

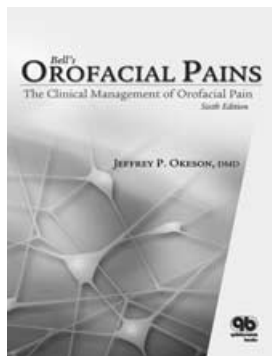
approach using one, two, and in some cases, three technological shade-matching systems in combination with the conventional approach. No clarification was provided on why certain technological systems were chosen over others.

One would certainly expect a book on color to be rather colorful and esthetically pleasing; this one more than fulfills the reader's expectations. The quality and clarity of the illustrations alone make this book of particular value, before even mentioning the various practical insights, instructions, and tips offered throughout the text in a very organized manner, which makes the information more applicable.

Although the book may lack the detail that some may be seeking (for instance, more information on the use of technological shade-matching systems), overall, the text is very well presented with a concise, informative, and easy-to-read style that provides a superb introduction to the understanding of a successful shade-matching process. In a time when patients are increasingly more demanding regarding esthetics, this book is well suited for practitioners interested in advancing their esthetic dentistry skills.

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**Bell's Orofacial
Pains: The
Clinical
Management of
Orofacial Pain,
6th edition**

Jeffrey P. Okeson. Quintessence Publishing Co., Inc., Carol Stream, IL, 2005: ISBN 0-86715-439-X (592 pages; 223 illustrations; price \$78, hard cover)

This is the sixth edition of Dr. Weldon Bell's classic text on orofacial pains and the second

authored by Dr. Okeson. Dr. Okeson assumed the responsibility for this monumental task from his friend and mentor before Dr. Bell's death in 1990. Since that time, Dr. Okeson has faithfully updated Dr. Bell's text producing initially a fifth, and now a sixth, edition. Dr. Okeson's credentials in this area are beyond reproach. His publications include his own textbook on the management of temporomandibular disorders and occlusion. He also directs a university-based orofacial pain center at the University of Kentucky and lectures throughout the world on the topics included in this text. His audiences include dental students, graduate students, researchers, and a wide variety of clinicians. It is from this wealth of experience and breadth of expertise that Dr. Okeson draws in assembling this current edition for the general practitioner, specialist, or for that matter, any practitioner involved with patients seeking relief for pains in and about the mouth and face—be they acute or chronic.

Specific stated goals for this edition were to: (1) supply information concerning pain—what it is, how it behaves, and the means to manage it; (2) develop a more useful classification of orofacial pain disorders; (3) offer practical diagnostic criteria to assist in the clinical diagnosis of these disorders; and (4) suggest guidelines for managing patients who suffer pain from these disorders. Special emphasis is placed throughout the text on understanding underlying mechanisms, as it is fundamental to the effective diagnosis and management of these disorders. The advances in research and patient care that are presented in this current edition are well supported by an extensive list of over 1600 references—nearly 600 new to this edition alone.

Like its predecessor, this edition is divided into three major sections. The first explores the nature of pain and the dental practitioner's responsibility for proper management of pains that manifest in and about the mouth, face, and neck. The six chapters in this section outline the nature of pain and the underlying mechanisms that can affect its expression. The author is able to take this very complex area and simplify it, explaining each component, each layer, in a logical and sequential manner. Updates in this section include the topics of nociceptors, ion channels and G-protein-linked channels, and the processing of pain at the brainstem level.

The second major section presents an update on the classification of the various orofacial pain disorders. The author has restructured the classification system in this edition to incorporate the International Headache Society's classification (revised in 2004) of headache disorders, cranial neuralgias, and facial pain. The nomenclature has also been updated to be consistent with that published by the International Association for the Study of Pain, to prevent ambiguity and misunderstanding. In addition, this section outlines the importance of acquiring a thorough history along with how to do it, offering practical clinical means to differentiate pain conditions during the examination process. The author has greatly expanded the section on anesthetic blocking in confirming a clinical diagnosis, as well as the use of pharmacotherapeutics in managing the various pain disorders. In this section, the author includes a discussion of COX₂ inhibitors and their use, which in light of recent events have all but been eliminated as an option.

The last major section, and the largest, addresses each of the clinical pain syndromes separately. Within this section are chapters on cutaneous and mucogingival pains, pains of dental origin, pains of muscular origin, temporomandibular joint pains, visceral pains, vascular and neurovascular pains, neuropathic pains, and psychological factors and orofacial pain. Discrete diagnoses within each category are well described and complemented by clinical cases presented in a standardized format that includes: chief complaint, history, examination, impression, and diagnosis. Each area ends with a discussion of diagnostic considerations and management recommendations. Medications frequently used in the treatment of these conditions are largely beyond the normal scope of most dental practitioner's experience. As such, these recommendations are likely inadequate for the novice to begin treatment without

first consulting other resources. As acknowledged by the author in this section and others, a thorough treatment of this subject is beyond the scope of this text. Others could question the omission of stereotactic radiosurgery, such as gamma knife and cyber-knife, in the text's discussion of surgical options in the treatment of trigeminal neuralgia.

All things considered, it is the opinion of this reviewer that the author has to a large part met the goals set for this edition. The only exception being that most dental practitioners will likely require additional resources before prescribing many of the medications presented, particularly the antidepressants and anticonvulsive agents. The text itself is handsomely bound and printed on excellent quality paper stock. The formatting has been improved using color and font size to help quickly identify distinct sections and subsections during a search. The 223 black and white illustrations are of good quality and only a few would be improved by color.

As Dr. Bell stated in the foreword he wrote for Dr. Okeson's third edition of his text on temporomandibular disorders TMD and occlusion, and it is just as appropriate for this text, "a major strength of this text lies in the uniformity of format and continuity of thought that only single authorship can provide." This text provides a wealth of information not currently available in another single source. It would be a welcome addition to the library of any practitioner involved with patients seeking relief for pains in and about the mouth and face.

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