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


Professor Nigel Pitts, Director of the Dental Innovation and Translation Centre at King’s College London leads international review of dental caries

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.”


Professor Nigel Pitts, Director of the Dental Innovation and Translation Centre at King’s College London
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 as the Royal Air Force in 1996, hav- ing practised throughout the United Kingdom in a wide range of set- tings, 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 elec- tric 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 continu- ally 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 people worldwide, a goal that we all share as a profession. In 2011, through their ongoing collaboration with scientific experts, research inten- dentists 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 inflam- mation 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 serious peri- odontitis is responsible for the absolute majority of tooth loss and eden- toluseness in adults (Jim 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 Jour- nal of Clinical Dentistry carried out by Philips, I can be sure that the ap- proach I’m giving patients is evidence based, high on the evidence pyramid systematic reviews with meta- analysis which provide a reliable overview 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 15% in a general population. The high frequency, high-amplitude system- ing the inflammatory system and improving not only the patient’s oral health but also their general health too.

To encourage people to swap from a manual to an electric toothbrush, I tell them it’s like comparing rid- ing 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 Di- amondClean showed 47.2% reduction in gingival bleeding compared with only 17% using a manual tooth- brush. After 4 weeks, the Sonicare showed 37.4% reduction in gingival bleeding compared with 31.4% using a manual toothbrush (DeLaurent et al, 2017).

Patients often ask what model should I buy, there are so many! The high frequency, high-amplitude technology applied to all Philips Sonic- care brushes is systematically reviewing the evidence for comparing the Sonicare FlexCare Platinum and Premium plaque de- fense*, brush head with a manual toothbrush, 194 participants re- viewed after 2 weeks use showed a 47.9% reduction in gingival bleed- ing using a Flexing a FlexCare Platinum com- pared with only 8.4% for a manual toothbrush and after 6 weeks 58.36% reduction versus 5.1% manual brushing. Similarly, the FlexCare Platinum showed 50.7% plaque re- duction after 2 weeks and 70.1% for manual brushing and after 6 weeks 46.5% reduction for FlexCare Plati- num compared to 15% for manual brushing(Jenkins et al, 2017).

The next common question is, should I use sonic or rotary? I’ve al- ways 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 comprehensive study using a statistically significant number of participants, the Philips Sonicare Di- amondClean with Premium plaque defense brush head showed gingival inflammation reduced by 49.75% af- ter 2 weeks, compared to just 27.52% using the Oral-B Pro-activation brush head and after 6 weeks 45.08% reduction compared to 28.05% re- spectively (Stark et al, 2017).

Gingival bleeding indices is often seen as a benchmark for dental hy- genists to commence professional therapy, encouraging patient com- pliance with treatment and also bet- ter clinical results, using a Sonicare DiamondClean for 2 weeks reduced gingival bleeding by 50% compared to 49.8% using an Oral-B 7000, and after 6 weeks a whopping 71.92% reduction in gingival bleed- ing compared to a lesser 57.36% for Oral-B. Eliminating plaque is critical to en- suring ongoing oral health, after 2 weeks a using a Philips Sonicare Di- amondClean with Premium plaque defense brush head subjects re- corded a 92.6% reduction compared to just 18.28% using an Oral-B 7000 with CROSSbrush head. Similarly, in a study involving 80 people using 6 weeks of use with Sonicare pro- viding 37.58% reduction and only 20.70% using an Oral-B (Stark et al, 2017).

I’m sure all dental professionals agree that gaining patient com- petence 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 gives an effective solution for use as a complement to brushing. As stated, when filled with an antimicrobial rinse and used daily is as effective as flossing, following 16.76% of par- ticipants showed 26.9% reduction in gingival bleeding and 24.6% using an Airfloss Pro with BreathRx mouth rinse and used daily. After 4 weeks this remained consistent at 43.5% for floss and 35.79% 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 are informed and fam- ily are using the most effective aids to fight the global epidemic of dental disease.

Who known as ROW, Control in NA only

References


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

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**

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.

**P < 0.05 compared to control

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:

INSTANT AIR BLAST SENSITIVITY RELIEF IN VIVO

Air blast sensitivity score

Ayad et al. 2009b, Mississauga, Canada

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* p < 0.05 compared to baseline
** p < 0.05 compared to control

With Colgate® Sensitive Pro-Relief™, sensitivity relief is instant.
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.