Top 10 most viewed *BDJ* articles of 2018

By Jack Brook

What subjects most interested our readers in 2018? This round up looks at the most viewed articles in the *BDJ* last year.

1. *The role of the diet in tooth wear*

In this article, Saoirse O'Toole and Francesca Mullan examined the reasons why some people who consume dietary acids develop erosive tooth wear and others do not. The authors identified factors such as the frequency of dietary acid intake between meals and the time period the acid is in the mouth. They suggested planning a suitable dietary substitution, to encourage patients to change behaviour, rather than simply telling them to avoid dietary acid (<https://www.nature.com/articles/sj.bdj.2018.127>).

2. *Molar incisor hypomineralisation (MIH) – an overview*

According to recent data, molar-incisor hypomineralisation (MIH) is now a frequently encountered dental condition worldwide. In this clinical article, Zahra Almuallam and Antoniella Busuttil-Naudi highlighted different aspects related to MIH, including treatment options in young patients and the management of the condition. As MIH is now considered common, the authors noted it should ideally be treated in primary care rather than in a specialist setting (<https://www.nature.com/articles/sj.bdj.2018.814>).

3. *Tooth whitening for the under-18-year-old patient.*

Bleaching for patients under the age of 18 can now be undertaken if it is wholly for the purpose of treating or preventing disease. Here Joseph Greenwall-Cohen *et al.* discussed the safety, efficacy, indications and techniques for under-18 bleaching. They suggested its use can provide adolescent patients with good aesthetic results and minimal side-effects as well as improving the low self-esteem and confidence usually associated with tooth discolouration (<https://www.nature.com/articles/sj.bdj.2018.527>).

4. *Direct or indirect post crowns to restore compromised teeth: a review of the literature*

In this article, Thomas Owen and Mark

Barber refreshed GDPs' knowledge of factors to consider when placing a post crown, and helped to guide their decision to provide either a direct or indirect post and core. The authors examined the extent to which post design and the condition of the remaining tooth may influence the success of a post crown restored tooth (<https://www.nature.com/articles/sj.bdj.2018.218>)

5. *A guide to minimally invasive crown lengthening and tooth preparation for rehabilitating pink and white aesthetics*

This clinical paper by Fahad Al-Harbi and Irfan Ahmad suggested a minimal intervention perio-restorative approach for improving anterior dental aesthetics. The benefits of this approach were laid out by the authors. They highlighted how it can decrease trauma, accelerate rehabilitation by expediting healing, and offer long-term stability (<https://www.nature.com/articles/sj.bdj.2018.121>).

6. *A guide to the clinical management of attrition*

Attrition is an enigmatic condition often found in older individuals and often as a result of bruxism. Here Jeremy Rees and Safa Somi discussed the clinical management of attrition, with a particular focus on minimal intervention. This conservative approach, it is suggested, can help to preserve tooth structure as well as pulpal vitality (<https://www.nature.com/articles/sj.bdj.2018.169>).

7. *A guide to treatment planning in complex older adults*

With a growing number of older patients who are retaining their natural teeth, there are new and complex challenges in providing dental care for the elderly. Such cases are discussed in this clinical article by Andrew Geddis-Regan *et al.* which highlighted the need for dentists to carefully consider the risks and benefits of treatment in older patients (<https://www.nature.com/articles/sj.bdj.2018.742>).

8. *The ins and outs of root resorption*

In this practical guide, Shanon Patel and Navid Saberi discussed various aspects relating to root resorption. In general practice, the authors noted, the phenomenon is not well understood and this can result in misdiagnosis and inappropriate treatment. A simple classification system was therefore presented to assist with its correct management (<https://www.nature.com/articles/sj.bdj.2018.352>).

9. *Five steps to flabby ridge success*

Patients presenting with flabby or displaceable tissue continue to challenge even the most competent dental practitioners. In this clinical article, Hannan Imran identified the common clinical features of displaceable tissue in edentulous patients. The author also highlighted five steps to achieve success when producing a retentive and stable removable prosthesis for flabby ridges (<https://www.nature.com/articles/sj.bdj.2018.812>).

10. *Clinical guidance and an evidence-based approach for restoration of the worn dentition by direct composite resin*

This article, by Alex Milosevic, provided a practical guide on the technique for direct composite restoration of worn teeth. It was noted that while the restoration of worn dentition may be challenging, careful planning and simple treatment strategies are highly effective. The advantages of direct composite restoration over older approaches such as indirect PFM were also discussed (<https://www.nature.com/articles/sj.bdj.2018.168>).