

**Gilbert E. Hirschberg D.D.S., P.A.**  
**Atlantic Professional Plaza**  
**5644 West Atlantic Blvd.**  
**Margate, Florida 33063**  
**954-971-6115**  
**www.browardcountydenal.com**

**TOXIC TEETH? I HAVE MERCURY FILLINGS IN MY MOUTH!!!**



Cause for concern? You decide.

If you Google "dental mercury fillings removal" you will get 1,540,000 hits. There is a reason for this. Silver mercury (amalgam) fillings are a very controversial topic.

Amalgam fillings typically comprise 50% pure elemental mercury, 35% silver, 13% tin, 2% copper, and a trace of zinc. It is the mercury which is at the heart of the controversy

In 1848, The Society of Dentists of the City and State of New York suspended eleven of members for "malpractice," because they used amalgam. That's a long time ago! And now that we have a really good substitute for amalgam fillings the controversy has really escalated.

The anti-amalgamists believe that amalgam fillings in your teeth release mercury and this leads to chronic mercury poisoning. And as a result, they claim that a wide variety of systemic health problems ensue. Especially neurological.

For many years the American Dental Association has defended and still does the use of amalgam. The organization has cited the US Food and Drug Administration (FDA) and many other sources that there is no problem with the mercury. Meanwhile amalgam fillings were being restricted in several foreign countries and some states were discussing obtaining informed consent from patients for their use.

Now here is where it gets interesting. In June 2008, the FDA updated its website to say:

“Dental amalgams contain mercury, which may have neurotoxic effects on the nervous systems of developing children and fetuses. When amalgam fillings are placed in teeth or removed from teeth, they release mercury vapor. Mercury vapor is also released during chewing. FDA's rulemaking (described in question 7) will examine evidence concerning whether release of mercury vapor can cause health problems, including neurological disorders, in children and fetuses.”

<http://www.fda.gov/cdrh/consumer/amalgams.html>).

This is a major change in their position. Please note that they said “may have.”

Amalgams have been banned in several countries, including Norway, Sweden, Denmark, Russia, and largely in Japan. And in a 2012 letter to European Union (EU) member state representatives and dental experts, the European Environmental Bureau (EEB) also asked recipients to support a phase-out of the use of mercury in dentistry, both in the EU and around the world

Many dentists have made the decision to be “mercury free” in their practice for many years now. The newer composite fillings are tooth colored and contain no mercury. They also are bonded into place and may prevent tooth fractures

So what is the answer? Is there a problem? The controversy continues. This is something you should research and discuss with your dentist.