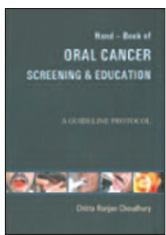


Book reviews

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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HAND-BOOK OF ORAL CANCER SCREENING AND EDUCATION: A GUIDELINE PROTOCOL



C. Ranjan Choudhury
Nitte University and
Bournemouth University
price £25.00; pp 116
Email cr_choudhury@
yahoo.co.uk to purchase

Oral cancer is an important health issue and a constant dental public health challenge for most countries around the world, especially those in the sub-continent. Several studies have found that there is a strong link between the incidence of oral cancer and chewing tobacco, better known as 'betel quid', but there is limited information available on the risks involved.

Divided into two parts, the first part of this book is a literature review on the history of tobacco use in India, and the types and constituents of betel quid. Included in this section is the epidemiological profile of quid chewing in India, and how many quid chewers believe that quid chewing relieves dental pain and keeps the teeth strong, resulting in India having the highest rate of oral cancer in the world. This book highlights some alarming and interesting facts. For example, each year 274,300 new cases of oral cancer are diagnosed globally, and this number includes only those who have access to medical services. Highlighted in this section is alarming information on unregulated advertisements within the tobacco industry.

Following on from the literature review, Professor Choudhury and his team describe how they applied the KAP - 'Knowledge, Attitude, Practice' - model to a population attending an outpatient

department in Mangalore, Southern India. As part of this intervention study, over 9,288 subjects are involved from the Mangalore area. The application of this KAP model provides categorical estimates of knowledge, attitude and practices on the risks associated with betel quid use. With such a large number of cases involved in the study, the data from the study provide a great resource. And with an estimated 10% of the world's population having a quid chewing habit, this large intervention study has the ability to increase awareness and educate us on how to manage the associated problems.

With this KAP model, Professor Choudhury and his team have developed a cost effective and non-invasive screening method which has great potential for assessing victims and potential victims of oral cancer, which one would hope, should lay the foundation for saving millions of lives.

Professor Choudhury presents over 60 illustrations of selected oral lesions related to quid chewing, which are very useful for diagnostic aids. For those who are interested in the genetics of oral cancer and pre-cancerous lesions, there are four scientific papers on lab-based research including gene expression and gene mutations in oral cancer and a non-invasive trial. This lab-based research along with illustrations provides a great resource for study and would be a great aid for teachers, students and researchers.

The author's commitment to research and public health is exemplified in this book. I think that this publication will contribute to further research in the epidemic of tobacco-related diseases.

E. Hurley

KEEP YOURSELF HEALTHY: A GUIDE TO A HEALTHY MOUTH



Family Advice & Information
Resource (FAIR)
UK: Health Scotland
price £1; email multimedia@
fairadvice.org.uk
or tel 0131 662 1962; pp 13
ISBN 1844853217

Keep yourself healthy is a series of health promotion booklets produced for people with learning disabilities by FAIR Multimedia, an independent company. The pamphlet *Keep yourself healthy: a guide to a healthy mouth* is designed to provide oral health messages in a manner appropriate for people with learning disabilities. It aims to equip this patient group with the knowledge for achieving and maintaining oral health. This pamphlet is produced in association with Community Nurses for People with Learning Disabilities and the Community Dental Services. It is published by NHS Health Scotland and is also available in Chinese.

This 16-page A5 pamphlet contains fundamental oral health advice, delivered in a clear and concise manner. Each page is dedicated to one key message, such as the importance of healthy teeth and gums, regular toothbrushing, the effects of smoking, dietary influences, and regular attendance at a dental clinic. The messages are delivered through the use of short, simple, easy-to-read sentences. For example, sentences such as 'teeth help you eat food properly' and 'smoking is bad for your teeth too' are used to convey key information. The booklet also displays colourful illustrations on each page, using a multi-cultural approach, with cartoon figures of various ethnic backgrounds.