FDA says mercury dental fillings not harmful

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A recent research shows that green tea, the most popular beverage worldwide, may help reduce periodontal disease. Green tea refers to a variety of tea that has during its processing undergone minimal oxidation, & hence contains good amounts of antioxidant chemicals. In India, tea is consumed mostly in the CTC (cut, tanned and cured) form that brings out strong flavors and color but loses out on the content of antioxidants such as polyphenols. These are chemicals that are currently under intense research for their cardiovascular, anticancer and anti-aging properties. Polyphenols, notably catechin, are believed to be responsible for most of these claimed health benefits. Lead investigator of this study, Dr. Yoshiro Shimazaki of Kyu-shu University, Fukuoka, Japan, said, "Few previous studies suggest that green tea polyphenols inhibit the growth and cellular adherence of periodontal pathogens and production of virulence factors by these pathogens". Increasing trend of green tea consumption prompted her team to conduct this epidemiological study that shows a modest inverse association between the intake of green tea and periodontal disease, but the relationship was found to be weak. Adding caution, she further added, “Therefore, I think that it is difficult to prevent periodontal disease only by drinking green tea and that conventional oral care is the most important”. This study, however, did not confirm the mechanism of green tea providing this benefit.

Brooke Bonds, the leading tea company in India has recently released its green tea in the market fueling speculation on the increasing demand for this tea in the coming years. 

Green tea may help reduce periodontitis

But Susan Runner, acting director for the FDA division that oversees dental devices, said there was no “causal link” between amalgam fillings and health problems. “The best available scientific evidence supports the conclusion that patients with dental amalgam fillings are not at risk,” she told reporters on a conference call. Over the past 20 years, the agency has received just 141 reports of problems in patients with the fillings, she added.

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