



4/20/25

Dear Senator Ingwersen, Representative Meyer and members of the Health and Human Services Committee,

I'm writing as the Immediate Past President and Legislative Chair of the Maine Dental Hygienists' Association as well as a clinical dental hygienist of almost 30 years in the same fluoridated community of Ellsworth. I strongly urge you to vote Ought Not to Pass (ONTP) on LD 1570: An Act To Prohibit Fluoridation of the Public Water Supply.

There are 2 ways to get fluoride for your teeth. The first is systemic fluoride which is incorporated into the adult teeth as they are forming and this is from community water fluoridation. It is one of the most effective public health measures of the last century. The 2nd is topical fluoride which is from your toothpastes and rinses. This is also important but even better when you have the benefit of the systemic fluoride as well. There has been a lot of discussion regarding fluoride especially since the appointment of Robert F. Kennedy Jr. as the Health and Human Services Secretary. Please keep in mind that the studies that Mr. Kennedy cites were done with toxic fluoride levels significantly higher than in fluoridated public water. Anything in large amounts can be toxic, even vitamins that we consume every day. That's why there are rules and regulations in place for safe dosages. Many people would be shocked to know that their wells have more fluoride than fluoridated water and that they shouldn't be drinking it. We should focus more on those unsafe levels of fluoride rather than the safe controlled amounts in community water.

In my personal experience I can say beyond a doubt that water fluoridation has prevented decay in our community. We sometimes see decay in the baby teeth but the adult teeth are a different story. So many who have grown up with water fluoridation will never see a cavity in their lifetime or they have minimal decay. It is truly amazing and I only wish I was in this group of folks who has experienced this. I grew up in Calais which has never been fluoridated and had my fill of cavities as a teenager.

Please support Maine's long-standing commitment to oral health and vote ONTP on LD 1570.

Sincerely,

Lorraine P. Klug, RDH,IPDH
Maine Dental Hygienists' Association
Immediate Past President

Legislative Chair