

WHAT FILLING MATERIALS ARE AVAILABLE TODAY?

BY DR. MOSTAFA EL-SHERIF

This is one of the questions I hear every day in my office. There is a wide variety of filling material available to all patients today.

The one that is used regularly is called Amalgam but patients often call it silver filling. This material has served as excellent filling material for a long time and it is well documented in scientific journals. It is still the material of choice for back teeth.

Patients ask if the mercury in this material is a health hazard. I have reviewed a lot of research and evidence but there is no proof of health hazards with this material. In fact, dentists and their assistants generally have a higher exposure to mercury but they have a greater life expectancy and die from the same diseases as other folks do.

Unless new and compelling evidence is presented to the contrary, dentists will continue to inform patients that this material is available and safe.

Other filling material available for patients to choose from include:

1) Composite which patients call a white filling,



Dr. El-Sherif is a professor in restorative dentistry at Tufts and Oklahoma University with a PhD in addition to being a Doctor of Dentistry. He speaks at national and international conferences around the world on implants, crowns, bridges, and cosmetic surgery.

2) Ceramics, which is also white but stronger than Composite and lasts longer and finally
3) Gold.

Discuss the factors that should be considered by your dentist in choosing the filling material you should have for your teeth and budget.

BOW RESIDENT HONORED AS RECIPIENT OF RED SOX SERVICE SCHOLARSHIP AT FENWAY PARK



Bow resident Hayden Udelson was recognized as a recipient of the New Hampshire Red Sox Service Scholarship during a pregame ceremony at Fenway Park before the Red Sox-Indians game on Saturday, May 21.

The program awarded students from public high schools across New Hampshire with \$1,000 scholarships towards their college education based on academic performance, financial aid eligibility, and demonstrated community service.

The service scholarship pro-

gram was introduced in 2010 by then-New Hampshire Governor John Lynch, and Red Sox Principal Owner John W. Henry and Red Sox Foundation Board Member Linda Pizzuti Henry. The program has since expanded from 10 qualifying New Hampshire public schools in its inaugural year to 50 in 2016. One student from each high school is chosen for the award. The service scholarships are available in all six New England States. Article and photo by Bianca Gasser

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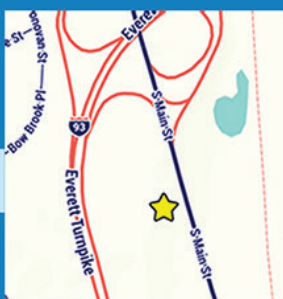
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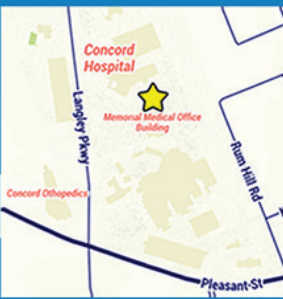
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