



## Silver Looking Fillings... **BE SMART ABOUT IT!**

**Did you know that all silver-colored dental fillings, also called dental amalgams, contain approximately 50% mercury.**

### **Why is the Removal so Important?**

Mercury is harmful to human health and the environment. Mercury is continuously released from amalgam fillings, and it is absorbed and retained in the body, particularly in the brain, kidney, liver, lungs, and gastrointestinal tract. Although a number of other countries have banned or limited the use of silver amalgam fillings, dental mercury is currently used on about 45% of direct dental restorations worldwide, including in the USA.

### **What is the Safe Mercury Amalgam Removal Technique (SMART)?**

**SMART Certified, “Mercury-Safe” Dentists, such as Dr. Iona Fotek,** apply special techniques to remove dental mercury amalgam fillings.

While “mercury-free” dentists no longer place amalgam fillings and use available mercury-free alternatives, “mercury-safe” dentists apply special techniques to remove existing amalgam fillings. Based on up-to-date scientific research, the IAOMT has developed rigorous recommendations for removing existing dental mercury amalgam fillings to assist in reducing the potential negative outcomes of mercury exposure to patients, dental professionals, office staff, and others.

*Note that due to mercury releases, polishing, placement, removal, or any disruption of a dental mercury amalgam filling should not be conducted upon patients who are pregnant.*

### **What are the Mercury-Free Alternatives for Dental Amalgam Fillings?**

Once dental amalgams have been removed, they must be replaced with a different dental filling material. Most consumers choose **direct composite fillings** because the white coloring matches the tooth better and **the cost is affordable.**



**Visit Dr. Fotek, to address your amalgam fillings soon! It's a matter of your health.**

