

Early puberty – in particular, early menarche - is a known risk factor for breast cancer. (“The Falling Age of Puberty in U.S Girls: What We Know; What We Need to Know, Sandra Steingraber, PhD , Breast Cancer Fund, Aug. 2007).

Before water fluoridation got ensconced as a public health initiative, there was a trial comparing Newburgh, NY (fluoridated) and Kingston, NY (un-fluoridated) as a control . Later analysis of those results found that girls in fluoridated Newburgh went through menarche five months earlier than girls in Kingston. (Fluoride in Drinking Water, a Scientific Review of EPA Standards, National Research Council, 2006, cited by Kate Thiessen, PhD in chapter 8) A mechanism that could explain those findings is fluoride’s effect on inhibiting melatonin production in the pineal gland. ( Jennifer Luke, “The Effect of Fluoride on the Physiology of the Pineal Gland, PhD thesis, University of Surrey, Guildford, UK, 1997 ).

It might seem helpful to have more recent information, or seem that the Newburgh/ Kingston results are too old, but now children are exposed to more fluoride from more sources, making it far more difficult to arrive at as clear a picture of fluoride’s effect on earlier puberty in girls. Researchers in the US will never have another opportunity for such a lack of obfuscation and bias in assessing the age of puberty and water fluoridation

Unlike half a century ago, most indoor chicken houses now give fluoridated water to hens – even if CA initiatives try to give the hens more space! Thus children eating eggs and packaged baked goods are getting additional fluoride from the eggs. When companies make half- gallon fruit juices from concentrate, they do not remove the fluoride, and the juices get shipped to both fluoridated and un-fluoridated communities.

Some breast-fed infants and children in non-fluoridated areas are prescribed fluoride tablets. Some parents purchase fluoride supplements for their children on their own, irrespective of water fluoridation. No label as yet warns parents of other consequences. The above factors underscore the clarity of the Newburgh / Kingston data analysis which showed earlier puberty occurring in the pioneering fluoridated town, before other sources of fluoride could obscure the results. The fact that future human studies could be easily flawed also emphasizes the importance of Jennifer Luke’s animal

studies showing earlier puberty in fluoridated rabbits as well as the pivotal Newburgh / Kingston unintended results of earlier puberty in girls.

While girls may be spared the initiation of osteosarcoma from getting too much fluoride in a growth spurt, as that association has not been seen only in boys, far more girls than boys *do* get breast cancer.