



Amalgam filling



Ceramic filling

Beautiful TEETH

WORRIED A FILLING WILL RUIN YOUR SMILE? DENTAL AND IMPLANT SURGEON JEAN PAUL DEMAJO OFFERS SOME TIPS ON AESTHETIC FILLINGS

Amalgam fillings or, in layman terms, silver fillings, have been around for over 100 years. GV Black put his theories into practice by testing the ideal composition of amalgam, the ideal tooth preparation, as well as its placement into tooth cavities replacing the loss of tooth tissue due to tooth caries. It is no wonder that he is still regarded as the father of operative and modern dentistry.

FACTS ABOUT AMALGAM FILLINGS:

- **Dental amalgam is a mixture of metals, consisting of liquid mercury and a powdered alloy composed of silver, tin, and copper. Approximately 50 percent of dental amalgam is elemental mercury by weight.**
- **Amalgam is one of the best, cheapest and strongest filling materials with the longest duration.**
- **They have the poorest aesthetics of all restorative materials.**
- **If you are allergic to any of the metals in dental amalgam, you should not get amalgam fillings. You can discuss other treatment options with your dentist.**

Hundreds of studies have been conducted to test the safety of amalgam. Here are some of the scientific conclusions:

- “There is no scientific evidence to connect the development of MS or other neurological diseases with dental fillings containing mercury.” — National Multiple Sclerosis Society.
- “According to the best available scientific evidence there is no relationship between silver dental fillings and Alzheimer’s.” — Alzheimer’s Association.
- “There is no scientific evidence of any measurable clinical toxic effects (of dental amalgam).” — American Academy of Pediatrics.
- There are no current recommendations on the part of US federal agencies to prevent dentists from placing amalgam fillings where indicated because studies have consistently failed to document mercury toxicity associated with amalgam fillings. Except for the unusual cases of allergic reaction, there are no data supporting any recommendations to remove fillings.
- 20 Signs and Symptoms of Mercury Exposure from Amalgam Fillings (from the International Academy of Oral Medicine and Toxicology).



Dr Jean Paul Demajo has trained in London working in private practice in Malta

In spite of all these studies and findings Amalgam fillings definitely remain a controversial subject still creating doubt and uncertainty on the minds of many. In 2008, the FDA admitted that dental amalgam can cause health problems. Norway, Denmark and Sweden have ended the use of mercury fillings and many dental schools no longer teach mercury placement. Germany, Canada, and California require mercury toxicity warnings to be given to pregnant women. Your dentist can discuss treatment options based on the location of cavities in your mouth and the amount of lost tooth substance to replace.

ALTERNATIVES TO DENTAL AMALGAM:

- **Composite Resin Fillings: getting stronger over the years but may be less durable than amalgams.**
- **Glass and Plastic Ionomer Fillings: limited use for small fillings.**
- **Gold Foil Fillings: very good but poor aesthetics and very expensive.**
- **Porcelain Fillings: strong, aesthetic and offer good long-term durability, cheaper than gold.**

With an ever growing aesthetic and health conscious patient to deal with, the ideal restoration is obviously a durable, aesthetic and strong one. Ask your dentist! ☑