Evidence-based practice is a hot topic in orthodontics and the publication of this hard-backed book is timely. This particular text seeks to appeal to clinicians and academics at postgraduate level. The purpose of this book is to provide orthodontists with an evidence-based perspective on important orthodontic topics and to stimulate reflection on current treatment options. It succeeds in its aim.

The book is appropriately organized into 13 chapters. Prominent orthodontic clinicians wrote the chapters where they critically appraised the literature. Chapter one acts as an introduction to the theory of evidence-based practice. The following 12 chapters look at important areas in orthodontics, which include early intervention, bonding and adhesives, wires, extraction and non-extraction treatment of Class III malocclusions, dental asymmetries, temporary anchorage devices, impacted canines, root resorption, orthodontics and temporomandibular disorders, retention and stability, and lastly accelerated tooth movement. Each chapter covers its topic in depth using the available evidence to discuss the argument for and against different contentions. All cited evidence is appropriately referenced. High-quality clinical records and diagrams are used throughout the book which aid understanding. Summary bullet points at the end of each chapter facilitate quick reference.

I read this book with great interest as treatment decisions about an individual patient must involve an understanding of the available evidence. It is well written and easy to follow. The chapters address most of the important topics in orthodontics and include contemporary treatment techniques. The book is good value for money and it will appeal to both postgraduate students and clinicians.

Huw G. Jeremiah

This is an interesting and timely textbook devoted to the principles and practice of evidence-based methodology in orthodontics. A significant proportion of the recent orthodontic literature has emphasized the pre-eminence of systematic review and meta-analysis in making informed decisions about the risk, cost, benefit, and outcome of treatment modalities. ‘Evidence-based Orthodontics’ (EBO) is an introduction to clinical problem solving in orthodontics to determine the most effective interventions available at the time of publication. The advent of an evidence-based approach has brought about significant changes in healthcare provision where practitioners and patients together seek enlightened choices to determine the ‘best’ treatments and outcomes. This book aims to serve as a reference text to practitioners wishing to understand EBO from study design to contemporary clinical practice.
The text is divided into three, albeit, unequal sections. The first part describes the process for obtaining high-quality evidence both from an historical perspective and from current research methodologies. Using the hierarchy of study design, evidence-based practitioners can make informed decisions based upon the strength of the evidence. The second part is devoted to the evidence base in selected orthodontic subject areas. Acknowledged experts and scholars have written chapters on their areas of expertise. Although by the very nature of this project the subject areas are somewhat limited, each chapter is a very thoughtful reflection upon the available high level evidence. There are chapters presenting material that falls into three generalized categories; malocclusion, oral health problems and appliances: The malocclusions discussed are class II, class III, transverse problems, anterior open bite, and orthognathic surgery; the oral health problems are root resorption, periodontal health, temporomandibular disorders, and decalcification; the appliances are self-ligating brackets, aligners, and retainers. There is also a chapter discussing Quality of Outcomes in orthodontics. The closing section is a reflection upon the way in which EBO may either enhance or hinder expansion of knowledge in our specialty.

The editors are to be congratulated for producing a highly readable text. This volume deserves a place in every dental library, on the reading list of every orthodontic training programme and in the hands of every neophyte orthodontist.

Jeremy Breckon

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Nothing But The Tooth—A Dental Odyssey (2012)

In the UK, Barry Berkovitz can quite legitimately lay claim to having played a major role in the training of almost all dentists over the last 30 years. A claim that can almost certainly be extended globally given the success of his textbooks on skull, head and neck, and particularly, dental anatomy. Now retired, he has written this exploration of all things related to the structure and function of teeth, largely he says, because nobody has yet asked him to give a talk on the subject.

The book covers a wide range of subjects, including piranha jaws and elephant tusks, evolutionary origins of teeth, tooth replacement, and Hen’s teeth! It is extremely well written, managing quite effortlessly to maintain a degree of simplicity for the layman but also providing enough information to engage the individual with some knowledge of dental anatomy and development. This is the type of book that you can open at almost any page and immediately become completely engaged in what you start reading. I happily worked my way through the 16 chapters, which are nicely supplemented by a section identifying sources of further reading. Criticisms? None really, perhaps the publisher could have stretched to colour figures rather than black and white to fully do this thoroughly enjoyable book justice.

This book would make an excellent gift for any practising dentist or indeed, anyone with an interest in the natural world, and certainly, if I was ever looking for a speaker, Dr Berkovitz would be high on my list of invitees.

Martyn Cobourne