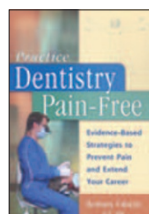


# Book reviews

Books, videos, CD-ROMs, DVDs and any other relevant items submitted for a review in the BDJ should be addressed to:

Kate Maynard,  
Assistant Editor,  
British Dental Journal,  
Nature Publishing Group,  
4-6 Crinan Street,  
London,  
N1 9XW

## PRACTICE DENTISTRY PAIN-FREE: EVIDENCE-BASED STRATEGIES TO PREVENT PAIN AND EXTEND YOUR CAREER



B. Valachi  
USA: Posturedontics  
(www.posturedontics.com)  
price \$39.95; pp 238  
ISBN 9780980077803

*Practice dentistry pain-free* is an A5 sized book which at 239 pages long makes for a fairly slim book. It is written by Bethany Valachi who is a physical therapist and ergonomic consultant in the USA. She speaks internationally on ergonomics related specifically to dentistry and is actively involved in research on the subject. For clarification, this book title can be misleading and for those of you thinking it is about giving painless anaesthesia and alternative pain control techniques, it is in fact about preventing pain via ergonomics and extending your career.

The book consists of 12 chapters ranging from posture, different types of pain (eg back ache and carpal tunnel etc) and then their subsequent recognition and management. Unsurprisingly, a large part of this book is related to prevention with big chapters on ergonomics and exercises. One of the points mentioned is that dentists shouldn't play golf; quite how many will follow this advice remains to be seen! The chapters themselves are laid out in small paragraphs with sub-headings and have plenty of black and white pictures and diagrams. Important topics are enclosed in grey boxes with bullet points to keep it simple.

The book is surprisingly well written, with chapters easy to follow. Importantly,

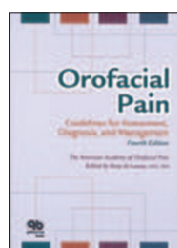
instead of being the preaching of an American physical therapist, there are concise, logical points based on sound evidence that is referenced at the end of the book. The chapters based on the sources of pain and treatment are better written than those on dental topics and unfortunately the description of some of the exercises can be difficult to follow. There is advice on dental equipment such as purchasing loupes and chairs but it is frustratingly vague and of little practical use to those considering purchasing equipment.

Where this book excels is that it's not just for dentists – it's for the dental team. There are sections for dental assistants and for receptionists with simple techniques that are easy to put into practice.

In summary this is quite a good book. It is light enough and simple enough to be easily understood and offers simple preventative advice for typical causes of pain. It would be of limited use to those in hospital and I'd instead recommend it as a book worthy of a place on your dental bookshelf in practice.

K. Voruganti

## OROFACIAL PAIN, 4TH EDITION



R. de Leeuw  
UK: Quintessence  
price £20.00; pp 318  
ISBN 9780867154139

This is the fourth edition of this text which aims to assist you in the assessment, diagnosis and management of orofacial pain. Orofacial pain can be complex and the dentist often has to consider a differential diagnosis. This

book is produced by the American Academy of Orofacial Pain in order to help with such situations.

A large number of clinicians have contributed to the text which they note is often referred to as the 'AAOP Guidelines'. Their approach is systematic and structured. The book itself is divided into chapters which examine orofacial pain according to the cause. Intracranial disorders, headaches and temporomandibular disorders are considered, alongside neuropathies and intraoral pain. Also included is a chapter dedicated to pain of a cervical origin and a chapter which considers systemic factors which may account for orofacial symptoms. The final chapter details a useful account of behavioural considerations.

The latest edition of the text has been produced in order to expand on current evidence-based concepts. Evidence based literature is used throughout in order to provide you with scientifically sound treatment options. There is a long list of references at the end of most chapters, for those who want to look further into the literature.

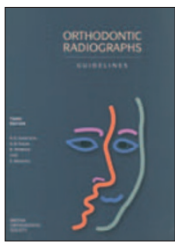
The chapters which will probably be of interest to most readers include 'Intraoral Pain Disorders' and 'Temporomandibular Disorders'. The first of these chapters is useful in that it considers pain arising from the pulp and periodontium, as well as disorders of the soft tissues of the mouth. There are brief notes on ANUG and RAS, viral infections, candidosis and cancer. Burning mouth syndrome and geographic tongue are also mentioned. The temporomandibular disorders chapter starts by presenting the anatomy of the masticatory system prior to discussing the various aetiological factors which may contribute to pain.

Clinicians who sometimes find the classification of various disc disorders a little confusing will be relieved to know that there is a nice, concise summary of each. The chapter concludes with a lengthy discussion of the various management options available for patients which can be provided by general dental practitioners and specialists alike. The book should certainly provide the dentist with more confidence in diagnosing and treating a variety of these disorders before considering a specialist referral.

The text is a little monotonous at times and the book is probably most suitable for the qualified clinician rather than a student. It does not intend to comprehensively detail all aspects of orofacial pain – it would however be useful in helping you to assess, diagnose and manage orofacial pain conditions based on the latest scientific knowledge.

L. Gartshore

### ORTHODONTIC RADIOGRAPHS: GUIDELINES, 3RD EDITION



K. G. Isaacson, A. R. Thom,  
K. Horner, E. Whaites

UK: British Orthodontic  
Society

Free to members of BOS;  
£15 from [www.bos.org.uk](http://www.bos.org.uk)

ISBN 1899297073

This is the third edition of this book, the first edition of which was published in 1994. It is written by K. G. Isaacson, Consultant Orthodontist at the North Hampshire Hospital, Basingstoke; A. R. Thorn, Consultant Orthodontist at the Queen Victoria Hospital, East Grinstead; K. Horner, Professor of Oral and Maxillofacial Imaging at the School of Dentistry, Manchester and E. Whaites, Senior Lecturer/Honorary Consultant in Dental Radiology, King's College London Dental Institute, London. Acknowledgements include the Dental Defence Union, Department of Health and the Health Protection Agency.

This book was designed to 'assist the hospital practitioner, orthodontic specialist and general practitioner on the choice and timing of radiographs in clinical orthodontic practice'. It contains current 'best practice recommendations and selection criteria to comply with The Ionising Radiation (Medical Exposure)

Regulations 2000 (IRMER)'. The third edition offers updates from the second, including two new co-authors (colleagues in maxillofacial radiology) to emphasise the importance of legislative requirements and to strengthen the sections on radiation safety. Other updates detail the radiography advances over the past five years. The layout takes the reader logically through the damaging effects of ionising radiation, aims of radiation protection, current UK legislation, magnitude of risks from diagnostic imaging, methods of radiation protection (including quality assurance), selection criteria for the use of radiographs in orthodontics, radiography in orthodontic teaching, research and audit, imaging of the temporomandibular joint, and medico-legal aspects of orthodontic radiography. Chapters are small and succinct, with multiple chapters to a page and space to spare. Each section is neatly composed with pertinent points highlighted in red. The book is concise and very easy to read; it reads much like one of the BDA practice guideline booklets. The end of the book contains a glossary, along with sources for further reading. Although this topic can normally be fairly mundane, the book uses copious colour and diagrammatic representations, including full-page flow charts, photographs and tables to enliven the text. This book is aesthetically very pleasing, with a clean, glossy finish. This, along with a logical structure, provides an easy, expeditious read. This book will only be of interest to those dental practitioners involved in orthodontics.

G. Williams

### ORTHODONTICS AT A GLANCE



D. S. Gill

UK: Wiley

price £24.99; pp 106

ISBN 9781405127882

As the title suggests, this book is written to provide a top-down overview of the broad field of orthodontics. As with other publications in the *At a glance* series, this book adopts the double-page spread per topic format, with captioned illustrations in the left and core text to the right.

The book is divided into four major sections, each with eight to 14 sub-topics. These are craniofacial growth, diagnosis and treatment planning, management of malocclusion, and treatment techniques. The third section is particularly well structured as it provides a coordinated break down of common orthodontic problems into their respective aetiology, treatment objectives, and maintenance of stability. Overall, the topics are well balanced, the coloured illustrations are relevant, and the topics flow concisely to provide rapid access to factual information on a range of topics.

Unlike many other more substantial texts, this book is also an enjoyable cover-to-cover read, as the author demonstrates a systematic approach to orthodontic problems. Discussions on aetiology of malocclusion, for example, are divided into skeletal, soft tissue, and local factors. General treatment strategies, similarly, are outlined from mild to severe malocclusion in an orderly fashion. This systematic approach aids the reader in clarifying the essentials of orthodontic treatment principles, without causing information overload that can lead to confusion.

While it is obvious that this text is written as a concise overview for those new to orthodontics, it is also useful for junior clinicians pursuing postgraduate training. Although topics such as fixed appliances are too broad to be compacted into the double-page spread format of the *At a glance* series, the structured framework is a useful tool for handling and consolidating the vast amount of information the postgraduate is expected to attain. It would, however, be more appealing to those with specific interest in orthodontics if references to further reading were footnoted.

Although this text omits the details expected of a definitive postgraduate text, it provides a great overview of orthodontics in a concise manner. The double-page spreads are very easy to interpret and information is condensed. By and large, this text can be recommended for undergraduates and general dental practitioners, and is a useful reference for those requiring basic factual orthodontic knowledge rapidly.

H. Wong