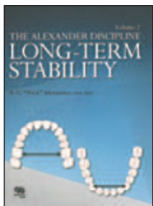


Book reviews

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THE ALEXANDER DISCIPLINE: LONG-TERM STABILITY. VOLUME 2



R. G. 'Wick' Alexander
UK: Quintessence
price £102.00; pp 208
ISBN 9780867154986

This book follows the first volume *The 20 principles of the Alexander Discipline* in highlighting and illustrating long-term stability after orthodontic treatment and the factors which influence it. The Alexander Discipline was developed from the Tweed technique and is designed to promote function, aesthetics, stability and periodontal health. The approach includes selection of unique brackets, arch form, treatment mechanics and very importantly, stability.

The introductory chapter is entitled 'Begin with stability in mind' and this is indeed the focus of the entire book. Six guidelines are set out when approaching long-term stability using the Alexander Principle: periodontium, anterior torque control, skeletal and transverse control, occlusion and soft tissue profile. Each guideline is described and explained in relation to stability with references and the author's personal expertise. All guidelines are supported with case studies from the author's own practice and presented with numerous colour photographs, study models, radiographs and cephalometric tracings. Treatment plans are also evaluated and discussed and follow-ups of 5 to 40 years are included, which demonstrate their long-term stability. A separate chapter focuses on factors relating to relapse and possible treatment modalities which may help to prevent it.

This book is principally aimed at specialist orthodontists but can also be useful for postgraduate studies and dentists with a special interest in orthodontics. The numerous case studies which have benefited from long-term follow-up demonstrate without a doubt, the success of using the Alexander Discipline in achieving stability. Any clinician practising using this principle can use the book as a guide when considering long-term stability. Patients would also appreciate seeing the potential results of their orthodontic treatment with good co-operation and compliance.

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IMMEDIATE RESTORATIONS WITH A REDUCED NUMBER OF IMPLANTS: CONCEPTUAL BACKGROUND AND CLINICAL RESULTS



G. Bayer, F. Kistler, S. Kistler,
S. Adler, J. Neugebauer
UK: Quintessence
price £71.00; pp 128
ISBN 9781850972174

This text describes a new approach to the provision of implant-retained restorations in the edentulous mandible or maxilla. The technique involves immediate loading of a reduced number of implants and placement of angled distal implants. This allows the patient to have an immediate fixed provisional restoration in the same visit as implant placement. This text would be of most interest to implant dentists with dedicated technician support.

The first chapter describes the background to the technique including the ageing population's wish for aesthetic and functional long-term prosthetic solutions. It presents evidence from the

literature supporting immediate loading of implants and the use of angled implants to avoid sinus lift and bone augmentation procedures. It also presents information on patient selection criteria and risk assessment. The second chapter illustrates the materials used in the blueSKY implant system.

The third chapter illustrates the stages involved in the SKY fast and fixed system. The system can be used for free-hand or template-guided implantation and a planning programme (SKYplanX) can be used with the aid of Cone Beam CT to determine the exact position of implants and abutments. High quality clinical photographs and schematic diagrams demonstrate the surgical stages and laboratory procedures. The procedure is designed so that the patient can have extractions, implant placement and a laboratory-made provisional restoration in one visit. However, this would be a lengthy procedure for both the patient and dentist. The provisional restoration is worn for 2-3 months while healing is closely monitored. This gives both the patient and dentist time to consider the aesthetics of the final restoration.

The final chapter presents the authors' results in a follow up study of 134 implants placed in 66 patients. The implant survival rate was high (97.3%) with no statistically significant difference in the survival of angled and axial implants. Follow-up data is presented up to five years. Patient satisfaction is also presented. In particular, patients were happy with having a fixed restoration with only one surgical procedure and reduced treatment time.

In conclusion, this text presents an interesting and detailed illustration of the SKY fast and fixed system. This