

Thank you for being our patient and trusting us with your dental care and health. During school and over my career, it has become clear to me that we have an obligation to treat the individual needs of each patient while also considering the whole person's systemic health. This is a more holistic or biologic approach than what was followed in the past. Our practice has always looked ahead and made changes that we have felt are in our patient's best interest. We have developed some new systems that have come to our attention through continuing education and scientific research.

You are being given this letter to give you some information about possible future treatment. We feel that it is important to inform you of the latest theories surrounding dental materials and their safety. Most importantly, we have realized that the older, amalgam restorations leak mercury vapor which has been proven to be a health hazard since it is a neurotoxin. We no longer place this material and have not done so for a number of years. We do not feel that in the light of the knowledge that we have today, mercury should be introduced into any living organism. Legally, we can not recommend removal of serviceable amalgam restorations since everyone is biochemically individual and some may be handling this material quite well. If, however, you are interested in doing this kind of whole mouth removal, we have literature that we will request you review before proceeding.

We have learned that when amalgam is removed, exposure increases unless some simple precautions are taken. What you will see is that we use a supplemental source of air for you so that you do not breathe any of the liberated mercury vapors in through your nose during the procedure. We will use a secondary vacuum equipped with a mercury vapor scavenging filter so we minimize what escapes into the air within the office. We will also use a specially designed suction tip that is more efficient in removing the metal and vapors from your mouth. A charcoal pre-rinse is available to further ensure that whatever mercury is not captured and contacts your tissues will be picked up and passed through the digestive system. We, as clinicians, will take precautions by wearing a respirator during this removal process. These steps will be taken during every amalgam removal procedure. The treatment room is equipped with an ion generator and collection trap to further catch the mercury vapors liberated. To protect our environment outside the office, we have installed a mercury sedimentation filter on our waste water line so we do not send these metals into our global water system.

We have available customized nutritional supplements which can help maintain your health. It is up to you whether you feel that you want to safeguard your health with this final step. It is rather simple but obviously it is up to you so please let us know. We do have a number of publications, websites and other information about the subject. If you wish, we can consult with your physician. For those who are already systemically challenged, this is a prerequisite to proceeding with mercury removal. The first step in that process is to pass this letter along to him or her. What has been found is that due to the prevalence of mercury and other heavy metals in our environment, many of us are carrying a burden that affects our health to some degree. There are tests to determine your level of heavy metal exposure which we can discuss with you and your doctor.

At this point, you might now ask, if we are no longer using amalgam, what will I have placed in or on my teeth as my restoration? We have found that the newer composites are a good substitute for this earlier metal since they contain no mercury. I always will tell my patients that what you were born with is by far the best and safest material to have in your mouth and anything other than that compromises function, esthetics or systemic health. Again, science has developed specific testing that can help determine at an immunologic level which chemical groups in our environment you have developed a reaction to and which you have not. One test that we are now using is the Clifford Consulting and Research's test for biocompatibility of

dental materials. This test is FDA approved and more info can be found at their website at www.ccrilab.com. From a locally drawn blood sample which is sent to Colorado, we can cross reference your individual reactivity to more than 5000 dental materials. It is a start for patients who wish to do everything available to regain their health and/or prevent future illnesses. The price is presently \$249. Having made that statement, we can not say that all these steps will keep you well or cure you of any disease but it is the best we have today to help us “do no harm”.

I have joined a dental society called the International Academy of Oral Medicine and Toxicology (IAOMT) which has fought worldwide to remove mercury from dental and medical offices. I am proud to be associated with this 20+ year old group which has brought together clinicians and researchers from all aspects of medicine and dentistry to educate the people of this planet to the toxins in our environment, especially ones we can avoid. Their website is www.iaomt.org and is a great resource of information. I encourage you to check it out.

In closing, if you are comfortable with us placing composite as your restoration at your next visit, all you need to do is come for your appointment with this consent form signed. If you have questions about what you have read, please have these questions answered so you feel comfortable with your decisions. Call our office and let our receptionist know when I can return your call at a convenient time. Thank you for taking the time to read this note; we would be remiss if we did not pass along what we have learned to help you in your quest for regaining and maintaining your health.

Please answer a few questions with a yes or no so we may we may better determine your level of concern around the materials we will be using and ways to safeguard your health.

_____ I feel that composite is a logical and safe choice for the direct filling material that I will have placed. I do not wish to explore any pre-restoration testing.

_____ I would like to use the charcoal to further reduce my absorption of the mercury liberated.

_____ I would like to nutritionally support my system prior to and during the removal of my amalgams. I would like information on antioxidant coverage and colon cleansing.

_____ I would like to speak to my physician before proceeding. Please call our office so that I may forward information to him/her and adjust your scheduled appointment.

_____ I would like to be tested and have a customized nutritional formulation built for me. I am requesting further information and an order form.

_____ I would like to be tested for biocompatibility of the materials to be introduced into my body. I am requesting a test kit and instructions.

I have read and understand that material made available to me and I have had my questions answered to my satisfaction.

Patient Signature _____

Print Name _____ Date _____

Witness Signature _____

Print Name _____ Date _____