

NEW GUIDELINES PUBLISHED ON PREVENTING GUM DISEASE

Advocating the use of interdental brushing rather than ineffective flossing is one of the key recommendations for oral health professionals arising from analysis of research on the prevention of gum disease.

The guidelines, released in April's *Journal of Clinical Periodontology* (JCP), reinforces the need for professionals to give correct instructions to patients on self-performed hygiene actions. The conclusions of the XI European Workshop in Periodontology will also call for public campaigns to warn about gum bleeding as a symptom of disease. The workshop presents statistics which warns of 'an emerging public health issue.'

The evidence reviewed in this major research analysis includes plaque-removal methods, hygiene products, lifestyle factors, and other decisive elements with a bearing on the effective prevention of periodontal and peri-implant diseases.

It was drawn from worldwide research studies going back several years. More than 70 leading global periodontal and medical researchers reached a group consensus on this work last November, during four intense days in La Granja de San Ildefonso, Segovia, Spain, where the workshop was held.

Among the most significant conclusions are:

- The daily use of inter-dental brushes (IDBs) have proven efficacy in maintaining gum health and are preferable to flossing wherever possible
- Peri-implantitis is an emerging public-health issue
- Call for public campaigns to warn about gum bleeding
- Gum health requires professional advice and treatment – self-performed hygiene may not be sufficient for prevention
- Halitosis: Clean your tongue and treat periodontitis. Tongue-resident bacteria and periodontal disease are the two main causes of bad breath.

Mariano Sanz, Chair of the XI European Workshop, said: 'The results of this workshop provide new insights and opportunities to re-organise preventive services and enhance their effectiveness in a variety of healthcare settings.'

That view was echoed by Maurizio Tonetti, XI Workshop working-group chair and Editor-in-chief of the JCP, who said: 'This workshop offers us the chance to regroup, rethink, and to put things in a new perspective. We hope to achieve a better level of impact in the European population.'

BOOK REVIEW



WAR, ART AND SURGERY - THE WORK OF HENRY TONKS AND JULIA MIDGLEY

S. J. M. M. Alberti

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At the start of the First World War, Henry Tonks, a trained surgeon turned artist, volunteered his medical services as part of the war effort. During his work, Tonks sketched soldiers who had sustained facial gunshot and shrapnel wounds, before and after procedures. Tonks' series of portraits serves as a testament to the bravery of his subjects, documenting a period of great progress in the development of facial reconstructive surgery. To mark the centenary of the beginning of the First World War, RCS England have combined Tonks' portraits with a series of contemporary sketches by live-action artist Julia Midgley.

Seventy-three of Henry Tonks' pastel portraits open the book, with fold-out pages used to display before-and-after portraits. Clinical photographs and

operative diagrams are included, and brief case reports described. Articles exploring the social attitudes of the time towards facial injuries accompany the portraits. The second half changes its focus to the military management of trauma today. Julia Midgley sketched military staff and patients at rehabilitation centres and trauma-management training facilities. Commentaries by Midgley, military clinicians and by the patients themselves help to put the illustrations into context.

This thorough publication is informative, sensitive and sympathetic. The book is meant to be accessible to a range of readers; however, some may find the nature of the injuries illustrated to be distressing. Although Tonks was principally an artist, his background as a surgeon gives his portraits an anatomical accuracy. The inclusion of chapters by military clinicians and art historians gives the work a sense of completeness, however there is an absence of commentary by a present-day oral and maxillo-facial surgeon. This minor criticism aside, it is a very high standard publication.

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