

and have grown exponentially, and it is unfortunate that the GDC didn't take the opportunity for a more substantive review of its guidance, considering the above issues, to ensure the best interest of registrants and patients.

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## Xerostomia

### Tips for management

Sir, we would like to contribute to the tips for management of dry mouth by Y. Lin *et al.*<sup>1</sup> Besides general measures for the relief of oral dryness, they also provided a comprehensive list of local measures. However, a recent study in patients with Sjögren's disease showed significant differences in the efficacy of therapies in relieving dry mouth complaints.<sup>2</sup> In line it is also important to realise that different causes of oral dryness can lead to differences in the perception of oral dryness between patients. Using the

Regional Oral Dryness Inventory (RODI), we recently demonstrated that subgroups of dry mouth patients perceived different intra-oral regions as most dry.<sup>3</sup> The use of dry-mouth interventions was related to this local severity of oral dryness. For example, the use of a mouth gel was significantly associated with dryness of the anterior of the tongue. Therefore, we hypothesise that by using the RODI, in combination with other parameters, it will be possible to give patients more individually tailored advice on the most appropriate interventions for relief of oral dryness symptoms.

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## Orthodontics

### Recyclable aligners

Sir, we are writing to address the concern raised by Al-Hashimi<sup>1</sup> regarding the carbon emissions associated with clear aligner (CA), an increasingly popular orthodontic therapy.

The use of CA presents a notable challenge, owing to its reliance on petroleum-derived thermoplastic hydrocarbons.

These substances are nondegradable and environmentally detrimental when subjected to incineration. Furthermore, their categorisation as medical waste renders them unsuitable for conventional recycling.<sup>2</sup>

Climate change is an undeniable global concern, with experts warning that its progress may exceed the initial projections. As professionals in the field of dentistry, we face significant deliberations regarding our ability to initiate positive change.<sup>3</sup>

Fortunately, a solution has emerged in the form of the Spotlight Oral Care Aligners Recycling Initiative, established in collaboration with the specialised recycling enterprise TerraCycle.<sup>4</sup> This initiative allows the recycling of both aligners and their packaging, representing a commendable advancement in mitigating the environmental impact of such orthodontic therapies.

Additionally, each dental clinic had an opportunity to participate in this programme. Patients are advised to bring their aligners to dental practice, either during their next appointment or when they are nearby. They can then deposit aligners in the designated recycling receptacle at no cost.

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