

Book reviews

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

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ORAL HEALTH & TRANS-CULTURAL TOBACCO: A GUIDE FOR HEALTH PROFESSIONALS & TRANS-CULTURAL TOBACCO USERS (DVD)



NHS Lothian and
ASH Scotland
price £20/free
within Scotland

This new multilingual DVD resource on the modern usage of trans-cultural tobacco is produced by Minority Ethnic Health Inclusion Project (MEHIP) Lothian and is supported by funding from Action on Smoking and Health (Scotland) (ASH Scotland) and the Big Lottery.

It is aimed at health professionals and smokeless tobacco users alike, and was developed following several research projects which identified the need to develop culturally and linguistically appropriate resources in an effort to reduce tobacco-related harm.

The content of this DVD comprises a series of short audiovisual programmes covering a wide range of topics. These include which tobacco products are commonly used, why their usage is so prevalent and the health implications of their use. The DVD demonstrates that UK smokeless tobacco use is on the rise in parallel with an increasing ethnic minority population. Many of these products contain unknown quantities of chemicals and the packaging often does not carry any health warnings despite the well-documented link between smokeless tobacco and oral cancer.

This resource provides information on a topic that perhaps most clinicians feel was not adequately covered during their training. All information contained in the DVD is relevant to the topic, clearly

presented and described in a sensitive manner. It is also conveniently available in a variety of languages. Additional resources complement the audio-visual information and they include a printable oral cancer information leaflet, again available in a range of relevant languages. A thorough glossary and a photo reference gallery are available, allowing both clinician and patient to communicate despite any potential language or cultural barriers.

To summarise, I believe this resource would be of particular use to dentists, general medical practitioners and community pharmacists. There is a need for greater awareness of how smokeless tobacco products affect oral and general health so as to provide effective oral health advice. This is an excellent resource for today's multiethnic society and may be the basis for the development of a culturally sensitive smoking cessation service.

N. O'Murchu

HOW TO BE AN EFFECTIVE EXPERT WITNESS



M. R. Young
UK: Fivenine Limited
price £30.00 hard copy/£23.00
Kindle; pp 63
Available via Amazon

This book is based on Dr Young's many years' experience as an independent dental expert witness and on his special interest in the art of writing reports. This text is primarily aimed at aspiring, novice or inexperienced medical and dental expert witnesses. The aim of the book is to provide a framework within which knowledge, skills and practice can be developed. It illustrates

what a medical or dental expert will be expected to know and it endeavours to show how to do it well. The author has recognised the innate problems of communicating between not just two different disciplines but different intellectual cultures. In essence, it is a thoughtful, well crafted text which is eminently readable. This text deserves to become the *vade mecum* for the clinician acting as an expert witness.

Dr Young reiterates the *Oxford English Dictionary* definition of an expert as 'a person who has great knowledge or skill in a particular area'. He proceeds to explore the five key skills required to be a successful expert and defines the key elements involved. Sections demonstrate how to get started and explain the importance of getting established on a national expert witness organisation. Paragraphs are devoted to the importance of your CV as a vital marketing tool. The author discusses marketing strategies including the '4 Ps': product, place, price and promotion. Emphasis is placed on feedback questionnaires.

The importance of being familiar with the relevant NHS complaints process is reinforced. It is imperative to acquire knowledge about the civil legal process. The typical stages for a clinical negligence claim are highlighted. The Bolam and Bolitho tests are succinctly explained. Dr Young discusses the criteria required for the establishment of negligence. Further sections are devoted to time management skills. The Data Protection Act is mentioned and the importance of compliance is reinforced. Dr Young uses Kipling's *Six serving men* as an acronym in effective letter writing.

Writing reports is the main activity of all expert witnesses and tabulating

information to aid in comparing and contrasting events is recommended. Further recommendations are made in the micro and macrostructure of the report. The minimum information required for Terms of Business is clearly illustrated. Guidance is given for writing the liability, causation and prognosis reports. A final section discusses the Case Conference, the Experts Meeting and the Court appearance. The text concludes by reminding the expert witness to declare earnings to her Majesty's Revenue and Customs.

The key elements fundamental to becoming an excellent expert witness are summarised in a coherent fashion by Dr Young. The aspiring medical or dental expert witness will not find a better guide and I recommend this book without reservation.

L. Dunphy

DENTAL CARE FOR CHILDREN



A. Kohli,
R. Khattar Bhagat
India: Elsevier India
price Rs. 395; pp 108
ISBN 9788131208946

This is a book written and meant as a quick and thorough review of dental care for children. It includes topics incorporating prevention, breastfeeding, teething, dental abnormalities, habits affecting the dentition, diet, orthodontics and dental emergencies. One hundred and fifteen photos, pictures and boxes are used to underline important points within the text and make them clearer for the reader.

Generally this is a well written, informative book aimed at educating parents about the importance of looking after their children's teeth. The text was in a logical sequence and the highlights section at the end of each chapter serves as a useful *aide mémoire* highlighting important points to take away.

This book is aimed at families who live in India though many points could be universally interpreted.

The authors state that breastfed children do not develop thumb sucking habits, which is not something that I would agree with from my experience. Indeed

I have not found a direct correlation regarding this from my practice.

I agree with the authors' advice to parents not to dismiss teething as a minor issue and if any systemic illness develops during this time to consult a paediatrician.

My own additional comment regarding eruption times is that if a child's tooth does not erupt within six months of its contra lateral tooth, this will require more formal investigation by way of radiographs.

The chapter on the 'First Dental Visit' was very well explained in terms of child management techniques and it would be easy for parents to appreciate.

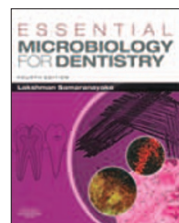
The authors recommend non-fluoridated toothpaste for children under four years of age as they are concerned about fluorosis developing. This may be reflective of local Indian demographic and socioeconomic conditions. This is not followed in the UK as we recommend the use of at least 1,000 ppm fluoride toothpaste in pea size form for this age group as suggested in the Department of Health Evidence Based Toolkit for Prevention 2007.

In the chapter on braces it states that all children should be referred to the orthodontist at six years of age so development can be followed more closely. In the UK general dentists monitor the developing dentition and would refer to an orthodontist at an appropriate point using a referral pathway if a malocclusion deemed it necessary.

On the whole this is a well-written, informative book designed to help parents look after their child's dentition.

A. Madahar

ESSENTIAL MICROBIOLOGY FOR DENTISTRY, 4TH EDITION



L. Samaranayake
UK: Elsevier
price £47.99; pp 392
ISBN 9780702034848

This well-structured textbook from Churchill Livingstone presents the difficult subject of microbiology in an easy-to-read and understandable format. It almost certainly will be a first choice text for dental students and may

also appeal to general dental practitioners.

This new fourth edition expands on the previous versions and now contains the latest information regarding unculturable bacteria, a greatly expanded section on oral biofilms and their relevance to systemic disease, and a new section on oral immunology and the microbiology of perimplantitis.

With respect to the layout, the 382 pages are divided into six major chapters including general microbiology, basic immunology, microbes of relevance to dentistry, infections of relevance to dentistry, oral microbiology and finally cross infection control. Each chapter is then subdivided into smaller more manageable sections which include histology slides, tables, clinical photographs, diagrams and radiographs. I believe students will particularly appreciate the 'Key Facts' boxes which are used throughout the book to highlight important information and are an ideal quick reference. The author has also included review questions, along with answers, which appear to be of a similar multiple choice format to those used by universities and the MFDS/MJDF exams.

Some examples of the interesting sub-chapters include 'Microbiology of periodontal disease', 'The immune system and the oral cavity' and 'Infections of the cardiovascular system'. The first of these describes the various forms of periodontal disease from chronic marginal gingivitis to necrotising ulcerative gingivitis and includes their clinical presentation, pathogenesis, microbiology and treatment. Useful clinical photographs and radiographs are used where appropriate to demonstrate the various presentations of the disease. The chapter finishes with some references to further reading should the reader wish to expand their knowledge.

Chapter 6 covers the complex topic of 'Diagnostic microbiology and laboratory methods' which is approached thoroughly yet simply. I particularly like the tables and tree graphs used to help the reader understand how different organisms are identified and the appropriate specimens which should be taken for each.

In summary, a great revision book and a must-have for dental students!

S. Walley