

The facts on fillings



We'll do whatever it takes and then some.

The facts on fillings

More than 100 million silver fillings are placed each year in the United States.

Learn more about the different kinds of fillings and their uses.

“Silver” fillings — the most common type of dental filling — are a combination of silver, mercury, tin and copper. They are also referred to as “amalgam” fillings, which is the term for the metals bonded together. Mercury is necessary because it triggers the chemical reaction that hardens the filling once it is set in the tooth. More than 100 million of these fillings are placed each year in the United States.

A hundred year history

Since 1895, scientists have been studying mercury as a safe and effective material for use in dental fillings.

Scientists have proven that mercury, in small, specified amounts, does not pose a health threat to patients. The mercury released from your fillings is actually less than the amount naturally occurring in food, air and water. Mercury specifications were standardized by the American Dental Association (ADA) in 1932 to ensure the proper universal use of mercury in fillings.

The allergic few

In extremely rare cases, some patients may experience a hypersensitivity or allergy to mercury. These reactions are usually seen as a rash on the mouth and face, similar to other types of allergies. Once the filling has been removed and replaced with gold, porcelain or a compound substance, the symptoms disappear within a few days.

According to the ADA Journal, a study conducted by French researchers from 1905 to 1986 found only 41 published cases of allergic reactions to mercury in fillings. That's a very small amount when you consider the more than 100 million amalgam fillings placed every year.

Just the facts

While scientific research continues to prove the safety of amalgam fillings, some dentists may still try to scare patients into replacing fillings unnecessarily. Know the facts, and be sure to confirm any diagnosis of mercury allergy with a medical specialist, such as an allergist or dermatologist, before agreeing to any tests or amalgam filling removals. Fillings should be replaced only if the restoration is defective or worn.

WE KEEP YOU SMILING®

Why do 54 million enrollees trust their smiles to Delta Dental?

- More dentists
- Simpler process
- Less out-of-pocket

Free Newsletter

Get the latest in oral health with *Dental Wire*, our bi-monthly e-mail newsletter. Sign up at: deltadentalins.com/oral_health

www.deltadentalins.com

Delta Dental includes these companies in these states:
Delta Dental of California – CA
• Delta Dental of Pennsylvania – PA & MD • Delta Dental of West Virginia – WV • Delta Dental of Delaware – DE • Delta Dental of the District of Columbia – DC • Delta Dental of New York – NY • Delta Dental Insurance Company – AL, FL, GA, LA, MS, MT, NV, TX, UT

How healthy is your smile? Take our online quizzes to find out!



Visit the Oral Health & Wellness section on www.deltadentalins.com to take the following quizzes:

- Dental Cavity Quiz
- Gum Disease Quiz

Questions about oral health?

If you've got questions about oral health, be sure to check out our website at www.deltadentalins.com for answers.

To help you and your family keep your smiles healthy, we've compiled an extensive library of articles on oral health topics from amalgam fillings to x-rays and just about every oral health topic in between.

Mouth-Body Connection

- Diabetes and oral health
- Heart disease and oral health
- Men's oral health
- Oral cancer
- Osteoporosis
- Pregnancy and oral health
- Stress and oral health
- Tobacco use and oral health

Preventive Care

- Brushing and flossing
- Dental cleanings
- Fighting bad breath
- Fluoride
- Nutrition and oral health
- Choosing and caring for your toothbrush

Emergency Care

- Dental care when traveling
- Handling dental emergencies

Kids & Teens

- Baby bottle tooth decay
- Children's oral health
- Eating disorders
- Teens' oral health

Seniors

- Dental care of Alzheimer's patients
- Dentures
- Seniors' oral health

Dental Treatments

- Amalgam and resin fillings
- Braces
- Dental implants
- Dental x-rays
- Sealants

Conditions

- Dry mouth
- Mouth sores
- Sensitive teeth
- TMJ