



जनस्वास्थ्य तथा वातावरण प्रवर्द्धन केन्द्र

Center for Public Health and Environmental Development

Bridging people with science and technology for healthy living and environmental development

Ref. No. 65/2076-77

Date: 29 June 2020

To
The Secretariat of the Minamata Convention
Email: mea-minamatasecretariat@un.org

And

Mr. Takafumi Anan, Associate Expert
(Email: takafumi.anan@un.org)

Subject: Submission of the Information

Dear Sir and Madam,

With reference to call for information and follow-up on the decisions adopted by the Conference of the Parties to the Minamata Convention at its third meeting (Reference no. MC/COP3/2019/15 dated 13 December 2019), please find the submission of the information from a grass root Observer Organization namely Center for Public Health and Environmental Development (CEPHED), a non-governmental organization from Nepal related to very progressive decision made on the Dental Amalgam and other products pursuant to paragraph 7, article 4 of the Convention, i.e. information including that related to the availability, technical and economic feasibility and environmental and health risks and benefits of the non-mercury alternatives to the product..

Government of Nepal, Ministry of Health and Population (MOHP) has made two very progressive decisions in different point of time related to Dental Amalgam and Mercury Added products. Likewise Nepal Dental Association (NDA) and Metropolitan City has also made declaration to adopt mercury free dentistry policy and made the city mercury free.

1. Government of Nepal on 21st August 2019 through the Deputy Prime Minister and Minister for Health and Population (MOHP) level decision has decided up on banning use of mercury dental amalgam in children, pregnant & breast feeding mothers, for other group it should be phased out within five year up on availability of alternatives, universities were directed to improve dental curriculum and stop using mercury dental amalgam in practical exercises (Pls see **Annex 1** MOHP letter and **Annex 1A. Notary Translation**).
2. Nepal Dental Association (NDA) and its branches offices have also adopted the Mercury Free Dentistry policy and practices throughout the country. NDA is the umbrella organization over 2000 Dental Doctors working throughout the country (Pls see the NDA Decision in **Annex 2**).
3. Government of Nepal, MOHP taken decision of **banning Import, Purchase and Use of all kinds of mercury based equipment's from health sectors of Nepal**, effective since July 17, 2013. As the result, all most all health care facilities has shifted to mercury free equipment's like digital thermometers for temperature and aneroid sphygmomanometer for blood pressure measurements(pls see the **Annex 3** GON/MOHP Decision in and **Annex 3(A) English Translation**).



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4. Mercury Free Metropolitan City has been declared and endorsed along with the high level of commitment and decision of going mercury free from all private hospitals, public hospitals and Dental Doctors/Clinics on March 19, 2019 (pls see the Mercury Free Metropolitan Declaration in **Annex 4**).

As far as availability, technical and economical feasibility of non-mercury alternatives are concerned, according to a study carried out by CEPHED and NDA in 2013 study of Bio Monitoring of Mercury including perception among Dentist, 67 % of the dental doctors said that they do not have any difficulties of using non mercury alternative and 94% of the dental doctors said they advocate for the mercury free dentistry¹. This clearly indicates the availability of the non-mercury alternatives with the technical feasibility. Most reliable and safer non mercury alternatives are increasingly available in Nepal at competitive price.

As far as environmental and health risks are concerned, the newly completed Minamata Initial Assessment (MIA) report of Government of Nepal clearly include number of evidences of environmental and health risk of mercury in different communities in Nepal². These risk includes the contamination of mercury in fish, fisher folk, child bearing age female, dental health care professionals as well as gold metal plating workers in Nepal (MIA Nepal 2019, P 60)².

Kathmandu University (KU) with 6 Dental colleges in Nepal have already revised their dental school/college curricula whereby no compulsory to teach and use the mercury dental amalgam anymore. Already adopted and implemented from its graduates program since 2019.

Lastly, I will be very happy to provide any additional information and documents if necessary and with all these, am sincerely request to include these information and submission to the secretariat report compilation due by 1st December 2020 and any other relevant documents and proceeding of the Convention secretariat.

Thanking you all in anticipations.

With best regards

Ram Charitra Sah
Executive Director /Environment Scientist
CEPHED, Kathmandu, Nepal
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¹ CEPHED 2015, Briefing Paper : Mercury, An initiative of Mercury Free Dentistry and Health Care Services in Nepal,




² MIA Nepal 2019, Sec. 2.12 , Page 60., http://mercuryconvention.org/Portals/11/documents/MIAs/Nepal_MIA_2019.pdf

जनस्वास्थ्य तथा वातावरण प्रवर्द्धन केन्द्र

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Annex 1. GON, MOHP decision on Dental Amalgam (Deputy Prime Minister and Minister of Health and Population Level decision of Banning uses of Mercury Dental Amalgam in Nepal from August 21, 2019.

 <p>नेपाल सरकार</p> <h2>स्वास्थ्य तथा जनसंख्या मन्त्रालय</h2> <p>गुणस्तर मापन तथा नियन्त्रण महाशाखा (.....शाखा)</p>		<p>४२६२३१० ४२६२८०२ ४२६२७०६ ४२६२९३५ ४२६२८६२ ४२२३५८०</p> <p>फोन नं.</p>
<p>प्राप्त पत्र संख्या :- पत्र संख्या ००६/६६ चलानी नं. :- ०२/६२</p>		<p>रामशाहपथ, काठमाडौं, नेपाल ।</p> <p>मिति :- २०७६।०५।१५</p>
<p>विषय :- <u>मर्करीयुक्त उपकरणहरु र डेन्टल अमलगम सम्बन्धमा ।</u></p>		
<p>श्री वन तथा वातावरण मन्त्रालय,सिंहदरवार,काठमाण्डौ । श्री सामाजिक विकास मन्त्रालय, सातै बटा प्रदेशहरु । श्री स्वास्थ्य सेवा विभाग, टेकु । श्री औषधी व्यवस्था विभाग, विजुलिबजार । श्री आयुर्वेद तथा वैकल्पिक चिकित्सा विभाग, टेकु । श्री नेपाल डेन्टल एसोसिएसन, बालकुमारी, ललितपुर । श्री एसोसिएसन अफ प्राइएभेट हेल्थ ईन्सिटच्यूसन अफ नेपाल (अफिन), ज्वागल ललितपुर । श्री त्रिभुवन विश्व विद्यालय ,किर्तिपुर । श्री काठमाण्डौ विश्व विद्यालय, धुलिखेल । श्री पाटन स्वास्थ्य विज्ञान प्रतिष्ठान ,ललितपुर । श्री वि.पि.कोईराला स्वास्थ्य विज्ञान प्रतिष्ठान,धरान । श्री प्राविधिक शिक्षा तथा व्यावसायिक तालिम परिषद (CTEVT) ।</p>		
<p>उपरोक्त सम्बन्धमा मर्करीयुक्त उपकरण र डेन्टल अमलगम सम्बन्धमा तपशिल बमोजिमको गर्ने गराउने निर्णयहरु नेपाल सरकार (माननिय उपप्रधानमन्त्री एवं स्वास्थ्य तथा जनसंख्या मन्त्रीस्तर) को मिति २०७६।०५।०४ को निर्णयानुसार अनुरोध छ ।</p>		
<p>१. गर्भवती तथा स्तनपान गराई रहेको महिला तथा १५ वर्ष मुनिका बालबालिकाहरुमा मर्करी डेन्टल अमलगमको प्रयोग पुर्णतः प्रतिबन्ध लगाउने । २. अन्य उमेरको हकमा विकल्प भएमा (मर्करी डेन्टल अमलगमको प्रयोगमा) पाँच वर्ष भित्र प्रतिबन्ध गर्ने । ३. दन्त चिकित्सा अध्ययन, अध्यापन गराउने विश्वविद्यालय तथा प्रतिष्ठानहरुलाई मर्करी डेन्टल अमलगमको प्रयोगबाटै पाठ्यक्रम परिमार्जन गर्ने । ४. प्रयोगात्मक अभ्यासमा मर्करी डेन्टल अमलगमको पयोग प्रतिबन्ध गर्ने ।</p>		
		<p> विजय क्रान्ति शाक्य वरिष्ठ जनस्वास्थ्य अधिकृत</p>



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Annex 1 (A). NOTARY TRANSLATION of GON, MOHP decision on Dental Amalgam

495

Office Seal

Government of Nepal

Ministry of Health and Population
(Quality Standard and Regulation Division)

Ramshah Path
Kathmandu, Nepal

Phone No.:
4262596
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4262862
4223789

Coat of Arms of Nepal

Received Ref. No.:
Ref. No.: 076/77
Dispatch No.: 02/72

Date: 2076/05/15 BS
(September 01, 2019 AD)

Subject: Regarding Mercury based Equipments and Dental Amalgam

M/s Ministry of Forest and Environment, Singhdurbar, Kathmandu
M/s Ministry of Social Development, all seven provinces
M/s Department of Health Services, Teku
M/s Department of Drug Administration, Bijulibajar
M/s Department of Ayurveda and Alternative Medicine, Teku
M/s Nepal Dental Association, Balkumari, Lalitpur
M/s Association of Private Health Institution Nepal (APHIN), Jwagal, Lalitpur
M/s Tribhuvan University, Kirtipur
M/s Patan Academy of Health Sciences, Lalitpur
M/s B.P. Koirala Institute of Health Sciences, Dharan
M/s Council of Technical Education and Vocational Training (CTEVT)

With reference to above mentioned subject, it is hereby requested as per the decision of Government of Nepal (Hon. Deputy Prime Minister & Minister for Health and Population Level) dated 2076/05/04 BS (August 21, 2019 AD) to implement and make to implement the following decisions regarding Mercury based Equipments and Dental Amalgam.

1. Complete ban the use of mercury dental amalgam in pregnant and breast feeding women and children below 15 years.
2. Ban the use of (Mercury Dental Amalgam) in other age group of people within five years upon available of alternatives.
3. Amend the curriculum from the use of mercury dental amalgam itself of Institution providing dental health education under Universities and Academies.
4. Ban using of mercury dental amalgam in practical exercise.

Sd.
Bijay Kranti Shakya
Senior Public Health Officer

"The Translation Copy is True and Verified"
Signature:
Name: Ananta Raj Luitel
Date: 18 SEP 2019
Certificate Number of the Notary Public: 279
Date of Expiry of Certificate: Nov.03, 2022 AD
Seal of the Notary Public

NOTARY PUBLIC
सदरी पब्लिक
Name: Ananta Raj Luitel
Registration No.: 279
Date of Expiry: 03.11.2022 AD
NEPAL NOTARY PUBLIC COUNCIL




जनस्वास्थ्य तथा वातावरण प्रवर्द्धन केन्द्र


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Annex 2: Nepal Dental Association (NDA) adoption of Mercury Free Dentistry Policy in Nepal




Nepal Dental Association (NDA) Decision on Mercury Dental Amalgam use restriction in Nepal



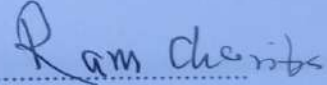
In line with different professional associations, national, regional and global initiatives including UN Minamata Convention on Mercury taken towards Mercury Free Dentistry, Nepal Dental Association (NDA) in consultation with all concerned professional associations/societies/NGOs has taken following public health and environment friendly decisions to be effective from March 2, 2019.

1. Mercury Dental Amalgam should not be used for dental treatment of deciduous teeth, of children under 15 year and of pregnant or breastfeeding women.
2. For all other age and groups of people, Mercury Dental Amalgam should not be the first choice for dental restoration except when deemed strictly necessary by the dental practitioner based on the specific needs of the patient.
3. NDA will work with Universities, Colleges and Curriculum Development Board towards ensuring improvement in dental curriculum in line with international practices.

NDA is therefore duly inform all its District Chapters and members' dental practitioners to effectively implement these decision from their respective dental hospitals and clinics now onwards.



.....
Dr. Pravindra Adhikari
President,
Nepal Dental Association (NDA)
Kathmandu, Nepal



.....
Ram Charitra Sah
Executive Director
CEPHED,
Kathmandu, Nepal

Centre for Public Health and Environmental Development (CEPHED), Imadol, Lalitpur, Kathmandu, Nepal
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Annex 3: GON, MOHP decision (Secretary Level) of Banning Import, Purchase and Uses of Mercury based equipment's in Nepal on March 4, 2013 and effective since July 17, 2013

नेपाल सरकार
स्वास्थ्य तथा जनसंख्या मन्त्रालय
नीति, योजना तथा अन्तर्राष्ट्रिय सहयोग महाशाखा

च.नं. १(अ)


रामशाहपथ,
काठमाण्डौ
फोन : ४२६२८६२,
फ्याक्स : ४२६२८९६

मिति : २०६९/१२/१५

विषय : मर्करीयुक्त उपकरणहरूको आयात बन्द गर्ने सम्बन्धमा ।

श्री स्वास्थ्य सेवा विभाग, टेकु ।
श्री औषधि व्यवस्था विभाग, विजुलीबजार ।
श्री आयुर्वेद विभाग, टेकु ।

नेपाल सरकार (सचिवस्तर) वाट २०६९/११/२१ मा आगामी आ.व. २०७०/७१ देखि नेपाल सरकारले मर्करीयुक्त उपकरणहरू खरिद र उपयोग बन्द गर्ने र निजी क्षेत्रलाई पनि खरिद उपयोग नगर्न अनुरोध गर्ने निर्णय भएको हुँदा सोही अनुसार गर्न गराउनु हुन निर्देशानुसार अनुरोध गर्दछु ।


(कविराज खनाल)
उप सचिव

कोषाध्यक्ष
श्री जनस्वास्थ्य तथा वातावरण प्रवर्द्धन केन्द्र,
इमादोल, ललितपुर ।




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Annex 3 A: English Translation of GON, MOHP decision of Banning Import, Purchase and Uses of Mercury based equipment's in Nepal on March 4, 2013 and effective since July 17, 2013

 च.नं. १(अ)	Government of Nepal Ministry of Health and Population Policy, Planning and International Cooperation Division	Ramshahpath Kathmandu Phone: 4262862 Fax: 4262896 Date: 2069/12/15 (28 th March 2013)
Subject: <u>Banning of Import of Mercury based instruments</u>		
Department of Health Services , Teku, Department of Drug Administration, Bijulibajar, Department of Ayurveda , Teku.		
Ministry of Health and Population (MOHP), Government of Nepal . Secretarial level decision on 2069 /11/21 (March 04, 2013) have decided to ban the purchase and use of mercury based equipment's at all government sector and also request to do same with the private sector from the fiscal year 2070/71 (July 15, 2013) onward. It has been so decided and informed to be implemented as per the instruction.		
		SD Kabiraj Khanal, Under Secretary
<u>CC</u> Centre for Public Health and Environmental Development (CEPHED), Imadol, Lalitpur,		

Annex 4. Mercury Free Metropolitan Declaration



Bharatpur to become first mercury-free medical city

POST REPORT
KATHMANDU, JUNE 18

Bharatpur Metropolis has been working actively to encourage health care facilities and professionals in the city to phase out mercury-containing devices and the use of the toxic material in a bid to become the country's first mercury-free medical city.

A total of 15 health facilities, including hospitals, private dental clinics, dental departments, committed in writing on Monday to provide mercury-free services in order to help the city achieve the feat. The Bharatpur Metropolitan City, Private Hospital Coordination Committee, District Public Health Office, a group of dedicated health care facilities, health care professionals in Bharatpur, Chitwan have been working for cause.

Fuspanjali Hospital Pvt Ltd, Sapti Gandaki Hospital Pvt Ltd, Sunrise Dental Clinics, Smile Dental Health Care Center, Sirees Dental Clinics, Padma Dental Clinics, and Dental Department of Bharatpur Hospital, Manakamana Hospital, Live Care and Trauma Center, National Hospital are among the city's health care facilities which have declared to be providing mercury-free services.

Hailing the initiative of the health care facilities at the programme organised in the capital on Monday, health experts said would help the city become the country's first mercury-free medical city. "This has indeed set a precedent for other health care facilities, dental colleges, and health professionals to follow the mercury-free practices. If Bharatpur manages to completely eliminate the use of mercury, it will inspire other cities in its wake," said Ram Charitra Sah, executive director and environment scientist at the Center for Public Health and Environmental Development.

Mercury, its compounds and equipment based on the toxic metal are widely used in various products and processes like sculpture making, lighting, health, cosmetic products and health sector. The use of mercury in the health sector, especially in dental filling, is relatively high around the world.

The Mercury-free initiatives, studies suggest, will help in protecting public health, vulnerable population like children and pregnant mother from hazard of mercury, which has adverse impacts on human health like memory loss, anxiety, hormonal disorder and mood swings.

Figure 1. Mercury Free Metropolitan City Declaration and Training Program



Figure 2. Chief of health, Declaring Mercury Free Metropolitan



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THE
RISING NEPAL
THE FIRST & FOREMOST NATIONAL DAILY

Ban on dental amalgam

By A Staff Reporter
Kathmandu Sept. 16

The Ministry of Health and Population has imposed a ban on mercury dental amalgam.

The decision towards mercury-free dentistry was taken in response to a research-based campaign led by Centre for Public Health and Environmental Development (CEPHED) in close coordination with all other concerned organisations.

In line with different professional associations, national, regional and global initiatives, including UN Minamata Convention on Mercury taken towards Mercury Free Dentistry, the Ministry of Health and Population (MoHP) in consultation with all concerned professional associations like Nepal Dental Association (NDA), Nepal Medical Association (NMA), Universities (KU & TU), World Health Organisation (WHO) Country Office for Nepal, Academies of Health Sciences like PAHS, NGOs and all other concerned

stakeholder, has taken this environment and health friendly decision to ban the mercury dental amalgam in Nepal, said Ram Charitra Sah,

Executive Director of CEPHED and Environment Science. The ministerial level decision was taken on August 21 and the decision was made public on Sunday.

As per the decision, mercury dental amalgam was totally prohibited in children aged below 15 years, pregnant and breastfeeding mothers.

The ministry said that use of Mercury Dental Amalgam would also be banned in the people of other age group five years provided that there were alternatives. The above-mentioned institutions will be providing dental health education under Universities, Academies of Health Sciences to improve their curricula so as to omit the mercury dental amalgam related course itself.

Likewise, a complete ban on the use of mercury dental amalgam filling restoration will be imposed

See page 6

Ban on...

in their practical exercises. The MoHP had taken a decision to impose a ban on the import, purchase and use of all kinds of mercury based equipment from health sectors in Nepal effective since July 17, 2013.

As a result, almost all health care facilities have shifted to mercury free equipment like digital thermometers for body temperature measurement and aneroid sphygmomanometer for blood pressure measurements, he said.

According to the World Health Organisation (WHO), mercury is among the 10th most hazardous substance of global concern in public health and environment causing neurological, developmental, reproductive problems, impairing growing nervous system, damaging kidney, impaired vision and hearing loss, paralysis, insomnia, emotional instability, developmental deficits during fetal development, attention deficit and developmental delays during childhood.

"We urge one and all to ask for only mercury free dental filling while visiting the dentists," Sah said.

<http://therisingnepal.org.np/epaper/showimage?img=uploads/epaper/2019-09-17/f10692f4a956da82739549e1700160b8.jpg>

Decision to ban mercury dental amalgam lauded

KATHMANDU (REPUBLICA): The government has banned the use of mercury dental amalgam. The Ministry of Health and Population, through a minister-level decision on August 21, had issued a ban on the mercury dental amalgam last month to make the practice of dentistry free from the use of mercury. Issuing a statement, the Center for Public Health and Environment Development (CEPHED) welcomed the government's decision to ban the

use of mercury. With this decision, almost all the health services have shifted to mercury free equipment, according to the statement. "This decision will enormously contribute in fulfilling the national obligation of reduction of use and release of mercury under Minamata Convention on Mercury aimed to protect human health and the environment from anthropogenic emission and release of mercury and mercury compounds," read the statement.

NDA bans use of mercury dental amalgam

By A Staff Reporter
Kathmandu, Mar. 3
Nepal Dental Association (NDA) has put a restriction on the use of mercury dental amalgam in the nation, effective from March 2.
In line with different professional associations, national, regional and global initiatives including UN Minamata Convention on Mercury taken towards Mercury Free Dentistry, NDA in consultation with all concerned professional associations, societies, NGOs has declared and endorsed three public health and environment friendly

decisions to be effective from today.
The Mercury Dental Amalgam should not be used for dental treatment of deciduous teeth, of children under 15 year and of pregnant or breastfeeding women.
For all other age and groups of people, Mercury Dental Amalgam should not be the first choice for dental restoration except when deemed strictly necessary by the dental practitioner based on the specific needs of the patient.
Dr. Pravindra Adhikari, President of NDA endorsed the

forementioned decision taken with high level commitment for its effective implementation through its all members and societies.
He also explained this as a progressive movement of NDA in line with different national, regional and international dental federation such as British Dental Association, EU Decision and FDI as well as several other countries/dental societies taken towards protection of environment and public health.
The decision came as a result of the Center for Public Health and Environmental Development

(CEPHED) campaigns to ban mercury dental amalgam use in the country from time and again and working together with several stakeholders especially with professional association like NDA, a network of over 1500 Dental Health Care Professional and practitioners all over Nepal.
This decision that NDA and CEPHED brought together will enormously contribute in fulfilling the national obligation of reduction of use and release of mercury under Minamata Convention on Mercury that came into effect globally since

August 26, 2017, signed by 128 countries including Nepal, ratified by 102 countries (Nepal yet not ratified) and designed to protect human health and the environment from anthropogenic emission and release of mercury and mercury compounds, said, Ram Charitra Sah, Executive Director and Environment Scientist at CEPHED.
He appealed to the concerned government agencies Ministry of Health and Population (MOHP) to make robust legislation in this regard and strictly ban the use of not only mercury dental amalgams but

also other mercury based devices, products and practices.
According to the World Health Organization (WHO), Mercury is among 10th most hazardous substance of global concern to public health and environment causing neurological, developmental, reproductive problems, impairing growing nervous system, damage kidney, results tremors, impaired vision and hearing, paralysis, insomnia, emotional instability, developmental deficits during fetal development, and attention deficit and developmental delays during childhood.

news

the kathmandu post | 02

Dentists commit to stopping mercury use in dental fillings

CHANDAN KUMAR MANDAL
KATHMANDU, MARCH 3

Dentists across the country have agreed to stop using mercury, a highly toxic heavy metal, for dental filling, in a step towards ensuring mercury-free dentistry.
Nepal Dental Association (NDA)—the umbrella organisation of dental surgeons in the country—together with other professional associations and non-governmental organisations working for making the health sector and environment mercury-free, has made a declaration to pursue mercury-free dentistry to protect public from its harmful effects.

As per the declaration made on Saturday, the mercury dental amalgam should not be used for dental treatment of deciduous teeth of children under 15 years and of pregnant or breastfeeding women.

The dentists and other stakeholders have also agreed that for all other age groups, the mercury dental amalgam would not be taken as the first choice for dental restoration, except when deemed strictly necessary by the dental practitioners based on the specific needs of the patient, stated the declaration.

Use of dental amalgam, which is described as a dental filling for plugging cavities caused by tooth decay, is a

mixture of metals, consisting 50 percent mercury and a powdered alloy composed of silver, tin and copper.

Fillings made with amalgam also are known as 'silver fillings'.

Mercury has for long and widely been used in the country as dental filling. The toxic metal has been in use for as long as 150 years around the world. Many developed countries like Norway and Sweden have already phased out dental amalgam while others are in the process of discarding it.

Calling it a progressive movement in line with different national, regional and international dental federations as well as commitments of several other countries and dental societies for mercury-free environment and public health, Dr Pravindra Adhikari, president of the dental association, said stakeholders will be highly committed to its effective implementation.

"The Nepal Dental Association and other stakeholders have made the declaration in keeping up with different professional associations, national, regional and global initiatives including the UN Minamata Convention on Mercury taken towards Mercury Free Dentistry," he said.

According to the United Nations Environment

Programme (UNEP), the use of mercury in cavity fillings accounts for nearly 10 percent of global mercury consumption, making the dentistry sector among the largest users of mercury in the world.

UNEP estimates the global consumption of toxic mercury at between 300-400 metric tons per year.

Inaugurating the Mid-year Dental Conference 2019 with declaration and endorsement session on Mercury Free Dentistry, Dr Surendra Kumar Yadav, state minister for health and population, stressed the need for adopting mercury-free dentistry by shifting to safe dental restoration from hazardous dental amalgam.

"The government is committed to making health care services and dentistry mercury-free in its National Health Policy," said the minister.

Nepal's first ever inventory, released in January, which had measured the country's total mercury emissions, recorded that nearly 114 kgs of mercury was used by dentists in the country for dental filling. The inventory, which estimated that 6,790 kgs of mercury was released into the air in the fiscal year 2016-2017, said that an additional 28.5 kgs of mercury was released from dental colleges during academic exercises.

Besides, various studies

conducted in the past have also revealed massive consumption of mercury in various sectors of the country.

In March 2013, the Health Ministry imposed a ban on import, purchase and use of mercury-based equipment in order to make health care services safe. But the secretary-level decision failed to make any impact as the use of mercury continued for dental filling.

A mercury bio-monitoring study, conducted by the Centre for Public Health and Environmental Development (CEPHED), had detected high levels of mercury exposure in 50 Nepali dentists and dental assistants.

Exposure to mercury can have adverse impact on human health such as memory loss, anxiety, hormonal disorder and mood swings.

"This decision will enormously contribute to fulfilling the national obligation of reduction in use and release of mercury under Minamata Convention on Mercury that came into effect globally on August 26, 2017," said Ram Charitra Sah, executive director and an environment scientist at CEPHED. "We are hopeful of eliminating mercury dental amalgam use not only for children, pregnant and breastfeeding women but also among the general public and future generations."