A date for your diary - Hygiene Day announcement 15th November 2014

By Victoria Wilson

This November's Hygiene Day will be held at the 6th Dental-Facial Cosmetic International Conference at the fabulous Ju-mehrah Beach Hotel.

It is a very exciting time for Hygienists in the MENA, as we are gradually getting more recognition for our valuable contribution and commitment to Oral Health, with more and more dentists viewing the Hygienist as a key member of the Dental team.

A career in Dental Hygiene certainly offers a wide range of challenges, and it can be quite a solitary career at times, for this reason days that we can come together to deepen our skills set, exchange knowledge and information about our profession is invaluable to us. Thanks to CAPP and a Hygiene Day now exists to continue with a high standard of CPD.

I will take this opportunity to welcome Professor Mary Rose Pinelli Bogliun, from Italy this November. It is such a honour to have Mary lecturing to us and share her extensive years of experience, knowledge and skill set first hand.

We do have 5 more speakers announced, these will be announced shortly.

The Hygiene Day stands yet to help solidify the recognition of the profession in the MENA.

Please arrange with your colleagues tickets and transport to the day, it is guaranteed to be excellent.

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My journey as a dental hygienist

By Kareem Wilson, USA

We all live to be an inspiration to others. At my alma mater, Loma Linda University, there is a statue in front of the dental school that carries the inscription, “To make man whole.” That same statue and inscription was there to remind us that it is our duty to inspire and make our patients whole. It can be your children, spouse, loved one or people around you that you want to influence and change their life for the better. As a hygienist, I know that I can inspire my patients to live healthy and happy lives.

“We all live to be an inspiration to others”

Through clinical education, I make sure that my patients have all the knowledge to create their happiness through a beautiful and healthy smile. I also strive to use my physical skills to bring joy and relief from discomfort by improving their oral health. The hygienist is usually the social life line of a dental practice, and we tend to bridge the gap between dentists and patients. It is great to be able to interact and build meaningful relationships with my patients. My experience as a hygienist for the past 17 years has been wonderful. I have seen children grow and lose their primary teeth, go through orthodontic treatment, and then go on to college. I have helped patients lose weight through sharing and giving health tips. Many of my patients have come from a mouth full of decay and periodontal disease to healthy, beautiful smiles. So far, we are the only ones that can see patients in the practice to the day, it is guaranteed to be excellent.

All about Loupes

By Optometrist Rune Oerts

What are Loupes?

A loupe is a simple, small magnification device used to see small details more closely. Unlike a magnifying glass, often set in a frame, its lenses are contained in a cylinder holder, or into an enclosing housing that protects the lenses.

What is the History of the Loupes?

- The 29th Sept. 1608, a Dutch lens manufacturer, Hans Lipperhey born in Wesel, noticed that when you hold two lenses up to a certain distance from each other, an object seems closer. He then applied a patent on an apparatus with the ability to make “all things observed at a greater distance seemingly smaller”.
- The father of microscopy, Anton Van Leeuwenhoek of Holland (1632-1723), started as an apprentice in a dry goods store where magnifying glasses were used to count the threads in cloth. Anton van Leeuwenhoek was inspired by the glasses used by drapers to inspect the quality of cloth. He taught himself new methods for grinding and polishing tiny lenses of great curvature which gave magnifications up to 270x diameters, the finest known at that time.

Oral-B continues to recognize hygienists who go above and beyond the call of duty.

I was so blessed to have been chosen as a Pros in the Profession Award Recipient in 2011. It allowed me to open doors to using my expertise in education and advocacy. I have been asked to sit on the board of the Connecticut Oral Health Initiative, which is a nonprofit advocacy organization in the state of Connecticut that is dedicated to promoting oral health. I have been asked to join the Connecticut Dental Hygienists Association board to help strengthen hygiene membership to the association. I have been able to meet some
Developing oral care products imaging and innovation

By Paul Sagel

Digital imaging in oral care began with efforts focused on quantifying dental plaque and later on tooth colour measurement and eventually on gingival health assessments. With so many instrumental techniques used today in dentistry, the fundamental technology is usually developed outside the world of oral care. For example, accurate and precise colour measurement and the governing mathematics were developed for colour matching in the paint industry. Thinking innovatively, it was clear that there was great potential in the oral care research field if this could be adapted. We were looking for technologies that would give us rapid and objective results to improve product development and the time it took to bring new products to dental professionals and the general public.

The internal research at Procter & Gamble on digital imaging was originally conceived as a method to assess the anti-plaque activity of toothpastes and was then later also used as a method to assess tooth whitening. Typically, testing for anti-bacterial activity has involved clinical studies and the use of standard plaque and gingivitis indices such as the Turesky index or Löe and Silness index or Löe and Sillness index. For instance, this type of thinking and has become an integral part of product development at Procter & Gamble.

Digital Plaque Imaging

The assessment of anti-plaque activity using digital imaging involves automated measurement of the area of plaque on tooth facets or posterior teeth. After disclosing the teeth with fluorescein, the dentition is digitally imaged in presence of standard long wave UV light. Using a computer algorithm, the pixels are then individually assigned to plaque, teeth, gingivae or background based on their colour. The areas of coloured pixels associated with the disclosed plaque are then summed to help determine the amount of plaque present. Similarly, the area of pixels for the teeth and plaque combined is summed up, and then a calculation is made to determine the plaque coverage as a percentage of the total area. In this manner, it is possible to make a precise and objective determination of the significant reductions in plaque obtained with the stabilised stannous fluoride contained in Oral-B Pro-Expert Brushing foam.

One study using digital plaque imaging, conducted in 2009, gives an example of its use to determine the effectiveness of anti-plaque agents. Using this technology, it was possible to objectively measure statistically significant overnight and daytime plaque reductions with use of a stabilised stannous fluoride/sodium hexametaphosphate dentifrice relative to a marketed control. Other research using digital plaque imaging showed a 24.4% reduction in overnight plaque growth using stabilised stannous fluoride dentifrice. Digital imaging is an ideal method to assess plaque reductions - it's a real step forward to objectively prove the efficacy of products, more quickly optimise them and then introduce them to improve the lives of consumers.

Regimens have also been tested using digital imaging as an example, one study assessed overnight plaque coverage and plaque coverage following brushing with a standard fluoride dentifrice. We then compared the results with overnight plaque coverage and post-brushing plaque coverage following two weeks of use of a regimen which included twice-daily brushing with stannous fluoride-dentifrice and twice- daily rinsing with cetylpyridinium chloride (CPC) mouth rinse. As shown in Figure 2, the differences were dramatic - they were measured using digital plaque imaging which provided objective evidence for the efficacy of the regimen.

Digital Whitening Imaging

Digital imaging at Procter & Gamble was next used to determine the effectiveness of tooth whitening formulations and products. As with digital plaque imaging, this enabled the research team to rapidly and objectively assess the actual benefits of products. It first provided proof of concept and later clinical proof for the effectiveness of hydrogen peroxide formulations contained in a novel and disruptive whitening product that delivered the whitening agent on a thin plastic strip which was applied directly to the teeth (Crest Whitestrips). Imaging also provided the objective comparative whitening results that were needed to prove that this product worked better than many tray-based whitening products. The digital imaging was an ideal method for the evaluation of whitening efficacy, with research showing that the clinical measurement of tooth colour via digital imaging is accurate, precise and reliable.

East Forward To The Present

The research and development team at Procter & Gamble now has extensive experience using digital imaging to assess antibacterial activity and whitening efficacy. This technology is currently used to develop just about every oral care product at Procter & Gamble. It is crucial for research and also makes a great demonstration tool to visually show the efficacy of our products. Procter & Gamble has also used digital imaging at conventions and has been able to show dentists and dental hygienists images of their own dentition. Even a very small amount of plaque is so easily visible using this technology that you can really see the difference. Digital imaging technology is credited by ASTM International (previously the American Society for Testing and Materials (ASTM)).

Rather than just visual dramatisations, seen in some advertising, by using this credentialed, objective imaging technology it is possible to show actual plaque reductions and/or colour improvement. It also allows rapid assessment of new products for results that make strong, truthful performance claims possible.

In the early 1990s, Procter & Gamble spent countless hours developing this technology and realised that it is prudent for the entire industry to have access to the technology so that all products and technologies can be objectively evaluated. The company invites everyone to evaluate their products with this objective imaging system and often places imaging systems at other companies and universities so that they can use the technology as well. The plaque imaging system was also on display at the American Dental Association a few years back.

The Future

With respect to the future of digital imaging, the difference between conventional imaging and microscopy is closing due to the advent of high resolution cameras. From the early beginnings using digital imaging, the research team at Procter & Gamble has continued to develop and explore other uses for it. Currently we use imaging to measure plaque, gingivitis and tooth colour.

Looking further into the future, it is possible to foresee digital imaging being used to measure biochemical markers associated with oral disease.

For a list of references or to ask a question/comment on this article, email PPD@nic.co.uk.
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Philips introduces its best brush yet, Sonicare DiamondClean, helping users achieve brushing brilliance every time

By Philips

DUBAI, UAE - Philips is proud to present the Sonicare DiamondClean - a brush that takes sonic tooth brushing to its most sophisticated level and which delivers the best clean yet removing up to 100% more plaque in hard to reach places than a manual toothbrush.

Sonicare DiamondClean harnesses Philips Sonicare’s patented sonic technology to produce a powerful dynamic cleaning action for a difference users can see and feel. It is gentler on teeth and gums than a manual toothbrush, helping to keep teeth stronger and healthier for longer. Philips Sonicare gently whips toothpaste into an oxygen-rich foamy liquid and directs it between and behind teeth and along the gumline—where plaque bacteria flourish.

Sonicare DiamondClean is clinically proven to remove up to 100% of plaque from hard to reach places and to improve gum health in just 2 weeks. It is also clinically proven to whitening teeth in 1 week; and its gentle technology actually helps protect against gum irritation and recession to help reduce sensitivity. Now is the perfect time to give your teeth the celebrity treatment and switch to Sonicare to really experience the difference.

What happens long term if you use loupes?

• Hygienists and Dentists use both of their hands while performing dental procedures, dental loupes are binocular and usually take on the form of a pair of glasses. Some dental loupes are flip-up types, which can easily be removed from your eyeglass without having to pack plugs in order to perform a more precise diagnosis. Loupes are also used in order to perform a more precise level of treatment; while drill or cleaning teeth on a millimeter scale, magnification can enlarge the view of the teeth, perhaps making it easier to inspect teeth for decay or see things that ordinarily would not be seen without magnification.

• There are three principal reasons for adopting magnifying loupes for dentistry: to enhance visualization of fine detail, to compensate for the loss of near vision (presbyopia over 40ys), and to ensure maintenance of correct posture.

Can there be any side effects to wearing Loupes?

• Use of magnification devices (or any optically ground lens) will not adversely affect vision in the short or long term. Some people will initially experience some post-use blurring, eyestrain, or headache, but this should only occur in the beginning after initial use and not persist for more than a few days. Your visual perception will adapt to the magnification change. If long term problems persist, return to your prescribing doctor for a checkup.

• Surgical telescopes have been used for the last 30 years by dentists, ophthalmologists, neuro-surgeons, plastic and vascular surgeons! To date, there are no known adverse effects from any form of surgical magnification.

• The only “side-effect” could be that by using high quality loupes they are addictive and you quickly get used to seeing things much better and there no turning back!

What are the different types of Loupes the dental profession can buy?

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New Philips Zoom WhiteSpeed Whitening LED Accelerator
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New support for your practice
Philips Zoom is funding a worldwide public relations campaign to drive patients to dental professionals, and new programs to help you quickly and easily integrate Zoom into your practice.

“With this new light the patient’s sensitivity is minimal, making the procedure much more pleasurable.”
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Now better than ever — Philips Zoom WhiteSpeed.

* In the U.S.
† Compared to Philips Dash
‡ Results based on 500-person study. Data on file.
Hygienists and dentists are well aware of the impact diet has on a patient’s oral health and overall wellbeing, and patients will be more likely to follow dietary recommendations if they come from a trusted practitioner. So your relationship with your patient is the perfect opportunity to create a positive influence that extends far beyond the dental chair.

While you may already encourage a “healthy diet”, there is much confusion over what “healthy” actually means. Snacking can be especially challenging, so in this article I’d like to offer a number of suggestions you can give your patients especially in light of individual nutritional requirements:

• Low energy: fatigue is a chief complaint among many people today, which sets off a vicious cycle of consuming sugar to obtain brief bursts in energy. Telling people to “just avoid sugar” will be ineffective if they’re struggling with fatigue. Instead, such patients should be encouraged to consume protein with a bit of healthy fat. Both the protein and the healthy fats provide a steady source of energy that burns efficiently without peaks and troughs, and without encouraging weight gain (as opposed to sugar). Here are some examples of protein and health fat:
  - Chicken breast and avocado slices wrapped in a leaf of Roomaine lettuce
  - Almond butter on celery sticks or carrot sticks
  - Hardboiled egg with sea salt
• Craving sweets: often linked to low energy (above), as well as dehydration, the patient should address the underlying energy issues and drink adequate water. Yet to satisfy the immediate craving, suggest one of the following snacks:
  - Crunchy, sweet apple or ripe banana (fruit should always be ripe and in season, otherwise it won’t taste good)
  - Fresh berries on whole, plain yogurt
  - Herbal tea or green tea sweetened with stevia (the extract of a sweet herb that is entirely natural and does not affect blood sugar)
  - Glass of water with fresh squeezed lemon juice and stevia

Diet advice from a Nutritionist – extending beyond the dental chair

By Robin Treasure

Robin Treasure is a wellness coach who hails from the United States and received her professional training from the Institute for Integrative Nutrition. She works with clients experiencing stress and burnout by helping them make key changes in their diet, lifestyle and mindset. Moreover, she designs strategies to help her clients thrive while meeting the demands of their daily lives.

For further information, please visit: www.robintreasure.com

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  - Module 5: 3 – 6th November, 2015

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“The goal of the Pros in the Profession award is to honor those who inspire us.”

extraordinary people and have had the opportunity to be a dental professional spokesperson on a popular daytime television show.

Most importantly, this award has reinforced in my heart and soul why I wanted to become a registered dental hygienist. I wanted to touch people’s lives. I wanted to motivate and inspire people. That is what the Pros in the Profession is all about! The goal of the Pros in the Profession award is to honor those who inspire us. I do hope that I have inspired others to be awesome at whatever they strive to make their life mission, and I thank Crest Oral-B for the opportunity to represent their idea of an outstanding hygienist.
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