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**MUST FAST FOR 10-HOURS.**

THIS IS ONLY A FOOD FAST. FEEL FREE TO DRINK WATER, TAKE VITAMINS, MINERALS AND/OR OTHER SUPPLEMENTS.

**Serum Biocompatibility Testing**

This testing is the primary service/product of Scientific Health Solutions. This testing utilizes a serum blood specimen in a sophisticated fashion to help determine on an individual basis what one's "least toxic" replacement dental materials might be. The term "least toxic" is used here because all foreign substances introduced into the body will provoke the immune system of the patient to some degree. As the body's protector, the immune system wouldn't really be doing its job if this didn't happen to some degree.

As an example, the components of a product such as the mercury amalgam fillings will consistently elicit a strong immune response in this *in vitro* (test tube) type of environment. Products that produce such a strong response from the immune system, quantified by the degree of serum clouding resulting from protein precipitation upon the addition of a given chemical, are felt to overtax the immune system over time. An overtaxed immune system can open the door to a wide variety of medical problems. It will also usually worsen whatever medical problems already exist.

Unfortunately, many replacement filling materials have one or more chemicals in them that often result in a continuation of the immune trauma typically initiated by mercury and other toxic substances found in the mercury amalgam filling or other toxic dental materials. This can result in little or no clinical improvement when these fillings are replaced. Furthermore, stimulating a rapid detoxification after the removal of toxic dental fillings can often worsen a patient's clinical condition and further compromise the immune system. These issues are addressed in greater depth in "*Uninformed Consent and Optimal Nutrition for Optimal Health*", books by Dr. Thomas E. Levy.

By using a sophisticated piece of equipment, the optical densities of the serum-chemical mixtures are determined, and a very objective measurement of the degree of reactivity present is obtained. When any one of the separately tested chemical components in a commercial dental product are found to have significant reactivity in the testing cells, the entire dental product is reported as having that amount of reactivity as a minimum.

Because of this, this testing tends to err on the side of conservatism. Only dental products that have low reactivity to all tested components end up being recommended for placement into the patient.

The report, which is over 30 pages in length, lists in categories of "Highly Reactive", "Moderately Reactive", and "Least Reactive", over 1,000 different dental products including composite fillings, crown and bridge materials, bonding agents, cements, denture materials, and other materials. Nearly all reports have some materials in the "Least Reactive" categories from which the dentist may choose.

It is important to emphasize that the utilization of a dental material from a "Least Reactive" category cannot be guaranteed to be a completely safe choice. As with all other medical therapies and interventions, nothing can be given unqualified support or recommendation. However, years of clinical experience with this testing have consistently shown such a choice to be vastly superior and preferable over a random choice or over the choice of any product from a "Highly Reactive" category. If you require the enormously expensive "double-blind, prospective" studies proving that this test is effective to your satisfaction, you won't find any, and this testing is probably not for you. If you are more of a common sense type of person, who just wants to take every reasonable step to optimize the likelihood of positive dental experience, then this testing may be of value to you.