

April 11, 2025

Members of Tewksbury Board of Health and Tewksbury Residents:

After viewing the Board of Health's sponsored forum regarding potential discontinuation of fluoridated water, I was compelled to write in on behalf of continuation of this basic proven public health measure.

As others stated at the forum and in letter submissions, water fluoridation provides a significant reduction in dental caries which is important for all and even more so for children or adults without access to routine dental care. It's puzzling as to why our Board of Health, who's charged with the health and safety of our community, would start down this path without evidence of harm. In fact, the chairwoman herself stated that Tewksbury's water is checked daily, weekly and monthly and has been found to be consistently within the recommended range with no evidence of excessive fluoridation which the Board lists as hypothyroidism, fluorosis or low IQ. So what is the rationale for removal? No examples of harm were given and no experts were consulted.

As residents, we should be able to trust the public health information provided to us from the Board of Health however we should regard their advice with healthy skepticism; they previously recommended 'thermography' as an alternative to mammography and invited a guest speaker to discuss 'electromagnetic fields' as a health concern related to our cell phones; neither of which have support from the scientific community or medical boards. Discussions such as these have damaged the credibility of the Board.

If the Board decides to move forward with the process of removing fluoride from our water, we must demand evidence of harm and to hear from experts in the field. This decision should not be taken lightly as those most vulnerable in our community will bear the brunt of this decision.

I have enclosed links to support statements regarding water fluoridation from the American Dental Association, the American Academy of Pediatrics, the Centers for Disease Control and the Nation Institutes of Health which I urge residents to review. Additionally, all Board of Health meetings, including those referenced above, are available on Tewksbury TV on YouTube.

Sincerely,

Nicole Burgett-Yandow, MSN, APRN, FNP-C

Organizations in Support of Water Fluoridation

<https://www.aap.org/en/patient-care/oral-health/fluoridation/?srsltid=AfmBOopewidy7vfXEeJsw93P3GnhVQw8nHP6QrqGhDYqLnBnaWaueQXX>

https://nccd.cdc.gov/doh_mwf/default/default.aspx

<https://www.ada.org/resources/community-initiatives/fluoride-in-water/ada-applauds-usphs-final-recommendation-on-optimal-fluoride-level-in-drinking-water>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4547570/>