

« ‘This is very exciting to see, and not unlike the dental treatments we carry out today when we drill into infected teeth. The Vikings seem to have had knowledge about teeth, but we don’t know whether they did these procedures themselves or had help,’ said Dr Bertilsson.

The filed front teeth may have been a form of identity marker. In both this and previous studies, the cases found were male.

This study provides new insights into Viking oral health, and indicates that teeth were important in Varnhem’s Viking culture. It also suggests that dentistry in the Viking Age was probably more sophisticated than previously thought.

References

1. Bertilsson C, Vretemark M, Lund M, Lingström P. Caries prevalence and other dental pathological conditions in Vikings from Varnhem, Sweden. *PLoS One* 2023; doi: 10.1371/journal.pone.0295282.



Dentists back disposable vapes ban

The British Dental Association (BDA) has backed Government moves to ban disposable vapes, which have been widely criticised for being marketed to younger users.



The BDA acknowledges the use of smoking cessation aids, such as vapes, but remain concerned about the rise in their use among people who don’t currently smoke, especially in children and young people.

Though there are current gaps in the science with respect to the use of vapes and their impact on oral health, recent academic studies raise concerns over oral dryness, irritation, and gingival diseases possibly caused by the use of vapes.

The BDA says among those trying to quit, tobacco vapes should not be viewed as a ‘silver bullet’ and should be used as part of a smoking cessation package alongside other interventions.



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