



HOW SAFE ARE SILVER MERCURY FILLINGS?

By Marcus S. Tappan, D.D.S.

What we didn't know then but do know now is that mercury contained in amalgam fillings is one of the most toxic non-radioactive materials known to man, and is the #1 source of mercury in most people.

Did you know that some experts believe that the silver mercury fillings (amalgams) in your mouth could be contributing to, or are the cause of, a multitude of chronic illnesses and diseases! Research shows that thousands of people may be suffering from what is known as "heavy metal toxicity." Mercury can be introduced into the body from seafood and vaccines, but it is suspected that the mercury in dental amalgam fillings is the most common source of this "toxicity." This material has been used in the dental field since before the Civil War to replace missing, worn, or decayed tooth structure, and is still being used in some dental offices today.

Amalgam fillings, #1 source of mercury in most people

What we didn't know then but do know now is that mercury contained in amalgam fillings is one of the most toxic non-radioactive materials known to man, and is the #1 source of mercury in most people. These mercury fillings contain as much as 51% mercury along with tin, copper and silver. Although that material can last up to 10 years, statistics show that during that time

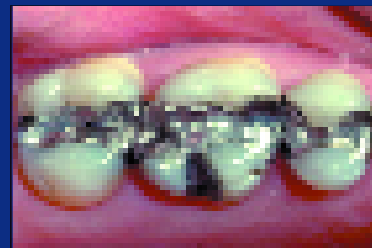


AS THE MEDICAL, DENTAL, AND SCIENTIFIC RESEARCH COMMUNITIES REMAIN DIVIDED OVER WHETHER AMALGAM FILLINGS ARE HARMFUL, THE CONTROVERSY CONTINUES.



od, 70% of the mercury leaks out of the filling and enters the body. This mercury occurs as a vapor and "accumulates" in significant amounts in the liver,

hypothyroidism, anxiety disorders, insomnia, infertility, cancer, endometriosis, alopecia (hair loss), chronic fatigue, eczema, Parkinson's disease,



Amalgam (silver fillings)



Porcelain fillings

kidneys, and lungs, and even in the brain. Some evidence has also shows that mercury even crosses the placenta barrier and can accumulate in the body of a fetus.

Some experts believe that mercury could be a contributing factor in more than 30 chronic health conditions including asthma, allergies, migraines, lupus, epilepsy, multiple sclerosis, fibromyalgia,

arthritis, stomach problems, and prostate problems. In children, some of these conditions include ADD, juvenile diabetes and autism. Some patients report significant improvement in symptoms after their amalgam fillings are removed.

The potential danger from mercury (amalgam) fillings has been the topic of controversy for years. As the medical, dental, and scientific research

AMALGAMS

communities remain divided over whether amalgam fillings are harmful, the controversy continues.

Safe disposal of amalgam material

The same researchers who say amalgams are "safe" also advise that

treatment for any of the above mentioned chronic health diseases/illnesses. However, it is meant to shed light on a subject that could be grossly overlooked in the treatment or findings of physical and mental disease. Every situation and person is unique and medical experts should be con-



all unused amalgam be stored in a sealed glass container and all used amalgam be stored underwater and disposed of at a proper waste management facility. It cannot be placed in the trash or washed down the sink.

Meanwhile, lawsuits associated with mercury contamination are being filed in Georgia, California, and Maryland. Some laws, if passed, would ban mercury fillings in children, pregnant women, and all women age 45 or younger. Other laws would require dentists to inform patients about all potential risks of mercury contamination from mercury fillings. Scandinavia, Germany, and more recently Canada, have curtailed or completely banned the use of amalgam fillings.

What it all means

The information in this article is not meant to diagnose or suggest

sulted immediately if you think you have a problem. There are numerous tests given by qualified medical experts that can diagnose mercury toxicity.

For more information, go to DAMS (Dental Amalgam Mercury Syndrome) at www.amalgam.org.

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