

# PD Essentials

Your guide to the latest news and views

## Eating disorder advice

**R**esearch from the NHS information centre suggests that up to 6.4% of adults display signs of an eating disorder and, of those, 40% are bulimic.

The extended periods of intentional vomiting instigated by bulimics have considerable impact on a patient's dentition and can result in substantial oral health complications, including:

- The teeth become rounded, smooth and shiny and lose their surface characteristics
- Incisal edges appear translucent
- Cupping forms in the dentine
- Cervical lesions are shallow and rounded
- Restorations tend to be unaffected by erosion and will therefore stand proud of the surrounding tooth tissue.

Alongside beat ([www.b-eat.co.uk](http://www.b-eat.co.uk)), which helps sufferers in the UK beat eating disorders and runs Eating Disorders Awareness Week (23 February - 1 March 2015) with the aim of raising awareness of the health implications of these disorders, practices like the London Tooth Wear Centre are working hard to tackle this increasingly prevalent oral health problem.

Advice rather than treatment features heavily during the initial stage of helping a patient suffering with bulimia. Diet analysis and general guidance on how to reduce the effect of acidic foodstuffs should be given.

Oral health advice for a patient whose dentition is compromised by bulimia includes: issuing a fluoride rinse or gel and prescribing a high-fluoride toothpaste for daily use; and not brushing immediately after vomiting or consuming acidic foodstuffs, but rinsing with a fluoridated mouthwash and chewing sugar-free, xylitol-sweetened gum afterwards. Extra protection can be provided via calcium and phosphate ions, such as those found in GC Tooth Mousse, helping to restore the mineral balance, neutralise acidic challenges and stimulate salivary flow.

Compliance may be difficult to achieve and restorative treatment in the presence of ongoing tooth wear is considered unwise but, irrespective of this, the damage caused by erosion means it may be necessary to take action to protect and conserve the remaining tooth structure.

If you have any concerns about your patients' tooth wear, further information is available the website [www.toothwear.co.uk](http://www.toothwear.co.uk)



## Award for Biocleanse Ultra

**I**nfection control firm Dentisan has won a Knowledge Transfer Partnership 2014 'Business Impact' award for its Biocleanse Ultra disinfectant.

Knowledge Transfer Partnerships (KTPs) are funded by Innovate UK and other public sector partners, with the aim of helping businesses access knowledge and expertise within UK universities and colleges. The KTP Business Impact award recognises continuing outstanding commercial impact in the years following the KTP. Quadralene has won this award in recognition of the success of Biocleanse Ultra, a pH neutral, alcohol-free cleaner and disinfectant, originally developed through a KTP with the University of Nottingham.

The award was presented to Dentisan parent company Quadralene's managing director, Andy Corley and commercial director, Bob Newsome, by Maggie Philbin at the 'Best of British 2014' ceremony in London, held during November. Bob commented: 'We are delighted to have won this prestigious award in recognition of Biocleanse Ultra. It is a great honour to once again receive external third party validation of the efficacy of this product.'



**DENTAL HYGIENE & THERAPY WORLD 2015** The UK's major hygiene focused meeting

**FREE ATTENDANCE**

**LOCATION:** Twickenham Stadium, London

**DATE:** Saturday 4 July 2015

**TIME:** 9-4PM

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