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Review of: Tooth Whitening: Indications and Outcomes of Nightguard Vital Bleaching

Joan Gibson-Howell, RDH, MSED, EdD

Reviewed by Joan Gibson-Howell. Gibson-Howell is an Assistant Professor at The Ohio State University College of Dentistry, Dental Hygiene. She teaches dental radiology, dental materials lab, oral anatomy lab, and an on-line clinical teaching methodology course. She is also faculty advisor for the degree completion practicum program.

Tooth Whitening: Indications and Outcomes of Nightguard Vital Bleaching

Haywood, Van B

Quintessence Books Publishing Co

Hanover Park, IL, 2007

144 pages

ISBN: 978-0-867-15450-4

\$98.00

As stated in the preface of this book, the author's goal is to "provide clinicians and patients with valuable information about the benefits and safety of using nightguard vital bleaching with a dentist-prescribed home whitening treatment using a custom -fitted tray." Although this technique has been used since the late 1960s, it was shared by word of mouth and was never published. Dr. Haywood, along with other colleagues, pursued research in this area of esthetic dentistry at the University of North Carolina-Chapel Hill and since 1989, has published their results in the literature.

This book includes a variety of topics including the importance of a proper examination, correct diagnosis, and treatment of various types of tooth staining. In addition, Dr. Haywood addresses important issues such as treatment options, combining whitening with restorative treatment, design of the custom-fitted tray, treatment of sensitivity, and caries control. At the end of this text, there are three appendices with useful information for the practitioner. Appendix A provides text with numerous photographs of the technique for fabricating bleaching trays, Appendix B is a useful bleaching analysis form for practitioners, and Appendix C contains a comprehensive list of recommended readings.

For practitioners, the text is succinct yet thorough and utilizes the corresponding clinical color photographs to clearly depict the topics. Because a picture 'speaks a thousand words,' practitioners will truly benefit from the excellent clinical color photographs of pre and post treatment. All sections and all topics in this book are clearly depicted in both words and clinical photographs in the form of patient cases. For example, chapter 1 includes an extensive section on 'how to discuss bleaching with patients.' With this concern in mind, the author addresses various topics such as dark canines, existing restorations, visible roots, worn teeth and existing defects and includes exceptional photographs of each condition. The author also addresses special populations such as the elderly, children, patients with sensitivity, and patients who are pregnant with both text and again outstanding clinical photographs of each situation. The readings also provide clear instructions so that clinicians can easily explain the benefits and safety of nightguard vital whitening to patients.

Because the text is written in such an understandable way, it is also a valuable resource for the dental patient who is thinking about whitening their teeth or is providing guidance to a friend or other family member. For example, all chapters include many patient cases that illustrate a variety of unique patient situations with whitening. Chapter 2 includes patient cases about stains of genetic origin, age-related, and nicotine stains. Because whitening is a desirable treatment for many patients, it is important that they are clearly informed of the advantages and the limitations of whitening. This book is an excellent resource to assist the patient in asking relevant questions of the practitioner and make an informed decision about whether nightguard vital tooth whitening is a treatment they want to pursue.

As previously discussed, the value of this book to both practitioner and patient is that it includes such outstanding pre treatment situations and post treatment results with the outstanding clinical color photographs. This feature is clearly a superb quality of this text and lends to the excellence of the author and publisher.

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Review of: Mosby's Review for the NBDE, Part I and Mosby's Review for the NBDE, Part II

Patricia A Frese, RDH, MEd

Reviewed by Patricia A. Frese, RDH, MEd, professor, University of Cincinnati, Raymond Walters College, Department of Dental Hygiene, Cincinnati, Ohio.

Mosby's Review for the NBDE, Part I

Dowd, F Editor

Mosby Elsevier

St Louis, MO, 2007

416 pages, 171 illustrations, indexed, soft cover

ISBN: 978-0-323-02564-5

\$59.95

Mosby's Review for the NBDE, Part II

Dowd, F Editor

Mosby Elsevier

St Louis, MO, 2007

448 pages, 300 illustrations, indexed, soft cover

ISBN: 978-0-323-02565-2

\$59.95

These texts are designed to prepare dental students for the 2 National Board Exams. The first exam is generally taken after 2 years of dental school followed by the second exam closer to graduation. They accomplish this goal and are another study aid for dental hygiene students preparing to take the National Board for Dental Hygiene.

Each of the texts provides a preface with information on test preparation and resources for additional reading. The chapters are presented in the order the subjects appear on the dental exam. The first text covers the basic sciences while the second text focuses on the dental specialties. The chapters are presented in an easy-to-read outline format allowing the reader immediate access to important details. Each chapter begins with a general content outline and concludes with review questions. Multiple tables, diagrams, and photographs aid the reader's understanding of the content. The texts conclude with a practice test. The questions mimic the style of questions on the exam. Questions are provided as stand-alone multiple choice, testlet and case-based questions. Answers and rationale are provided for all the questions.

The second text comes with a companion CD which contains 387 additional questions and 5 extensive cases with 20 questions each. Using the CD in the Study Mode displays questions section - by - section allowing the user to follow the subjects in order or choose a particular subject tofor study. The correct answer and rationale are provided at the end of each question. In the Test Mode, the user can simulate a testing situation. Questions are randomly generated and a timer appears at the bottom for pacing. At the end of the session, a result table is generated and a review section comparing chosen answers to correct answers with rationale is displayed. In the Case Study Mode, the user can choose from 5 extensive case studies. After reviewing the case, the user can answer the 20 questions and is given immediate feedback with rationale.

These review texts are a worthwhile investment for the dental student preparing for the National Board and as an adjunct for the dental hygiene student.

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Review of: Prevention in Clinical Oral Health Care

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Prevention in Clinical Oral Health Care

David Cappelli and Connie C. Mobley

Mosby Elsevier

St. Louis, Missouri, 2008

312 pages, Illustrated, Indexed

ISBN: 978-0-323-02564-5

\$56.95

This new soft cover text does not address new issues associated with the importance of oral health, but reinforces the overall promotion of oral health and its impact on every patient. Every dental office should "introduce, apply, and communicate prevention" to those at risk for dental disease. Whether the patient is at risk for dental caries, periodontal disease, or oral cancer, education is the key in preventing these diseases. In recent years, more and more studies reveal the oral-systemic link, therefore placing an increased emphasis on the direct correlation of overall health and prevention of diseases.

Addressed in this text is the concept of the risk for diseases and the choices involved in preventing these diseases. In order to address all aspects of prevention, the text is divided into 4 sections. Each section focuses on the different avenues of preventive dentistry, but with the end result being the same--providing the reader with the knowledge on how to promote oral health and prevent disease. Before preventive measures can be implemented, the oral health care provider must have an understanding of the epidemiology and biology of diseases and this is the basis for section 1. After reading section 1, the reader will have a complete understanding of the epidemiology/biology of dental caries, periodontal disease, and oral cancer.

In the second section, the risk factors for dental caries, periodontal disease, and oral cancers are assessed. Also included in this section is a chapter on the synergism between pharmacology and oral health. This chapter delves into the adverse effects drugs have on the oral cavity. Of particular interest are the tables listing drugs--OTC and prescription--associated with dysgeusia (taste alterations) and xerostomia. Also in addition, the section on the effects herbal supplements can have on the soft tissue and teeth is of interest, confirming the need to have all medications, including herbal medications and nutritional supplements listed on the medical history.

Section 3 provides information on the "critical link between assessment strategies and the development of customized patient treatment plan to achieve optimum oral health." Because I have strong interest in nutrition, I particularly found the information presented in the nutritional risk assessment chapter of value. Again, several precise and easy-to-review tables provide the reader with information that usually is not evaluated or addressed with the patient in clinical practice. Nutrition

is the key to overall health. Many nutritional deficiencies can be detected intra- and extraorally. The health care provider should be acquainted with these physical findings and be able to make sound recommendations to help the patient with noted nutritional deficiencies. Also in this section, the authors address how to work with a fearful and phobic patient as well as those from diverse cultural backgrounds and social norms. The importance of providing the best possible care to all patients is emphasized.

Finally, the last section focuses on the practical aspects of prevention to help keep all individuals healthy and free from disease. From a different angle, the importance of good nutrition is revisited. Common conditions in the U.S. are addressed including diabetes, osteoporosis, cardiovascular diseases, and obesity and how these conditions can have an affect on oral health. The chapters on prevention strategies of dental caries and periodontal disease discuss tobacco cessation, chemotherapeutic agents for plaque and caries control, mechanical strategies for removing plaque, as well as pit and fissure sealants to name a few. Preventive strategies for special populations are also addressed in this section proving the need for care for this growing and diverse population.

Overall, this text offers valuable information for the dental health care provider, whether it is used as a reference in clinical practice or by a student in dental hygiene school. Strengths include up-to-date research based information along with valuable tables for reference and review. Each chapter begins with an outline of the content that will be discussed, learning objectives, and key terms. The glossary at the end of the text provides a complete review of terms. The inclusion of color photos would have made this textbook more complete; however, it is understood that cost is a factor here.

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Review of: Periodontology for the Dental Hygienist, 3rd Edition

Sue P Humphrey, RDH, MSED

Reviewed by Sue P. Humphrey, RDH, MSED, Associate Professor in the Peiodontology Division at the University of Kentucky College of Dentistry, Lexington, Kentucky.

Periodontology for the Dental Hygienist

Third Edition

Dorothy A. Perry, RDH, Phd and Phyllis L. Beemsterboer, RDH, MS, EdD

Saunders, 2007

St. Louis, Mo.

504 pages, 473 illustrations, indexed, softcover, CD-ROM study guide

ISBN: 978-1-4160-0175-1

\$61.95

In this third edition of *Periodontology for the Dental Hygienist*, a comprehensive review of all aspects of periodontology is offered for dental hygiene students and practitioners. The goal of the text, as stated by the authors, is for use as a learning tool for the dental hygienist to be confident in applying a comprehensive understanding of disease and treatment in daily clinical practice. An ancillary CD-ROM is provided with each text for self-paced and guided student study options, offering case studies and answers to study questions embedded in each chapter with rationale to support correct answers. The book includes 473 illustrations, many of which are color clinical photos, providing enhancement to support presented material.

This most recent edition of *Periodontology for the Dental Hygienist* is organized into 5 parts. Included in the first part is a historical perspective on dental hygiene and periodontology, an overview of periodontal anatomic characteristics and host response, as well as epidemiology and microbiology of periodontal diseases. The second section covers the foundations of periodontal therapy. This second part includes chapters on calculus and other disease-associated factors, gingival diseases and periodontal diseases. The third part of the text is organized to cover assessment of periodontal diseases with chapters on clinical assessment, treatment planning for the periodontal patient, and occlusion and temporomandibular disorders. Treatment for periodontal diseases is the subject of the fourth section of the text, including chapters on plaque and disease control, nonsurgical therapy, periodontal surgery, dental implants, periodontal emergencies and systemic factors influencing periodontal disease. And the final part of the text is directed toward results of periodontal therapy, focusing on periodontal maintenance, prevention and prognosis after periodontal therapy.

The format of each chapter is presented in a sound educational approach beginning with learning outcomes and key terms. At the conclusion of each chapter are summary points, study questions in both multiple choice and short answer format, and listed references. Definitions are clearly stated, with key terms highlighted. Each chapter is replete with illustrations, clinical photos, and graphics. New to this edition is the collection of evidence-based support for presented concepts and

modalities. A common thread of referencing dental plaque to plaque biofilm is an illustration of the authors intent to link contemporary terminology and research with established foundational terminology and knowledge.

The depth and breadth of the information in the third edition of *Periodontology for the Dental Hygienist* is impressive. The information was found to be technically and factually correct. While no single source can cover all necessary information for practice, this text would serve as an excellent required text for any periodontology course in dental hygiene programs as well as an updated reference for practicing dental hygienists.

In the next edition, the reviewer would like to see inclusion or development of the topics listed below for the enhancement of a currently excellent text:

- More complete cross-referencing of topics from chapter-to-chapter within the text, especially for the novice dental hygiene student
- More development of the abbreviated section on host response, linking this to oral findings and tissue response
- Clinical application of risk assessment categories for caries and periodontal disease
- Discussion of oral bisphosphonate-induced osteonecrosis and potential clinical findings and risk
- More development of the use of xylitol and remineralization modalities in caries prevention and intervention
- Inclusion of fluoride varnish and its approved uses
- Development of the discussion of nutrition linking particular oral findings with possible nutrient deficiencies