

Is Your Old Smile Unsightly?



Dr. Marc Asmar, owner of *Advantage Dental Arts*, says the old silver fillings in your mouth often appear as “railroad tracks of gray” and even worse, can jeopardize your dental health. Here’s why you should replace them—right now.

by **Patricia Nugent**
Contributing Writer

Known as “silver” fillings because of their color, amalgams are actually a mixture of metals consisting of liquid mercury and a powdered alloy of silver, tin and copper. And while some dentists continue to use metal amalgam fillings due to its affordability and initial strength, Dr.



Dr. Marc Asmar

Marc Asmar, owner of *Advantage Dental Arts*, in Olmsted Township, hasn’t used amalgam fillings since opening his practice 17 years ago.

“I like to stay ahead of the technological curve in dentistry,” he says. “Over time, amalgam fillings ‘leak,’

allowing bacteria under the filling that can lead to decay. Amalgam fillings can also act as a wedge in your tooth that has been known to cause fractures.”

“Most metal fillings are 15-20 years old and decay is often a factor.”

Armed with a degree in dentistry from The Ohio State University and also a degree in biology, Dr. Asmar has a broad knowledge of the science as well as the art of dental techniques.

“Metal amalgams have been around for more than 100 years in this country but are

being used less and less, and are even now banned in Europe for use on children,” says Dr. Asmar. “Most metal fillings are 15-20 years old and decay is often a factor.”

“I recommend replacing metal amalgams with composites, which are more durable and, since they seamlessly match tooth color, provide my patients with more beautiful smiles,” he adds.

“Patients come in with unsightly ‘railroad tracks’ of gray and leave with a totally new look,” he promises. “Another benefit is that composites create teeth that are less temperature sensitive. And, they also actually strengthen teeth.”

For a peek at even more of Dr. Asmar’s skilled work including composite fillings, tour his “Smile Gallery” at www.OlmstedDentist.com.

Dr. Asmar removes the old metal amalgams painlessly with a high-speed diamond tool.

“For the optimum health of the tooth, I remove the decay below the filling, then coat the opening with a special chemical designed to keep bacteria out in the future, and then fill it with composite material,” says Dr. Asmar.

He notes that since replacing old metal fillings is seen as an integral part of dental preventative maintenance, most insurance companies will pick up a portion of the cost.

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Always on the cutting edge, Dr. Asmar cares as much about taking proactive approaches to the environment as he does his patients.

Advantage Dental Arts is one of the first area dental practices to install a special filter that traps mercury found in old fillings. “We filter out all of the mercury from the waste that leaves our building,” he says proudly.

According to the Regional Sewer

District, mercury never breaks down, and, when released into the environment, it can contaminate the soil, the water table, and, when incinerated, return to the earth through rainfall. The World Health Organization reports that mercury from amalgams accounts for one-third of the mercury waste in the environment.

So take a look in the mirror, open your mouth wide, and if you see old metal fillings, consider placing a call Dr. Asmar for an appointment to ensure your dental health and at the same time improve your smile. He and his staff are welcoming new patients of all ages.

Dr. Marc Asmar’s Advantage Dental Arts has been located at 26924 Cook Road, in Olmsted Township, for the past 17 years. Office hours are by appointment and include evenings and weekends when needed. To schedule, call 440-235-1180. For more information, visit www.OlmstedDentist.com.



BEFORE (left): A patient of Dr. Marc Asmar’s amalgam fillings appeared as railroad tracks of gray. **AFTER (right):** Replacing the old fillings with more durable, better-matching composite Dr. Asmar gave his patient the confidence to laugh fully and often.