

Books, videos, CD-ROMs, DVDs and any other relevant items submitted for a review in the *BDJ* should be addressed to: Kate Maynard, Assistant Editor, British Dental Journal, NPG, 4-6 Crinan Street, London N1 9XW



## Dental phobia: self-help session

I. Velli

UK: BMT Media

price £11.75; 20–25% off for *BDJ* readers when ordering online [www.bmtmedia.co.uk](http://www.bmtmedia.co.uk) or by

telephone 02073707725

ISBN 1905717075

This CD attempts to address dental phobia via hypnosis. In the 56 minutes of commentary (accompanied by music and abstract, computer-generated images) Mr Velli uses the standard techniques of relaxation, inward attentional focus, evocation of pleasant memories etc to induce trance. Explicit suggestions that tension and fear can be eliminated, deep relaxation/wellbeing induced, are made repeatedly with the aim that these apprehensions or states can be recreated or invoked by the subject in the post-hypnotic situation (presumably the dental chair?). The problem is that, while empirical studies have confirmed that some cases of dental phobia can indeed be alleviated through hypnosis, success depends upon the particular relationship between hypnotist and subject. Important ingredients of the hypnotic situation such as subject susceptibility and mutual trust require dynamic interaction in order to manifest and develop. It seems rather unlikely therefore that the great majority of subjects could achieve trance via 'remote hypnotism' of this kind. Further, the efficacy of suggestion alone as a mechanism for combating phobia is questionable. True dental phobia – a fear so debilitating that a sufferer can only cope by avoidance – is likely to require tailored treatment necessitating a considerable investment of expertise and time. In most cases, this will involve the therapist actively exploring the specific roots of an individual's fear.

We can never be totally sure of the prevalence of dental phobia (failure to attend is something which lots of non-phobic people do too) but probably

around 10–15% of people are affected. The figure of 'up to 80%' quoted in the blurb on the CD is therefore puzzling. Possibly it refers rather to dental anxiety, an experience familiar, in some degree, to most of us. Could this CD help with this lesser condition? Certainly the commentary incorporates some elements of the progressive relaxation routines well established in psychology (the muscle limping exercise being the archetypal example) and used successfully to reduce anxiety in everything from heart attack recovery to sports preparation. However, whereas conventional psychology uses systematic instruction to teach people the behavioural specifics of relaxation (eg placing the hand on the stomach to feel what deep breathing actually is) with the goal of rendering control to the subject, this type of hypnosis, by seeking to achieve relaxation primarily via suggestion – 'at the sound of my voice you will feel relaxed' – ironically works to engender dependence upon the hypnotist.

L. Carson

## Composite restorations in anterior teeth: fundamentals and possibilities

L. N. Baratieri, E. M. Arujo Jr, S. Monteiro Jr

UK: Quintessence

price £109.00, pp 367

ISBN 8587425595

This is a high-quality, lavishly illustrated book with over 350 pages written by an international leader in the field of aesthetic dentistry and his Brazilian team. As its title suggests, the book covers the fundamentals and possibilities of composite restorations in anterior teeth and beautifully relates these to the attainment of optimal aesthetics. The numerous illustrations, on glossy pages with a black background, are superb in

terms of clinical quality and photographic reproduction.

The book is divided into seven chapters. The first chapter provides a pertinent overview of aesthetic characteristics of anterior teeth and covers the various types of tooth-coloured restorations, with emphasis on direct composite restorations including shade selection, restorative procedures and protocols. It also contains two flowcharts outlining the clinical management of traumatised anterior teeth.

The second chapter presents meticulously illustrated step-by-step clinical techniques for the preparation and restoration of class III, IV and V cavities, reattachment of tooth fragments and diastema closure.

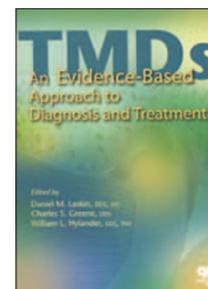
The third chapter deals with the physical properties of light-cured composite resins, with particular emphasis on different curing units and curing techniques. Although valid at the time of writing, it must be noted that the technology of composite materials and the techniques used to handle them are continuously changing in the ever-expanding field of adhesive dentistry.

Chapter four commences with an overview of non-metallic posts in association with composites in the restoration of fractured anterior teeth and continues with step-by-step techniques for their use, again supported by excellent illustrations and clinical photographs.

Chapter five covers the diagnosis and clinical management of the various non-carious lesions using composite resin, and also benefits from excellent illustrations and photographs.

Chapter six provides a succinct overview of the synergistic benefits of adhesive direct restorations and conservative preparation design, directing the reader to the advantages of minimally invasive dentistry.

The concluding chapter highlights the reliability and predictability of the techniques presented throughout the book, and stresses the difficulties in obtaining clinically excellent results with



direct adhesive restorations in anterior teeth. It also (rightly) accentuates the need for extensive postgraduate training and clinical experience.

There is an extensive list of references at the end of the book.

My only criticism of this book is that it does not cover the repair of composite restorations. The repair of suboptimal direct composite resins is common practice nowadays and can also lead to aesthetically pleasing results.

In summary, this is an outstanding book supported by high-quality illustrations and appropriate text layout containing much sensible and practical advice. It would prove a valuable reference to all experienced dentists who have an interest in adhesive techniques in aesthetic dentistry.

I. R. Blum

## TMDs: an evidence-based approach to diagnosis and treatment

D. M. Laskin, C. S. Greene, W. L. Hylander  
 UK: Quintessence  
 price £93.00, pp 560  
 ISBN 0867154470

This book is brimming with much of the newest, relevant research information on 'TMDs'. The series was established in 1951 when Sarnat published the symposia and lectures given by some of the pioneers of that time at the University of Illinois. Subsequently, new editions have been published at lengthy intervals but now we have the latest edition. The contributor list is impressive with chapters from well known researcher-clinicians who have noteworthy expertise in their particular subjects. The authors mostly (it must be said) are based in the US and Canada but there is also strong European input with contributions from Scandinavia, the Netherlands and Switzerland. The many subject areas which impinge and relate to TMDs (and help

make up the important 'bigger picture' of these conditions with regard to, for example, musculoskeletal and chronic pain conditions) are well represented. There are contributions from biomedical and oral medical scientists; oral and maxillofacial surgeons; pain clinicians; prosthodontists; restorative dentists and radiologists. Furthermore, several share links with behavioural science and psychiatry departments. There can be little doubt then that the book aims to give comprehensive and current coverage of this large topic.

So, does it deliver? By-and-large, the answer is yes on both counts. This is clearly an ambitious text and it has no intention of going over all the old ground of the numerous controversies in detail. Instead, it assumes some prior knowledge and aims to run with the 'new' approach of placing these conditions into the wider framework of medicine overall. It highlights how innovative work in other, often closely linked conditions has relevance. For example, by showing up flaws in previous work it can open up new, more valuable avenues for research and ultimately treatment than might otherwise be the case if seen only from a 'dental' perspective. However, not everything that is new is classed as good simply because it's new. To give just one example, in chapter 11, in discussing the role of cytokines and inflammatory mediators in certain TMDs, the author explains how some studies on this topic still need to improve by having much better controls.

The book is also logically laid out so in Part I (Biologic Basis) the first chapters deal with anatomy and function while later chapters deal with the pathophysiology of TMDs. In Part II, clinical management is discussed including diagnostic modalities and later chapters deal with therapeutic modalities (including pharmacologic approaches, biobehavioural therapy, physical medicine, management of the occlusion, and oral appliances). The final chapters investigate

evidence-based treatment for the various conditions.

So, overall, it was refreshing to find 'beliefs' replaced with a far more questioning and sceptical approach to the evidence that's out there and the authors generally highlighted where evidence is dubious or missing. I would strongly recommend this book for any postgraduate or any clinician who has an interest in TMDs and at any stage in their careers. While it would be hard work for undergraduates to get through alone, it would nevertheless be an invaluable reference text if used carefully and with support from their teachers.

F. Luther