

## BOOK REVIEW



## THE SCIENTIFIC BASIS OF ORAL HEALTH EDUCATION, 7TH EDITION

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BDA

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The latest edition of this already firmly established title is an essential guide for all involved in the provision of oral health education and an ideal companion to the updated *Delivering better oral health: an evidence-based toolkit for prevention* which was published last year. This seventh edition of the book, which originally surfaced in 1976, has been updated to account for the ever-changing evidence base of the topic.

The book is aimed not only at the dental team, undergraduate and postgraduate dental students, but also at a public health level so that the advice contained within can be directed at individuals and organisations involved in health education in the wider healthcare world.

This is a compact yet comprehensive, easy to digest addition to the preventive literature. Divided into clearly defined sections, it takes its audience through a comprehensive tour of the diseases of the oral cavity including caries, periodontal disease and oral cancer. Throughout, the authors explain the scientific foundations and associated levels of evidence for each of the pieces of recommended advice given. Each section has a clear summary, enabling quick access to the key information.

Emphasis is rightly placed on the common risk factor approach to oral health education, focusing on tackling mutual risk factors that are shared by oral diseases and other systemic non-communicable

diseases. This edition contains an expansive chapter on behavioural change, mirroring the prominence given to this topic in the updated aforementioned toolkit. The section on periodontal disease has also been updated to include a discussion on the link with diabetes and obesity.

The strength of the text is the way in which it possesses different levels of complexity to suit the needs of its different audiences; for the non-dentally qualified audience it offers comprehensive explanations of the aetiology of the common oral disease and is consistently clear in its five simple messages for oral health promotion relating to the roles of diet, fluoride, oral hygiene, dental attendance and smoking. These are easy for all to interpret and follow.

In short, this update is well tailored to the needs of its wide-ranging audiences. From the point of view of a recently qualified preventive care-minded graduate, it is an essential tool for providing scientifically sound and professional advice to patients and one that I would recommend to all with the responsibility of doing so.

T. FRAWLEY

## HONOURS, AWARDS, APPOINTMENTS

## New chair of GDPC

Henrik Overgaard-Nielsen has been elected as the new chair of the General Dental Practice Committee (GDPC). The Committee represents and promotes the interests of dentists in all types of general practice, and works to improve communication between them, enabling coherent policies to be developed and promoted on behalf of the profession. Henrik Overgaard-Nielsen is a GDP, based in Fulham, Greater London. He started an NHS practice in 1999 and since then it has treated over 100,000 NHS patients. He previously served as Vice Chair. He succeeds John Milne, who has recently ended his six year term, and has joined the Care Quality Commission as national dental advisor. Richard Emms, from North Yorkshire, and Dave Cottam, from Birmingham, have also been elected to serve as the Committee's Vice Chairs.

## American Fellowship

The American College of Dentists has awarded Fellowship to Dr Andrew MacDonald. Dr Macdonald, a graduate of Glasgow University, received his specialty training in endodontics and his Master of Science degree from the University of Indiana. He is currently in private practice in Glasgow.

## FGDP (UK) elects new Dean

Dr Mick Horton has been elected as the next Dean of the Faculty of General Dental Practice (UK). A Manchester graduate, his experience includes being a member of the Welsh Dental Committee and 10 years as Vice Chair of his local health board. Dr Horton will be the ninth person to have held the position of Dean since the Faculty was founded in 1992. He takes office at the beginning of June 2015.



Photograph by Sharif Islam

## POLAR MOLARS

It appears that bears, just like humans, are prone to dental problems. Walker, one of the polar bear males at Scotland's Highland Wildlife Park, had to visit the dentist on 5 March to determine the cause of a possible problem in his oral cavity.

Due to Walker's size, a very large team was involved in this simple X-ray and check-up. Twenty-three people oversaw the procedure, including various vets, an X-ray crew, Highland Wildlife Park staff, a photographer, as well as a small film crew. Walker has already attended the dentist twice since he arrived at the Park – for a tooth extraction in 2011 and to investigate a post-surgery infection after this.

Luckily, on this occasion, the team found that Walker's tooth was only chipped and the team will review the situation in six months' time.