Dental Hygienist Seminar in Dubai: 03 November 2017

By Dental Tribune MEA / CAPPmea

DUBAI, UAE: On 03 November 2017, Centre for Advanced Professional Practices (CAPP Events) in partnership with Colgate Oral Care Academy will continue the success of the 2016 event through the newly introduced concept for professional education and development in the MEA region. Colgate Oral Care Academy will once again feature as Title Sponsor of the seminar – an established spin-off platform of the successful five-year-old Dental Hygienist Seminar, known for scientifically based presentations aimed at updating dental hygienists. The oral care giant is known for its commitment to improve oral health through the development of leading-edge technologies that achieve the highest standards of patient care and safety.

Dental Hygienists – Welcome to Dubai

Save the date ‘Friday 04 November’ and join fellow dental hygienists from across the world who share a similar passion in oral health care. The theme of this year’s seminar is “Exploring the possibilities in the arena of dental hygiene” comprising of seven non-biased scientific lectures and hands-on courses focusing on various aspects of the profession including:

• Periodontal Treatment
• Oral Cancer
• Polishing, Instrumentation & Sharpening
• Oral maintenance in the implants prosthetic phase
• Prevention of dental disease
• Treating Bleeding Gums, Sensitivity and Deep Pockets
• Anaesthesia, infection control & occupational health safety
• Maintaining gingival health and prevention
• Infection Control
• Dental X-Rays

Following a series of four successful dedicated educational programs, CAPP continues its commitment to dentistry and proper oral health care for the benefit of the patient. The organization of such focused professional events is an underlining of this obligation. The list of speakers has been carefully evaluated and selected by an independent scientific panel based on surveyed demands of the regions’ dental professionals. The presentations will be strictly scientific orientated around the theme with CAPP following the strict guidelines of ADA C.E.R.P as a recognized provider of continuing education. Multiple international speakers will give their best interpretations of what is important according to this year’s theme. Participants will be able to receive up to 7 ADA C.E.R.P CE Credits after successfully attending all lectures. Further accreditations are expected by Health Authority Abu Dhabi (HAAD) and Dubai Health Authority (DHA).

We look forward to welcoming you to the event.

Who Should Attend
• Dental Hygienists
• Dental Assistants
• Dental Team
• General Practitioners
• Trade Visitors
• All with a passion for Dental Hygiene

King’s College London leads international review of dental caries

By King’s College London

A new authoritative international review of the field of dental caries, led by King’s College London Dental Institute, has been published recently in the journal Nature Reviews – Disease Primers.

This prestigious review of the field of dental caries, led by Professor Nigel Pitts, Director of the Dental Innovation and Translation Centre at King’s, brings together a wide range of international scientists from around the globe to share their insights on the subject. It is an up-to-date and authoritative overview of this complex and important disease which continues to cause major health, economic and social burdens and which impacts on quality of life.

Published in Nature Reviews on May 25, 2017, the paper provides a global overview of caries, acknowledging the historical era dominated by restoration of tooth decay by surgical means, but focuses on current, progressive and more holistic long-term, patient-centred, tooth-preserving preventative care.

Professor Pitts said: “It is important to understand the complex causes of this biofilm-mediated, sugar-driven, multifactorial, dynamic disease if we are to be able to provide effective prevention and control of caries, for both patients and populations.”

Dental Caries published in Nature Reviews – Disease Primers on May 25, 2017. https://www.nature.com/articles/nrdp201730 Professor Nigel Pitts, Director of the Dental Innovation and Translation Centre at King’s
Applying evidence based practice in oral hygiene education

By Philips Sonicare

I’ve worked as a Dental Hygienist for the last 11 years after qualifying in the Royal Air Force in 1996, having practised throughout the United Kingdom in a wide range of settings, from military, NHS hospital, private practice, mobile dental units at humanitarians events and a mobile clinic in Kenya. Currently I’m working in a private practice in Dubai and delighted to be a Key Opinion Leader for Philips Sonicare. Throughout that time I’ve consistently recommended one brand to my patients and anyone else asking for help choosing an electric toothbrush. Clinically, I see the improvement in oral health when people begin using a Philips Sonicare and most recently the DiamondClean range.

Introduction

Philips Sonicare have reinforced their commitment to patient and professional partnership by continuously developing new products, which undergo rigorous testing and clinical trials to demonstrate the safety and efficacy of their products. Philips is committed to improving the lives of crib babies through high-quality products, through their ongoing collaboration with scientific experts, research scientists, dentists and professionals.

As the associations between oral and systemic health grow on year an increasing number of conditions such as diabetes, atherosclerosis, preterm/low birth weight babies, Alzheimer’s disease, chronic kidney disease and certain cancers (Craig & Kramer, 2016). We know that gingival inflammation and periodontal disease is initiated by the complex microbial biofilm, plaque and the destruction of the supporting tissues including the periodontal ligament, bone and cementum is mainly caused by the host-mediated innate and adaptive immune response (Craig & Kramer, 2016). Periodontal disease is the most prevalent ailment affecting mankind globally and severe periodontitis is responsible for the absolute majority of tooth loss and edentulosity in adults (Jin et al. 2016). Clinicians are looking for the most reliable and evidence based aids to enable their patients to take control of their oral health.

With the release of the latest studies found in A Special Issue of the Journal of Clinical Dentistry carried out in Philips, I can be sure that the advice I’m giving patients is evidence based, high on the evidence pyramid and systematic reviews with meta analysis which provide a reliable source because they integrate all the relevant evidence (Berlin & Colub, 2014). The meta-analysis comparing the effectiveness of manual versus high frequency, high-amplitude sonic powered toothbrushes showed plaque removal was increased by 20% and a decrease in gingivitis of 35% for Sonicare. I tell them that brush heads showing the systemic inflammation and improving not only the patient’s oral hygiene, but their general health too.

To encourage people to swap from a manual to an electric toothbrush, I tell them it’s like comparing riding a bicycle with a motorcycle, one is much more efficient and doing the work for you! This is confirmed by studies comparing gingivitis reduction using a Philips Sonicare DiamondClean versus a manual toothbrush, after just 2 weeks the DiamondClean showed a statistically significant number of participants, the Philips Sonicare DiamondClean versus a manual toothbrush, after just 2 weeks the DiamondClean showed a significantly greater decrease in gingival bleeding compared to 51.7% for manual brushing (Laurens et al. 2017).

The next common question is; should I use sonic or rotary? I’ve always said that if you had too dental hygiene in a room and asked them, you would have a 50/50 split, yet in the latest comparison study using a statistically significant number of participants, the Philips Sonicare Sonicare DiamondClean versus a manual toothbrush, after just 2 weeks the DiamondClean showed a greater increase in plaque reduction compared to 13% for manual brushing (Jenkins et al. 2017).

Gingival bleeding indices is often used as a benchmark for dental hygienists to commence periodontal therapy, encouraging patient compliance with treatment and also better clinical results, using a Sonicare DiamondClean for 2 weeks reduced gingival bleeding compared to 49.8% using an OralB 7000, and after 6 weeks a whopping 75.8% reduction in gingival bleeding compared to a lesser 56.7% for OralB (Stark et al. 2017).

Eliminating plaque is critical to ensuring ongoing oral health, after 2 weeks using a Philips Sonicare DiamondClean with Premium plaque defence brush head subjects received a recorded 35.7% reduction and only 20.76% using an OralB (Stark et al. 2017). I’m sure all dental professionals agree that gaining patient compliance is a great opportunity to carry out daily interden- tal cleaning is one of our greatest challenges, patients cite difficulty flossing or interdental brushes that bend or break as a main barrier. The Philips Sonicare AirFloss Pro given an effective tool to patients as it is easy and fun to use, when filled with an antimicrobial rinse and used daily is as effective as flossing, following 36 studies a 25% reduction in plaque, 41% for tooth and 46.5% for gingiva (Mwalwa et al. 2017).

I tell them it’s like comparing riders on a manual to an electric toothbrush, the Philips Sonicare AirFloss Pro gives an effective tool to patients as it is easy and fun to use, when filled with an antimicrobial rinse and used daily is as effective as flossing.

Daily use of Philips Sonicare AirFloss Pro with antimicrobial rinse as an adjunct to manual toothbrushing was shown to improve gingival health, after 6 weeks using a Philips Sonicare DiamondClean with Premium plaque defence brush head subjects recorded a 48.68% reduction in plaque and gingival bleeding compared to a lesser 38.76% for OralB (Stark et al. 2017).

Clinical trial data shown below demonstrates the evidence based practice in oral hygiene education.

An Evidence-based Approach to Daily Plaque Control and Gingival Health

New Philips Sonicare clinical studies in brief

Study 1

Comparison of Gingivitis Reduction and Plaque Removal by Philips Sonicare DiamondClean and a Manual Toothbrush


Results - Percent reduction at Week 6

<table>
<thead>
<tr>
<th>Plaque</th>
<th>Gingivitis</th>
</tr>
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<tbody>
<tr>
<td>Sonicare</td>
<td>77.7%</td>
</tr>
<tr>
<td>Manual</td>
<td>29.6%</td>
</tr>
</tbody>
</table>

Key conclusion

Daily tooth brushing using Philips Sonicare FlexCare Platinum with Premium plaque control* brush head is significantly better than using a manual toothbrush and very similar to effectiveness of manual versus high-frequency, high-amplitude sonic-powered toothbrushes (Laurens et al. 2017).

Study 2

Comparison of Plaque and Gingivitis Reduction by Philips Sonicare FlexCare Platinum with Premium Plaque Control Brush Head and Oral-B 7000 with Crossaction Brush Head

Jenkins, D., Craig, K.A., Shillington, A. 

Results - Percent reduction at Week 6

<table>
<thead>
<tr>
<th>Plaque</th>
<th>Gingivitis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sonicare</td>
<td>75.81%</td>
</tr>
<tr>
<td>Manual</td>
<td>57.46%</td>
</tr>
</tbody>
</table>

Key conclusion

Daily tooth brushing using Philips Sonicare FlexCare Platinum with Premium plaque control* brush head is significantly better than using a manual toothbrush and very similar to effectiveness of manual versus high-frequency, high-amplitude, sonic-powered toothbrushes (Laurens et al. 2017).

Study 3

The Effectiveness of Manual vs. High-Frequency, High-Amplitude, Sonic-Powered Toothbrushes for Oral Health: A Meta-Analysis

De Jager m, Rmaile A, Darch O, Bikker JW. A Meta-Analysis

Results of this comprehensive meta-analysis showed that high-frequency, high-amplitude, sonic-powered toothbrushes decrease plaque and gingivitis compared to manual toothbrushing (De Jager et al. 2017); thus; reduction of plaque removal was increased by 20% and a decrease in gingivitis of 35% for Sonicare.

Study 4

An Assessment of Gingivitis Reduction and Plaque Removal by Philips Sonicare DiamondClean with Premium Plaque Control Brush Head and Oral-B 7000 with Crossaction Brush Head

Jenkins, D., Craig, K.A., Shillington, A. 

Results - Percent reduction at Week 6

<table>
<thead>
<tr>
<th>Plaque</th>
<th>Gingivitis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sonicare</td>
<td>45.68%</td>
</tr>
<tr>
<td>Manual</td>
<td>25.5%</td>
</tr>
</tbody>
</table>

Key conclusion

Daily tooth brushing using Philips Sonicare AirFloss Pro with antimicrobial rinse as an adjunct to manual toothbrushing was shown to improve gingival health, after 6 weeks using a Philips Sonicare DiamondClean with Premium plaque defence brush head subjects recorded a 48.68% reduction in plaque and gingival bleeding compared to a lesser 38.76% for OralB (Stark et al. 2017).

Study 5

A Ready to Assess the Effects of Philips Sonicare AirFloss Pro. when Used with Antimicrobial Rinse, on Gum Health and Plaque Removal

Jenkins, D., Craig, K.A., Shillington, A. 

Results - Percent reduction at Week 6

<table>
<thead>
<tr>
<th>Plaque</th>
<th>Gingivitis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sonicare</td>
<td>83.52%</td>
</tr>
<tr>
<td>Manual</td>
<td>66.79%</td>
</tr>
<tr>
<td>Flossing</td>
<td>46.55%</td>
</tr>
</tbody>
</table>

Key conclusion

Daily tooth brushing using Philips Sonicare AirFloss Pro with antimicrobial rinse as an adjunct to manual toothbrushing was shown to improve gingival health and reduce plaque significantly better than a manual toothbrushing alone. Moreover, a non-inferiority test showed AirFloss Pro to be similar to string flossing. Following 36 studies a 25% reduction in plaque, 41% for tooth and 46.5% for gingiva (Mwalwa et al. 2017).

References


Editorial note: The complete reference list is available from the publishers.

Rachael England trained as a Dental Hygienist in the Royal Air Force and qualified in 2006. She is passionate about dental prevention, regularly supporting the Dubai Smiles Healthy Campaign which encourages dental health screenings and regular dental heath education. She recently began working to with the members of the Emirates Dental Hygienists Club to improve the daily oral health of the UAE population.
HYPERSENSITIVITY DUE TO TOOTH EROSION CAN BE GONE WITHIN SECONDS* WITH COLGATE® SENSITIVE PRO-RELIEF™ TOOTHPASTE

The risks that carbonated soft drinks, alcoholic mixers and wine pose to your patients’ teeth are well-known – increased consumption of acidic food and drinks can lead to tooth erosion and hypersensitivity.

However, even your patients following a healthy lifestyle may be at risk due to the acidic nature of fruit juices and sports drinks.¹ Hypersensitivity results when the tiny dentine channels directly linking to nerves in the tooth become exposed and is associated with pain and discomfort triggered by heat, cold or touch.

Addressing hypersensitivity is crucial for providing relief to your patients.

COLGATE® SENSITIVE PRO-RELIEF™ TOOTHPASTE TARGETS HYPERSENSITIVITY FOR FAST PAIN RELIEF*²

The Pro-Argin™ Technology of Colgate® Sensitive Pro-Relief™ toothpaste physically seals dentine tubules with a plug that contains arginine, calcium carbonate and phosphate. The plug effectively reduces dentine fluid flow reducing sensitivity and relieving pain in seconds.*²,³

COLGATE® SENSITIVE PRO-RELIEF™ IS CLINICALLY PROVEN TO RELIEVE PAIN IN SECONDS*²

In a double-blind, parallel group study, 120 patients directly applied either Colgate® Sensitive Pro-Relief™ toothpaste, a regular desensitising toothpaste¹ or a regular toothpaste¹ to sensitive teeth. Change in hypersensitivity was assessed using air blast sensitivity scores, where a lower score indicates better pain relief.

Not only did Colgate® Sensitive Pro-Relief™ provide instant relief of dentine hypersensitivity, both immediately after direct application and after 3 days of use, but it also provided superior pain relief when compared with the other toothpastes.

Recommend Colgate® Sensitive Pro-Relief™ to your patients suffering from hypersensitivity due to acidic tooth erosion – clinically proven to treat hypersensitivity and relieve pain fast.*²

* When toothpaste is directly applied to each sensitive tooth for 60 seconds.
† Containing 5% potassium nitrate and 1450 ppm fluoride as sodium fluoride.
‡ Containing 1450 ppm fluoride as MFP

References:
WHY JUST MASK SENSITIVITY?

SEE THE DIFFERENCE COLGATE® MAKES FOR PATIENTS

Repairs sensitive areas of the teeth and is 2X more effective.*1

MASKING LIMITS RELIEF
Potassium-based toothpastes mask pain by desensitising the nerve, but leave dentin exposed

REPAIRING IS SUPERIOR WITH COLGATE® SENSITIVE PRO-RELIEF™
- Unique Pro-Argin™ technology works upon contact with saliva to build a calcium-rich layer
- Instant relief and 2X more effective*1

Most patients who use Colgate® Sensitive Pro-Relief™ are able to enjoy life sensitivity-free†
For more information, visit colgateprofessional.com/cspr

*vs potassium-based toothpaste. †Patient Experience Study, EU 2015, IPSOS.