

The Dental Hygienist's Guide to Nutritional Care: 2nd edition

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This book would be valuable for dental hygiene students and practicing dental hygienists. More attention is being given to the food, people consume and the effects of those choices on overall health. It is also well recognized that good nutrition is vital to good oral health.

Increasingly, attention is being given to rising obesity rates and scrutiny is being placed on such things as the contents in school vending machines, the nutritional value of school lunch programmes, and generally the foods people choose for consumption and the effect this has on overall health. People are taking more interest in the foods they consume and how the food affects their overall health and well being. There are a variety of healthcare professionals who discuss nutritional practices with their clients. However, as a dental hygienist often sees the client more regularly than many other health professionals, they could be an active participant in advising clients on their nutritional status and referring them for more guidance with other healthcare professionals. Therefore, the dental hygienist needs to be knowledgeable in the overall aspects involved in nutritional counselling. This book would be an excellent resource for dental hygiene students.

This book is comprehensively written. The book is organized into three sections that together contain a total of 20 chapters. The three sections are titled: (i) Orientation to basic nutrition, (ii) Considerations of clinical nutrition, and (iii) Nutritional aspects of oral health. The 11 chapters that comprise the first section detail the basic principles of nutrition. The content provides the reader with a broad foundational understanding of nutrition, in order to be able to assess a client's diet, and to provide recommendations for the client.

Five chapters are included in the second section that addresses specific considerations for applying the nutritional principles with specific groups of people and in various situations or conditions. Specific information is presented on the nutritional

requirements though the life cycle, considerations for people in low socio-economic groups, considerations of differences in food choices depending on a person's ethnic origin, nutritional differences for pregnant and lactating women, and a discussion on how systemic disease effects nutritional status and oral health. Information is included that pertains to understanding people's food selection and eating patterns and how their work and life style may impact their pattern of food intake. Food fads and misinformation is included as well as a discussion on eating a nutritionally sound diet on a restricted budget and how budget impacts food choice and availability. There is a wealth of information in this section that would help the dental hygiene student be able to apply the principles of basic nutrition in a variety of situations with a variety of clients.

The third section, titled, 'Nutritional Aspects of Oral Health', includes four chapters focusing on nutritional aspects of oral health including dental caries, periodontal health and various specific situations common to the oral cavity. Some of these specific situations include nutritional considerations for post-oral surgery treatment, for people with temporomandibular disorder, for xerostomic clients, and clients with dentinal hypersensitivity. The last chapter in this section provides a model for evaluating the client to assess and identify their nutritional status, formulating a treatment plan and for communicating the information to the client.

The content in each chapter is clearly organized, starting with learning objectives, key terms, and a pre-test of 'your nutritional quotient'. A case application for the dental hygienist and a list of questions for review are found at the end of each chapter. For easy reference throughout the chapter, specific information is highlighted in boxes or tables and there are boxes of information termed 'Dental Hygiene Considerations' and 'Nutritional Directions'. There are colour photographs included to show examples of how nutritional deficiencies can manifest themselves in the oral cavity and how the oral structures are affected. A list of relevant websites and chapter references are found at the end of each chapter.

The highlighted segments of information in the 'Dental Hygiene Considerations' and the 'Nutritional Directions' are a comprehensive but succinct list of considerations and directions that guide the dental hygienist through applying the

specific aspect of nutritional practice for the client. For example, in the discussion of dental caries, the 'Dental Hygiene Considerations' box includes information for the dental hygienist to consider in the assessment, planning and treatment intervention for the client in the context of the relationship between dental caries and nutrition. The 'Nutritional Directions' box includes information that the dental hygienist could teach the client about their nutritional practice and how this impacts possible caries development. Each chapter contains these boxes of pertinent information that inform a dental hygienist during the consideration of nutritional practice and both oral and overall health for the client.

The text boxes of information described above are a valuable component of the book for the practicing dental hygienist. These boxes of information provide a quick reference to specific information and for ready application of the information to practice. Scanning through the whole book, referring to these highlighted boxes of information would provide a succinct review of nutrition principles and application of these principles to dental hygiene practice.

Additional information is organized into five appendices. The appendices include a glossary of terms, growth charts, list of recommended journals and newsletters, list of other reference resources, and a comparison of three popular diets. The

three diets compared are the (i) low carbohydrate, high fat diet, (ii) moderate carbohydrate, moderate fat diet, and (iii) high carbohydrate, low fat diet. This summary comparison is helpful in providing a basic understanding of these popular diets. The reference resources appendix for reliable nutrient information includes a list of professional associations and organizations, government entities, and various other website addresses including sites for body weight, vegetarian nutrition, physical activity, food labelling, and dietary and herbal supplements.

I would highly recommend this book for undergraduate dental hygiene students, dental hygiene clinical educators and dental hygiene clinicians. This is a comprehensive book on nutrition principles and nutritional care and would be a valuable resource for all dental hygienists to keep handy on their office shelf.

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