



Your dentist is SMART Certified by the IAOMT!

Find out more at

www.theSMARTchoice.com

What is SMART? SMART is the Safe Mercury Amalgam Removal Technique, which is a set of safety measures to reduce mercury exposures during dental amalgam filling removal. These safety measures were developed as a result of scientific research collected by the International Academy of Oral Medicine and Toxicology (IAOMT).

Why does SMART matter? All dental amalgams, also referred to as silver fillings, contain 50% mercury (a neurotoxin) which is constantly released in the form of an invisible vapor. The process of drilling out amalgam fillings releases even higher quantities of mercury vapor and fine particulates that can be inhaled and absorbed through the lungs. This is potentially harmful to patients, dentists, other dental workers, and the fetuses of patients and all dental personnel.

Which dentists are SMART certified? Dentists who have obtained SMART certification from the IAOMT have completed coursework related to mercury and the safe removal of amalgam fillings. The educational programming includes learning about the application of the rigorous safety measures, including the utilization of specific equipment. To maintain SMART certification, your dentist enrolls in the program annually to review the safety measures.

Where can I learn more about SMART? Visit

www.thesmartchoice.com

to learn more. Like us on Facebook and share our message with your friends and family so they also make the SMART choice to protect their health!



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WHY AN IAOMT DENTIST?

IAOMT dentists recognize the impact of toxic materials and relate it to dental and general health. IAOMT dentists are concerned with the integrity of the oral cavity and use materials and procedures in their practices that are systemically compatible and safer for our environment.

WHY ARE WE CONCERNED ABOUT THE USE OF MERCURY IN DENTISTRY?

Many people do not realize that “silver” amalgam fillings are 50% mercury. A large filling may contain as much mercury as a thermometer. Mercury vaporizes easily at room temperature, and in this state, is odorless, colorless and tasteless. Inhaled mercury vapor is readily absorbed into the bloodstream. The World Health Organization has concluded that dental fillings contribute more mercury to a person’s body than all other sources of mercury combined. Mercury is a powerful poison. Published research demonstrates that mercury is more toxic than lead, cadmium or arsenic. No amount of exposure to mercury vapor can be considered harmless, especially considering its cumulative effect.

IS THERE AN ASSOCIATED HEALTH RISK?

Mercury is the most toxic, non-radioactive element on the earth. Most medical and scientific researchers have called for a ban on the use of mercury in all products. However, the potential harmful effects of mercury fillings have been ignored by the U.S. Government. Due to its poisonous nature, mercury can adversely affect the immune, urinary, cardiac, respiratory and digestive systems. Under laboratory conditions, mercury has produced brain cell deterioration identical to that seen in victims of Alzheimer’s disease.



SHOULD I HAVE MY MERCURY FILLINGS REMOVED?

The IAOMT believes you should — unless your physician deems otherwise. Mercury vapor is continuously emitted from dental fillings and accumulates in the body over time. The damaging effects of this exposure may not manifest for years or even decades. Studies repeatedly demonstrate that even low levels of mercury cause measurable adverse health effects. Mercury in the tissues of a fetus or infant correlates significantly with the number of dental amalgam fillings in the mother. Newborns may be at risk for learning disabilities because of mercury their mothers absorbed during pregnancy. Many physicians are testing their patients for mercury toxicity and referring them to IAOMT dentists. Across scientific disciplines, health professionals are realizing that mercury may adversely impact patient health.

SHOULD I TAKE SUPPLEMENTS PRIOR TO MERCURY FILLING REMOVAL?

Most IAOMT dentists work in conjunction with physicians who may prescribe supplements prior to the removal of mercury fillings. It is imperative that chronically ill patients seek advice from a physician knowledgeable in mercury toxicity issues.

IS THERE A PROPER WAY TO REMOVE MERCURY FILLINGS?

To prevent additional mercury exposure, IAOMT dentists are properly trained in mercury filling removal. Patients should inquire about the following amalgam removal protocols:

- Utilizing an efficient suction system in the oral cavity with a special tip or its equivalent to contain amalgam particles and mercury vapor.
- Operating a vacuum system at maximum efficiency.
- Applying copious amounts of water to the filling during removal.
- Removing the amalgam in large segments to minimize the generation of mercury vapor and amalgam particulate.
- Providing the patient and dental staff with a mercury-free source of air.
- Protecting the environment with approved mercury recycling equipment.

HOW DO MERCURY AMALGAM FILLINGS IMPACT OUR ENVIRONMENT?

Between 25 and 34 tons of mercury are used each year in mercury-based dental fillings, and half of all mercury still used in commerce is hidden in the mouths of the American population — about 1,000 tons! Also, dental mercury releases from dental offices are the largest contributor of mercury to municipal waste water treatment plants in the U.S. The mercury enters the air when municipal sewage sludge is incinerated, as well as through cremation. Thus dental fillings are a significant contributor of mercury emissions to the environment and to the fish Americans eat.