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Vegan diet contributes to

## Periodontal health

A new study has shown that eating habits contribute to periodontal health. Scientists from the Department of Conservative Dentistry and Periodontology at the University Hospital of Freiburg in Germany have investigated the extent to which a specific diet can have a positive effect on gingivitis. The study involved 30 patients suffering from gingivitis, which were randomly assigned to two groups. The control group kept their “western” eating habits, including a daily intake of up to 45 per cent carbohydrates. The experimental group was instructed to maintain an anti-inflammatory diet for four weeks. Processed carbohydrates such as sugar, white flour, fruit juices and polished rice should be avoided. Trans-fatty acids, omega-6 fatty acids, as well as milk and meat products weren’t allowed either. However, the group was advised to increase their daily intake of omega-3 fatty acids, vitamins C and D, antioxidants, fibre and nitrate containing plants. Throughout the study, the degree of gingivitis was regularly determined via the gingival index (GI) and the plaque values. It was found that the prescribed diet significantly improved GI levels and reduced bleeding of the gums. In addition, the control group showed an increase in gingival pocket depth, while the other group remained unchanged. The study, titled “The influence of an anti-inflammatory diet on gingivitis. A randomized controlled trial”, was published in the *Journal of Clinical Periodontology* in April 2019.

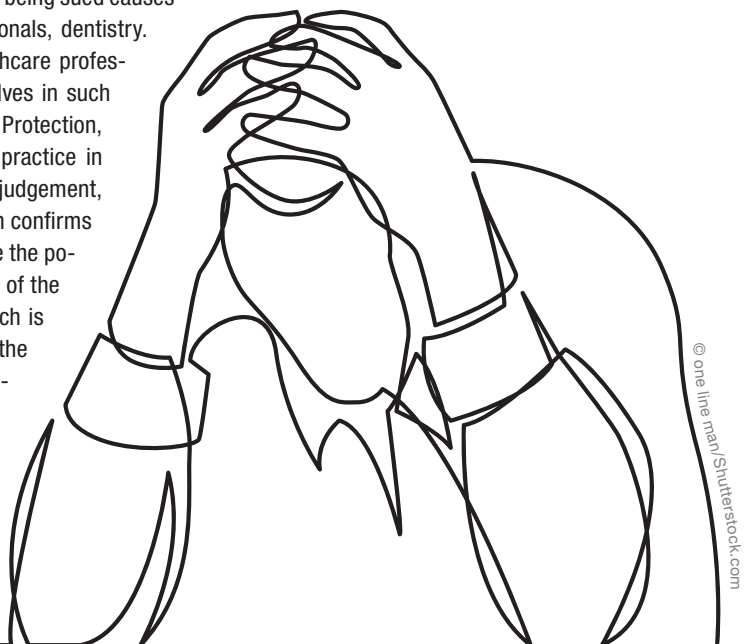
Source: ZWP online

Fear of being sued to cause

## Stress and anxiety among dentists

A recent Dental Protection survey found that the fear of being sued causes stress and anxiety in eight out of ten dental professionals, dentistry.co.uk reported. According to Dental Protection, healthcare professionals often don’t seek help when they find themselves in such circumstances. Raj Rattan, dental director at Dental Protection, says: “Stress can impact on a dentist’s health and practice in a number of ways. It can affect confidence, clinical judgement, morale and even lead to performance issues. Research confirms that high stress levels affect performance and increase the potential for adverse outcomes of error.” The publication of the findings coincides with Stress Awareness Month, which is held every year in April to increase awareness about the causes and cures for stress. The Mental Health Foundation claims 74 per cent of adults felt stressed at some point over the last year to such an extent that they felt unable to cope. Dental Protection offers a counselling service for members experiencing stress due to receiving complaints from patients.

Source: dentistry.co.uk



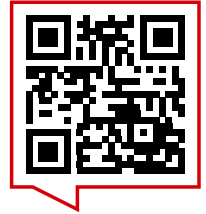
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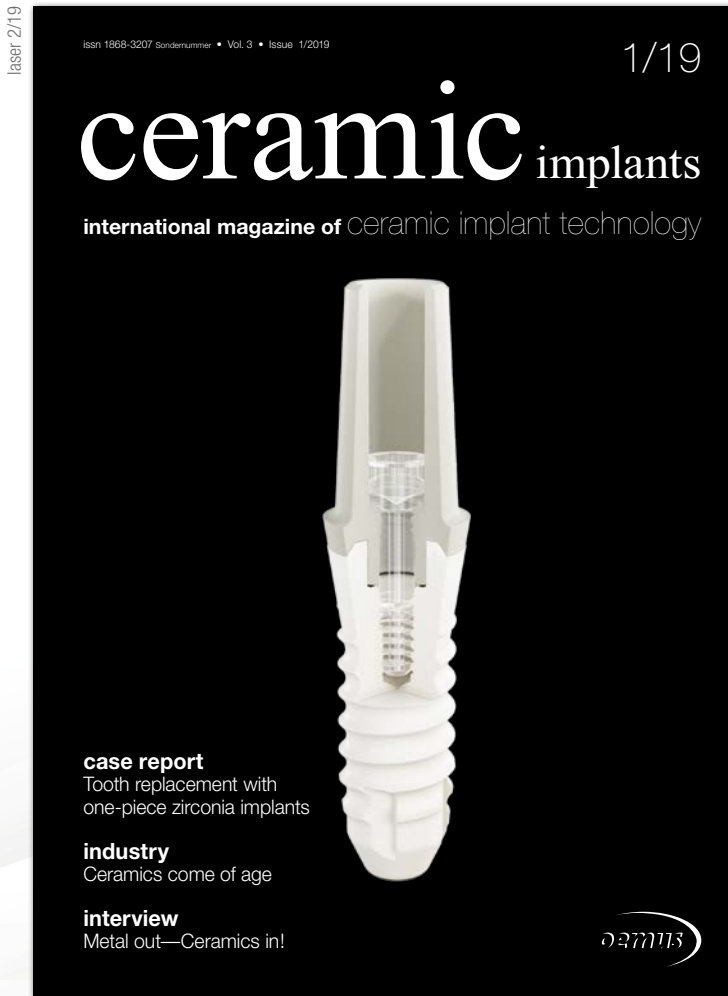
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