Mouthwash improves oral health more than toothbrushing alone

CHICAGO, IL, USA: The findings of a new study suggest that using a germ-killing mouthwash in addition to regular toothbrushing provides greater oral health benefits than toothbrushing alone. Study participants who rinsed their mouth twice a day reduced plaque and gingivitis significantly.

The study was conducted among 159 US adults diagnosed with mild to moderate plaque and gingivitis, who were divided into two groups. While members of the first group brushed their teeth and rinsed with an antimicrobial mouthwash twice a day, members of the second group used a placebo mouthwash.

After six months, the researchers observed that participants in the first group had reduced their dental plaque by up to 26.3 per cent.

In addition, the study found that almost 100 per cent of the participants using the antimicrobial mouthwash showed a reduction in gingivitis, compared with only 30 per cent in the placebo group. Overall, members of the antimicrobial mouthwash group had a 20.4 per cent reduction in gingivitis, said Dr Janice Pliszczak, representative of the Academy of General Dentistry.

According to the study’s authors, mouthwash can reach nearly 100 per cent of the mouth’s surface, while toothbrushing affects only 25 per cent. By using a germ-killing mouth rinse twice a day in addition to one’s daily brushing routine, a person can effectively target oral bacteria usually left behind, they concluded.

The study was published in the January/February issue of General Dentistry, the journal of the Academy of General Dentistry.

Smile contributes most to first impressions, survey shows

MADISON, Wis., USA: A survey among US adults has revealed that an attractive smile has the greatest impact on a positive first impression at work or in personal relationships. Almost half of the participants rated a person’s smile over what a person says or the way he or she dresses.

The survey involved a nationally representative sample of 1,018 men and women aged 18 and over. It was conducted by Kellson Global, a marketing research company, on behalf of the American Academy of Cosmetic Dentistry from 17-25 August, 2012.

The investigators extrapolated the survey results to the entire population and concluded that a smile is the most memorable feature when meeting someone for 48 per cent of US citizens. It seems to be more important than the first thing a person says (25 per cent), what he or she is wearing (9 per cent) or the way he or she smells (9 per cent).

According to the academy, three in four adults think that an attractive smile can reduce a person’s chances of career success.

With regard to age, the survey revealed that people aged 50 and older (52 per cent) are more likely to remember a smile when first introduced to another person, compared with those aged 18 to 40 (45 per cent).

In addition, the investigators found that people with crooked or stained teeth are perceived as less attractive by 57 per cent and as less confident by 25 per cent of US citizens. Women in particular (40 per cent) found an imperfect smile less appealing, while only 35 per cent of men reported likewise.

In collaboration with a panel of lifestyle experts, the academy has compiled an e-guide titled “First Impressions in the Digital Age,” which provides useful information about making a favourable first impression in professional and personal life, as well as on social media networks.

The guide can be accessed free on the academy’s website.

Head and neck cancer: New system simplifies treatment planning

Yvonne Bachmann

LEIPZIG, Germany: Doctors and computer scientists from Leipzig in Germany have developed a system that makes it easier to plan treatment for head and neck cancer. The multimedia system collates patient data and processes it for use by the treating physicians.

Researchers at the University of Leipzig are well aware of these figures: “In recent years, we have treated more patients than ever before, yet the chances of survival are still the same,” said Dr Andreas Boehr, chief physician at the Department of Otolaryngology. This observation motivated the development of the new program.

Once a week, the doctors involved in the treatment of patients suffering from head and neck cancer meet for about half an hour and confer about what treatment is appropriate in each case.

“In order to make the right decision, we need to do more than simply look at the patient and say we’ll do this and that,” said Prof. Andreas Dietz, director of the Department of Otolaryngology.

“We have to obtain the most accurate diagnosis and offer the optimal treatment. If the first treatment attempt is not successful, the patient could be negatively affected.”

According to Dietz, treatment of head and neck tumours worldwide is not generally interdisciplinary. The doctors in Leipzig however adopt a different approach: ENT specialists, oncolo-
gists, pathologists, radiologists and surgeons all take part in the weekly tumour board reviews.

A new software program called Oncoflow, which was developed by ENT doctors and computer scientists from the Innovation Center Computer-Assisted Surgery at the University of Leipzig, simplifies the decision-making process for tumour board reviews significantly. Among other functions, the program processes lab results, test results, medical reports and image data from X-ray, MRI and CT scans. Together with other data, this is combined into 3-D tumour models. The program also calculates the size and extent of the tumour.

Previously, data was stored in various places. Bringing it together in one system provides an overview for tumour board reviewers. A special function enables the doctors to vote for the appropriate treatment with a remote control after the presentation. The aim of voting is not to come to a democratic decision, but to aid decision-making, according to Dietz. Oncoflow not only simplifies treatment planning, but also documents the process of decision-making; thus, the data is stored long term and can be retrieved.

AD

DTI

Sino Dental

German Patent

High quality glass ionomer cements
• first class composites
• innovative composites
• modern bonding systems
• materials for long-term prophylaxis
• temporary solutions
• bleeding products ...

All our products convince by
• excellent physical properties
• perfect aethetical results

PROMEDICA Dental Material GmbH
phone: +49 431 215 41 72 - fax: +49 431 215 41 08 - internet: www.promedica.de - eMail: info@promedica.de

DTI

Promedica

PROMEDICA

Highest quality made in Germany

Light-curing nano-ceram composite
• highly aesthetic and bio-compatible
• universal for all cavity classes
• comfortable handling, easy modulation
• also available as flowable version
• also available as flowable version

Temporary crown & bridge material
• less than 5 min. processing time
• strong functional load
• perfect long-term aesthetics
• excellent bio-compatibility

Resin-reinforced glass ionomer luting cement
• strong adhesive
• very low film thickness
• especially suited for zirconia-based pieces

PROMEDICA Dental Material GmbH
phone: +49 431 215 41 72 - fax: +49 431 215 41 08 - internet: www.promedica.de - eMail: info@promedica.de

Head and neck cancer: New system simplifies treatment planning

Yvonne Bachmann

LEIPZIG, Germany: Doctors and computer scientists from Leipzig in Germany have developed a system that makes it easier to plan treatment for head and neck cancer. The multimedia system collates patient data and processes it for use by the treating physicians.

Researchers at the University of Leipzig are well aware of these figures: “In recent years, we have treated more patients than ever before, yet the chances of survival are still the same,” said Dr Andreas Boehr, chief physician at the Department of Otolaryngology. This observation motivated the development of the new program.

Once a week, the doctors involved in the treatment of patients suffering from head and neck cancer meet for about half an hour and confer about what treatment is appropriate in each case.

“In order to make the right decision, we need to do more than simply look at the patient and say we’ll do this and that,” said Prof. Andreas Dietz, director of the Department of Otolaryngology.

“We have to obtain the most accurate diagnosis and offer the optimal treatment. If the first treatment attempt is not successful, the patient could be negatively affected.”

According to Dietz, treatment of head and neck tumours worldwide is not generally interdisciplinary. The doctors in Leipzig however adopt a different approach: ENT specialists, oncologists, pathologists, radiologists and surgeons all take part in the weekly tumour board reviews.

A new software program called Oncoflow, which was developed by ENT doctors and computer scientists from the Innovation Center Computer-Assisted Surgery at the University of Leipzig, simplifies the decision-making process for tumour board reviews significantly. Among other functions, the program processes lab results, test results, medical reports and image data from X-ray, MRI and CT scans. Together with other data, this is combined into 3-D tumour models. The program also calculates the size and extent of the tumour.

Previously, data was stored in various places. Bringing it together in one system provides an overview for tumour board reviewers. A special function enables the doctors to vote for the appropriate treatment with a remote control after the presentation. The aim of voting is not to come to a democratic decision, but to aid decision-making, according to Dietz. Oncoflow not only simplifies treatment planning, but also documents the process of decision-making; thus, the data is stored long term and can be retrieved.