

Fast Facts About Dental Amalgam From The Centers for Disease Control (CDC)

"A potential source of exposure to metallic mercury for the general population is mercury released from dental amalgam fillings."

"Estimates of the amount of mercury released from dental amalgams range from 3 to 17 micrograms per day ($\mu\text{g/day}$). The mercury from dental amalgam may contribute from 0 to more than 75% of your total daily mercury exposure,..."

"Metallic mercury is still used in some herbal or religious remedies in Latin America and Asia, and in rituals or spiritual practices in some Latin American and Caribbean religions such as Voodoo, Santeria, and Espiritismo. These uses may pose a health risk from exposure to mercury both for the user and for others who may be exposed to mercury vapors in contaminated air."

"Up until 1991, phenylmercuric compounds were used as antifungal agents in both interior and exterior paints, but this use was also banned because mercury vapors were released from these paints."

"Because metallic mercury evaporates into the air, these practices may put anyone breathing the air in the room at risk of exposure to mercury. The longer people breathe the contaminated air, the greater their risk will be."

"The use of metallic mercury in a home or an apartment not only threatens the health of the people who live there now, but also threatens the health of future residents who may unknowingly be exposed to further release of mercury vapors from contaminated floors or walls."

"Very small amounts of metallic mercury (for example, a few drops) can raise air concentrations of mercury to levels that may be harmful to health. The longer people breathe the contaminated air, the greater the risk to their health. Metallic mercury and its vapors are extremely difficult to remove from clothes, furniture, carpet, floors, walls, and other such items. If these items are not properly cleaned, the mercury can remain for months or years, and continue to be a source of exposure."

"Dentists and their assistants may be exposed to metallic mercury from breathing in mercury vapor released from amalgam fillings and to a much lesser extent from skin contact with amalgam restorations. Family members of workers who have been exposed to mercury may also be exposed to mercury if the worker's clothes are contaminated with mercury particles or liquid."

"When you breathe in mercury vapors, however, most (about 80%) of the mercury enters your bloodstream directly from your lungs, and then rapidly goes to other parts of your body, including the brain and kidneys. Once in your body, metallic mercury can stay for weeks or months. When metallic mercury enters the brain, it is readily converted to an inorganic form and is "trapped" in the brain for a long time. Metallic mercury in the blood of a pregnant woman can enter her developing child. Most of the metallic mercury will accumulate in your kidneys, but some metallic mercury can also accumulate in the brain."

"Metallic mercury vapors or organic mercury may affect many different areas of the brain and their associated functions, resulting in a variety of symptoms. These include personality changes (irritability, shyness, nervousness), tremors, changes in vision (constriction (or narrowing) of the visual field), deafness, muscle incoordination, loss of sensation, and difficulties with memory."

"Children who breathe metallic/elemental mercury vapors, eat foods or other substances containing phenylmercury or inorganic mercury salts, or use mercury-containing skin ointments for an extended period may develop a disorder known as acrodynia, or pink disease. Acrodynia can result in severe leg cramps; irritability; and abnormal redness of the skin, followed by peeling of the hands, nose, and soles of the feet. Itching, swelling, fever, fast heart rate, elevated blood pressure, excessive salivation or sweating, rashes, fretfulness, sleeplessness, and/or weakness may also be present. It was once believed that this syndrome occurred only in children, but recent reported cases in teenagers and adults have shown that they can also develop acrodynia."

"Metallic mercury vapors are very toxic and have no odor. Do not remain unnecessarily in that room, and try not to let metallic mercury contact your eyes, skin, or clothing."

"OSHA regulates levels of mercury in the workplace. It has set limits of 0.1 milligrams of mercury per cubic meter of air (mg/m^3) for organic mercury and 0.05 mg/m^3 for metallic mercury vapor in workplace air to protect workers during an 8-hour shift and a 40-hour work week. NIOSH recommends that the amount of metallic mercury vapor in workplace air be limited to an average level of 0.05 mg/m^3 during a 10-hour work shift."

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