EU amalgam initiative is welcome

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I welcome the new initiative by the European Commission to look into the amalgam issue. Experiences from the Nordic countries in Europe and Japan clearly demonstrate that dental fillings containing mercury do not belong in developed societies ...

In places where the present treatment of caries is tooth extraction, atraumatic restorative treatment (ART) presents a promising alternative. ART does not require dental clinics with electricity, since ART uses hand tools to clear the cavities of tooth material decayed by caries. Hand tools are also used for the subsequent placing of glass ionomers. In addition, the fluoride content of glass ionomers may be beneficial in caries prevention. The ART technique is also easy to learn and use even for non-dental professionals. Because of this, a five-week training period rather than five years suffices for professional restoration of decayed teeth.

In the end, everybody benefits from not inserting amalgam fillings, thereby markedly reducing human exposure, as well as mercury emissions into air and water, while improving oral health and quality of life.

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