

City of Portland, Oregon

December 19, 2012

I am Bill Osmunson a General Dentist for 35 years with Masters Degree in Public Health and President of Washington Action for Safe Water. For the first 25 years of practice I promoted water fluoridation, and as a University of Washington School of Public Health Professor said, "then you looked at the science for yourself and it was like a knee in the gut." Fluoridation is not effective, not safe, and many are ingesting too much fluoride even without fluoridation. One day, fluoridation will be considered the greatest public health blunder of the 20<sup>th</sup> Century.

My request is for you to win the battle of fluoridation in the hearts and minds of stakeholders by building consensus. For the safety of the public, the City should not fear, rush or evade an independent review of science and law.

The hardest part of the fluoridation controversy for me to accept was the lack of benefit. I was confident I could see the benefit of fluoride in my patients, but I was mistaken.

The EPA scientists through their Union report, "fluoridation is no longer effective."

For 60 years of fluoridation, the FDA CDER has repeatedly denied approval of ingested fluoride because they concluded the science does not demonstrate efficacy.

Most European Dental Associations no longer support the ingestion of fluoride, even with patient consent.

British Columbia is about 99% fluoridation free and has the lowest dental caries of all Canadian provinces.

When East and West Germany unified, one of the first steps by the West Germans was to turn **off** the fluoridation pumps in East Germany. Dental caries have since decreased.

Comparing developed countries, **or** comparing US states, **or** comparing counties within states does not find a benefit from fluoride ingestion either water, salt or supplements.

I currently practice dentistry in **never** fluoridated Lake Oswego and fluoridated Beaverton. We have more dental caries in fluoridated Beaverton.

JPHD published research by Maupome reporting higher dental expenses for children in fluoridated Clark County than in not fluoridated Portland.

I diagnose and document dental fluorosis, a biomarker of excess fluoride ingestion, a sign of toxic overdose of fluoride, in about one in three of my patients. What evidence does the City have that these patients require even more fluoride? The City makes no sense.

Fundamental basic logic must answer questions such as,

What is the optimal tooth fluoride concentration? Until we know how much fluoride in a tooth mitigates dental caries, we don't know how much serum fluoride or ingested fluoride is optimal.

There are many sources of fluoride. One of the cheapest and easiest ways to get fluoride, if for some unknown reason a person wants fluoride, is to disregard the FDA and swallow toothpaste.

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PORTLAND CITY COUNCIL  
COMMUNICATION REQUEST  
Wednesday Council Meeting 9:30 AM

Council Meeting Date: December 19, 2012

Today's Date Nov 9, 2012

Name Bill Osmonson

Address 25977 Canyon Creek, Ste G, Wilsonville, OR 97070

Telephone 425-466-0100 Email bill@teachingsmiles.com

Reason for the request:

Update on excess fluoride exposure.

Bill Osmonson  
(signed)

- ☒ Give your request to the Council Clerk's office by Thursday at 5:00 pm to sign up for the following Wednesday Meeting. Holiday deadline schedule is Wednesday at 5:00 pm. (See contact information below.)
- ☒ You will be placed on the Wednesday Agenda as a "Communication." Communications are the first item on the Agenda and are taken promptly at 9:30 a.m. A total of five Communications may be scheduled. Individuals must schedule their own Communication.
- ☒ You will have 3 minutes to speak and may also submit written testimony before or at the meeting.

*Thank you for being an active participant in your City government.*

**Contact Information:**

Karla Moore-Love, City Council Clerk  
1221 SW 4th Ave, Room 140  
Portland, OR 97204-1900  
(503) 823-4086 Fax (503) 823-4571  
email: [Karla.Moore-Love@portlandoregon.gov](mailto:Karla.Moore-Love@portlandoregon.gov)

Sue Parsons, Council Clerk Assistant  
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email: [Susan.Parsons@portlandoregon.gov](mailto:Susan.Parsons@portlandoregon.gov)

Request of Bill Osmunson to address Council regarding update on excess fluoride exposure (Communication)

DEC 19 2012

**PLACED ON FILE**

Filed DEC 14 2012

**LaVonne Griffin-Valade**  
Auditor of the City of Portland

By 

COMMISSIONERS VOTED AS FOLLOWS:		
	YEAS	NAYS
1. Fritz		
2. Fish		
3. Saltzman		
4. Leonard		
Adams		