

# Metal-Free Options in Dentistry

## **DO YOU WANT BLACK, GOLD, OR WHITE FILLINGS IN YOUR TEETH?**

Most people today want teeth that look good, feel good, and will last their entire life. Most dentists today still use metal in the materials used to repair damaged or broken teeth resulting in less than ideal aesthetic results. A comparison of the materials available today will help you choose between black, gold, or white!

### **BLACK**

Black fillings – Commonly called amalgam which is a mixture of 50% mercury and 50% silver, copper and other trace metals:

- Is it safe? Well, it depends on whom you talk to. Mercury is a volatile metal more toxic than lead or arsenic. Mercury vapor, which is daily released from the silver/mercury fillings is inhaled and distributed into the body tissues by your blood stream. The World Health Organization “clearly states that the largest estimated daily intake and retention of mercury and mercury compounds in the general population, not occupationally exposed, is from dental amalgams, not from food or air”. The American Dental Association admitted in 1984 that mercury is released from amalgam fillings, but still maintains that the fillings are safe despite volumes of scientific studies, which show that the levels released are not safe.
- Silver/mercury filling are not bonded and simply fill a hole. They expand and contract a lot more than a tooth in response to temperature change in the mouth. They also have a property called creep, which causes them to continuing grow, putting pressure on the sides of teeth causing cracks or fractures in the teeth.
- Leakage is a problem allowing bacteria to get under them and cause decay. In a study over 400 amalgam fillings removed in eight different offices, 98% of the fillings had decay. ( C. O. Jones study club)
- Silver/mercury fillings release mercury as they are removed, make sure you’re your dentists removes them safely. Information on safe removal can be found later in this report.

# GOLD

Gold restorations – Gold is a noble metal and very safe for most people.

- Gold is the standard which new materials should be compared
- It lasts a long time
- It protects teeth and does not creep and crack teeth.
  
- The only negative for a gold restoration is the gold color unless you are one of the rare persons with an allergy to gold.
- Gold restorations are made by a dental lab, and require impressions and two appointments

# WHITE

Composite fillings – Composed of BisGMA , which is a polymer similar to plastic.

- Bonded for low leakage, we don't see much decay under a properly placed composite
- Difficult to place between the teeth due to shrinkage that occurs as they are placed. This could cause gaps, which are susceptible to decay.
- They look good and feel good, but they don't last a long time and have to be replaced in 3 to 7 years depending on the size.
- Little fillings last longer than bigger fillings

Porcelain Restorations – Porcelain restorations are metal free and the **BEST**.

- Porcelain looks good, feels good, and lasts a very long time
- Bonded for little to no leakage
- Bonding also allows for conservative preparations which preserves healthy tooth structure
- Porcelain has physical characteristics similar to tooth enamel, so they expand and contract similar to tooth structure and the integrity of the bond is maintained.
- It is biocompatible
- 20-year longevity studies show 89% of restorations still serviceable. This is incredible!

# ONE VISIT CEREC RESTORATIONS

Dr. Palmer was one of the first dentists in the country and the first in South Carolina to start using CEREC technology to produce porcelain restorations for guests in his practice. This technique utilizes Computer Assisted Design and Computer Assisted Milling to produce a porcelain restoration in one visit with no impressions. This also eliminates the annoying temporary stage, which is necessary for gold restorations or for those dentists that don't utilize CEREC in their practice.

Dr. Palmer is an International Society of Computerized Dentistry and a Patterson Dental certified instructor of the CEREC technique. He is the lead trainer for the Southeastern CEREC Training Center located in Atlanta, Georgia.

**Call today for a free consultation. Mention this report for \$100 off your first CEREC restoration**

## **HEALTHY DENTISTRY**

Dentists all over the world remove millions of amalgam fillings every day, with no regard for the possible mercury exposure that can result from taking them out. Much of the time, a new amalgam filling goes back in place of the old one. The dental establishment claims that amalgam is a stable material, that emits little or no mercury, but then turns around and blame mercury-free dentists for “unnecessarily exposing patients to excess mercury” when removing amalgams electively. Well, which is it? Stable, or mercury emitting?

We know without a doubt that amalgam emits mercury. Cutting the amalgam with a dental burr produces very small particle with vastly increased surface area, and vastly increased potential for subjecting the people present to a mercury exposure. In fact, in a recently published experiment, volunteers with no amalgam fillings swallowed capsule of milled amalgam particles and their blood mercury levels increased. (Geijersstam, E; Sandborgh-England, Mercury uptake and kinetics after ingestion of dental amalgam. J Dent Res. 80:1793-1796 (2001)).

Less well studied than mercury vapor is the problem of amalgam particulates. Taking our fillings with a high speed dental burr generates a cloud of particles, at least 65% of which are one micron or less in size. These are fully respirable, get deep into the

lungs, where the microscopic particles are broken down and the mercury is systemically absorbed within a few days. This mercury exposure can be as much as a hundred times greater than that from the vapor. (Richardson, GM; Inhalation of mercury contaminated particulate matter by dentists: an overlooked occupational risk. Hum Ecol Risk Assess 9:1519-1531 2003)

Stories abound concerning patients having adverse reactions – getting sick - following removal of amalgam fillings. The mercury free dentists of the world have been acutely aware of the excess exposure problem, and have devised a number of strategies for reducing the amount of mercury exposure to both the patient and dental staff during amalgam removal. Dr. Palmer and his team practice the safe removal of your amalgam fillings by providing positive pressure oxygen, high volume evacuation, use of rubber dam and barrier protection, amalgam traps to prevent environmental exposure, and ionic air cleaners for the office. Dr. Palmer and his assistant also wear filtration masks to protect them while removing amalgam.

The materials used to replace silver/mercury filling that Dr. Palmer uses are the most biocompatible materials available today. CEREC restorations and other all porcelain restorations that Dr. Palmer uses are the choice of mercury free dentistry

**MAKE YOUR MOUTH HEALTHIER!**  
**CALL TODAY FOR A FREE**  
**CONSULTATION FOR BETTER**  
**HEALTH**

**864-879-6494**  
**1-888-291-5712.**