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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, Sensitiv-

ity 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



Dental Hygienist Seminar

03 NOVEMBER 2017

InterContinental Hotel
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Part of 9th Dental Facial Cosmetic Conference & Exhibition

CAPP +  Colgate
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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 2006, having practised throughout the United Kingdom in a whole range of settings, from military, NHS hospital, private practice, mobile dental units at humanitarian 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. 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 continually 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 3 billion people a year by 2025, through their ongoing collaboration with scientific experts, research scientists and dental professionals. As the associations between oral and systemic health grow year on year including serious conditions such as diabetes, atherosclerosis, preterm/low birth weight babies, Alzheimer's disease, chronic kidney disease and certain cancers (Craig & Kamer, 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 & Kamer, 2016). Periodontal disease is the most prevalent ailment affecting mankind globally, and severe periodontitis is responsible for the absolute majority of tooth loss and edentulousness 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 by Philips, I can be sure that the advice I'm giving patients is evidence based, high on the evidence pyramid are systematic reviews with meta-analysis which provide a reliable answer because they integrate all the relevant evidence (Berlin & Golub, 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 10% (de Jager et al. 2017); thus, reducing the systemic inflammation and improving not only the patient's oral health but 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 52.2% reduction in gingival bleeding compared

with only 17% using a manual toothbrush. After 4 weeks, the Sonicare showed 57.4% reduction in gingival bleeding compared with 31.4% using a manual toothbrush (DeLaurenti et al, 2017).

Patients often ask which model should I buy, there are so many?! The high-frequency, high-amplitude technology applied to all Philips Sonicare brushes is reflected in a study comparing the Sonicare FlexCare Platinum and Premium plaque defense*, brush head with a manual toothbrush, 154 participants reviewed after 2 weeks use showed a 47.97% reduction in gingival bleeding using a FlexCare Platinum compared with only 8.64% for a manual toothbrush and after 6 weeks 58.36% reduction versus -3.14% manual brushing. Similarly, the FlexCare Platinum showed 50.59% plaque reduction after 2 weeks and 3.08% for manual brushing and after 6 weeks 46.55% reduction for FlexCare Platinum compared to -1.58% for manual brushing (Jenkins et al. 2017).

The next common question is, should I use sonic or rotary? I've always said that if you had 100 dental hygienists 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 DiamondClean with Premium plaque defense brush head showed gingival inflammation reduced by 44.73% after 2 weeks, compared to just 27.92% using the Oral-B 7000 with CrossAction brush head and after 6 weeks 45.68% compared with 26.83% respectively (Starke, 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 by 66.75% compared to 49.38% using an Oral-B 7000, and after 6 weeks a whopping 75.81% reduction in gingival bleeding compared to a lesser 58.76% for Oral-B.

Eliminating plaque is critical to ensuring ongoing oral health, after 2 weeks using a Philips Sonicare DiamondClean with Premium plaque defense brush head subjects recorded a 38.68% reduction in plaque compared to just 18.28% using an Oral-B 7000 with CrossAction brush head, with the trend continuing after 6 weeks of use with Sonicare providing 37.58% reduction and only 20.70% using an Oral-B (Starke, et al. 2017).

I'm sure all dental professionals agree that gaining patient compliance to carry out daily interdental 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 gives an effective and easy to use alternative, when filled with an antimicrobial rinse and used daily is as effective as flossing. Following 2 weeks of use floss shows 26.90% reduction in gingival bleeding and 24.61% using an AirFloss Pro with BreathRx mouth rinse, after 4 weeks this remained consistent at 43.31% for floss and 36.79% for AirFloss Pro and BreathRx (Mwatha et al. 2017).

Dental health is a basic human right and I believe as dental and public health professionals it is our duty to ensure our patients, friends and family are using the most effective aids

to fight the global epidemic of dental disease.

*also known as ROW, Control in NA only

References

Berlin JA, Golub RM. Meta-analysis as Evidence Building a Better Pyramid. JAMA. 2014;312(6):603-606. doi:10.1001/jama.2014.8167
 Craig R and Kamer A. Introduction and Overview of the Systemic Effects of Periodontal Diseases. A Clinician's Guide to Systemic Effects of Periodontal Diseases. Springer Berlin Heidelberg. (2016) doi:10.1007/978-3-662-49699-2_1
 De Jager m, Rmaile A, Darch O, Bikker JW. The Effectiveness of Manual versus High-Frequency, High-Amplitude, Sonic Powered Toothbrushes for Oral Health: A Meta-Analysis. Journal of Clinical Dentistry. 2017; 28:A13-28 [DOI](#)

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

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 aims to enable daily tooth brushing with fluoride toothpaste in schools, dental screenings and regular oral health education. She recently began working to with the members of the Emirates Dental Hygienists Club to improve the dental health of the UAE population.

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
 DeLaurenti M, Ward M, Souza S, Jenkins W, Putt MS, Milleman KR, Milleman JL.
 J Clin Dent 2017;28(Spec Iss A):A1-6.

Products	Subjects	Design	Results - Percent reduction at Week 4	
			Sonicare	MTB
Philips Sonicare DiamondClean vs. MTB	141 Mean age: 42.1	Randomized, parallel, single-blind week 2 >> 4	Gingivitis 25.5%	19.1%
			Bleeding 57.4%	31.4%
			Plaque 34.9%	8.0%

Key conclusion

Twice daily brushing with Philips Sonicare DiamondClean is significantly better than using a manual toothbrush for reducing plaque and improving gingival inflammation and gingival bleeding within just two weeks, persisting to four weeks.

Study 2

Comparison of Plaque and Gingivitis Reduction by Philips Sonicare FlexCare Platinum with Premium Plaque Control Brush Head and a Manual Toothbrush
 Jenkins W, Souza S, Ward M, Defenbaugh J, Milleman KR, Milleman JL
 J Clin Dent 2017;28(Spec Iss A):A7-12.

Products	Subjects	Design	Results - Percent reduction at Week 6	
			Sonicare	MTB
Philips Sonicare FlexCare Platinum vs. MTB	143 Mean age: 40.6	Randomized, parallel, single-blind week 2 >> 6	Gingivitis 45.79%	-0.71%
			Bleeding 58.36%	-3.14%
			Plaque 46.55%	-1.58%

Key conclusion

Twice daily brushing with Philips Sonicare FlexCare Platinum with Premium plaque control* brush head is significantly better than using a manual toothbrush for reducing plaque and improving gingival inflammation and gingival bleeding within just two weeks. Statistically significant differences in all metrics persisted until study completion at Week 6.

*Brush head formerly called AdaptiveClean

Study 3

The Effectiveness of Manual versus High-Frequency, High-Amplitude, Sonic-Powered Toothbrushes for Oral Health: A Meta-Analysis
 de Jager M, Rmaile A, Darch O, Bikker JW.
 J Clin Dent 2017;28(Spec Iss A):A13-28.

Products	Subjects	Design	Results	
			Percentage change after everyday use	
High-frequency, high-amplitude power toothbrushes vs. MTB	1,870 Studies: 18	Randomized, controlled clinical trials 4 weeks >> 3 months	20% more plaque removal	10% greater decrease in gingivitis

Key conclusion

Results of this comprehensive meta-analysis showed that high-frequency, high-amplitude, sonic-powered toothbrushes decrease plaque and gingivitis significantly more effectively than manual toothbrushes in everyday use, in studies lasting up to three months.

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
 Starke M, DeLaurenti M, Ward M, Souza S, Milleman KR, Milleman JL.
 J Clin Dent 2017;28(Spec Iss A):A29-35.

Products	Subjects	Design	Results - Percent reduction at Week 6	
			Sonicare	Oral-B
Philips Sonicare DiamondClean vs. Oral-B 7000	284 Mean age: 38.6	Randomized, parallel, single-blind week 2 >> 6	Gingivitis 45.68%	26.83%
			Bleeding 75.81%	58.76%
			Plaque 37.58%	20.70%

Key conclusion

Philips Sonicare DiamondClean with Premium plaque control* brush head is statistically superior to Oral-B 7000® with CrossAction™ brush head and SmartGuide accessory in reducing gingival inflammation, gingival bleeding and surface plaque.

*Brush head formerly called AdaptiveClean

Study 5

A Study to Assess the Effects of Philips Sonicare AirFloss Pro, when Used with Antimicrobial Rinse, on Gum Health and Plaque Removal
 Mwatha A, Olson M, Souza S, Ward M, Jenkins W, Amini P, Gallob J, Fafard T
 J Clin Dent 2017;28(Spec Iss A):A36-44.

Products	Subjects	Design	Results - Percent reduction at Week 4	
			MTB + AirFloss Pro + rinse	MTB
Philips Sonicare AirFloss Pro and antimicrobial rinse vs. MTB and string floss vs. MTB	286 Mean age: 35.6	Randomized, parallel, single-blind week 2 >> 4	Gingivitis 8.52%	1.10%
			Bleeding 36.79%	4.03%
			Plaque 22.41%	5.70%

Key conclusion

Daily use of Philips Sonicare AirFloss Pro with antimicrobial rinse as an adjunct to manual toothbrushing was shown to improve gum health and reduce plaque significantly better than manual toothbrushing alone. Moreover, a non-inferiority test showed AirFloss Pro to be similar to string floss in reducing plaque and gingivitis.

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}

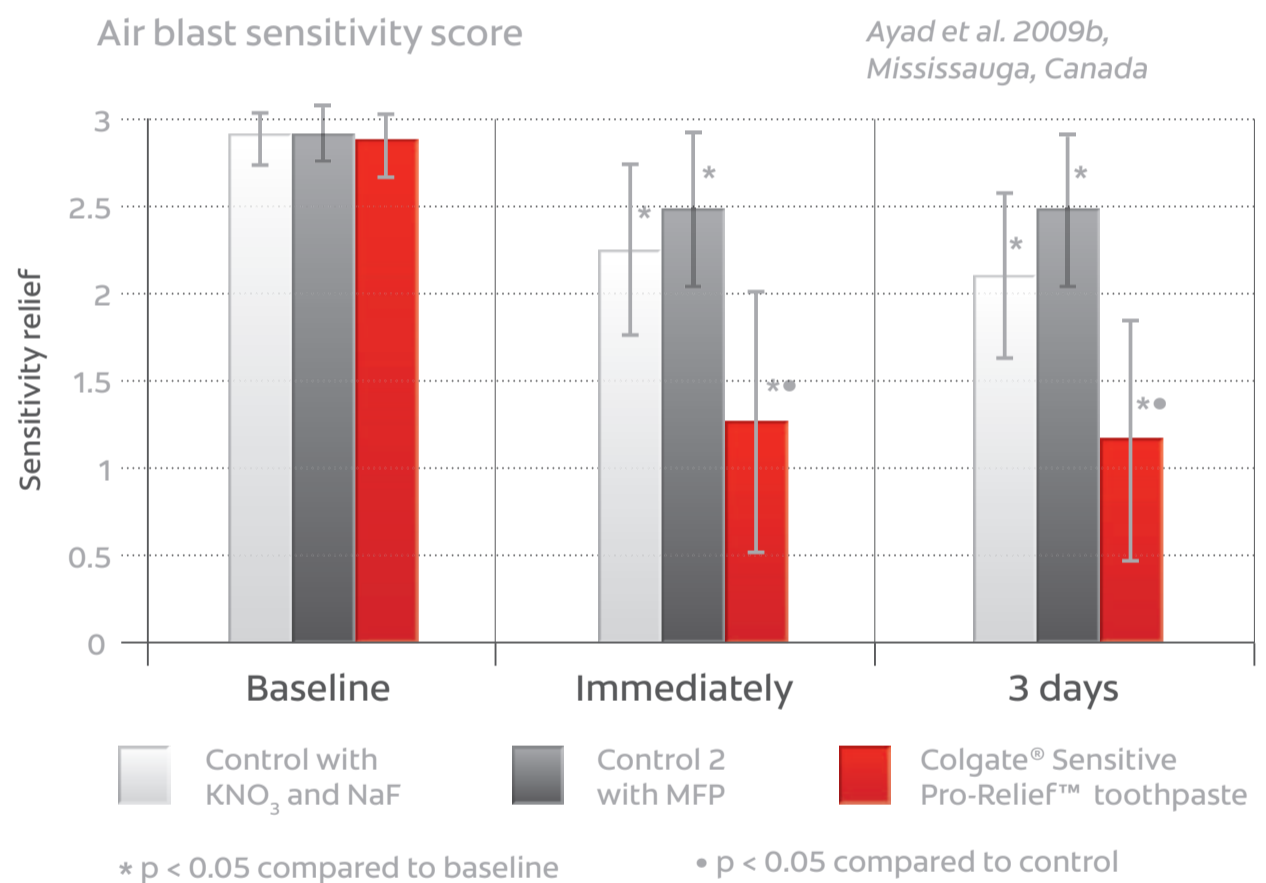
COLGATE® SENSITIVE PRO-RELIEF™ IS CLINICALLY PROVEN TO RELIEVE PAIN IN SECONDS*²

In a double-blind, parallel group study, 120 patients directly applied either Colgate® Sensitive Pro-Relief™ toothpaste, a regular desensitising toothpaste† or a

regular toothpaste‡ 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.

INSTANT AIR BLAST SENSITIVITY RELIEF IN VIVO



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



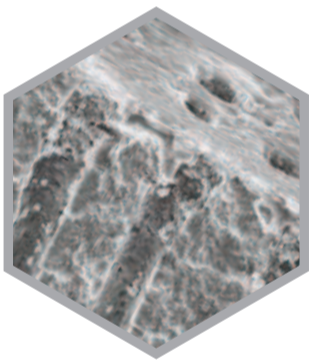
* When toothpaste is directly applied to each sensitive tooth for 60 seconds.
† Containing 5% potassium nitrate and 1450 ppm fluoride as sodium fluoride.
‡ Containing 1450 ppm fluoride as MFP.

References:
1. Cummins D. J Clin Dent 2009; 20 (Spec Iss): 1–9
2. Ayad F et al. J Clin Dent 2009; 20 (Spec Iss): 115–122
3. Petrou I et al. J Clin Dent 2009; 20 (Spec Iss): 23–31

WHY JUST MASK SENSITIVITY? SEE THE DIFFERENCE COLGATE® MAKES FOR PATIENTS

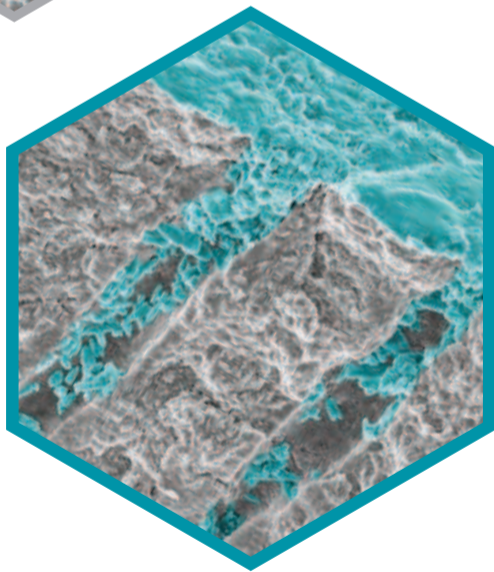


Repairs sensitive areas of the teeth and is 2X more effective.*1



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

Colgate®

YOUR PARTNER IN ORAL HEALTH

Reference: 1. Ayad F, Ayad N, Delgado E, et al. *J Clin Dent*. 2009;20(Spec Iss):115-122.
*vs potassium-based toothpaste. †Patient Experience Study, EU 2015, IPSOS.