DENTAL TRIBUNE

The World's Dental Newspaper · Middle East & Africa Edition

PUBLISHED IN DUBAI | MAY/JUNE 2009 | NO. 3 VOL. 7

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Poor dental habits increase swine flu risk

Bad dental hygiene could possibly increase the risk of swine flu as today's National Dental Survey reveals the UK's failure to heed infection control advice.

Dreadful dental habits are helping spread germs – as 40 per cent of the UK population admit to picking their teeth with fingernails.

Picking teeth with everyday items such as earrings, credit cards, paperclips, paper and even screwdrivers are some of the disturbing habits flying in the face of infection-busting advice.

The survey was conducted by the British Dental Health Foundation as part of National Smile Month (May 17th – June 16th).

Picking teeth with fingernails risks spreading germs from surfaces touched and dirty hands straight to the mouth and onwards to the rest of the body.

Foundation chief executive Dr Nigel Carter said: "Hygiene warnings have been made clear ever since the swine flu outbreak, and it is worrying that these habits have been revealed as the numbers affected by flu steadily rises. Personal hygiene should be a top priority for all."

Results highlighted the UK's lack of awareness of the importance of oral health, with research linking gum disease to heart disease, diabetes, strokes, premature births, low birthweight babies and, in recent early studies, infertility.

→ DT page 2 *(a)*

Enamel weakened by teeth whitening

US study has found that bleaching teeth at home has side effects

From news reports

New research has shown that human teeth can lose some enamel hardness following the application of teeth whitening products used in the home. According to lead author Shereen Azer, Assistant Professor of Restorative and Prosthetic Dentistry at Ohio State University in the US, the average loss of enamel ranged from 1.2 to 2 nanometres on the treated teeth. Tooth bleaching products contain solutions of varying strengths of either hydrogen peroxide or carbamide peroxide, which produce free radicals that attack pigment

→ DT page 2 *(b)*

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Enamel is the hardest structure in the human body. Tooth whitening products may weaken this natural barrier. (DTI/Photo bg_knight)

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Diabetes and oral health

According to World Health Organization, Diabetes is the second highest prevalence in the world. UAE stands fifth in this category as 25% of the UAE population that is one in four is affected by either diabetes type 1 or diabetes type 2 for which UAE government are spending annually Dh724m on diabetic treatment according to Gulf news report.

Dental students, Rand Tariq Alyouzbaki, Hadeel Abu Ghazzi, Yasmeen El jarred, Abdullah Jamal, of University of Sharjah under the supervision of Dr. Kauser Fakhruddin and Dr. Sausan AlKawas, did a small survey to assess the awareness level of 236 young educated adolescents and adults enrolled in different programs (Engineering, Media, Law and Sharia) at University of Sharjah, studying in year 1 through year 5. Interestingly, 2.6% of this study population reported that the have either diabetes type 1 or 2 and over 60% of the study participants reported that either their parents or their siblings or both have diagnosed diabetes.

One of the risk factors for type 2 diabetes is having a close relative (parent or sibling) who has type either type1 or 2 diabetes.

It is pity to note that, among those with a family history of diabetes, over 50% reported that they don't think routine screening for diabetes is important and shows their lack of information related to diabetic symptoms like (increase in thirst, frequent urination especially at night, loss of appetite, high blood glucose level) and its associated systemic affects on the heart, nerve, vision, limbs and kidneys.

According to Dr. Kausar, this survey DEMONSTRATES THAT 85% OF PARTICIPANTS WHO ARE AT RISK BECAUSE OF THEIR FAMILY HISTORY OF DIABETES ARE MOSLTY IGNORANT ABOUT THE DIABETES AND ITS ASSOCIATED ORAL HEALTH AFFECTS

Diabetes can harm eyes, nerves, kidneys, heart and other important systems in the body. Did you know it can also cause problems in your mouth?

Diabetics are more susceptible to contracting infections. People with diabetes especially uncontrolled type 1 or type 2 diabetes and undiagnosed diabetes are at a higher risk for gum disease and other dental problems.

When a body is suffering from diabetes, the structure of the blood vessels is altered. This may affect the efficiency the blood flow, and in turn may weaken the bone and the gums, leaving them more prone to infections.

Furthermore, if diabetes is not strictly managed, there may be higher than usual levels of glucose in the mouth fluids. This will encourage the growth of gum disease-causing bacteria.

"Periodontal or gum disease is the main cause of tooth loss in diabetic patients!

Diabetes may weaken body's germ-fighting abilities and high blood glucose levels can make gum disease worse. In its early stages, gum disease is called gingivitis in which gums may be red, swollen tender and bleed a little while brushing or flossing, but if not treated, over period of time the gum infection can lead to the breakdown not only of your gum but also bone and other tissues that are holding your teeth in place.

The severe form of gum disease is known as periodontitis. Periodontal diseases are actually infections of the gum and bone that hold the teeth in place. In advanced stages, they lead to painful chewing problems and even tooth loss.

At the same time, recent researches suggested that gum disease or periodontal disease can make blood glucose levels harder to control.

→DT page 11

AD

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→ DT Page 9

WHY???

Severe gum and/or periodontal disease can increase blood sugar level, because the infected area around tooth or teeth is a heaven for bacterial growth and this in turns releases toxins and immune products harmful for the body, also infection could lead to insulin resistance that contributes to increased periods of time when the body functions with a high blood sugar. This puts diabetics at increased risk for diabetic complications.

While gum disease is the most common problem, having diabetes also makes you prone to other mouth problems such as oral infections, thrush through high glucose levels in the mouth, poor healing and dry mouth and all of the related problems that occur with it may also affect patients with diabetes. Remember, good dental care can result in a healthy mouth and a smile that will last a lifetime.

What can the patient do?

Healthy gums and teeth are important to for overall health, well-being, and appearance.

Sometimes there are no signs of any serious gum disease. Often one may not know until they have pain, abscesses, difficulty in eating, bad breath or some serious damage like loosening of tooth. Children and teenagers who have diabetes are at greater risk for gum disease than those who are not diabetic. DT

Regular dental visits are the best defense.

Authors Info

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Gingivitis in diabetic patients

Periodontitis in diabetic patients

Tooth loosening

Tooth loss

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Dr. Sausan Al Kawas:

A corner stone in UAE dental education

Dr. Sausan Al Kawas has worked in three dental schools in different regions of UAE; Abu Dhabi, Ajman and Sharjah. In rewarding to her passionate with dental education, she won 2009 University of Sharjah Annual Faculty Incentive Award.

Dr. Kawas graduated in 1990 from Damascus University. She migrated with her husband to Canada and both enrolled in post graduate program. She was the first PhD students to enroll and graduate in 1997 from the Faculty of Dentistry, McGill University, Montreal, Canada.

During her PhD program, she had succeeded to publish scientific research papers and won the Biennial Research Award from the Canadian Dental Association.

Immediately after graduation, she started her post-doctoral fellowship at the Royal Victoria Hospital in Montreal, Canada and participated in many research projects and won the Young Investigator Award from the American Society of Bone and Mineral Research.

In 1998 Dr. Al Kawas carried on her academic carrier as Assistant Professor - Faculty of Dentistry in Ajman University-Abu Dhabi Campus. Then, became Deputy Dean of Dentistry in Abu Dhabi Campus.

She had helped in establishing the new and modern dental labs and clinics in down town Abu Dhabi campus. In 2003 after graduating the 2nd patch of dental students, she moved to the main campus to become head of the department of basic and medical sciences then the vice dean of dentistry.

Also participated in teaching Post-graduate enrolled in MFDS program, Royal College of Surgeon. Dr. Al Kawas played an important role in the accreditation process of the Faculty of Dentistry by the ministry of higher education.

In 2005, moved to participate in the foundation of the new College of Dentistry at University of Sharjah. Dr. Al Kawas, currently Head of Oral and craniofacial health Sciences, attended several international conferences and organized the 2nd International Dental conference.

She is a member of the Emirates Medical Association-Dental section and In rewarding to her contribution for dental education, been awarded the highest honorary certificate as a Fellow of the International College of Dentists (FICD) in 2007. DT

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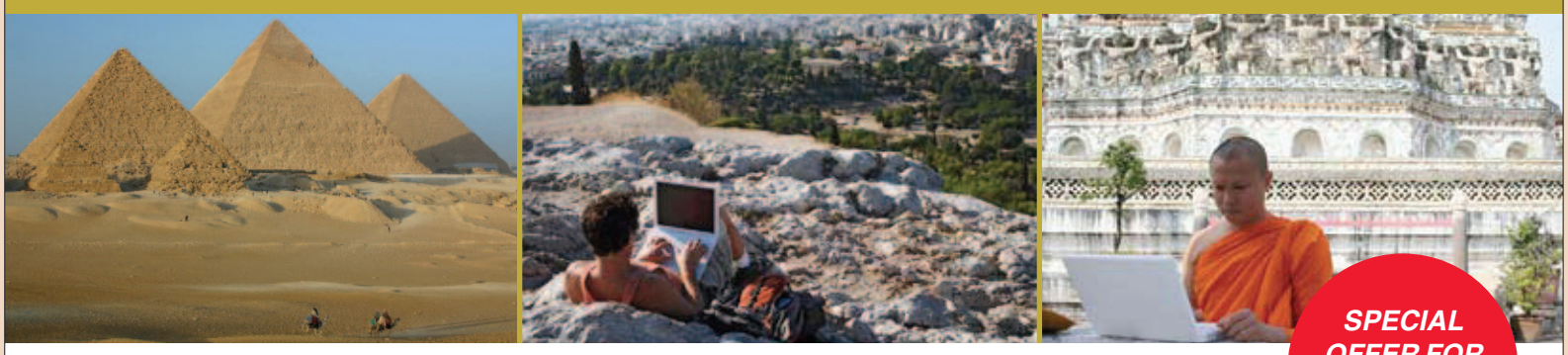

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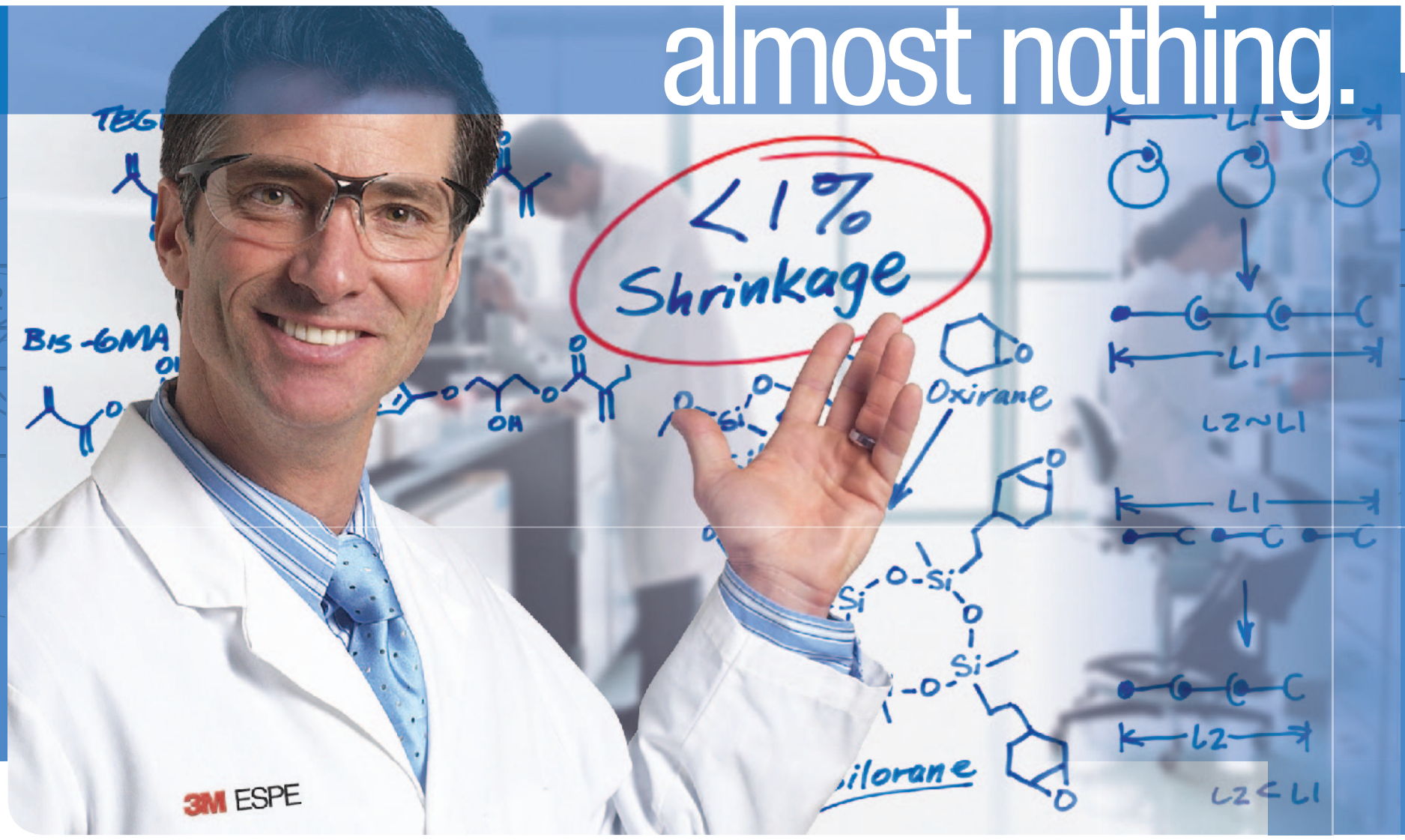

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- Excellent flexural and compressive strength
- Excellent ambient light stability – up to 9 minutes working time

… plus all the proven physical properties that lead to clinical success.

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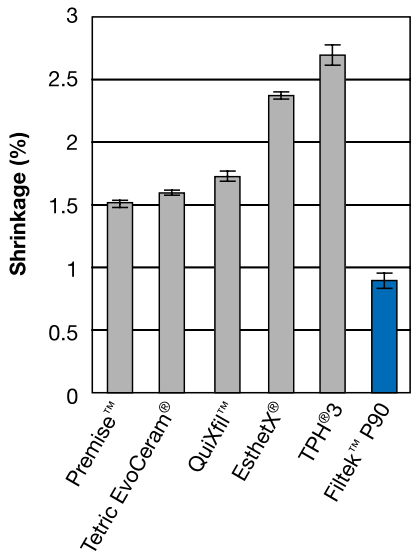

Filtek™ P90 Low Shrink Posterior Restorative was the only one to shrink less than 1% in a study comparing it to methacrylate composites.[1]

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[1] Results using bonded disc method. Source: 3M ESPE internal data
[2] Compared to methacrylate composites. Source: University of Amsterdam (ACTA)

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GlaxoSmithKline Consumer Healthcare is to provide three US$75,000 unrestricted research grants to researchers at the University of Melbourne School of Dental Science in Australia, as well as the Baylor College of Dentistry and the University of Washington School of Dentistry in the US. The awards are administered by the International Association for Dental Research.

China Medicine Corp. in Guangzhou in China has increased its fourth quarter revenues by 51.2 per cent to US$24.4 million. The company, which distributes dental and medical products in China, also increased its net income by 26.6 per cent to US$3.5 million.

Philips Electronics India Ltd. has begun marketing products for the treatment of obstructive sleep apnoea, in India. The firm is a subsidiary of **Royal Philips Electronics** in the Netherlands.

The **Venetian hotel and casino resort in Macao** plans to open a dental clinic in the facility. The site will have over 50 dentists, physicians and other health-care professionals, casino officials said.

The **worldwide oral hygiene market** in 2008 was worth US$25 billion, which included US$2.3 billion in Japan.

Hager Worldwide has announced that it will be moving from its multi-tiered dealer pricing, which gave margins of 30 to 45 per cent. The firm will now provide their distributors with a gross margin of 40 per cent across the board on its entire line of 1,350 products.

Straumann in Switzerland has formed a partnership with **Ivoclar Vivadent** in Liechtenstein, through which Straumann will be able to use Ivoclar's proprietary high-performance IPS e.max ceramic technology. The financial terms of the agreement have not been released.

Wrigley in the US is sponsoring a contest in which dentists around the world can submit photographs that capture "what makes them smile". The contest is being run in conjunction with the **FDI World Dental Federation**.

Nobel Biocare in Sweden has announced the global launch of its new NobelProcera system, which includes a new conoscopic holography enhanced optical scanner. The scanner uses new 3-D software developed by **BioCad**, a Canadian subsidiary of Nobel.

Biolase Technology, Inc. has announced that its application to transfer the listing of its common stock from the NASDAQ Global Market to the NASDAQ has been approved. The transfer became effective on 16 April 2009, and the company's common stock will continue to trade under the symbol *BLTI*. DT

Mum's shock at twins with different dads

A mother of twins has had a shock after doctors revealed that her 11-month-old boys do not have the same father

Mia Washington decided to get some expert advice when she and her partner noticed that twins Justin and Jordan had different facial features.

Paternity tests then revealed what had happened - two eggs had been fertilised by two different sperm and there was a 99.99% chance the twins had different dads.

Doctors at the DNA lab in Dallas, Texas had never seen such a result.Mia later admitted she had had an affair and got pregnant by two different men at the same time.She told TV channel Fox 4: "Out of all people in America and of all people in the world, it had to happen to me. I'm very shocked."

Clear Diagnostics president Genny Thibodeaux said: "It is very crazy. Most people don't believe it can happen, but it can."

Sky's health correspondent Thomas Moore explains: "A woman can release two eggs from her ovaries, and the eggs will remain viable for 24 hours after ovulation.

"Sperm can survive up to five days inside a woman's body, so a woman could sleep with different men several days apart, and get pregnant not once, but twice." And while it sounds rare, recent research indicates that one in 12 non-identical twins are so-called bi-paternal, with a rise in fertility treatment and changing sexual behaviour being blamed.

Mia's partner James Harrison is father to one of the boys.

He told Fox 4 that he had forgiven his fiancée for having the affair and intended to raise both children as his own.

However, he admitted it had been tough discovering the truth.

"It's a day by day thing. It's going to take time to build the trust like we had," he said.

The couple plan to tell the twins they are half-brothers when they are old enough to understand. DT

Gone with the wind: falling cash closes motorway

A German motorway was closed in both directions after an envelope containing 23,000 euros (31,000 dollars) flew out of an open-top car, causing a rainstorm of cash, police said on Thursday. Skip related content

The driver of the Audi A3 convertible, a 23-year-old man, was test-driving the vehicle on Wednesday and unwisely placed the pile of crisp 500-euro notes to pay for the car on the back seat.

When he realised his costly error, he called the police, who closed down the motorway during the hunt for the notes.

A search for the cash recovered 40 out of the 46 high-denomination notes, meaning the test-drive still cost him a pricey 3,000 euros.

According to Die Welt daily, police are now deciding whether he will also be charged a fee for the operation, which caused tailbacks in both directions. DT

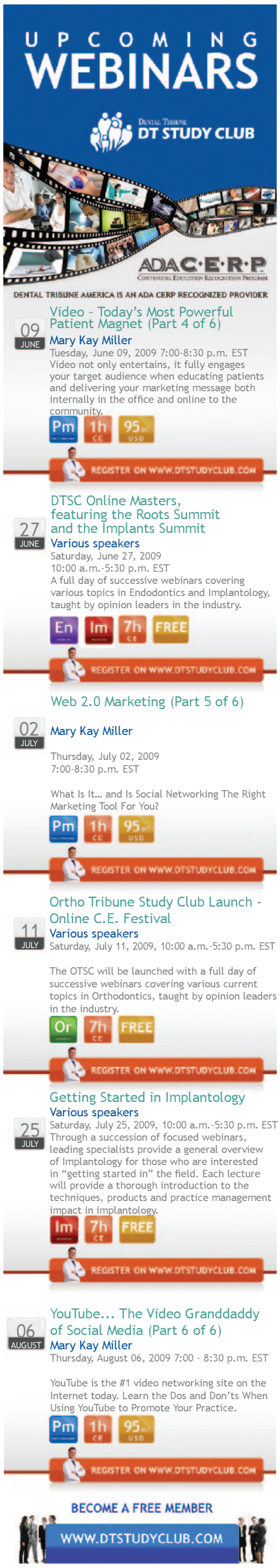
Blonde and the cheating boyfriend

A blonde suspects her boyfriend of cheating on her, so she goes about and buys a gun.

She goes to his apartment unexpectedly and when she opens the door, she finds him in the arms of a redhead. Well, the blonde is really angry. She opens her purse to take out the gun, and as she does so, she is overcome with grief.

She takes the gun and puts it to her head. The boyfriend yells, "No, honey, don't do it." The blonde replies, "Shut up..... You're next!!" DT

AD



Innovative iso-active™ technology to help younger patients treat their dentine hypersensitivity

While 1 in 3 people aged between 20 and 40 suffer from dentine hypersensitivity[1], 50% of these patients remain untreated for this problem.[2] These findings highlight the important role that dental professionals play in actively diagnosing dentine hypersensitivity. A recent consumer study on sensitive teeth revealed that younger patients may not be treating their dentine hypersensitivity because they prefer to use one toothpaste that provides all-round benefits.[3]

Introducing innovative iso-active™ technology to meet the needs of your younger patients

Sensodyne iso-active™ is clinically proven to reduce the pain of dentine hypersensitivity[4] while also providing the all-round protection benefits that younger suffers want.[3]

Sensodyne iso-active™ generates more than twice the foam volume during brushing compared with a standard toothpaste and a standard gel for rapid dispersion in the mouth.[5,6] This allows the foam to penetrate hard-to-reach areas[4], while also deep cleaning the mouth and effectively removing the causes of bad breath.[5,7]

Sensodyne iso-active™ – all-round protection your younger sufferers want with the sensitivity relief they need

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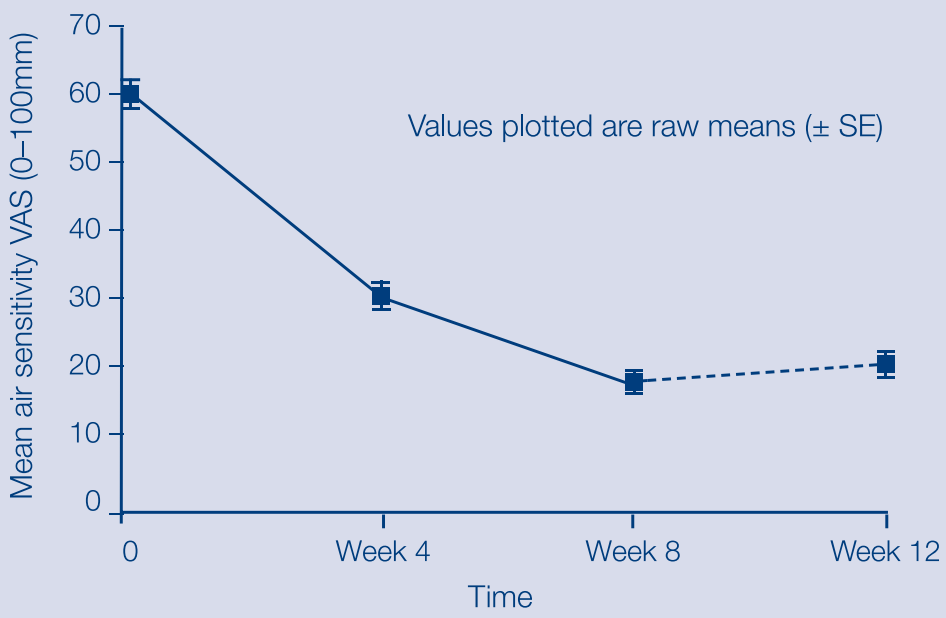
- Low abrasion to minimise damage to exposed dentine[13]
- Generates more than twice the foam volume during brushing for rapid dispersion in the mouth[5,6]
- Deep cleans the mouth and effectively removes the causes of bad breath[5,7]

Reduction of evaporative sensitivity with Sensodyne iso-active™



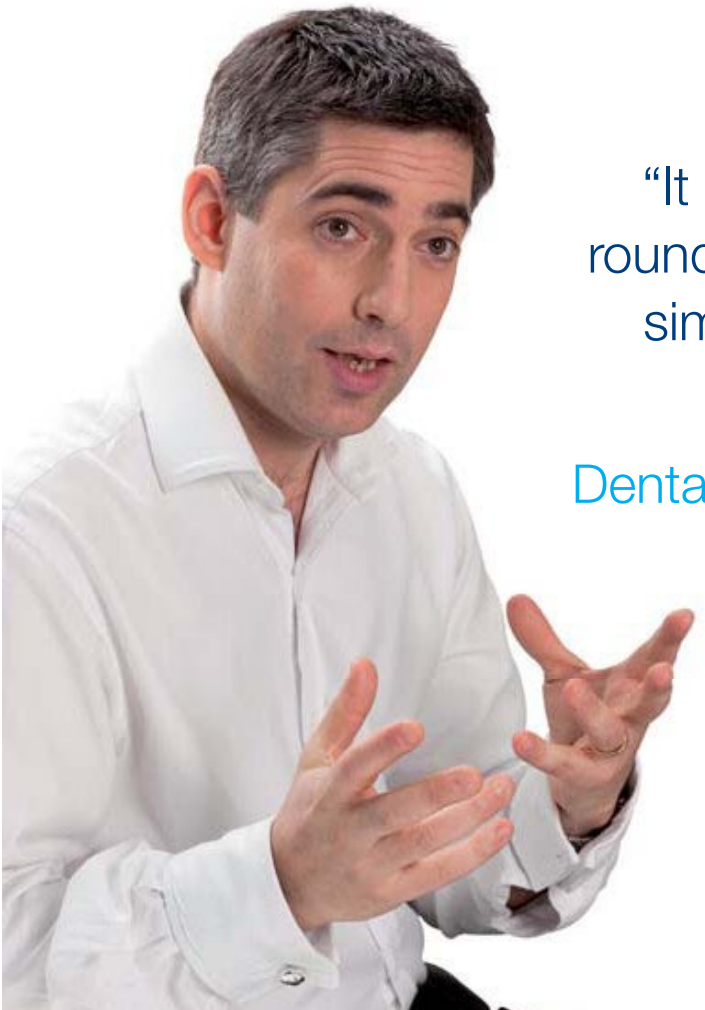
Patients who brushed with Sensodyne iso-active™ for 2 minutes, twice daily for 8 weeks (n=71)

Between weeks 8 and 12, KNO_3 treatment was removed and substituted with fluoride-only (placebo hypersensitivity) toothpaste

- Sensodyne iso-active™ is proven to relieve sensitivity[4]
- Sensodyne iso-active™ provides ongoing pain relief with continued use[4]

Adapted from Leight RS *et al.*[4]

Randomised, stratified, controlled, examiner-blind, parallel group study conducted in the US. All patients had pre-existing, self-reported, clinically diagnosed tooth sensitivity. Efficacy (pain reduction) was measured on an air sensitivity visual analogue scale (VAS).



"It gives you all round protection, simple as that"

Shafa Saba
Dental Expert, UK

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DAILY PROTECTION FROM THE PAIN OF SENSITIVE TEETH

1. Gillam DG *et al.* J Oral Rehabil 2002; **29(3)**: 226–231. 2. Addy M. Int Dent J 2002; **52**: 367–375. 3. GSK data on file. 4. Leight RS *et al.* J Clin Dent 2008; **19**: 147–153. 5. Gross R *et al.* 2007. GSK data on file. 6. Hall PJ *et al.* Presented at the General Session and Exhibition of the Pan European Federation of the International Association for Dental Research (PEF IADR) 2008, September 10–12. London, England. Poster 466. 7. Rayman S, Almas K. Int J Dent Hyg 2008; **6(1)**: 2–7. 8. Axelsson P *et al.* J Clin Periodontol 1991; **18**: 182–189. 9. Jensen ME *et al.* J Am Dent Assoc 1988; **117**: 829–832. 10. Arends J *et al.* In: Guggenheim B, editor. `Cariology today.' Basel: Karger, 245–258. 11. ten Cate JM, van Loveren C. Dent Clin North Am 1999; **43(4)**: 713–742. 12. ten Cate JM. J Dent Res 1990; **69**: 614–619. 13. GSK data on file.

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