



Shoddy Dentistry & Mouth Splinters

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11 Examples:



I could be ostracized for writing this article. But after 44 years in the clinical practice of periodontics, I have seen quite a bit – quite a bit of serious damage to the mouth. Frequently, this has been brought about by shoddy dentistry, which is also known as *iatrogenic dentistry*. And that damage has often affected the rest of the body. These *mouth splinters* are akin to splinters in your finger that you fail to remove.

Shoddy Dentistry (*Iatrogenic Dentistry*)

Iatrogenic dentistry is any trauma or damage that has been induced by a dentist's activity, manner, or therapy. Iatrogenic dentistry can create poor function, pain, swelling, infection, and spread of systemic inflammation. It also may result in permanent damage from no fault of the patient.

Shoddy dentistry acts like mouth splinters. You may not see them, feel them, or even know about their existence. These splinters could affect your entire body. And they could cause serious problems for you now or years down the road.

Ultimately, they might compromise your immune system and spread infection and inflammation to all cells and organs. Unfortunately, many medical doctors have no idea that these splinters exist even as these physicians try to treat the chronic diseases caused by them.

Here is a way to visualize this complex issue:

If a person were healthy by all definitions of health but had a splinter in his finger, the area of the splinter could not heal. However, once the splinter was removed, the puncture wound in the skin would heal. But if that individual began to stab that splinter repeatedly into the original puncture wound, the wound would open up and never heal.

Likewise, the immune system cannot heal the body as long as shoddy dentistry or splinters exist and continue to irritate the body.

Inflammation from shoddy dentistry in the mouth travels throughout the body by way of the blood system, lymph, and even across nerve coverings. And if new irritants occur or are placed in the mouth by a dentist, problems may compound.



Dental Procedures

The truth is obvious. Dental problems can occur that must be repaired by a competent dentist. Sometimes dental problems are a result of trauma to the mouth. Sometimes dental problems are a result of infections in the mouth and the rest of the body. Sometimes dental problems are a result of harmful materials put into the mouth by a dentist.

For example, after a tooth is damaged from decay, fracture, or other factors, the dentist may need to use dental materials and instruments like dental drills to fix the tooth.

Another problem is gum disease. When it is present, its destructive nature can penetrate all tissues. If this infection is not treated effectively and efficiently, bacteria and inflammation can spread into the jawbone ultimately causing loss of teeth. Also, this disease can enter the blood system as well as travel the paths of nerves. The spread of bacteria and inflammation could cause severe disease in other parts of the body.

The goal of a biologically oriented dentist is to restore the mouth to proper function that is compatible with the overall health of the body. Unfortunately, some dental procedures are not performed properly. In addition, some procedures are not medically necessary, and the patient is not informed.

Like I said, during the course of my clinical treatment of periodontal patients, I have seen many results of shoddy dentistry. Here are the 11 most common examples of shoddy dentistry I have observed in my patients. They are in no particular order:

11 Examples of Shoddy Dentistry

1 Poorly placed fillings in teeth

If the filling doesn't fit the tooth correctly and completely, bacteria can seep between the filling and the tooth causing new decay. Also, if the filling does not fit well, food could get caught encouraging gum infection, swelling, and pain.

2 Tooth procedures that cause the death of the living tissues

Sometimes an instrument used to work on a tooth could cause excessive heat or penetrate the nerve chamber. This damage could result in the nerve of the tooth dying and eventually causing an abscess. Pain, swelling, and infection will occur requiring more extensive treatment.

3

Trauma to the tooth initiated by a dentist that causes tooth sensitivity, mobility, or hairline fractures

Normally, teeth come together to bite and chew food. However, one tooth could bite against another tooth with too much pressure. Poorly fitting dental work could be the cause. If this happens, the excess pressure could crack a tooth or cause the teeth to become loose. If these heavy pressures are not corrected, these teeth could be lost. Heavy biting pressures also could make the jaw muscles sore. This is also true for dental implants that are biting down with excessive forces.

4

Toxic chemicals in tooth filling materials that harm the patient's body

Dental fillings are made up of many different chemicals. Some of them cause toxic responses in some people.¹ The gum and cheeks can get sore, inflamed, and raw from the constant exposure to these substances, day after day. Not everyone is sensitive to the same materials. Your dentist could order biological blood tests to determine if you are sensitive to a specific dental material before the material is placed in your mouth.²

Mercury is one of the most toxic elements in dental fillings, which are known as “silver fillings” or “dental amalgams”. Some mercury is released as a vapor 24/7. Airborne mercury is toxic to the body and has the potential to accumulate and damage cells in various parts of the body. An estimated 80% of mercury vapor is absorbed by the lungs and passed to the rest of the body, particularly the brain, kidney, liver, lung, and gastrointestinal tract.³

5

Ill-fitting crowns, veneers, bridges, implants, partial dentures, or complete dentures

Sometimes a crown, bridge, implant, or denture is not made to fit ideally in the mouth. Or it may become ill-fitting over time. Poorly fitting dental work could cause bite problems damaging the actual tooth, the bone around the tooth root, or the jaw joint and muscles. In addition, bad dental work can irritate the gums and other soft tissues of the mouth causing pain, inflammation, bleeding, swelling, and infection.

6

Incomplete removal of excess cement under the gum tissues after crowns are cemented

This can be a serious irritant under the gum. It is the result of a dentist or dental assistant not removing excess cement at the time a crown, bridge, or implant crown is cemented in the mouth. Many times, cement under the gum tissues creates acute inflammation, infection, bleeding, and pain. If not removed quickly, it will cause bone damage and could result in the loss of the tooth or implant.

7 Dental implants that are placed in the jawbone using excessive heat or trauma

Dental implants are artificial roots that are inserted into the jawbone to replace missing teeth. They usually function extremely well. However, sometimes the dentist generates too much heat or trauma in the jawbone when inserting the implant. Heat and trauma could cause the jawbone surrounding the implant to die resulting in the loss of the implant and spread of infection in the jawbone and gum tissues.

8 Failure to correctly treat active periodontal disease

Calcified remnants of bacteria attached to the roots of teeth under the gum tissues could be a serious cause of periodontal disease. You might think of them as barnacles attaching to the bottom of a boat that sits in the water. They are rough and are called calculus or tartar. These are irritants to the surrounding gum and bone and can encourage further progression of infection until they are removed.

9 Unacceptable orthodontic treatment

Poor tooth position or jaw size can be corrected by a dentist with specialized training. Proper orthodontic treatment also could help treat or prevent chewing and jaw problems, swallowing difficulties, breathing complications, and speaking impediments. However, inappropriate orthodontic treatment can cause future airway obstruction, grinding and gritting of teeth, improper alignment of teeth, and compromised jaw and tongue function as well as pain.

10 Improper techniques when extracting teeth

When a tooth is not extracted correctly and the socket is not completely cleaned out, infection and inflammation in the healing bone socket could occur. These lesions are called "**cavitations**". They are areas of retained infection and inflammation. Most of the time, these don't cause pain. But sometimes they may be very painful. Cavitations may be the originating cause of other chronic diseases popping up in other parts of the body.

11 Root canal treatment that does not resolve infection oozing out of a dead tooth into the jawbone

The nerve that lives inside the canal of a tooth is positioned like the carbon in the center of a pencil. The canal also contains blood vessels and nourishing fluids. If the tissue in the canal dies or becomes infected, its infection would push out of the tooth at the base of the root (like the carbon point at the writing tip of a pencil). The infection could spread into the surrounding bone causing pain and swelling before moving to other parts of the body.

In many situations, shoddy dental work resulting in tooth or tissue damage can be corrected, repaired, and healed. At other times, there may be irreparable damage to the tooth, spread of chronic inflammation and infection through the body, and the progressive loss of teeth and function years down the road. Unfortunately, damage to the mouth may not be obvious immediately. Also, some damage to other organ systems of the body may be difficult to trace back to the mouth.

Reactive & Proactive

If you have fillings, crowns, root canals, or cosmetic dentistry, the structure of the tooth has been compromised. Statistics from the American Dental Association state that these teeth most likely will need further treatment as the restorative materials break down over time. If teeth become untreatable, they will need to be extracted and may need to be replaced for proper chewing, digestive function, and esthetics.

If you have any dental work in your mouth, you must be diligent to maintain oral health. Personal oral hygiene, regular dental checkups, and diet become vital to protect you from further dental breakdown.

If you have any dentistry in your mouth that has been identified as shoddy, you must have it corrected.

This is a lot to consider. You may not know if you have or don't have any of these potential problems. I encourage you to see a well-trained dentist who understands the biological relationships between what goes on in the mouth and what goes on within the rest of the body.

Every cell in our body communicates with every other cell. Our mouth is not an island unto itself. A healthy body depends on a healthy mouth, and a healthy mouth depends on a healthy body. If you discover you have any of these splinters in your mouth, you should be proactive and have them treated efficiently.



I've written a blog titled, [10 Questions to ask your Biological Dentist](#). I think it will be useful in selecting the right dentist. Also, if you need to locate a biologically oriented dentist, these three websites might help you find someone in your Zip Code area:

[International Academy of Oral Medicine & Toxicology](#)

[International Academy of Biological Dentistry & Medicine](#)

[Holistic Dental Association](#)

To further help you, I published a PDF which describes the "[4 Steps to a Healthy Mouth](#)". Everyone can benefit from it. Also, I suggest a healthy way of eating in my mini-eBook "[Better Belly Blueprint](#)". This will provide your body with all the nutrients your mouth and body require to be healthy.

You need to become aware if you have shoddy dentistry acting like splinters in your mouth. The repercussions can be severe. If you have questionable dental work, it must be evaluated and repaired. You should not ignore the potential problems, which could manifest in your mouth and the rest of your body.

If you are interested in improving your dental well-being, gut health and immune system, I encourage you to visit my website. You'll find a variety of blog posts, recipes and resources. I also offer virtual consultations and coaching to help guide you. Here is a [link to my website](#) for further information.

Additional Resources:

- Read on with my “[4 Steps to a Healthy Mouth” PDF](#)
- Check out my eBooks, the [Better Belly Blueprint](#) and [Is Your Gut Killing You?](#)
- [Sign up to receive my weekly newsletter](#) with the latest blog posts, a podcast appearance/ interview, business updates, a delicious recipe, and the occasional news of my cancer journey.

1:1 Coaching & Consultations

- I offer a [12 week 1:1 coaching program](#), designed to help you achieve balanced metabolic flexibility. We’ll address your overall health, including dental and gut health, so you can become healthier, more energetic, and more self-confident.
- Looking for guidance on a specific issue? I offer [60-90 minute consults](#). These appointments can be done by phone or over video conference, whichever you prefer.

¹ <https://iaomt.org/practical-guide-compatibility-testing-dental-materials/>

² <https://biocomplabs.com/test-kit-testing-report/>

³ <https://iaomt.org/resources/dental-mercury-facts/mercury-poisoning-symptoms-dental-amalgam/>

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