

fitness



Dr. Roth featured in Fitness Magazine

ASK THE EXPERT

“Should I have my silver cavity fillings replaced with white ones to avoid mercury poisoning?”

No. “While amalgam, or silver, fillings do contain mercury, a wide body of research shows that the amount released from these fillings is too small to have any negative health effects,” says Steven Roth, D.M.D., of Fishman Roth Associates in New York City. The process by which amalgam is made renders the mercury stable and therefore safe, according to the American Dental Association.

However, there are several reasons (unrelated to mercury) why tooth-colored composite might be a good choice for filling future cavities: it tends to be more resistant to fracture, requires less drilling and won't tarnish your smile. Your dentist can help you determine which type of filling is best for you.