

# Book Reviews

## **Oral Health for the Orthodontic Patient**

S. D. Heintz, P.-J. Jost-Brinkmann, C. Finke and R.-R. Miethke

Quintessence Books, 1999

160 pp., 170 illustrations, soft back, £38

ISBN 0-86715-295-8.

This is a beautifully illustrated and presented book written by orthodontists and paediatric dentists from Humbolt University in Berlin. The author's hyperbolic style is evident in the second paragraph of the book which states: 'Orthodontists are all too familiar with the oral health problems that may be initiated by fixed appliances: massive initial lesions and even more advanced enamel loss following the removal of wire and brackets'. Once you become accustomed to this style, the book can be read with ease. It is divided into six sections covering: The effects of orthodontic treatment on oral health; Evaluation of oral health and measurement of risk; Professional measures for reducing oral bacteria; Home-care measures for reducing oral bacteria; Pharmaceutical adjuvants for preventing caries and periodontal disease; and Systematic programme for preventing caries and periodontal disease in orthodontic patients.

The information contained within this book is not new, but the interested practitioner would have to consult widely to cover the ground that has been gathered together by the authors. As such it is a valuable source. It is doubtful that the average orthodontist will employ the bacteriological tests described in the text to estimate the caries risk, and the authors acknowledge that a subjective assessment from an experienced practitioner is as good as anything. The technique for the placement of fissure sealants is described and illustrated, but this is not the responsibility of the ortho-

odontist and seems out of place in a book of this nature. There is some useful guidance on the effectiveness of various styles of toothbrush, both manual and electric, and the benefit of superfloss is well illustrated.

This book would be suitable for hygienists working in an orthodontic environment, and for the dental nurse who provides oral hygiene advice for patients. Looking to the future, it could become a standard text for the 'orthodontic auxiliary'. Undergraduates, who always appreciate an easily read, straightforward source of information, particularly on such a disparate topic, would find an abundance of useful information within its covers. Postgraduate students and their teachers should read it to satisfy themselves that there are no gaps in their knowledge.

R. G. O.

This is a beautifully illustrated book with very clear graphs, diagrams and photographs. The sections on professional prophylaxis are useful, especially the comparative information on different pastes and their abrasivity, however, mention should have been made of the need for high volume aspiration when using an air polishing unit to avoid problems associated with inhalation of the powder. The diagrams comparing the effectiveness of different tooth brushes were very good, and should prove to be helpful in motivating patients. There is also sound practical advice to pass on to patients regarding their home care regime.

Overall, this is a book that would be excellent for orthodontic auxiliaries, and fills very adequately a gap in the market.

ALISON LOWE  
Dental Hygienist