



## ANNEX IX



### DIRECTORATE GENERAL HEALTH SERVICES KHYBER PAKHTUNKHWA, PESHAWAR

All communications should be addressed to the Director General Health Services Peshawar and not to any official by name  
Exchange # 091-9210187, Tele # 091-9213798, Fax # 091-9210230 # 091-9213193

No. 2405-70 / Dev./GENERAL FILE(SDPI) DENTAL Dated: 10/07/2018.

To

1. All District Health Officers in Khyber Pakhtunkhwa.
2. All Medical Superintendent of Hospitals in Khyber Pakhtunkhwa.
3. All Hospital Director MTI Khyber Pakhtunkhwa.
4. Dean Khyber College of Dentistry Peshawar.

Subject:- ADVISORY NOTE TO AVOID/RESTRICT MERCURY DENTAL AMALGAM FILLINGS FOR CHILDREN (BELOW THE AGE OF 15 YEARS) IN KPK, TO SAFEGUARD THEIR HEALTH AT THEIR VERY EARLY AGE.

Dear Sir/Madam,

Mercury, the 3<sup>rd</sup> most hazardous substance, is used in dental amalgam, a restorative material that is approximately 50% mercury. Mercury hazardousness is of world concern, to which children are most vulnerable, causing neurological development, reproductive problems, impairing growing brain, nervous system, damages kidneys & fetuses. Deficiencies caused by children mercury exposure during pregnancy or at early childhood, due to, among others by mercury releases from dental mercury amalgam, are considered life long, affecting their education and job.

To protect human health and environment from emissions/releases from mercury and mercury compounds, global governments have acted & adopted Minamata Convention on mercury to which more than 128 countries, including Pakistan have signed the convention, 92 governments have already ratified and it is in force since 2015 now. Pakistan is expected to sign it by end of this year, inshallah. Parties to Minamata Convention on Mercury, among others, are obliged to phase out Mercury in products (including Dental Amalgam) by 2020.

According to SDPI research at dental sites (private clinic, dental hospitals & teaching institutions) in some main cities of Pakistan, the indoor air at some dental sites is contaminated with alarmingly very high concentration of mercury vapors, resulting in extremely high mercury exposure to dental professionals, patients & visitors (including children). SDPI survey at 75 private clinics more than 90 dentist were interviewed. Data shows that at 43% clinics visited, mercury dental amalgam is still use, 70% dentist prefer not to use mercury filling for children below 12 years of age, pregnant and breast feeding females and 67% support ban on mercury dental amalgam use.

Mercury free alternate material (Composite resins, glass ionomers, ceramics and others) are available in the country and their use is increasing day by day. In many countries, mercury dental amalgam use has already been ban, restricted or discouraged, for children below 12 years of age & pregnant women/breast-feeding mothers. With effect of July 1, 2018, the European Union has banned mercury dental amalgam use for children under age 15, pregnant women, and breastfeeding mothers, to safeguard their health.

In view of the above all Health workers in the dentistry unit of Khyber Pakhtunkhwa are requested to restrict and do not prefer mercury dental fillings for children below the age of 15 years in KPK, to safeguard their health at their very early age, the country with immediate effect.

  
DIRECTOR GENERAL HEALTH  
SERVICES KHYBER PAKHTUNKHWA  
PESHAWAR.

Cc

1. PS to Secretary Health Khyber Pakhtunkhwa Peshawar.
2. Dr. Mahmood A. Khwaja, SDPI Islamabad w/r to your letter dated 07.07.2018 and approval of the draft minutes.
3. Dr. Ifthikhar Ali, Director (Dev./Coord.) DGHS Office Peshawar.