

## CHILDREN'S DENTAL HEALTH SIGNIFICANTLY IMPROVED USING ELECTRIC TOOTHBRUSHES

According to new research conducted by the Hebrew University-Hadassah Faculty of Dental Medicine, oscillating-rotating (O-R) electric toothbrushes were significantly more effective than manual toothbrushes in reducing plaque and gingivitis in young children (ages 3–10).<sup>1</sup>

Dental cavities and gingivitis tend to be widespread problems for young children, affecting up to 74% of those aged nine months to six years. The likelihood of developing a first cavity increases with age, with more than 50% of five-year-old children reporting cavities. Studies also show the prevalence of gingivitis in children to be as high as 91%.

Professor Avi Zini, DMD, dean of Hebrew University-Hadassah Faculty of Dental Medicine said: 'Young children love to use electric toothbrushes, yet most studies have only focused on whether electric or manual toothbrushes are better for reducing the dental plaque that causes cavities and gingivitis in adults. As long as children use their electric toothbrushes

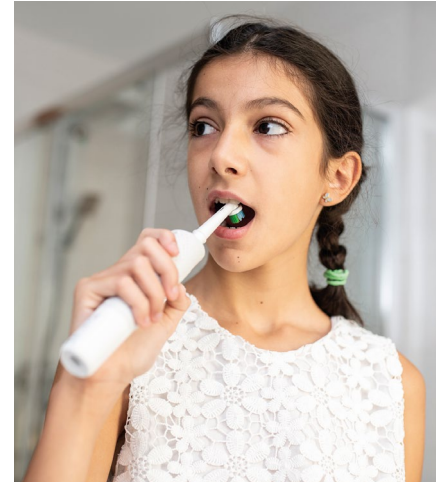
according to manufacturers' instructions, the results should be very beneficial for their oral health.'

In the study, researchers followed two groups for four weeks: three- to six-year-old children whose parents brushed their primary teeth, and seven- to 10-year children who brushed their own primary and permanent teeth. Each group used either an Oral-B Kids O-R electric toothbrush or a Paro Junior manual toothbrush.

While brushing with either toothbrush reduced plaque and gingivitis, children had significantly better results with the electric toothbrushes.

After the four-week trial:

- More than half the children ages 3–6 (55.7%) experienced greater whole mouth plaque reduction and 34.3% greater back of the mouth plaque reduction
- The vast majority of children ages 7–10 (94.5%) had greater whole mouth plaque reduction and 108.4% greater back of the mouth plaque reduction
- Whole mouth gingivitis among children



ages 7–10 was reduced by 14% and back of the mouth gingivitis reduction was 18.8%.

### References

1. Davidovich E, Ccahuana-Vasquez R A, Grender J, Timm H, Gonen H, Zini A. A 4-week randomized controlled trial evaluating plaque and gingivitis effects of an electric toothbrush in a paediatric population. *Int J Paediatr Dent* 2023; doi: 10.1111/ipd.13130.

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## COLLEGE ENGAGES THE NEXT GENERATION OF DENTAL PROFESSIONALS



On Saturday 25 November 2023, the College of General Dentistry held its first 'NextGen' event, part of a new initiative to raise awareness of its mission among dental students and early career professionals.

The CGDent NextGen Leadership Workshop, which took place in Manchester, was open to students on the Bachelor of Dental Surgery, BSc or DipHE Dental Hygiene and Dental Therapy, BSc Clinical Dental Technology and BSc Dental Studies courses at the University of Manchester, the University of Liverpool, the University of Birmingham and the University of Central

Lancashire, as well as Foundation dentists and Foundation dental therapists in the North West region.

Successful applicants were awarded a fully funded place at the one-day workshop, which explored the skills required for

effective leadership in dentistry, through a series of talks, workshops and discussion. The day focused on the five competencies in the Agency Domain of the College's Professional Framework for Career Pathways in Dentistry: autonomy, decision-making, influence, leadership and management.

Supported by five College facilitators, the delegates were encouraged to examine the key leadership skills and consider how they could develop them through short-term, medium-term and long-term goals.

Christy, a BDS student at the University of Birmingham who took part in the day,

said: 'It was great to meet the facilitators and other students there. Everyone was so welcoming, and the talks and activities were easily accessible – no matter what stage or area of dentistry we were in. I've learnt multiple ways to develop my skill set, information about the College of General Dentistry and thoroughly look forward to future events.'

Many of those who attended the workshop have become NextGen Ambassadors for the College, with the aim of raising awareness within their communities of CGDent's mission and of the career support it offers to dental professionals.

The College wishes to thank the students and Foundation Trainees who enthusiastically took part in the day; the workshop facilitators who generously gave their time and expertise (Phillip Brown, Poppy Dunton, Roshni Karia, Abhi Pal and Sir Nairn Wilson); and the University of Manchester, University of Liverpool, University of Birmingham, University of Central Lancashire and Health Education North West for their support.