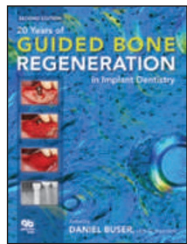


**20 YEARS OF GUIDED BONE REGENERATION IN IMPLANT DENTISTRY, 2ND EDITION**



D. Buser  
 UK: Quintessence  
 price £98.00; pp 272  
 ISBN 9780867154016

This second edition publication is an updated version of the bestselling book *Guided bone regeneration in implant dentistry*. The book surveys the developments in the field of implantology and the current best practice in guided bone regeneration (GBR) over nine chapters.

The book is directed at clinicians with an interest and experience in implant dentistry, but is a worthwhile read for any clinician or indeed dental student to get to grips with what is possible with implants where bone morphology is not ideal.

The first chapter depicts the journey of GBR over the past two decades, detailing the conception and application of GBR in implant dentistry. The following two chapters deal with the basic science of GBR. Chapter 2 gives a comprehensive review of bone composition and morphology, with the biological basis of bone regeneration being dealt with in a later part of this chapter. It is described in a coherent yet detailed manner with many colour illustrations and histological slides which aid in the understanding of the process.

Barrier membranes are introduced briefly in Chapter 2, and are dealt with in depth in the following chapter. Basic characteristics and theory are explained before the varieties of membranes are presented and the merits of each for particular clinical situations are compared and contrasted. Again there are ample colour photographs and histological slides to accompany and embellish the text.

Bone grafts, bone substitutes and intra-oral bone harvesting are covered in the following three chapters. These chapters are scientifically orientated and the basics are addressed in great detail. Again, ample illustrations are provided and the clinical relevance/procedure is highlighted at the appropriate juncture.

The remaining chapters are clinically orientated, dealing with implant placement with simultaneous GBR, implant placement in post-extraction sites and GBR for horizontal and vertical ridge augmentation. These chapters present thorough explanations of clinical steps with accompanying case discussions which again are excellently illustrated. These chapters are so well written and illustrated that it makes the reader feel as though they could perform them, however, I'm sure the procedures aren't as straightforward as they seem!

All in all this is a well structured and well written textbook which is well illustrated throughout. It combines the scientific basis and clinical applications of GBR in a successful manner, keeping the reader abreast of the latest materials and techniques relating to implant dentistry. It is a worthwhile read for anybody involved with implant placement, and a good read for the general dental practitioner to be aware of the possibilities where bone morphology isn't ideal.

G. Quilligan

**SMOKE FREE IN 30 DAYS: THE PAINLESS, PERMANENT WAY TO QUIT**



D. Seidman  
 UK: Souvenir Press  
 price £10.00; pp 214  
 ISBN 9780285638853

As dentists we can offer help and advice to any patient who wishes to give up smoking, but we should ask ourselves, how often do we offer reasoned advice? And how much do we know about the personal process of cessation?

This book outlines in four sections the process a patient will go through while giving up, providing the reader with a better understanding of the road blocks and pitfalls which await.

Section 1 is 'Understanding nicotine addiction'. Physical addiction to nicotine is, in Dr Seidman's estimation, the lesser of the two hurdles that face ex-smokers during recovery. He feels that the psychological side of nicotine addiction, or the habits and associations people build

up around smoking over time, is the number one challenge to healing from the addiction. This section also includes a breakdown of the six most common types of smokers: the social smoker, the scared-to-quit smoker, the emotion-triggered smoker, the worried-about-weight smoker, the alcoholic smoker, and the situational smoker. It is useful to look through these categories in an effort to understand the attributes of your patients and provide advice, which may be bespoke, supporting them to begin their journey.

Section 2, 'Preparing to quit' is excellent. This session explains how to broach smoking cessation methods with the patient, whether it is NRT or group therapy. Cessation methods all rely on strong willpower and a determination to quit, with support from people who care. The section allows us to better understand the vast array of support an individual must have in place to provide them with the best chance to quit.

In section 3, 'Becoming smoke-free', Dr Seidman deals with the 'Bermuda Triangle of relapse', used to describe the three risks he feels can threaten an ex-smoker's resolve to remain smoke-free: alcohol, negativity and other smokers. He shares insights into how a smoker can plan ahead to avoid falling into a mindset that leaves them ripe for relapse.

Most items covered in this book are excellently laid out for the person who wants to quit smoking. It covers the basics on how to prepare for a successful quit programme, helping readers understand how people can become addicted to nicotine and why it is hard to stop smoking.

The book offers detailed advice on cessation aids and what we should do to prepare to quit, both physically and mentally. It also describes the vital role support must play in allowing a smoker to quite. Although this book is written for the smoker it allows health care professionals a great deal of insight, hopefully allowing us to provide in some small way more support to our patients who wish to quit.

G. Logan