

Good Advice

Dental Fillings Can Lead to Health Issues (Part 1)

by Dr. Linda Golden



Taking children and going to the dentist as adults is not always a stress-free experience, but it may soon create a more complex set of decisions.

For decades, patients concerned about filling their families cavities with mercury-laced amalgam have opted instead for white composite modern, metal-free, practically invisible restoration. The demand has increased dramatically since the 1960's, when the materials were first introduced-and today, more than 10 million American children and adults have received the fillings every year. According to a new study in the Journal of Pediatrics, a common composite formula may be placing kids at a slightly higher risk for anxiety and depression and hormonal imbalances.

In a recent study, funded by the National

Institutes of Health, children with a popular composite filling known as bisphenol-A-glycidyl-methacrylate (Bis-GMA) displayed worse scores on scales of "psychosocial" well-being up to five years after treatment, compared to kids who received silver amalgam fillings or a composite made with different materials. Children exposed to the most Bis-GMA fillings for the longest

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periods of time were two to four times more likely to report "at risk" psychological problems requiring medical help. The association was strongest for kids with cavities filled in the back molars, where the composite can break down and possibly enter

the bloodstream.

At the Golden Dental Wellness Center, we have found products without Bis G-ma or bisphenol A. Please contact us at 516-627-8400 for more information. www.goldensmile.com.

Part 2 next month.

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