

New study reveals

Hazardous uses of teeth



According to the findings of a new study, most people do not just use their teeth for eating. The research by the Oral Health Foundation and Philips found that 65% of respondents frequently put their oral health at risk by using their teeth as a multi-tool. The most common misuse of teeth is tearing Sellotape—more than four in ten admitted to doing this regularly. More than a quarter bite their nails, and over a fifth use their teeth to carry things when their hands are full. Other popular uses include taking tags out of clothing (20%), chewing pens and pencils (16%), opening bottles (9%) and doing up zips (4%). More than four in five 18- to 35-year-olds in the study admitted to abusing their teeth by performing unusual tasks with them. This is significantly higher than the 70% of 35- to 54-year-olds and the 54% of over-55s who made this admission. Commenting on the findings, Dr Nigel Carter, OBE, Chief Executive of the Oral Health Foundation, said that, while it may seem trivial, using our teeth as tools poses a considerable risk to our oral health.

Source: Dentistry.co.uk

Family characteristics influence

Periodontal diseases in children

A recent systematic review found that parents' socio-economic status is significantly associated with periodontal diseases in children. Furthermore, children who are exposed to passive smoking and have parents with periodontal diseases are more



Danaher announces new company

Envista Holdings Corporation

Danaher Corporation has announced that Envista Holdings Corporation will be the name of the separate company, which will go public in the second half of 2019. Envista will be comprised of three operating companies within Danaher's Dental segment: Nobel Biocare Systems, KaVo Kerr, and Ormco, all of which have significant positions in dental implants, equipment and orthodontics. Danaher



is a global science and technology innovator committed to helping its customers solve complex challenges and improving quality of life around the world. Envista will be led by Amir Aghdaei, who will become President and Chief Executive Officer. Mr Aghdaei currently serves as Danaher Group Executive with responsibility for the Dental segment. He stated, "Envista's culture will be built on four core values: 'Better Choices, Better Outcomes,' 'Relationships Built on Trust,' 'Innovation in Action,' and 'Continuous Improvement as a Competitive Advantage'. Our Danaher heritage helped us shape these values and serves as a strong foundation for our business."

Source: Danaher Corporation

likely to have periodontal diseases as well. For the review of the relevant literature, 32 studies from a number of countries were included. Factors considered varied in the different studies but included family income, parents' socio-economic status, educational status and occupation, and parental knowledge, practices and clinical status.

"Similar to dental caries, three commonly used indicators of parent's socio-economic status namely income, education and occupation are significantly associated with periodontal diseases in children with better periodontal status being observed in children of parents with higher socio-economic status than those children whose parents are of lower socio-economic status," said lead author Dr Santosh Kumar Tadakamadla, Senior Research Fellow at the School of Dentistry and Oral Health at Griffith University in Brisbane, Australia. The study, titled "Effect of family characteristics on periodontal diseases in children and adolescents—A systematic review", was first published online in the *International Journal of Dental Hygiene*.

Source: DTI

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Primary teeth reveal

Unknown group of ancient people

Scientists have recently found two primary teeth buried deep in a remote archaeological site in northeastern Siberia. The site, known as the Yana Rhinoceros Horn Site, was discovered in 2001 and has revealed more than 2,500 artefacts made from animal bones and ivory, along with stone tools and other evidence of human habitation. The discovery has revealed that a previously unknown group of people lived there during the last Ice Age. The team of scientists from the University of Cambridge and the Lundbeck Foundation Centre for GeoGenetics at the University of Copenhagen in Denmark have named the new people the Ancient

North Siberians. It is widely accepted that humans first made their way to the Americas from Siberia into Alaska via a land-bridge spanning the Bering Strait which was submerged at the end of the last Ice Age. In the study, the researchers were able to pinpoint some of these ancestors as Asian groups who mixed with the Ancient North Siberians. The study, titled “The population history of northeastern Siberia since the Pleistocene”, was published on 5 June 2019 in *Nature*.

Source: DTI

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



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