using fluoridated water to make infant formula causes fluorosis. (evidence of fluoride excess) and continued use during and after infancy, at the fluoride levels now in use in Connecticut, it causes a reduced IQ. (I was the clinic dietitian after I retired from private practice) This formula change became particularly difficult for the clinic patients who didn't breast feed as they had to buy the water for their formula. Breast milk contains 1/200th as much fluoride as formula made with fluoridated water.

THYROID: The fluoride molecule is so similar to the Iodine molecule that the thyroid hormone is unable to tell the difference and takes up fluoride and makes the thyroid hormone ineffective. Hypothyroidism is on the increase. It also makes the normal blood test of thyroid function (TSH thyroid stimulating hormone) inaccurate. Until the 1940s, hyperthyroidism was treated using fluoride.

- **CAVITIES:** Does water fluoridation reduce cavities? Of all the studies and comparisons done, I firmly, absolutely, believe water fluoridation does not reduce cavities. But today we are planning to reduce the fluoride. Will we have an increase in cavities? We have one study that answers that question. In Kuopio Finland water was fluoridated in 1959, then stopped in 1992. The nearly identical unfluoridated city of Jyväskylä was used as the control. The conclusion was that teeth got better in Kuopio after fluoridation ceased. **WE THUS HAVE EVIDENCE THAT TEETH IMPROVED BY STOPPING FLUORIDATION.** So we have nothing to fear by reducing the fluoridation level to 0.7 mg/ml. My real wish is that we eliminate fluoride **COMPLETELY** from our water.

Hippocrates: **HELP**, or at the least **DO NO HARM.**

Thank you.

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