

## Cause for applause



**The team at Total Orthodontics (pictured) in Haywards Heath celebrated their 20th anniversary in January.** Since 1994 the specialist orthodontic practice has provided orthodontic treatment to over 10,000 adults and children in Mid-Sussex. To mark their anniversary, the team celebrated with a patient competition to win an eReader; a special lunch for staff; and cake.

**Joan Hatchard was awarded the 2013 Outstanding Contribution to Dental Nursing Award by the British Association of Dental Nurses (BADN) in November.** Joan has been a dental nurse for over 30 years. After qualifying in 1988, she undertook a number of post-graduation certificates, then became a fully qualified Further Education teacher. Joan is also an NEBDN examiner and assists in dental forensic identifications, writing down clinical charting and notes, taking photographs and assisting in administrative matters. Joan has been involved with the BADN for 20 years and currently holds the position of Finance Officer.

**The British Society of Dental Hygiene and Therapy (BSDHT) has broken through the £30,000 barrier in donations to Breakthrough Breast Cancer.** Julie Rosse, President of the BSDHT, presented the Society's latest donation of a cheque in the sum of £444 to Breakthrough Breast Cancer's Rebecca Wilcox on 9 January 2014. The money was raised at the Society's 2013 Oral Health Conference & Exhibition which took place on 15-16 November at the ICC in Birmingham. The BSDHT has supported Breakthrough since 1996.

## GUM MAINTENANCE SLOWS NARROWING OF ARTERIES

Taking care of the gums by brushing and flossing could help keep heart disease at bay.

Researchers at Columbia University's Mailman School of Public Health have shown for the first time that as gum health improves, progression of atherosclerosis slows to a clinically significant degree.<sup>1</sup> Atherosclerosis is the narrowing of arteries through the build-up of plaque and is a major risk factor for heart disease, stroke, and death.

Moïse Desvarieux, lead author of the paper and associate professor of Epidemiology at the Mailman School, said: 'These results are important because atherosclerosis progressed in parallel with both clinical periodontal disease and the bacterial profiles in the gums. This is the most direct evidence yet that modifying the periodontal bacterial profile could play a role in preventing or slowing both diseases.'

Scientists speculate that bacteria in the mouth may contribute to the onset of atherosclerosis in a number of ways. Animal studies indicate that they may trigger immune response and high levels of inflammatory markers, which may initiate or exacerbate the inflammatory aspect of atherosclerosis.



1. Desvarieux M, Demmer R T, Jacobs D R, Papapanou P N, Sacco R L, Rundek T. Changes in clinical and microbiological periodontal profiles relate to progression of carotid intima-media thickness: the oral infections and vascular disease epidemiology study. *J Am Heart Assoc* 2013; 2: e000254

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## SMOKING BANS BOOST QUIT ATTEMPTS

Completely banning tobacco use inside the home - or more broadly in the whole city - measurably boosts the odds of smokers either cutting back or quitting entirely.

Researchers from the University of California - the first state in the world to ban smoking in public places in 1994 - surveyed 1,718 current smokers and found that total home smoking bans were significantly associated with quit attempts in males, but not females.<sup>1</sup> Total home bans were more effective in households without children, possibly reflecting the ultimate goal of cessation rather than primarily reducing children's second-hand smoke exposure. Neither race nor income significantly modified relations between total home bans and smoking reductions.

The researchers said: 'When there's a total smoking ban in the home, we found that smokers are more likely to reduce tobacco consumption and attempt to quit than when they're allowed to smoke in some parts of the house. [...] Having both home and city bans on smoking appears to be even more effective.'

1. Zablocki R W, Edland S D, Myers M G, Strong D R, Hofstetter C R, Al-Delaimy W K. Smoking ban policies and their influence on smoking behaviors among current California smokers: a population-based study. *Prev Med* 2013 [Epub ahead of print].



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