

## BÖLÜM 10

# DENTAL AMALGAM RESTORASYONLAR, CIVA HİJYENİ ve DENTAL AMALGAM KULLANIMININ SORGULANMASI

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### GİRİŞ

Dental amalgam düşük maliyeti, kullanım kolaylığı ve dayanıklı olduğu düşünülmesiyle 150 yılı aşkın bir süredir restoratif materyal olarak kullanılmaktadır.<sup>(1)</sup> Yüksek sıkışma dayanımı ve aşınma direncine sahiptir. Ayrıca minimal boyutsal değişikliğe uğrar.<sup>(2)</sup> Amerikan Diş Hekimliği Birliği tarafından cıva (Hg), gümüş (Ag), kalay (Sn), bakırdan (Cu) oluşan bir alaşım ve mekanik özellikleri geliştirmek için eklenen diğer metalik elementler olarak tanımlanmaktadır.<sup>(3)</sup> Amerikan Diş Hekimleri Birliği, ABD’de her yıl 100 milyon amalgam restorasyon yapıldığını bildirmiştir.<sup>(4)</sup> Ürdün’de, amalgam dolguların % 90’ı devlet kliniklerinde gerçekleştirilirken, Kuveyt’te bu oran yüzde % 50’dir.<sup>(5)</sup> Ancak 2008’den bu yana İsveç, Norveç, Danimarka ve Almanya’da amalgam dolguların kullanımı yasaklanmış veya kısıtlanmıştır.<sup>(6)</sup> Buna ek olarak, Avrupa Parlamentosu 2018’den itibaren 15 yaşından küçük çocuklar ve hamile veya emziren kadınlar için klinik uygulamada amalgam kullanımının yasaklanmasını kabul etmiştir. Verilere göre Finlandiya’da yapılan dental restorasyonların %5’i Hollanda’da ise %10’u amalgam restorasyonlardır.<sup>(5)</sup> Bu gelişmeler ışığında amalgam restorasyonların güvenilirliğinin sorgulanması gerektiği, cıva hijyeni kuralları ve restorasyonların değiştirilmesi sırasında alınması gereken önlemler, hem diş hekimliği çalışanları ve hem de hastalar açısından önemli hale gelmiştir.

### Cıvanın Emilimi, Birikimi ve Atılımı

Dental amalgam dolgular, genel popülasyonda cıva maruziyetinin önemli bir kaynağıdır ve amalgam yüzeylerinin sayısı ile beyin, kan ve idrar cıva konsantrasyonları arasında korelasyon gösteren birkaç çalışma vardır.<sup>(7-10)</sup> Teneffüs edildikten sonra, elementer cıva buharı akciğerlerde emilir ve kan yoluyla vücuda

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rasyonların kaldırılması sırasında hasta, hekim ve yardımcı personelin maruz kalabileceği cıva için önlemler alınmalı ve mevcut protokollere uyulmalıdır. Cıva toksisitesinin engellenmesi için çevre, doğa ve insan odaklı önlemlerin alınması gerekmektedir.

**Anahtar Kelimeler:** Cıva, Toksikite, Dental Amalgam, Amalgam Dolgu Değişimi

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## Güncel Endodonti ve Restoratif Çalışmaları

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## Güncel Endodonti ve Restoratif Çalışmaları

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