

Most people who see a dentist regularly are most interested in keeping their teeth and gums healthy. They want to keep their teeth for the rest of their lives.

ask any **DENTIST...**

by Joseph F. Newell, D.D.S

Today, it is very common to see advertisements by dentists and dental companies promoting "Cosmetic Dental Makeovers." It is very alluring to the public. Everyone wants a beautiful smile and white teeth. They increase self-confidence and self-image. While these are good things, some patients are unaware of the disadvantages of some procedures.

Cosmetic dental procedures should be limited to the front part of the mouth. Dentists refer to this region as the "esthetic zone." When you speak, smile and laugh, you want to see beautiful white teeth. In the back part of your mouth, or posterior regions, more durable material work better and service the patient for a longer period of time.

Over a lifetime, back teeth take a tremendous amount of punishment, wear and stress. Cosmetic procedures and materials have a relatively short lifespan compared to other materials. Ask any dentist.



White cosmetic dental fillings, or composite fillings, are basically plastic in composition. Large white plastic fillings in back teeth do not hold up well under tremendous chewing forces. They break, leak and /or re-decay.

Porcelain, amalgam (silver), and gold fillings are better materials for filling back teeth. Of the three, gold is by far the most compatible and durable material. Ask any dentist.

Porcelain fillings require the removal of more tooth structure than other restoration materials, and tend to fracture because the material is more brittle. Amalgam fillings expand and corrode over time, allowing bacteria to enter and cause decay. Amalgam fillings contain mercury, which may be a health concern for some patients.



The very best filling material for back teeth is cast gold. If done properly, little or no gold is displayed (see photos), and these fillings can last a lifetime! The reasons are many. Gold acts the most like tooth enamel. It has nearly the same rate of expansion as enamel. That means when you are eating ice cream and drinking coffee, both the tooth and gold expands and contracts together. The seal between the gold and the tooth does not break so decay does not have a chance to start. Other materials expand and contract at greater rates than the tooth. Seals break over time and the tooth can re-decay. Gold also wears at the same rate as enamel, and it can be highly polished so decay-causing plaque has a harder time sticking

to it. One of the best things about gold is that less tooth structure has to be removed to place a filling, leaving the tooth in a healthier state. When you receive full porcelain crowns or caps on teeth, good healthy tooth structure is destroyed. This should be avoided, if possible. Ask any dentist.

Most people who see a dentist regularly are most interested in keeping their teeth and gums healthy. They want to keep their teeth for the rest of their lives. They don't want to lose teeth and end up wearing dentures. There is also a percentage of the population who wants cosmetic dentistry at any cost and don't care about the negative consequences. But that percentage is the minority.

The majority of people who are health conscious, intelligent, reasonable and thoughtful, like those that read this magazine, choose the very best when it comes to their health. Gold dental restorations are the very best fillings that dentistry has to offer. The idea of fixing your teeth once is very powerful. Dental procedures are unpleasant and most patients don't want to hear that some fillings will only last a few years. Placing multiple fillings in a tooth over time makes the tooth weaker and could lead to more dramatic consequences such as root canal therapy, crowns or extractions. Restoring a tooth once with a small gold restoration usually eliminates the possibility of filling failure, which would require multiple insults to the tooth.

Unfortunately, a roadblock to excellent dental care is the dental insurance industry. Most insurance companies are only required to provide adequate or standard treatment. They know gold restorations are the best but they refuse to cover them or they reimburse the dentist so little that it is not feasible for the dentist to provide the service. Most patients are left paying for the entire cost, but they're happy to pay because they know it will be less expensive in the long run. They probably won't need another filling for that tooth for the rest of their lives. Patients perceive this as value. Excellence and quality always pay off in comfort and longevity.

So ask any dentist what material is the very best to fix back teeth and they should tell you that cast gold is the best. Consider it your material of choice the next time you visit your dentist, and ask if he or she has received any specialized training in cast gold procedures. High quality gold restorations require dedication to precision and meticulous attention to detail.



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