

Book Reviews

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Temporomandibular disorders: an evidence-based approach to diagnosis and treatment (2006)

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It is a common experience for most dental practitioners to meet patients seeking treatment for temporomandibular disorders (TMDs). Due to the complexity of the temporomandibular system and uncertain aetiology,

these disorders are often treated with radically different approaches, depending upon the clinicians' education and beliefs. Theoretically, the best way to provide basic guidelines for the management of these difficult

patients would be to collect exhaustively and to examine systematically, the large body of evidence arising from the most up to date scientific research available in the literature. This excellent textbook can be considered the successful result of such a challenge, which was fulfilled by an expert team that included 42 of the most eminent researchers and clinicians in the field. Indeed, with its 548 pages arranged in 36 chapters, the textbook is an outstanding overview of the 'best' current knowledge about the diagnosis and the management of TMDs. Apart from a few exceptions, each chapter has been written according to an evidence-based approach rather than an opinion-based approach.

The textbook is divided into two main parts: (1) biological basis and (2) clinical management. The first part includes a section on normal temporomandibular joints and a section on the pathophysiology of TMD. The second part is an overview

of diagnostic modalities for TMD, a section focusing on the diagnosis of specific clinical conditions, one dealing with an overview of the current therapeutic modalities, and finally a section emphasizing the evidence-based clinical management of patients with various TMDs. This textbook is easily readable and well illustrated, particularly for magnetic resonance imaging. It should be considered as an advanced textbook that is not intended to be used for a quick consultation in the clinical setting. Its contents, however, provide both researchers and clinicians with extensive and well-organized information supplemented with long lists of good references. This textbook can be recommended to TMD specialists as well as to general dental practitioners and dental students. The editors and the authors are to be congratulated on their superb work.

Mauro Farella

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