

INDUSTRIAL FLUOROSIS IN INDIA:

An Overview with guidelines to address the Health Issues

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Abstract:

The presentation is focusing on the serious health problems, confronting the Employees in the Industrial Sector in India as a result of Fluoride and Fluorine emission from the Industries. The health issues are poorly understood; cause of the health problems undetected and therefore the treatment and management remain ineffective.

The major health problems in order of its prevalence and onset are as follows:

- Gastro-intestinal problems
- Renal problems
- Cardiovascular problems
- Pain in the joints and backbone

Besides a number of other health issues also prevail which are affecting seriously the work output, productivity in the Industry viz.

- Muscle weakness
- Sleeplessness
- Fatigue / Exhaustion
- Allergic problem
- Low Hemoglobin (Anemia) & tired
- Non-responsive to treatment.

It is noteworthy that the **Employer/Management** is unaware that the **Employees** are victims of fluoride poisoning not only through the Fluoride and Fluorine emission, but by consuming fluoride and using fluoride containing products through a variety of sources. The most commonly consumed fluoride source is Black Rock Salt (CaF₂) i.e. calcium fluoride, with 157 ppm of Fluoride, more than what the body can tolerate, through food, beverages, snacks and use of fluoridated dental products having over 1000 ppm F⁻.

How can fluoride poisoning be detected? The Guidelines are simple. To get fluoride tested in urine, serum (blood) and drinking water. The Corporates have 2 options available

(1) To set-up a laboratory in the Industry with infrastructure and develop-skilled/trained manpower for testing and monitoring the health of the employees on a regular basis.

(2) To provide a contract / outsource the activities to an Established Organization with repute, to maintain the health of the **Employers/Management** (*who may be consuming fluoride containing food, beverages, snacks and use of fluoridated dental products unknowingly and also a victim of Fluoride poisoning*) and **Employees**.

The latest information on health, which the CEOs, Managers and Chairman of Corporates need to ponder over is high Blood Pressure and Cholesterol due to Fluoride poisoning leading to blood vessel blockage. Resulting in getting Angiogram done; with one or more blood vessels blocked; the option is for Angioplasty, Stent or Bypass surgery. In spite of going through such expensive surgical interventions, the life is never going to be normal. It is leading to a life with anxiety and uncertainty.

In view of the above mentioned health problems afflicting the **Management** and the **Employees**, this presentation provides the take home message that, Industrial Fluorosis whether among the **Employees** or the **Employers**, can be prevented, controlled through the most effective protocols developed in India for Diet Editing and Diet Counseing which have been field tested for over two decades. These would be the most cost effective approach to address Fluorosis, instead of surviving on drugs throughout life.

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