

Dentistry & Oral Care

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Green dentistry: A stepping stone towards an eco-friendly practice

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Whose duty is it to save the planet we live on? Is it just the environmentalists or every one of us? Health-care facilities and offices spend more than \$8.5 billion on energy annually to meet patient needs. Dentistry is one branch of medicine where diagnosis, prevention and treatment is provided at one place; the clinic of a dentist. A conventional dental clinic produces heaps of biohazards comprising of approximately 28 million liters of toxic X-ray fixers, 3.7 tons of mercury waste, 1.7 billion sterilization pouches, 680 million chair barriers, light handle covers and patient bibs which can be easily and efficiently reduced by following a simple 4 R agenda of, RETHINK, REDUCE, RE-USE and RECYCLE in one's clinic. Green dentistry/eco-friendly dentistry is a symbiotic mutualistic relationship, between dental clinical practice and environment conservation. The amalgamation of ecological friendly materials, proper waste disposal, judicious use of supplies and practices into dentistry, reduces the impact of dental procedures on the environment, thereby achieving a holistic relationship between economy and ecology. One should start wherever you are and do something for the planet. Let this be our little initiative for a cleaner earth.

Biography

Mayank Sharma completed his Bachelor of Dental Surgery in 2009 from Bhojia Dental College, Himachal Pradesh, India. He has been in private practice ever since and also pursued a 3 month externship in Fresno, California, USA and a 6 month internship in Melbourne, Victoria, Australia.

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