

Dear friends and colleagues,

Welcome to Volume 4, Issue 3 of the *International Journal of Dental Hygiene*.

Dental hygiene education and practice is based on the philosophy of evidence-based dentistry and it is through journals such as the *International Journal of Dental Hygiene* that we have access to the latest research that we can adapt to patient care and clinical practice. This issue provides us with a varied array of relevant and interesting articles that address topics every dental hygiene clinician and educator can adapt to their practice.

In the provision of preventive oral healthcare, dental hygienists use chemotherapeutic agents as an adjunct to their treatment regimens. Three articles in this issue address the use of such agents 'Does fluoride rinsing have an effect on teeth status?'; 'The effect of topical doxycycline usage on gingival crevicular fluid MMP-8 levels of chronic and aggressive periodontal patients: a pilot study' and 'Dentinal sensitivity: a natural mineral dietary supplement study'.

If you consider the varied nature of the above articles you can appreciate the varied nature of dental hygiene practice. Our practice is not limited to the treatment of soft tissues alone but also the provision of preventive care to the hard tissues as well.

I was particularly interested to read the statistics on dental erosion and the positive effects of daily rinsing with fluoride. Erosion is more common today in all age groups and as clinicians we must address this with our patients and implement preventive strategies that will protect their dentition. Research has shown that a low dose of fluoride over a long period of time is of greater benefit and this article reinforces this finding. As our practice philosophies change as a result of current research findings we now see a trend away from high-dose professionally applied fluoride to daily patient applied low-dose remineralizing agents such as fluoride and the new calcium phosphate creams.

Xerostomia is common amongst our patients. As clinicians it is important that we are familiar with the many causative factors of dry mouth and provide instruction and advice to our

patients on how to manage their oral condition. It has long been known that alcohol consumption leads to dehydration and the short communication 'Secretion rate and amylase concentration of whole saliva after consumption of beer' highlights the effects on the oral cavity and in particular salivary flow rates. Saliva is vital to a healthy oral environment and as oral health professionals we are obliged to inform our patients of the negative effect of prolonged alcohol consumption on the oral environment and implement preventive strategies to protect the oral tissues.

Dental hygienists provide treatment to all age groups in the community. Each individual group presents different challenges and I read with interest the article 'Dental plaque, caries prevalence and gingival conditions of 14-15-year-old schoolchildren in Jerash District, Jordan'. Adolescence is a period of life during which children experience much change and oral health is no exception. Gender differences in attitude and motivation to maintain good oral health can be noted which presents a challenge for the dental practitioner. If good oral hygiene habits are established at a young age and reinforced by regular professional maintenance the dental hygienists can assist adolescents through this stage in their life and set a precedent for ongoing oral health care throughout life.

Each edition of the *International Journal of Dental Hygiene* provides us with the most up-to-date scientific findings that enable us to update our knowledge base and then apply it to our day-to-day practice. Professional development can occur in many ways and journal reviews are a valuable avenue to achieve this.

To enable our global colleagues to achieve excellence in practice the International Federation of Dental Hygienists publishes the *International Journal of Dental Hygiene*. I hope you enjoy this issue and find the articles of relevance to your daily practice.

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