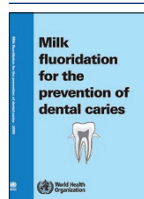


# Book reviews

Books, videos, CD-ROMs, DVDs and any other relevant items submitted for a review in the BDJ should be addressed to:

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## MILK FLUORIDATION FOR THE PREVENTION OF DENTAL CARIES



J. Bánóczy, P. E. Petersen,  
A. J. Rugg-Gunn  
World Health Organisation  
price \$40.00; pp 196  
ISBN 9789241547758

This 2009 World Health Organisation paperback uses numerous references from previous studies and articles from across the world in its 186 pages. It is priced at £28.00.

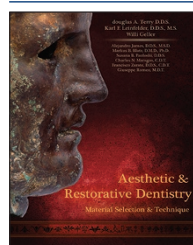
The publication aims to describe the justification for milk fluoridation as an effective public health measure for the prevention of dental caries. It is split into eight well structured chapters, with a variety of authors. These chapters document the importance of milk and fluoride in the diet, the history of milk fluoridation including early studies and their findings in relation to the prevention of caries, the practical aspects of milk fluoridation and the monitoring and evaluation of such programmes.

The chapters which I found to be of particular interest included 'Milk, nutrition and human health', which provides some useful information which could be passed on to patients regarding the importance of including milk in the diet. The 'Basic science studies' chapter, which begins by explaining the mechanisms by which fluoride can be incorporated into milk and how fluoride is beneficial to oral health, the metabolism and excretion of the product, includes numerous studies to validate the intra-oral response to milk (and water) fluoridation. The chapter conclusions in this book are excellent, and are able to convey the majority of the information in a concise and informative manner.

Although the text is well written and the information provided factual, I believe its target audience is limited. It is likely to be of very little interest to the general dental practitioner (GDP). The information which is of interest to the GDP is, unfortunately, drowned by excessive detail and statistical study. The general layout of this book is plain without pictures and despite tables being included to support the text, they are complicated and likely to be found unappealing. I believe the material included in this text is likely to be limited to the interest of specialists in public health, who may be considering introducing milk fluoridation programmes. For this target audience, I believe this book is very well suited and informative. Any information or details which are lacking in the text can easily be obtained from further reading of the numerous references provided.

S. Williams

## AESTHETIC AND RESTORATIVE DENTISTRY: MATERIAL SELECTION AND TECHNIQUE



D. A. Terry, K. F. Leinfelder,  
W. Geller  
UK: Quintessence  
price £220.00; pp 771  
ISBN 9780982292808

This first edition hardback text has been described as the 'aesthetic and restorative bible'. With contributions from over 60 international specialists it incorporates aspects of restorative and cosmetic dentistry including biomaterials, dental technology, prosthodontics, operative dentistry, periodontics and implantology.

The text is beautifully presented and rendered with over 2,000 coloured retouched clinical photos. In keeping with the aesthetic and cosmetic themes, chapter titles feature renaissance statues with quotes from Greek philosophers incorporated into the text.

It consists of 14 chapters covering the majority of materials, procedures and technique relating to the book's title. The format essentially splits each chapter into two sections. The first outlines a history and introduction of each material or technique with evidence-based applications and recent advances, designed to enhance one's understanding of the topic. The second section titled 'Clinical Technique' deals with the clinical applications, including more advanced cosmetic techniques, laid out with detailed photographs of various cases. This provides a step-by-step guide with each picture illustrating a different stage in the procedure.

I find much of the first section contains a little too much text and detail on the science behind the subject. Though interesting, unless you have an accompanying background in dental materials, you will find the majority of text confusing and tedious. Likewise the laboratory stages and accompanying pictures included in many of the chapters were longwinded. The second section I feel helps provide a greater understanding of the subject and by relating it to range of clinical scenarios. The numbered pictures are accompanied by a concise description of each stage beginning with initial patient presentation through treatment planning to final outcome.

I enjoyed the clinical topics dealing with composite, impression techniques and provisionalisation, which