

Safety of Mercury-Containing Dental Amalgam

Recently, the safety of mercury-containing dental amalgam, also known as "silver" dental fillings, has been questioned. The potential threat to safety is the possibility that mercury vapors are released from the amalgam and absorbed into the body. At high levels, mercury is toxic and may lead to permanent neurological damage.

A U.S. Public Health Service report, Dental Amalgam: Public Health Service Strategy for Research, Education, and Regulation, found no solid evidence that mercury amalgam fillings have caused any harm. They found no reason to remove mercury-containing fillings. Amalgam fillings do release small amounts of mercury vapor that can be absorbed by the body, and mercury could cause allergic reactions in a few people. But, the report says, "There is scant evidence that the health of the vast majority of people with amalgam is compromised."

However, the P.H.S. said in its report that more extensive scientific evidence should be gathered to completely rule out the possibility of long-term health risks from mercury-containing amalgams or from alternative substances that might be used - and that a research program should be developed to resolve these uncertainties.

The best treatment is prevention, and the report further suggests that fluorides, sealants, and other measures to prevent dental cavities and reduce the need for fillings should be promoted.

Source: ADA, PHS

Tips On Nutrition & Health



A balanced diet is the first step toward maintaining good health. Following the food pyramid is a reliable way to ensure healthy eating. Food groups such as milk, meat, fruits, vegetables and grains, help supply more than 40 nutrients your body needs. When you 'strive for five' by eating five or more fruits or vegetables per day, you typically increase nutrition and decrease consumption of less nutritious foods. Supplement your healthy diet with exercise and proper rest.