

含氟牙膏對人體 究竟有沒有危害？

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FLUORIDE TOOTHPASTE: IS IT HARMFUL TO THE HUMAN BODY?

In the 1930's, an American dental specialist had discovered that, among 5,831 children in 22 cities, the fluorine content of drinking water of 1 mg/L apparently protected half of the children from dental caries - the rationale of the policy of fluoridation of drinking water. However, large numbers of children had dental fluorosis - the teeth were literally mottled brown with the destruction due to fluorine. In severe cases, even other bones may also be affected, a condition rather similar to osteoporosis, called "skeletal fluorosis" whereby the bones would become more brittle than normal. After fluoridation of drinking water, fluoride toothpaste appears to be safer. China has also become the world's "Number 1" manufacturer of toothpaste and, emphasis is, at times, on "double fluoride". However, even as the toothpaste is expected to act locally when brushing teeth, in youngest children, some toothpaste may be swallowed inadvertently - a realistic cause of fluorosis even if the fluorine in drinking water is low. Be sure that just "pea-sized" toothpaste of preferably a low-fluoride content toothpaste is used for these very young children.

前不久，比利時聯邦政府決定：所有含氟化物的口香糖、滴劑、藥片，以及其他含有氟化物的兒童食品禁止在比利時銷售；含氟牙膏需要有醫生處方才可以使用。比利時政府的做法引起世界關注。在我國，廣西消協發出消費警示：慎用含氟牙膏。接著，湖南消保委也發出警示：消費者慎用含氟牙膏。



氟是一種什麼物質？

比利時為什麼禁止含氟產品銷售呢？含氟牙膏對人體究竟有沒有危害？筆者就此採訪了哈爾濱醫科大學劉英群教授等專家，並查閱了有關資料。據瞭解，氟是一種化學元素，在常溫下是淡黃色氣體，有刺激性臭味。由於氟化學性質非常活躍、腐蝕性很強，既對有害細菌具有抑制和殺傷作用，也會給身體帶來影響。因此，氟被世界衛生組織等國際機構列入“人體可能必需，但有潛在毒性的微量元素”，和鉛、鎘、汞、砷、鋁、鋰、錫等排在一類。

體內含氟量過高，對牙齒、骨骼影響很大

美國科學家在上個世紀30年代研究氟的防齲齒作用，口腔專家亨利·迪安在22個城市5831名少年兒童中調查中發現，當水中的