

A Letter to Mrs. Jones
By Dr. Jeffrey Galler

Mrs. Jones and her family members have been my patients for over 20 years. At her last visit, Mrs. Jones expressed concern regarding the amalgam fillings that had been placed in their mouths over the years, and produced a tape of a radio talk show that she had recorded.

On the tape, the talk show host interviews a doctor from Naples, Florida, who discusses how he can cure, or relieve the symptoms of, his Parkinson's disease patients, by administering a series of health-promoting injections? Both the talk show host and guest doctor agreed that, "of course," the single most important factor in curing or preventing neurological disease is the removal of a patient's toxic mercury fillings.

*Before mailing this letter to my patient, I faxed it to John Malone** who heads the American Dental Association Department of Scientific Affairs, to make sure that I wasn't exaggerating any of my claims, in my attempt to sound convincing. His comment was: "Your representation about the scientific data is correct and assessed well. Your patients are lucky to have you."*

(Ms. Stoll---We have to check his exact title at the ADA)**

Dear Mrs. Jones,

Thank you for taking the time to send me the very interesting health tape. I listened to the tape very carefully, and was overwhelmed with an incredible feeling of sadness.

I was deeply saddened to hear how very glib, professional-sounding, seemingly-objective, radio personalities can so thoroughly mislead the public. I was absolutely mesmerized. Had I not known better, I would have rushed to my computer to log onto their websites and order their products.

What distinguishes our contemporary civilization, and what has contributed to the steady scientific progress that has benefited us all, is strict adherence to scientific methodology. In other words, responsible scientists (including physicians and dentists) will quickly and joyously offer new remedies, cures, and health protocols to patients, only after these new claims are substantiated by valid, objective, double-blind, scientific studies.

The ideas espoused by these radio personalities are attempts at establishing “facts” that are unsubstantiated, and are, I can sarcastically comment, “untainted by scientific research.”

What they did not mention to radio listeners, is that there has never been, not ever, a single scientific study showing any correlation whatsoever between amalgam fillings and any disease.

What they did not mention, is that there are an overwhelming number of double-blind studies that show exactly the opposite: that the presence or absence of amalgam fillings in a patient's mouth is not, even remotely, a factor in health or in disease.

Dr. H. cleverly implied a higher incidence of neurological disease, such as ALS, Alzheimer's, MS, and Parkinson's in those who work in dental offices (where "toxic amalgam" abounds), based on the dozen patients that he had seen in his practice. What he did not mention, is that such "facts" are easily checked.

He could have done what I did after listening to your tape. I called an insurance company that sells life insurance and disability insurance policies to dentists. Insurance companies keep very careful records regarding the incidence of different diseases among different classes of insured clients: their profit margins depend on accurate actuary tables.

I found out, in 15 minutes, that there is definitely **no** increased incidence of neurological disease among dentists, as compared to the general population. In fact, dentists seem to be significantly healthier than the

general population. A responsible radio host, purporting to disseminate responsible and accurate information to listeners, could have easily discovered that his dubious assertions are fallacious.

What they also did not mention, is that studies prove, that among the large, tragic numbers of patients who suffer from neurological disorders, there is absolutely no correlation with the presence or absence of amalgam restorations.

What they did not mention is the large numbers of ill patients who were convinced by “holistic healers” to affect a cure by removing all of their amalgam fillings. Such “treatments” are cruel hoaxes: not only do the patients not get better, but now also suffer from severe dental problems, caused by such removal of perfectly healthy, intact fillings. In addition, these patients suffer the loss of thousands of dollars via unnecessary dental treatments. In my capacity as Associate Chairman of the Peer Review and Quality Control Committee for the Second District Dental Society, I have, unfortunately, become aware of such tragedies.

I do not know enough about Parkinson’s disease, but don’t you think that if the doctor on the tape had truly discovered a protocol for successfully treating these suffering patients, that his work would be highly regarded and highly publicized? His treatment would be the subject of dozens of articles

in medical journals, his face would be on the cover of Time and Newsweek magazines, the Noble Prize committee would be camped in his front yard, and his work compared to that of Pasteur, Salk, or Watson and Crick and other heroic medical pioneers. Do you really believe that the only way patients would hear of his work would be via a radio talk show?

Medical, and other scientific progress, is usually boring, slow, and methodical; however, when properly conducted, can lead to wonderful products and protocols that benefit humanity. Note, how in spite of our terrible contemporary eating-habits and life-styles, we, nevertheless, enjoy the greatest health and longevity in the recorded history of humanity.

Having written all this, I still realize that many of my patients will never be convinced that amalgam fillings are safe. Fortunately, today, we do have many alternatives to amalgam. In fact, this July, I will be presenting three, four-hour lectures, at the Academy of General Dentistry Annual Session, discussing the proper uses and choices of esthetic, non-amalgam, fillings on pediatric patients.

Each kind of filling has advantages and disadvantages. Generally, the tooth-colored, non-amalgam types of restorations are desirable because of their esthetic properties. I do understand, and accept, that many patients will

choose these type of fillings not because of esthetic concerns, but, rather, because of health concerns. I certainly respect a patient's right to choose.

I sadly conclude that I will never sound as glib or convincing as some of these radio personalities, but such is life! Once again, I really want to thank you wholeheartedly for sending me the tape. I can only hope that I did not harm my teeth by clenching my teeth so tightly, in frustration, while listening to it.

Best wishes to you and your family.

Yours truly,
Jeffrey Galler