

DISADVANTAGES OF USING DENTAL AMALGAM

As promised in the last newsletter, I will be discussing other reasons why amalgam may not be the filling to use. Over the last decade, the use of composite resins over amalgams has increased for these reasons:

1. A primary advantage of composites (resins) over amalgams is the possibility of preserving sound tooth structure during cavity preparation.
2. Composites are significantly more aesthetically pleasing.
3. The use of composite resins provides strength to weakened tooth structure.
4. Composites, when compared to amalgam, exhibit lower thermal conductivity that may mean less sensitivity to temperature changes.
5. Amalgam restorations have a tendency to produce micro cracks in the teeth they restore, creating situations where teeth fracture may occur or even worse, result in tooth loss.
6. When alloys (a mixture of metal elements) are placed in a warm, salty solution, a galvanic (electrical) current may be set up. To the patient, this means metallic tastes, tooth irritation, or a shocking sensation when a metal utensil touches the amalgam. When used to restore small areas of low bite stress, composites should do well.

Recent research by Drs. Echeverria, Aposhian and Woods, published in the highly respected medical scientific journal, FASEB, differs from previous research questioning amalgam safety by:

1. Refining and paying more attention to detail about the criteria for psychological effects of mercury.
2. Measuring how much mercury the body has accumulated rather than how much mercury is being excreted via urine.

The authors described four aspects of mercury intoxication found in the scientific literature: 1) psychosomatic symptoms (salivation, insomnia and loss of appetite); 2) alterations in effect or emotional liability (mood swings, irritability, fatigue, loss of interest, withdrawal and sweating or blushing); 3) motor effects (in the arms, progressing to uncoordination, imbalance and tremor); and 4) insidious loss of mental capacity (progressively affecting memory, logical reasoning or intelligence). Although these effects had previously been associated with higher levels of urine mercury, this study demonstrated the effects in the study group, which had very low levels of urine mercury.

Two of the main arguments used in defense of the use of mercury dental fillings are: 1) dentists are as healthy as is the general population, so patients with amalgam fillings could not be suffering harm; and 2) urine mercury levels in patients with amalgam fillings are well below levels found in humans known to be harmed by mercury exposure. The Echeverria, Aposhian and Woods study refutes both of those arguments.

CO-ENZYME Q10

Without Co-Enzyme Q10, we wouldn't have enough energy to stay alive! CO-enzyme Q10 is found in every cell in the body, and it is the key to the process that produces 95% of cellular energy. Dr. Edward G. Wilkinson, periodontal specialist and dental researcher, found that diseased dental tissue showed a remarkable deficiency of Co-enzyme Q10. By supplementing

patients with daily doses of this natural enzyme, Dr. Wilkinson and his team were able to reverse the adverse gum conditions. Other studies have pointed out the deficiency of Co-enzyme Q10 in gum tissue.

Dr. Andrew Weil suggests optimum daily amounts of certain important nutrients for healthy individuals. He suggests only five, one of them being co-enzyme Q10. At the recent INR seminar, Dr. Martina Cartwright states that their investigative research shows this supplement to be safe and can help improve a patient's periodontal condition.

If you feel you practice good home care and you come in regularly for dental cleanings, yet your gums are not as healthy as you would like them to be, please let us help you.

All supplements are not the same. In an attempt to deliver only the highest quality nutritional and herbal supplements, we use a fully licensed manufacturing facility for most of our supplements. The following are key questions suppliers should be able to answer. Negative responses illustrate why many products may fall short of our expectations.

1. Is every batch of every ingredient tested to confirm that is what it says when it comes in the door at the manufacturing plant?
2. Does every batch of tablets go through a disintegration test?
3. Are the best forms of the nutrients being used, and is the tablet or capsule being put together properly?
4. Once equipment has been used, is it dismantled and thoroughly cleaned before it's released for use again?
5. As the product is being made, are samples tested every 20 to 30 minutes for compliance with weight, hardness, shape and size requirements? (If a tablet is too hard, it will not disintegrate properly, and if it is too soft, it will not survive shipping across the country).
6. Are batch records kept on every starting material and finished product that goes in and out of the facility? How many years are they tracked? (Many companies have virtually no paper trail to track what goes into their products).
7. How long has the company been in business? (There are many start-up companies out for a quick dollar that have no real experience in what it takes to produce quality supplements).
8. Do they have a pharmaceutical license? (Ask to see a copy of it).
9. Do they encourage tours of their manufacturing facility? (This is the best way to see first-hand how a company operates.)
10. Is there a video or other educational materials available to show patients how their products are being manufactured?

Most of the supplements prescribed by use are from Anabolic Laboratories (in business for over 70 years) and they meet all of the above criteria.

TESTIMONIALS

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About 12 years ago I had my thyroid removed which was diagnosed as cancer. It was Dr. Doi who first detected the lump in my neck and I am so thankful for having him notice it before it was too late.

Dr. Doi has been a great dentist all these years. How I wish I had him during my childhood years. I dreaded going to the dentist but when I first met Dr. Doi, I thought it was so much better.

Anesthesia administered by Dr. Doi is painless. His office is so nice and clean, and his staff is so friendly and efficient. What more can you ask for? Thank you Dr. Doi for being a great dentist.

Gina
Kamuela, Hawaii

I believe that a prevention-oriented and holistic approach to health is the most effective. Dr. Doi has shown me that it is just as important in dental health. My friends are amazed that I will drive from Volcano to Waimea to see Dr. Doi. I tell them that I think I am worth it and that I appreciate Dr. Doi 's dedication to his work and that he LOVES his work. I appreciate his passion for learning. I appreciate the fact that he is continuously investing in his practice through seminars and by up grading his office equipment to the newest standards. But beyond all that, when it comes down to actually sitting in the dental chair, I am thankful Dr. Doi practices truly pain-free dentistry. Not only does he have the gentlest touch, but he is amazingly skilled at giving shots. He really does give the best shots I have ever had.

Patricia L. Shema, L.M.T.
Volcano, Hawaii