

Alexandra Lowder

Subject: RE: Fluoride Testimony

From: Samantha Wood <samantha.wood@firelinkllc.com>

Sent: Wednesday, March 19, 2025 4:12 PM

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

Subject: Fluoride Testimony

You don't often get email from samantha.wood@firelinkllc.com. [Learn why this is important](#)

Caution: This email originated from outside of the organization. **Do not reply, click links, or open attachments** unless you can confirm the sender and know the content is safe. When in doubt, contact your IT Department.

Hello Melissa and fellow city council members,

My name is Samantha Wood and I live at 163 Patrick Rd. I am a lifelong Tewksbury resident. I would like to write in **support of removing fluoride** from our water system. There are many reasons for this but the first is that by having fluoride added to our system, there is no easy way for its citizens to remove it (for those of us who don't want it). People have to buy expensive and bulky filters in order to remove the fluoride, and they are not guaranteed to get it all out. One of our American freedoms is that we decide what goes into our bodies, but on this issue, we currently have no say. Additionally, there is no monitoring of how much fluoride individuals will get. Some people drink a lot of water, others drink very little. This difference in water intake has never been clearly studied to see if there is an effect on cavities, cognitive level or anything else. How can a dosage like this not be controlled? All medicines on the shelf have dosage limits, and yet for fluoride there is none.

Additionally, we are forced to not only drink but also bath, shower, and cook with fluoridated water. We are being inundated with fluoride at every turn, not to mention the food from the supermarket made with fluoridated water. Although there are contradictory studies, let's for a moment assume that fluoride is good when applied to the surface of the teeth, as it is done with toothpaste and mouthwash. Are we sure that it has the same effect when ingested into the body by the digestive system. Does this have the same effect as put fluoride directly on the tooth surface. We cannot assume that the body does not treat these things in the same way necessarily. I don't think this has been sufficient studied, although fluoride affected cognitive development has been studied and it should that fluoride exposure is detrimental to children's brain development. Even baby toothpaste comes fluoride-free because there is some acceptance even by corporations that fluoride is harmful at certain levels (and people can even die if too much is consumed). Why is it not okay for a baby or young child to have fluoride in their toothpaste, but it is acceptable for a pregnant woman's unborn child to be ingesting it through the umbilical cord? Why should children be exposed to fluoride with every sip of water while growing and developing. Wilmington and Methuen have both removed fluoride from their water, have we seen a tremendous spike in tooth decay? These are important questions to consider. Thank you for taking the time to read this!! We also appreciate all the work you've done to bring this issue to the forefront.

To recap, I oppose fluoride in our water system and support its removal.

Thank you,
Samantha Wood