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## **Dental Amalgam Fillings and Health**

Dental amalgam is considered a safe, affordable and durable material that has been used to restore the teeth of more than 100 million Americans. It contains a mixture of metals such as silver, copper and tin, in addition to mercury, which binds these components into a hard, stable and safe substance. Dental amalgam has been studied and reviewed extensively, and has established a record of safety and effectiveness.

The FDI World Dental Federation and the World Health Organization concluded in a 1997 consensus statement: "No controlled studies have been published demonstrating systemic adverse effects from amalgam restorations." Another conclusion of the report stated that, aside from rare instances of local side effects of allergic reactions, "the small amount of mercury released from amalgam restorations, especially during placement and removal, has not been shown to cause any adverse health effects."

The ADA supports ongoing research on the safety of existing dental materials and in development of new materials, and continues to believe that amalgam is a valuable, viable and safe choice for dental patients.

Should your patients ask you about amalgam fillings, consider the following points:

- Amalgam has been used for generations to help save decayed teeth in more than 100 million Americans.
- Amalgam has been thoroughly studied, and no properly designed research studies have linked dental amalgam to serious health problems.
- (If appropriate) I have amalgam fillings in my mouth.
- An amalgam filling is just one of a variety of dental filling options available to you. Let's talk about what is best for you.

More information available at: <http://clickadapubs.org>