

## **JAMA Publishes Dental Amalgam Studies**

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The results of two independent and well-designed studies on dental amalgam are published in the *Journal of the American Medical Association (JAMA)*. You can access the lead study at <http://www.jama.com> free of charge. Access to other studies is available for a fee or if you have a subscription. The AMA has posted a press release about the studies on its Web site at <http://pubs.ama-assn.org/media/pastreleases.dtl>. The *JAMA* studies on dental amalgam may receive media coverage and you may receive inquiries from your patients. To assist you in responding to inquiries, we have posted a [press statement](#) and [information about dental filling options](#) on ADA.org.

The *JAMA* studies add to the substantial body of peer-reviewed scientific literature that supports the use of dental amalgam as a safe, effective option for patients and their dentists in treating dental decay.

The studies measure whether children with dental amalgam fillings experienced any adverse effects related to neurobehavioral, neuropsychological (IQ) and kidney function. According to the results, children with amalgam fillings experienced no difference in neurological and kidney function compared to a control group of children with composite (white) fillings.

These studies support the existing scientific understanding that the small amount of mercury released by amalgam fillings during common activities such as eating and drinking does not adversely affect health. Both studies support the continued use of dental amalgam as an important treatment option, according to the authors.

Here are some talking points that you can use if your patients ask you about these studies:

- Dental amalgam is one of several safe, effective options for treating dental decay.
- The *JAMA* studies found there was no difference in IQ, behavioral measures and kidney function in children who had amalgam fillings compared to children who had white fillings.
- Dental amalgam contains elemental mercury combined with other metals such as silver, copper, tin and zinc to form a safe, stable alloy that dentists have used for generations to restore teeth damaged by decay.
- While amalgam remains a safe, effective dental filling option, it's still best to prevent dental disease in the first place by brushing, flossing, eating a balanced diet and coming in for regular dental visits.