

DOES CHEWING GUM INCREASE THE AMOUNT OF MERCURY IN THE BODY

Gebel T, Dunkelberg H. (Influence of gum chewing and of amalgam fillings with dental contacts to metal fillings of different type on the urinary mercury content.) Einfluss des Kaugumikonsums sowie metallischen Restaurationen anderer Art auf den Quecksilberurinegehalt. Zbl Hyg 199:69-75 (1996) (In German with abstract in English)

ABSTRACT: "It had been shown previously by various authors that contact of amalgam fillings to metal fillings of different type can increase the electrochemically caused amalgam corrosion in vitro thus leading to an elevated release of mercury. So it was recommended to renounce of a dental contact of amalgam to metal fillings of other type. One aim of the present study was to evaluate possible influences of this contact in vivo on the urinary mercury contents in human volunteers. Neither approximal nor occlusal contacts had any influence on the urinary mercury excretion in comparison to a reference group with similar amalgam status. Furthermore, the influence of gum chewing on urinary mercury levels was taken into account. It could be shown that the consumption of chewing gum resulted in a significantly higher mean urinary mercury content in probands with amalgam fillings in comparison to people with similar amalgam status (gum chewers: 1.36 Hg/24 h vs. non-chewers 0.70 ug Hg/24 h). Thus, gum chewing has to be considered as important parameter of influence on the urinary mercury levels of people with amalgam fillings."