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British Physicians Confirm Safety and Effectiveness
and Urge Fluoridation

In January 1976, after nearly two years of study, the Royal College of Physicians (RCP), London, England, published a report titled "Fluoride, Teeth and Health" (Publisher: Pitman Medical Publishing Co. Ltd., 42 Camden Road, Tunbridge Wells, Kent TN12QD). A mass of data, including literature published by organizations opposed to fluoridation and some yet unpublished data, was examined in detail. Comments on this report which appear in the January 8 issue of New Scientist under the headline, "Medics Take the Myths Out of Fluoridation" indicate that this report comprises "the first authoritative analysis in Britain of the strictly medical aspects of fluoridation." New Scientist further commented that the RCP had been unable to find evidence to substantiate any alleged ill effects of fluoridation.

The Royal College of Physicians concluded its report as follows: "There is now an enormous body of information bearing on the subject of fluoride and health which amply justifies the following conclusions--

1. Fluoride in water added or naturally present at a level of approximately 1 mg/litre over the years of tooth formation substantially reduces dental caries throughout life.
2. There is no evidence that the consumption of water containing approximately 1 mg/litre of fluoride in a temperate climate is associated with any harmful effect, irrespective of the hardness of the water.
3. In comparison with fluoridation, systemic fluoride supplements such as tablets, drops and fluoridised salt have not been shown to be as effective on a community basis.
4. There is no evidence that fluoridation has any harmful environmental effect."

In addition, the College recommended "fluoridation of water supplies in the United Kingdom where the fluoride level is appreciably below 1 mg per litre."

Dental Disease Prevention Activity
Bureau of State Services