



Health and Water

A PUBLIC AWARENESS PROGRAM

From: Ayaz Ahmed Khan

WE (WATER ERA)

| News & Articles | Date: March 2021 |

(National And International News With Reference And Evidence)

8. FLUORIDE:

Fluoride is present in all waters. Low amounts of this element can be good for teeth. But, **excessive amounts of fluoride in drinking-water can be toxic.**

People with teeth discolored by fluoride are found worldwide, and crippling skeletal effects are prominent in at least eight countries. It is estimated that 30 million people suffer from chronic fluorosis in China where the custom of burning fluoride-rich coal in the household may further aggravate the problem. These issues can be solved and answers are available, but implementing projects, especially in the rural areas where the disease is most prevalent, is often difficult.

Dental fluorosis occurs worldwide – particularly in rural areas.

“The farmer with the black teeth seemed fine the first time I saw him - out all day working. I know that he carried on drinking the same fluoride-rich water he had drunk since he was born.

Five years later when I returned to the village his legs had buckled under him. He was practically a cripple. I don't know what he did for a living any more. “

Source: Eli Dahi: researcher

Sources – World Health Organization

https://www.who.int/water_sanitation_health/wwdreport.pdf

