

AROUND THE PORTFOLIO

BDJ

The implications of a cost-of-living crisis for oral health and dental care

Cope A L, Chestnutt I G. *Br Dent J* 2023; **234**: 501-504.



In October 2020, the UK Government chose not to supply food vouchers to disadvantaged children over the school holidays, which limited many families' ability to opt for healthy food options and have a balanced diet, leading to increased risk of caries. Now, with the cost-of-living crisis, many in the UK are again facing food as well as hygiene poverty. As the authors of this Opinion piece point out, financial pressures may limit the ability to afford basic oral hygiene products, and lead to

a diet lacking in appropriate nutrition.

The points raised in this article serve to remind us how the present cost-of-living crisis has the potential to widen pre-existing oral health inequalities, as the most common dental diseases are closely correlated with social and economic deprivation. The authors emphasise that targeted support is required for those most at risk of experiencing food insecurity, hygiene poverty and financial barriers to dental care. Read their thoughts here: www.nature.com/articles/s41415-023-5685-0.

How can general dental practitioners help in the management of sleep apnoea?

Parmenter D, Millar B J. *Br Dent J* 2023; **234**: 505-509.

Approximately 1.5 million adults in the UK suffer from obstructive sleep apnoea (OSA), but only 15% of cases have been officially diagnosed. In addition, only an estimated 330,000 adults currently receive treatment for OSA, despite a variety of simple and effective treatments being available. This Clinical article aims to provide an overview of the symptoms,

risk factors and treatment of the condition, in order to increase GPs' confidence in referring patients to appropriate healthcare professionals.



Treatment of OSA aims to improve a patient's quality of life by reducing tiredness during the day. First-line treatments aim to reduce systemic health complications through behavioural changes, such as weight loss, quitting smoking, and alcohol cessation. For mild to moderate cases, oral appliances are the management option of choice. For more severe cases, continuous positive airway pressure (CPAP) is indicated. Read more about the management of OSA here: www.nature.com/articles/s41415-023-5684-1.

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BDJ Open

The practices and beliefs of dental professionals regarding the management of patients taking anticoagulant and antiplatelet drugs.

Kelly N, Beaton L, Knights J, Stirling D, West M, Young L. *BDJ Open* 2023; DOI: 10.1038/s41405-022-00127-3.

This study aimed to improve implementation of the updated Scottish Dental Clinical Effectiveness Programme (SDCEP) guidance, 'Management of dental patients taking anticoagulant or antiplatelet drugs.' Whilst dental professionals may be aware of specific guidance, and do what they can to implement it, they may not always feel confident when assessing and managing patients on complex medications.

As such, this study recruited dental professionals from a variety of clinical

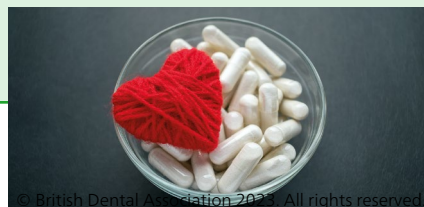
settings in order to determine barriers to compliance with the updated SDCEP guidance within primary practice, and to identify professional training needs. Find out what they discovered by reading the article in full for free here: www.nature.com/articles/s41405-022-00127-3.

Coffey N, O'Leary F, Burke F, Plant B, Roberts A, Hayes M. Oral care considerations for people with cystic fibrosis: a cross-sectional qualitative study. BDJ Open 2023; DOI: 10.1038/s41405-023-00136-w.

The oral health status of individuals with cystic fibrosis is not yet fully understood, and no clear consensus has been formed regarding the relationship between this condition and dental caries experience. As such, this study

was undertaken to investigate the concerns that adults with cystic fibrosis may have regarding dental attendance and dental treatment, and to identify methods to improve service provision for these individuals.

A total of 71 adults with cystic fibrosis responded to the authors' survey, which asked questions such as 'Do you believe that CF has impacted on your oral health in any way?' and 'What do you think is important for the dentist to know about CF?' With regards to the latter question, the main concerns adults with this condition had were the practicalities of dental treatment and impact of medication/treatment. It is the authors' belief that if GPs are educated about cystic fibrosis and its repercussions, and can make small but significant amendments to their practice, it should reduce dental anxiety in this cohort of patients. Read the article in full for free here: www.nature.com/articles/s41405-023-00136-w.



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