

Department of Health and Human Services

Food and Drug Administration
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Dental Product Panel of the Medical Devices Advisory Committee

A Meeting to Review the Science Related to the Health Risks of
Mercury Fillings, Particularly for Pregnant Women, Children, and
Other Sensitive Populations

"Safety of Dental Amalgam Fillings"

Clinical Observations by

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Gaithersburg, MD 20879

Respectable Members of the Dental Products Panel of the Medical Devices Advisory Committee:

I am Dr. Pentti Nupponen, a dentist with a **36 year** dental career.

My **first 19 years** I used mercury-amalgam fillings and the **last 17 years** I have been mercury-free.

During those first 19 years I did general family dentistry implanting thousands of mercury-amalgam fillings into my patients' teeth. So why did I switch to become a mercury free dentist?

In 1993 I performed a difficult amalgam molar restoration on a patient who promptly broke the whole thing during dinner a while later so I had to stay late and remake the whole thing all over again by myself after hours, because the patient was leaving to travel abroad the next day. I vowed never to use that material again, partly because of my own dislike of the material, but also because of its inherent mechanical weakness. The physical properties of mercury amalgam are sufficiently different from those of tooth enamel that they eventually lead to breakage of the tooth. So I announced Monday morning that we now were a mercury free dental office.

(And that is when Central Pennsylvania dentists started to call us "Quacks." Little do they know that the term was originally applied to those who used mercury, not to those who declined to do so).

After I announced that I would no longer implant mercury-amalgam fillings, I started to learn things that were never taught in dental school. My patients felt that perhaps there was hope for me yet, and they started to educate me. I was given research articles, newspaper and magazine articles, and books to study.

They not only saved my career but they saved my life. It is no accident that the suicide rate for dentists is 6.5 times higher than that of any other professional person.

I was in a very unique position, because I was a mercury-amalgam supporting dentist almost as long as I have been a mercury-amalgam free dentist. In other words, I have worked on both sides of the fence of the **amalgam controversy**. I love being a mercury-free dentist. Why, you may ask?

Before I forget:

Please remember we only provide dental services, not medical treatments.

Here are some of our clinical cases related to Dental Mercury:

(What I am about to tell you is pure clinical observation by me and other health care practitioners with whom I work. **The stunningly quick patient recovery** has taken our breath away time after time. One thing you need to remember that our bodies always try to bring us into a balanced chemical, functional and spiritual equilibrium.)

Unlike much of the theoretical science you are hearing in the next two days of this hearing, the information I am giving with you is clinical observational research done in my office

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A Lancaster County dairy farmer, who suffered for 15 years from frequent small heart attacks, was sent home to die.

A Lancaster County dairy farmer suffered from frequent small heart attacks, having as many as 3 over a week-end. In spite of following the advice of a cardiologist and other medical specialists, the heart attacks continued. Eventually he was told to go home, put his affairs in order, and wait for the “big-one.” He went home, sold all his cows, and sat and waited. **He waited for 15 years**, having heart attacks all the while. Eventually he ended up in our office on the recommendation of another physician. As soon as we took out the last of his **failed mercury-amalgam fillings**, the heart attacks stopped.

This was several years ago, and he has not had one single heart attack since. So he went out and bought another 40 head of cattle and went back to work.

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MS patient gets out of her wheelchair and walks again.

This patient was referred to us by her physician. Her brother pushed her into our office in a wheelchair. After we removed her **failed amalgam fillings**, she progressed from her wheelchair to 2 crutches to 2 canes, and the other day, she walked in without any help at all.

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Fibromyalgia patient’s 46 year continuous terrible pain stops.

We recently saw a patient who was partially paralyzed in 1964 with no hope of recovery. Since medical science had not acknowledged fibromyalgia until recently, no one really knew what was ailing her. One thing certain about this chronic, debilitating condition is that patients suffering from it experience an overwhelming amount of pain. That led her to use many strong prescription pain medications for a very long time. She was not feeling well with the medications but she had no other options. She was referred to us from another health care practitioner’s office after all the other treatment modalities had failed to bring her relief.

We told her that if she wanted to step closer to her optimal health, her **failed mercury-amalgam fillings** were not helping her. Within several days after the failed mercury-amalgam fillings were removed, her pain subsided. After suffering 46 years of unbearable pain, she found herself pain free. She was smart enough to wean herself gradually from her prescription drugs. Today she is free from pain and drug free as well. Her family physician and I were amazed at how quickly she recovered from her debilitating pain and suffering.

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Exposure to mercury from an amalgam filling, during pregnancy, results in Autism:

HERE IS A CLEAR CASE CONNECTING DENTAL MERCURY TO AUTISM!

This Mennonite mother has 9 children, 5 girls and 4 boys

While she was pregnant with her youngest child she had to go to a local dentist.

Her dentist assured her that the “silver” fillings were safe, according to ADA, and **implanted one into her tooth** using no protection.

Soon after the appointment her **blood pressure shot up to 180/95** and stayed there for **2-3** years. The drugs from her doctor did not help. She did not feel well at all.

When her son was born, she immediately noticed that the little boy was not like the other 8 children she had delivered.

He would **scream continuously** and **would not look at her eyes directly**. He had all the typical signs and symptoms of autism. He, in fact, was medically diagnosed as autistic.

Since no one in the family was vaccinated, the only mercury exposure the son could have had was from the mercury amalgam filling implanted into his mother’s tooth while she was pregnant with him.

These are just a very small sample of patient testimonials we have received since we become a mercury-free dental office in 1993.

The dental mercury in an amalgam filling **is not locked in**, as asserted by the ADA. Science has shown that toxic mercury vapor is released continuously, especially by chewing and while consuming hot liquids.

So, who should be responsible, the dentist, the dental establishment who refuses to educate dentists in mercury toxicology, you the Dental Products Panel or FDA? That is up to the courts to decide.

Is dental mercury exposure hurting and killing our professional members?

The other serious aspect of dental offices dealing with mercury-amalgam dental fillings is the constant work place mercury exposure that patients, dentists and their staff have to endure. That exposure starts the moment the mixed mercury-amalgam capsule is opened. From that

moment on everyone in the operatory is exposed to toxic mercury. Subsequently students of dentistry, hygiene, and assisting suffer from a career-long toxic exposure to mercury.

No dental school or dental assistant schools today warn the students of this dangerous mercury exposure. How do I know that?

I sent two of our assistants to expanded dental assistant school in Harrisburg, PA, where they had to place mercury-amalgam fillings into plastic teeth. No warning of exposure or protection was offered to them at any time. Our employees had been well educated in the use of protective gear. When they asked to wear protective masks in the school, the teachers and other students ridiculed them.

It was obvious that this teaching institution was not aware of research showing that dental assistants have a very high miscarriage rate compared to that of other women of the same age.

There is absolutely no good reason to use this Pre-Civil War Medical Device any longer.

As of Monday, December 13, 2010, there were **765** different, **composite resin filling material choices**, available for dentists to use as a replacement for amalgam fillings.

Allergic Reactions to Dental Mercury:

Clifford Research Laboratory (www.ccrlab.com) has performed over **40,000** Dental Material Reactivity tests on **blood serum samples**, and **virtually every one** of the samples clearly shows that MERCURY-AMALGAM DENTAL FILLINGS are **not suitable** for any patients tested (40,000), **with no exceptions.**

You, the panel, are responsible to make the recommendations to FDA to end the suffering and improve the health of millions of people in USA and around the globe.

The world is watching you. If you vote to continue the status quo, "Shame on you!"

The people affected by your decision include your own children, your grandchildren, and your great grandchildren.

Please, do the right thing and make medical history today! Make your decision with your heart not with your wallet!

I love being a holistic dentist because we save people's lives with our dentistry. If other dentists would see just once what we see every day, it would change them forever.

Thank you for your attention.