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**Could Your Teeth Be Toxic?**

*When most of us think of toxins, we think of the foods we eat, the water we drink, and the products we use on a daily basis. But did you know that metal fillings in your mouth could be giving off potentially dangerous mercury vapor?*

**/24-7PressRelease/** - FORT LAUDERDALE, FL, July 13, 2008 - When most of us think of toxins, we think of the foods we eat, the water we drink, and the products we use on a daily basis. Rarely do we think of our teeth or of previous dental work. But did you know that metal fillings in your mouth could be giving off potentially dangerous mercury vapor?

For years, amalgam (metal) fillings were the standard for addressing cavities; such fillings last, on average, 15 years. As a result, millions of people have amalgam in their mouths, and amalgam fillings' main ingredient is mercury. What does this mean for people with cavities, and what options are available for patients seeking to have amalgam fillings removed?

**Why Is Mercury Dangerous?**

Exposure to high levels of mercury has long been associated with decreased neurological function. According to the [Environmental Protection Agency \(EPA\)](#), exposure to mercury can be particularly dangerous for fetuses, which may experience impaired neurological development, among other problems.

Although seven amalgam fillings typically release only about one microgram of mercury vapor a day, which is not generally considered a toxic amount, many experts agree that no level of mercury exposure can be considered completely safe, especially for pregnant women. With this in mind, many dentists prefer providing patients with [metal-free fillings](#).

**What Mercury-Free Filling Options Are Available?**

Fortunately, anyone with amalgam fillings has the option of replacing these metal fillings with a more non-toxic material such as ceramic or porcelain. Not only are these fillings free of mercury, but they offer the following benefits as well:

- They are more aesthetically pleasing.
- Unlike metal fillings, they do not expand or contract according to temperature changes, which can help keep teeth free from stress fractures.
- They are generally stronger.
- They often do not need to be replaced.

Patients who are concerned about the potential dangers associated with amalgam fillings should make sure they understand why their metal fillings are being replaced, how their dentist will ensure that patients don't inhale mercury vapor during filling removal, and which filling replacement options are available and best for you.

Once you and your dentist have discussed filling replacement options, you can take your first steps toward obtaining a smile that is healthy, beautiful, and toxin-free.

**About ePR Source**

If you live in the Fort Lauderdale area and are considering replacing your amalgam fillings, [please contact](#) the dentists at [SmilePerfect](#) today.