Fluoridated Water & Kidney Disease

If drinking fluoridated water were harmful for people with chronic kidney disease, the leading kidney-patient organizations would issue appropriate warnings, but they have not.

The National Kidney Center has a web page listing "risk factors" for Chronic Kidney Disease (CKD), but there is no mention at all of fluoride or fluoridated water. The National Kidney Foundation adopted a policy statement in 2008 stating that the organization has "no position" on water fluoridation. The Foundation also states that there is no scientific basis "to recommend the use of fluoride-free drinking water" for patients with kidney disease.

Nonetheless, anti-fluoride activists continue to claim that fluoridated water could be harmful to people with chronic kidney disease (CKD). In doing so, opponents are ignoring this study from a leading kidney journal:

(This 2007 study by three Australian researchers with expertise on kidney ailments was published by Nephrology Dialysis Transplantation, 2007, Vol. 22, Issue 10, pp. 2763-2767: [http://ndt.oxfordjournals.org/content/22/10/2763.full](http://ndt.oxfordjournals.org/content/22/10/2763.full))

Among the study's conclusions was this:

"There is no evidence that consumption of optimally fluoridated drinking water poses any health risks for people with CKD."

The researchers also found no convincing evidence that fluoridated water would cause CKD. When the study examined children who consumed fluoridated water, the only evidence of cell damage within the kidneys was in children who had consumed
water with a fluoride level of more than 2.0 mg./L — roughly twice the optimal level used by public water systems in the U.S. at the time of this study. Even for those who already had the disease, this study concluded:

“There is no consistent evidence that the retention of fluoride in people with stage 4 or 5 CKD who consume optimally fluoridated drinking water results in any negative health consequences.”

The only negative health effect for patients with advanced (stage 4 or 5) CKD was if they consumed drinking water that contained “higher than optimal concentrations of fluoride.” Bear in mind that the fluoride level at which any negative effects were observed is roughly three times higher than the recommended optimal level for drinking water in the U.S.

A 1990 research paper examined numerous studies and found that the data did not demonstrate “a causal association” between excessive fluoride exposure and kidney disease.