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Board of County Commissioners
301 N. Olive Avenue
West Palm Beach, Florida 33401

Dear Commissioners:

Amid all the conflicting opinion on fluoride, I am convinced that you need something simple and solid. So here it is: **Fluoridated water impairs thyroid function.**

I have been a physician for thirty years. I have trained at Harvard, researched at the National Institutes of Health, taught at FAU, and practiced in Boca Raton. I call your attention to page 218 of the March 2006 NRC report in which negative effects of fluoride in water are documented as follows:

"...effects on thyroid function were associated with fluoride exposures of...0.01-0.03 mg/kg/day when iodine intake was inadequate."

For a 70 kg man (154 lbs), 0.01 mg/kg/day is equal to 0.7 mg/day, which is less than the amount in 1 quart of fluoridated water. The Health and Human Services Fluoride Report of 1991 stated that a typical total fluoride intake of someone in a 1 ppm fluoridated area is 0.9-3.6mg/day. Thus, a typical fluoridated water exposure is medically likely to diminish thyroid function in thousands of Palm Beach County residents.

In point of fact, our country is currently dealing with a massive and growing epidemic of thyroid disorders. For years, thyroid replacement hormone has been one of the most often prescribed medications in the United States.

Enclosed are short articles excerpted from my two published books. You will want to look them over. This is a perfect opportunity for smart people to start getting out of the fluoride business.

Yours very sincerely,

R L Shames, MD

Richard L. Shames, M.D.
(c.v. available on request)

Enclosures

cc: Mr. Robert Weisman, County Administrator