TITLE: The dental hygienist's guide to nutritional care, 3rd edition
AUTHOR: C. A. Stegeman, J. Ratliff Davis
PUBLISHER: Elsevier
PRICE: £31.99
ISBN: 9781416063988

It was a pleasure to review *The dental hygienist's guide to nutritional care*. In my opinion, this is an excellent book that provides a detailed, balanced and comprehensive view of nutrition.

It is aimed at American students and practising hygienists. In America it is one of the hygienist's responsibilities detailed in the American Dental Hygienists' Association *Standards for clinical dental hygiene practice* to apply nutritional principles in the assessing, diagnosing, planning and implementing of a comprehensive oral hygiene programme for the patient. Although this is not a standard within the UK, I feel that this book will be of great interest to all DCPs who would like to increase their knowledge on the principles of

good nutrition and the effect it has on general and oral health.

The book is organised clearly into three sections:

1. Orientation to basic nutrition
2. Considerations of clinical nutrition
3. Nutritional aspects of oral health.

The first section provides an introduction to the principles of nutrition and the importance of a balanced diet. There is a clear table of implementation of dietary guidelines detailing food groups and indications of which foods to choose more and less often. The section also encompasses the latest 'My Pyramid' recommendations. Each of the food groups is discussed in great detail with clear information on recommended daily allowances and information on the foods containing them. Nutrient deficiencies and excesses are addressed and related to general health as well as to the health and development of the oral calcified structures, oral soft tissues and the salivary glands.

The second section discusses nutrition through the life span. The latest My Pyramid recommendations are pictured for children, adults and older people. In addition the nutritional recommendations for woman during pregnancy and menopause are also included. The section also considers other factors that may influence nutrition such as religious and cultural influences, budgets and 'fad diets'.

The final section contains information on many oral health problems and considers the aetiology of oral health conditions such as caries, gingivitis, periodontitis, xerostomia, root caries and sensitivity. The reader is provided with comprehensive information on the nutritional treatment of these problems.

This book is well structured, well illustrated and provides an enhanced learning experience. The reader is guided through each section by clear boxes containing:

- Learning objectives
- Key terms
- Test your nutritional quotient
- Dental hygiene considerations
- Health applications
- Case applications.

'In my opinion this is not so much a reference book as a book you will want to read from cover to cover due to the extensive amount of information it contains.'

In addition to the detailed information provided in the book the reader is also directed to over 100 other sources that can be accessed for reliable nutritional information. Resources can also be accessed through the Evolve website which contains food pyramids and guides around the world, case studies, food diary and analysis forms, web links and printable appendices.

In my opinion this is not so much a reference book as a book you will want to read from cover to cover due to the extensive amount of information it contains. This review has just touched the surface as this book really does have it all!

Nutrition could be considered to be of a high priority in society today and in my opinion, this is an excellent book in providing DCPs with the information required to apply sound nutritional principles during the care of their patients.

Nicola Gough RDH
 Dental Hygienist
 Director, cpd4dentálnurses.co.uk

Have you **changed** your postal address?

If so, make sure that you let *Vital* know. Just send us a note including your title and full name, address and GDC registration number. Please email to vitaleditorial@nature.com or post to: Vital, BDJ Editorial, NPG, 4-6 Crinan Street, London, N1 9XW.

Unfortunately, the Editor only has one pair of hands so cannot always take telephone calls!

We would also recommend that you contact the General Dental Council with your new contact details to make sure that their correspondence reaches you as well. Write to: General Dental Council, 37 Wimpole Street, London, W1G 8DQ, email cait@gdc-uk.org or telephone 020 7887 3800.