



HELSINKI
WATER

Water Treatment
Juha Hämäläinen/ASa

February 7, 2000

Mr. Eugene Albright
429 Washington Road
North Versailles, PA. 15137
U.S.A.

Dear Sir,

In Finland, as far as we know only Kuopio, a city of about 50,000 inhabitants in eastern Central Finland, has actually practised fluoridation of municipal drinking water from approximately 1970 to 1990. The level was adjusted to 1.2 ppm in treated water. However, fluoridation was discontinued because the inhabitants were against the practice. No harmful effects were found in general, although some special groups of water users may have suffered some inconvenience. Also, people realised they can take fluoride as pills.

In Finland, taking fluoride pills has been the common practice and the method advised for children by (who else!) the Finnish Dentists' Association in 1995. This recommendation was based on 32 references from the western world in 1980-1995, showing that fluoride does help to prevent or limit dental caries.

However, we do not favor or recommend fluoridation of drinking water. There are better ways of providing the fluoride our teeth need.

Sincerely yours,

Paavo Poteri
Acting Managing Director

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