



ARE YOUR DENTAL FILLINGS MAKING YOU SICK? UNDERSTANDING THE FACTS



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Dental fillings, a common solution for treating cavities and restoring damaged teeth, have raised concerns among some individuals regarding their potential health risks, particularly those containing mercury. But let's delve into the science behind dental fillings and separate fact from fiction.

UNDERSTANDING DENTAL FILLINGS

Dental fillings, including those with mercury, are primarily used to fix holes in teeth caused by cavities. These fillings consist of a mixture of metals, including mercury, silver, tin, and copper. The concern arises from the potential release of mercury vapor from the filling and its absorption into the body.

EXAMINING THE EVIDENCE

Numerous studies and research reviews have been conducted to assess the safety of dental fillings, particularly those containing mercury. One notable study, published in the Journal of the American Dental Association, found no significant association between dental amalgam fillings and adverse health effects in adults. Similarly, a review by the U.S. Food and Drug Administration (FDA) concluded that the levels of mercury vapor released from dental amalgam fillings are generally low and do not pose a risk to human health, except for rare allergic reactions.

EXPERT OPINIONS

Organizations such as the American Dental Association (ADA), the World Health Organization (WHO), and the FDA have affirmed the safety of dental amalgam fillings when used as intended. They emphasize that the benefits of dental fillings in preventing tooth decay and preserving oral health outweigh any potential risks associated with mercury exposure.

MERCURY IN DENTAL FILLINGS

Despite containing mercury, dental amalgam fillings are considered stable and safe for use in dental procedures. The mercury undergoes a chemical reaction with other metals in the filling, rendering it inert and preventing the release of significant amounts of mercury vapor under normal conditions.

CONSIDERING ALTERNATIVES

Concerns about mercury exposure have led to the development of alternative filling materials, such as composite resin and ceramic materials, which do not contain mercury. These tooth-colored fillings offer aesthetic appeal and are perceived as safer alternatives to amalgam fillings.

MAKING INFORMED DECISIONS

While dental fillings, including mercury-based amalgam fillings, are generally safe and effective, it's essential to consider individual preferences and concerns. Each type of filling material has its advantages and limitations, and the choice should be based on factors such as cavity location, size, and patient preferences.

In conclusion, dental fillings, including those with mercury, are mostly safe and are effective in treating cavities. Scientific research and expert opinions support their safety when used as intended. However, individuals with specific concerns or preferences regarding dental materials should discuss their options with their dentist to make informed decisions about their oral health care. At South Jersey Dental Studio, we prioritize patient safety and satisfaction, and therefore, we exclusively use composite resin fillings, avoiding the use of amalgam (metal) fillings altogether. Trust your dentist to guide you in choosing the best option for your teeth and overall health.



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