

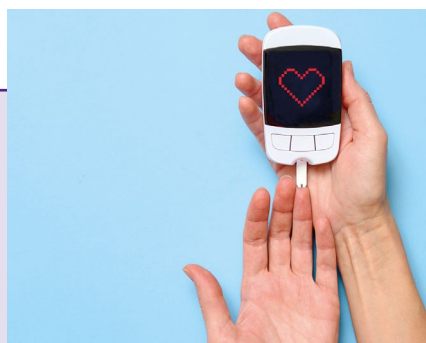
Evidence-Based Dentistry

Influence of the vegan, vegetarian and omnivore diet on the oral health status in adults: a systematic review and meta-analysis.

Azzola L G, Fankhauser N, Srinivasan M. *Evid Based Dent* 2023; **24**: 43-44.



In this comprehensive Systematic Review, the authors examine what effect the increasing popularity of vegan and vegetarian diets might have on oral health and dental conditions. This is significant because although it has been reported that individuals following a vegan/vegetarian diet have good oral health, there have also been conflicting reports showing no benefits of this diet on salivary, periodontal and microbiological parameters – in fact, this article reveals that vegans/vegetarians may actually be associated with a higher risk for dental erosion.



In this review of 22 studies, a meta-analysis was performed in order to determine whether the following measures were better or worse in those following an omnivore or a vegan/vegetarian diet: bleeding on probing, overall periodontal health, dental erosion, dental caries and edentulism. Check out this Systematic Review in EBD to find out the overall results: www.nature.com/articles/s41432-023-00853-z

If you would like to publish your own Systematic Review, consider submitting it to EBD today! Formatting guidelines can be found here: www.nature.com/ebd/for-authors/preparing-your-manuscript

Does periodontal treatment improve glycaemic control in periodontitis patients with diabetes mellitus?

Dhingra K, Jeng J-H. *Evid Based Dent* 2023; **24**: 12-14.

Numerous links between periodontitis and systemic ill health have been made; however, before statistical associations between two conditions can be regarded as evidence of causality, there are various potential confounders which may need to be controlled. This is the impetus behind the new EBD collection 'Periodontal Disease and Systemic Health' (www.nature.com/collections/djdefchcbh), in which this article is included – and which is currently open to both Comment and Systematic Review submissions.

In this Comment, the authors pose the following question: does periodontal treatment improve glycaemic control in periodontitis patients with diabetes mellitus? The aim of the article upon which this piece is commenting was to update the evidence for the impact of subgingival instrumentation vs no active intervention on glycaemic control in diabetic patients with periodontitis. Several studies have explored the relationship between periodontitis and diabetes mellitus, and have demonstrated mixed results; however, the authors of this Comment deem the findings of this particular review to be reliable and of a 'high' GRADE rating. Check out their conclusions here: www.nature.com/articles/s41432-023-00863-x.

BDJ In Practice

Dentistry and mental health: The need for psychological interventions

Khawaja M. *BDJ In Pract* 2023; **36**: 16-17.

'It has never been more important to double down on positive wellbeing. Dentistry is a high-stress vocation with elevated rates of anxiety, depression, burnout, suicidal thoughts and self-harm. Chronic workplace stress is a growing concern as it can severely damage the mental health of dental professionals and



negatively impact their ability to provide appropriate care.

Psychological interventions have been shown to benefit the wellbeing and emotional resilience of the medical and healthcare community greatly, yet resources in dentistry that provide preventative tools are limited.'

The introductory words of author Mahrukh Khawaja – aka Mind Ninja. Stress and burnout are huge talking points within dentistry, and this article by Mahrukh discusses why wellbeing is crucial to your future success – and more importantly how

to take proactive steps to try and reach it. You can read the full article at: www.nature.com/articles/s41404-023-1910-4.

How to provide care for patients in eating disorder recovery

Pritchard E. *BDJ In Pract* 2023; **36**: 24-25.

The term eating disorder encompasses a broad range of disorders and symptoms, but can be summarised as a mental health condition in which people use disordered and controlled eating to cope with difficult feelings or situations, and who better to discuss providing care to patients in recovery than someone who has been through it?

In this article you'll learn key things about how best dental practitioners can discuss eating disorders with patients, classis – if well-meaning – mistakes – as well as advice and how to spot signs of an ED in your patient. Want to find out how? Check out the full article at: www.nature.com/articles/s41404-023-1939-4.