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## Mercury in Dentistry

### Introduction

Mercury, one of the most toxic elements known to man, has been used in the medical field since the mid-1500s. It was known to be toxic throughout most of this time, but it was used to treat various illnesses regardless. Today, mercury is no longer used for treatment. It is, however, a key component in amalgam dental fillings. The mercury in these fillings has worried many people. **Thesis sentence:** Many governments are working to reduce the use of mercury amalgam fillings because of their potential negative effects on humans and the environment.

**Why was/is mercury used?** The deadly, yet useful, element mercury is used in amalgam dental fillings. In fact, nearly 50% of this filling is mercury. This filling is also known as a silver filling because of its appearance. Mercury is used in amalgam because it helps to bind together the alloys in the filling. Mercury is also used because it is liquid at room temperature. This means that it is very malleable once it has been combined with the other metals in amalgam. The malleability of amalgam also means that it can easily be inserted into a tooth cavity. Amalgam is also inexpensive compared to other forms of fillings. Because of this, amalgam has been used for a very long time. In fact, amalgam fillings have been in use for over 150 years. Unfortunately, amalgam fillings have a downside. This is the toxic element mercury that they contain.

**Dangers to humans** Mercury is extremely toxic to humans. It can easily enter the human body through skin contact, consumption, or even through the lungs if mercury vapor is inhaled. The worst part about mercury is the fact that it takes a very long time for mercury to exit the body. This means that it can easily build up over time. According to some sources, mercury can leak out of amalgam fillings and into the blood stream where it can cause life threatening damage. On the other hand, many other sources agree that the amount of mercury that leaks from amalgam is of no concern to human health. A single amalgam filling can leak around 1 or 2 micrograms of mercury vapor daily, but this is not enough to cause any damage to the average person. As long as carefully designed and safe procedures are used to work with the mercury in amalgam, no harm should come to the patient or dentist. While most credible sources agree that there is no reliable evidence that the mercury which leaks out of amalgam is a concern to human health, most sources agree that the production and installation of amalgam can release mercury into the environment.

**Dangers to the environment** Mercury can easily transfer from dental amalgam to the environment where it can cause harm. It can transfer from amalgam to the environment in a number of ways. This vapor eventually settles on the ground where it can enter the environment through the groundwater. Another way that mercury can enter the environment is through the disposal of excess amalgam into both land and water bodies. Mercury can also escape into the environment from a person whose body was contaminated by the mercury in amalgam. This is because some of that mercury will slowly work its way out of a human body just as any material would. Once in the environment, some microorganisms will transform the mercury into more dangerous organic forms of mercury such as methyl mercury. These microorganisms could eventually get consumed by predators. These predators might be

consumed by another predator, and so on. This means that as mercury moves through the food web, it is concentrated into top predators such as tuna. With tuna being a common food, people can get mercury poisoning by eating too much tuna. Because of the vicious cycle of mercury, a person could hypothetically be poisoned by mercury that originated in an amalgam filling. This person might consume an animal that was contaminated from the mercury of an improperly disposed amalgam filling.

**Efforts of Governments** Because of the potential dangers of mercury based amalgam fillings on both people and the environment, governments around the world are working together to put an end to amalgam fillings. The UN and the EU are both working on this issue. This is not as easy as it sounds, though. Removing mercury fillings from being used in future operations is difficult partly because alternatives to amalgams are more expensive. It will also take a long time to replace the amalgam fillings that are already in place because hundreds of millions of people worldwide currently have amalgam fillings. Replacing amalgam fillings from people's teeth is even more difficult. Because of how deadly mercury is, removing the fillings is a very dangerous process. Mercury can get on people skin and can be released in the air if it is not done properly. This can harm the dentists, patients, and the environment around them. Luckily, a procedure created by the International Academy of Oral Medicine and Toxicology (IAOMT) called the Safe Mercury Amalgam Removal Technique (SMART) is being implemented. It is a safe, albeit complicated, way to remove mercury fillings. The fillings can then be replaced by different kinds of filling that are non-toxic such as resin or ceramic fillings. The IAOMT has also created a campaign called The SMART Choice to raise awareness about the dangers of mercury and tell patients where to find dentists who use SMART.

## Conclusion

While the mercury used in amalgam is probably not a direct danger to people, it is still a danger to the environment and poses some health risks. Because of this, governments are working to prevent the further use of amalgam. Many people get worried once they learn that their silver fillings contain the deadly element mercury, but in reality, they have very little to worry about. Many sources agree that the amount of mercury released from amalgam once it is in use is not significant. Amalgam is usually only a problem before it is inserted into a tooth cavity and if it is removed. Today, the use of amalgam is declining, although some businesses prefer amalgam because of its low price and easy use.

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