

[REDACTED]

From: Julie Simms [REDACTED]
Sent: Monday, October 21, 2024 9:55 AM
To: Ed Lachterman <elachterman@yorktownny.org>
Cc: Diana Quast <dquast@yorktownny.org>
Subject: Re: Statement opposing water fluoridation in Yorktown, NY

Thank you for your reply. Your town's plans seem very responsible & accommodate the needs of everyone which I commend. I wish you all the best.

Kind regards,

Julie Simms

On Oct 21, 2024, at 6:26 AM, Ed Lachterman <elachterman@yorktownny.org> wrote:

Good Morning Julie,

Thank you for your comments. I would like to clarify that right now we are simply looking to change the law so that the town board can turn on or turn off the fluoride as necessary. The question of restarting at this time has not come up to a vote, but the majority of the town board has stated publicly that they are not inclined to do so based on the current information.

I made the decision on 9/26/24 to pause the use based on the Federal Law Suite against the EPA where fluoridating water was an "unreasonable risk" to children. My plan is to keep the fluoride out of the drinking water until the EPA complies with the courts. At that time, the sitting board of the town of Yorktown will need to make the decision as to fluoridate or not. We are also looking into ways to offer some types of fluoride supplements to those in need that would still like fluoride.

Ed Lachterman
Yorktown Town Supervisor

<image001.png>

From: Julie Simms [REDACTED]
Sent: Sunday, October 20, 2024 7:28 PM
To: Ed Lachterman <elachterman@yorktownny.org>
Subject: Statement opposing water fluoridation in Yorktown, NY

Dear Mr. Lachterman,

I wanted to share my personal story and why I believe you should keep Yorktown water safe by keeping fluoride out.

Fluoridated Water and Migraine Headaches – A Personal Story

I believe those who support water fluoridation are well meaning and wish to help communities. I even voted in favor of it when I lived in Orange County, CA.

But any minimal benefits to teeth are far exceeded by serious health problems it contributes to. As with any medication, there are risks, especially for vulnerable populations. We each have unique medical histories and fluoridation ignores them with a one size fits all solution.

In my personal experience, water fluoridation contributed to years of suffering from migraine headaches.

I was diagnosed with migraines more than 30 years ago. I tried every kind of treatment you can think of, but none were more than minimally effective. Over time, the frequency and intensity got worse. I suffered near constant pain, nausea and dizziness for years. **Then a friend suggested I try not drinking fluoridated water. I was skeptical, but of course I would try. To my amazement, within days, the migraine symptoms diminished and then, after about three weeks, disappeared.** Moreover, the ongoing skin rashes and bladder urgency I had suffered also cleared up. My quality of life has improved immeasurably since I stopped drinking fluoridated water in 2013.

Unfortunately, most doctors and dentists have no idea about fluoridation's risks for people like me, even though the National Academy of Sciences cited studies as far back as 2006 showing that about 1% of the population is vulnerable from chemical sensitivity. This means that people in your community will suffer harm from hypersensitivity alone, and there are many other harms linked to fluoridation, such as hypothyroidism and IQ loss in children.

This isn't right. I can afford expensive filters and bottled water to avoid fluoride, but that's not an option for low-income families. They have no choice.

Fluoridation supporters say it's safe for everyone. I can say conclusively, based on my own experience, that this is wrong.

For your health and your city's health, I strongly urge a no vote on fluoridation.

Best,

Julie Simms
Washington State