

I am writing due to my concern about mercury in dental fillings. To make a long story short...

A few years ago I had severe health problems mainly with executive functions. My doctors had no answers and said I had symptoms of a previous head injury or early onset Alzheimers. Not good prospects for a previously healthy 45 year old guy. I had to leave my career as an attorney because I could not function and I was going downhill.

By chance I saw information on the internet about mercury toxicity. I realized I had 12 of 13 listed symptoms as well as unfavorable conditions and habits. As I researched further I discovered my 12 large, old, multi-surfaced amalgam fillings contained 50% mercury. One had been cracked but I didn't take any action for months as I had been unaware of the danger.

Before I found out about the mercury issue I had the cracked filling removed. The dentist used composite but parroted the ADA party line and made no mention of any adverse effects of amalgam. The dentist did not use high speed suction, alternate air source or a rubber dam and my condition quickly worsened and within weeks I was seeking medical attention because I could not function.

Months later when I spoke with that dentist and told him I thought mercury was an issue he told me it was a big concern in the dental industry, that he was sure it had impacted his memory after 40 years as a dentist and that I should seek expert help and proper removal. His dental office is attached to his home and in hindsight he feels mercury exposure / contamination is a cause of depression in himself and his wife and children.

I also found that my habits of drinking hot tea and eating Doritos almost every night was squeezing the mercury from my fillings into my system. I was shocked to find out mercury vapors can be detected even without heat or stimulation and that hot liquids and crunchy foods speed the release.

I also had gold crowns next to amalgam fillings which I found out is not recommended as the mercury is pulled out towards the gold and into the body.

I took immediate action by changing my eating and drinking habits and within weeks I was no longer going downhill. By that time I couldn't do anything and was starting to have twitches

I had urine testing done and my levels were high. 6 ug/l Above the 95% percentile on the bell curve. Even though mercury can be retained and not excreted my levels were still high.

Why are urine tests so heavily relied on when a problem is that people most

at risk retain and do not excrete mercury (just like lead). It makes no sense especially when other testing procedures such as genetic pre-disposition, MELISA and coproporphyrin testing are available but not widely used.

My experience with the medical community was that they went by the text book only and this wasn't in their text book so it wasn't a "real" problem. A "best in the world" toxicologist (Dr. Susan Korrnick, Brigham & Women's hospital, Boston) told me "not one person" suffers adverse effects from mercury from amalgam. Not one? In all of history? That doesn't even pass the "laugh test". Even the dentists and amalgam manufacturers know that's not true. Why don't the toxicologists face the issue? Because it's not in their text books yet. It didn't matter that I was suffering from it.

I have a great concern for people who may have a mouthful of old amalgams and may be misdiagnosed due to ignorance or the "part line" in the medical community. I was an informed patient and still met great difficulties in getting proper testing and help.

They were ignorant of the issue and offered no help. Even my brother and sister who are in the medical field didn't understand the issues at first because it's not in the books. No one believes it until it happens to them or someone they love. It happened to me. Only the dentists were aware of the mercury issue and they were reluctant to discuss it until I let on I was already aware and was having problems.

Several dentists said they stopped using amalgam years ago because of concern for them, their staff and patients. Why do any dentists still use it and why are they not more careful with removal procedures?

The dentists I spoke with spoke candidly and tried to help when I told them what was going on with me. I had my fillings removed with proper procedures. Although I am improving and doing much better I am still unable to function on many levels and can not return to my legal career or the position I held on the local zoning board.

There is no doubt mercury has impacted me. I believe I'd be in a wheelchair or nursing home had I not taken action. I could not believe the position of the FDA, the ADA and the dental industry. I read about the ADA "gag rule" and also saw it in practice.

In my research of the mercury issue two quotes have stuck with me "Mercury toxicity will be seen as one of the greatest tragedies of our times" (RFK Jr.) and "Autism is the name we give mercury toxicity in our young, Alzheimers is the name we give it in our old".

With the proven connection between mercury vapor, the production of beta-amyloid proteins and the formation of brain plaque how difficult is it really to connect the dots? Just like lead toxicity took decades to be realized as a serious threat. the time has come for the mercury issue to be taken seriously.

It also amazes me that mercury is still used in children. I know recent short term studies concluded it was "safe". It took over 30 years for my brain to become saturated and damaged to the point of resembling early Alzheimers or a head injury. Is it really worth the risk?

Most in the medical community still find it hard to believe anyone has an "adverse reaction" to mercury from amalgam. An "adverse reaction" to a known neuro-toxin? That's like an "adverse reaction" to battery acid only mercury is much slower to cause damage.

How can the ADA say mercury is bound up in the amalgam when vapors can be measured in the mouth? Why does the FDA let them?

Please do the right thing and ban the use of mercury in dental amalgam.

I'm sorry if this letter is disorganized and not well written. Although trained to write and made my living writing, my writting skills are not what they once were mainly due to chronic low dose exposure to merucry taking its toll. t I felt I had to and least try and let my experience be known so it may help someone else avoid tragedy.

Please provide this letter as input on the upcoming hearings and feel free to contact me if I can provide more information.

Regards,

Jim Abdu

James Abdu, Esq.
37 Ships Way
Bourne MA 02532

508.292.1126

JAbdu@aol.com <mailto:JAbdu@aol.com>

P.S. It's obvious these hearings are a sham and a scam as teh FDA issued a statement on the safety of mercury just before these hearings. How could that be?

Why let the facts get in the way of the hearing conclusion?

These two news alerts came together this morning:

[FDA says mercury in dental fillings won't hurt you](#)

<http://abclocal.go.com/wls/story?section=health&id=4520418> **ABC 7 Chicago** Mon, 04 Sep

2006 10:13 AM PDT Silver fillings used to patch cavities aren't dangerous even though they expose dental patients to the toxic metal mercury, federal health researchers said Friday. [Panel to review safety of mercury tooth fillings](#)
<http://news.yahoo.com/s/nm/20060904/hl_nm/ fillings_dc_1> **Reuters via Yahoo! News** Mon, 04 Sep 2006 7:30 AM PDT The safety of silver fillings made with mercury that plug cavities in the teeth of millions of Americans will get another look this week in light of persistent complaints that they may cause health problems.