



Sydney Holistic Dental Centre Uses The SMART Protocol To Reduce Risk From Mercury Amalgam Removal

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Sydney Holistic Dental Centre, a dental clinic in Sydney, NSW, claims that its adherence to the SMART protocol reduces the risk of mercury toxicity during the procedure to remove mercury amalgam fillings. IAOMT (The International Academy of Oral Medicine and Toxicology) protocol recommendations for amalgam removal are known as the Safe Mercury Amalgam Removal Technique (SMART).

On July 1, 2016, the IAOMT protocol recommendations were officially renamed as the Safe Mercury Amalgam Removal Technique (SMART) and a training course for IAOMT dentists to become certified in SMART was initiated. They were most recently updated on July 19, 2019. According to the IAOMT, all dental amalgam restorations contain approximately 50% mercury and reports and research are consistent that these fillings emit mercury vapors.

They say that scientific research demonstrates that dental mercury amalgam exposes dental professionals,

dental staff, dental patients, and/or fetuses to releases of mercury vapor, mercury-containing particulate, and/or other forms of mercury contamination. Furthermore, mercury vapor is known to be released from dental mercury amalgam fillings at higher rates during brushing, cleaning, clenching of teeth, chewing, etc. and mercury is also known to be released during the placement, replacement, and removal of dental mercury amalgam fillings

Mercury is toxic and is slowly and continuously released from dental mercury amalgam fillings. Mercury interferes with the normal functioning of a wide range of important biological compounds such as proteins, hormones, and enzymes, enzyme inhibitors, amino acids, red blood cells, as well as muscle and nerve cells. Mercury amalgam fillings also expand with time and cause cracks in teeth, often resulting in breakages. Mercury has the potential to affect the immune system, the reproductive system, oral cavity, pharynx, nasal cavity, middle ear, larynx, airway, musculoskeletal system, heart, neurological system, endocrine glands, and blood supply.

Utilizing the available scientific evidence, the IAOMT has developed extensive safety recommendations for the removal of existing dental mercury amalgam fillings, including detailed protective measures that are to be utilized for the procedure. The IAOMT's recommendations build upon traditional safe amalgam removal techniques such as the use of masks, water irrigation, and high volume suction by supplementing these conventional strategies with a number of additional protective measures, the need for which have only recently been identified in scientific research.

Sydney Holistic Dental Centre amalgam filling removal procedures are performed with great care to minimize the patient's exposure to mercury during the removal of old amalgam fillings. As holistic dentists, SHDC says they have not used dental mercury amalgam fillings since 1987 and have recognized since that time the importance of care in amalgam removal. Whenever amalgam is removed it is recommended by the National Health & Medical Research Council (NHMRC) that a rubber dam is used, additional suction, and a special removal procedure is employed. SHDC also says that they take great care in the replacement of the fillings preserving tooth structure and choosing materials that are strong, biocompatible, aesthetic, and long-lasting.

SHDC offers general dentistry services such as new patient consultation, dental hygiene, kids dental care, emergency dental, oral cancer screening, composite fillings, ceramic restorations, crowns, bridges and dentures, wisdom teeth, splints, and special care for anxious patients. They offer holistic dentistry services such as mercury amalgam removal, root canal treatment, root canal alternative treatments, snoring & OSA, sleep treatment, breathing problems, and headache treatment. They offer cosmetic dentistry services such as Invisalign clear braces, Myobrace ? kids pre-braces treatment, teeth whitening, dental implants, dental veneers, and teeth crowding. They offer preventative dentistry services such as splints and oral health maintenance.

Sydney Holistic Dental Centre has a respectable 4.0 rating from over 30 reviews on its Google Business page. A review by Mandi Levanah says, 'I've been seeing Craig for around 10 years now, and even though I've moved away from Sydney I still drive 6hrs to see him. He has always looked after me, and now my daughter, with honesty and integrity. Today I had a clean with the hygienist Anneke and she was so gentle, friendly, and calming. The time flew by and I barely felt a thing. Thanks to you both :)?'

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For more information about Sydney Holistic Dental Centre, contact the company here: Sydney Holistic Dental Centre Robyn Farley (02) 9221 5800 shdc@shdc.com.au 17/111 Elizabeth St, Sydney NSW 2000

Sydney Holistic Dental Centre

Sydney Holistic Dental Centre has been enhancing people's oral and general health since 1983. Our clinic supports our holistic approach, with a calm and relaxing feel, and with state of the art technology to ensure quick and optimal treatments.

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SYDNEY HOLISTIC
Dental Centre