

Alexandra Lowder

Subject: RE: Letter in favor of removing fluoride from the town water supply.

From: Chris Lee <Chris.Lee@cclmedtech.com>

Sent: Thursday, March 20, 2025 9:02 AM

To: Melissa Braga <MBraga@tewksbury-ma.gov>

Subject: Letter in favor of removing fluoride from the town water supply.

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Hello members of the Tewksbury Board of Health. My name is Chris Lee, I've been a resident of Tewksbury for 29 years and raised my family here.

My message is a simple one. Fluoride is routinely described as an additive intended to promote healthy teeth; a medicinal objective. Whether fluoride truly has the benefits that it is purported to have, or it conversely has any of the many harmful affects that have become more widely familiar to many people, is not the subject of my message. The simple point is that if it is intended for medicinal purposes, it should never be added to a public water supply. Doing this is effectively forcing medication on the citizens of the town. Even if someone elects to drink water from another source, or to filter the fluoride out of the water, they are still exposed to the medication through showering, teeth brushing, boiling spaghetti, ice cubes, etc. Particularly important is the fact that the science around the effects of fluoride, not just on teeth, but on many parts of the body, is far from "settled". And, much of the science is clearly impacted by conflicted influences. We would never consider adding antidepressants, heart medications or birth control to a public water supply. Why would we add something because it helps teeth. The incentives, in view of the potential risks, are not even close to aligned with a sincere public health objective.

Again, without the need to choose a side on the scientific debates, it is clear that there is at least a fair risk that there are detrimental effects associated with prolonged exposure to fluoride. Given that alone, it is clear that it should not be added to the public water and thereby forced upon the residents. Decisions regarding the use of medication for an individual, or family members in their care, are to be made by the individual themselves, upon educating themselves about the risks and benefits, with the assistance of medical professionals if desired, but not by a government body, whether federal, state or local.

One additional note is that I find it to be a logical conclusion that if, in the future, any harm is found to be attributable to the fluoride in public water supplies, that those who are responsible for making the decision to continue fluoride addition in the public water supply are liable for damages that may be pursued since information describing the risks is widely available to everyone.

I strongly encourage the town of Tewksbury to end the use of fluoride in the water system so that citizens can make choices for themselves for all medications.

Thank you

Chris Lee

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