

Good evening, Councillors.

Thank you for the opportunity to speak here tonight.

My name is Janelle Gerard and I am a citizen of Regina.

One of the most important advancements in society has been the development of science as a means to pursue truth. With objectivity as a founding principle, the intention of science is to provide knowledge and disseminate the truth. The ultimate goal is to produce an evidence-informed society, that benefits all of humanity.

## **History**

Unfortunately, this is not always been the case. As we look back in history, there is no shortage of examples of products that had initially been deemed “safe,” only later to be found to have catastrophic consequences. From DDT, to asbestos, to lead paint, to cigarettes, to the drug thalidomide, and Accutane. Products that were all once heralded, approved by regulatory agencies, widely promoted, and deemed “safe.” The independent scientists who raised the alarm bells were often criticized and dismissed by industry, as Dr. Carson was when she released her ground-breaking book, “Silent Spring,” outlining the toxicity of the chemical DDT.

Fast-forward to today, and these remnants of history continue. A chemical that has been deemed a “human carcinogen” by the World Health Organization, an assertion supported by hundreds of independent scientific studies, has been approved by Health Canada for use.

I am here today as a concerned citizen, to present independent scientific, peer-reviewed, evidence outlining the adverse health effects of water fluoridation. Please note, that I have sought the assistance and direction of Dr. Kathleen Thiessen, one of the world’s top scientific experts on fluoride.

Several of the studies referenced involve a Canadian cohort, and several of the authors are Canadian. Many of the studies were also supported by the US National Institutes of Health.

## **Studies**

- A study by Bashash et al., (2017) found that prenatal fluoride exposures was associated with lower scores on tests of cognitive function in children.

- Another study found high levels of fluoride exposure during pregnancy was associated with ADHD and inattention in children. (Bashash et al., 2018)

- A study by Till et al., (2020) found that infants that consumed formula, reconstituted with fluoridated water, was associated with diminished non-verbal intellectual abilities

- A peer-reviewed meta-analysis out of Harvard University found that there is an association between fluoride exposure and lower IQ scores in children and called for further research to investigate this relationship.

-Riddell et al. (2019) found that exposure to fluoride in tap water is associated with an increased risk of ADHD among Canadian youth and called for further research.

Please note that there are over 400 scientific studies that outline the adverse health effects of water fluoridation. Thus, I am only presenting a tiny fraction of the evidence that exists. The main point is that Canadian studies show effects of neurotoxicity, in fluoride levels routinely encountered by Canadians, whose water is fluoridated at the recommended level. I am incredibly concerned about the lack of consensus within the scientific community with regard to the safety of water fluoridation.

With that, there are deep ethical issues surrounding informed consent when it comes to adding a substance to an entire community's drinking water. Informed consent is the knowledge, understanding and **acceptance** of the risks and benefits of a procedure/treatment. When fluoride is added to an entire community's drinking water, the public's right to informed consent is violated.

Will city council be providing water filtration systems to all citizens who do not consent to having a chemical compound added to their drinking water?

I do not consent to having fluoride added to my drinking water. I do not consent to having fluoride added to my daughter's drinking water. We do not consent.

Thank you for your time.