

## BOOK REVIEW

### Ergonomics Applied To Dental Practice

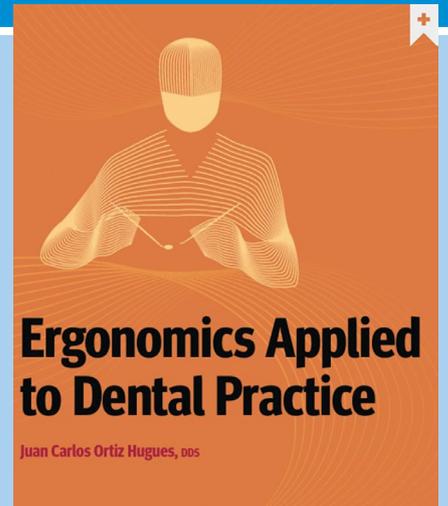
Compiled by **Pete Folly**, Library Manager

Juan Carlos Ortiz Hugues  
2023; Quintessence  
134 pages  
eISBN 9781647241629

Musculoskeletal disorders are prevalent among dentists due to sustained poor postures that cause muscle fatigue. Clinicians are often without knowledge of proper posture, positioning and workplace organisation and so can set themselves up for a lifetime of occupational pain and disorders. The author aims to guide readers to understand just why dentistry is a profession with a high risk of musculoskeletal injury. Only with this

understanding can these disorders be prevented and the necessary corrections made to lead to painless and quality work.

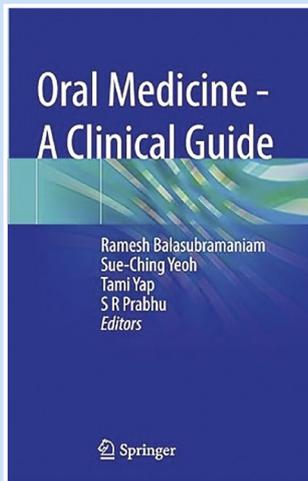
Through nine concise chapters, this book teaches four basic principles of dental ergonomics: knowledge of body biomechanics, using an ergonomic stool, implementing four-handed dentistry, and working with a surgical microscope. Application of these principles keeps the body in a comfortable neutral posture throughout the working day, enabling dentists to work and live pain-free. If these concepts can be applied starting in dental school, dentists can learn correct habits from the start of their career.



The book is very readable, with stated learning objectives and full references for each chapter. Ergonomic principles are clearly explained with a minimum of technical terms and illustrated with diagrams and photographs.

### Oral Medicine – A Clinical Guide

Compiled by **Pete Folly**, Library Manager



Edited by Ramesh Balasubramaniam, Sue-Ching Yeoh, Tami Yap, and S. R. Prabhhu  
2024; Springer  
411 pages  
eISBN 9783031367977

*Oral Medicine – A Clinical Guide* serves as a quick reference and study aid for healthcare practitioners at all stages of training and clinical practice. Illustrated throughout, the

book is written clearly with an emphasis on presenting practical information in a straightforward manner.

This guide covers a range of topics within the specialty of Oral Medicine, which is dedicated to the diagnosis, prevention, and predominantly nonsurgical management of medically related disorders and conditions affecting the oral and maxillofacial region. The book places an emphasis on oral mucosal disease, orofacial pain, and the oral health care of medically complex patients. Early chapters focus on key aspects such as history taking, clinical examination, and diagnostic tests. Subsequent chapters delve into orofacial diseases and disorders, encompassing mucosal, salivary gland, and relevant jawbone pathology, along with the oral manifestations of systemic diseases. The book also provides coverage of orofacial pain, temporomandibular disorders, and the emerging field of dental sleep medicine.

Each chapter stands alone as a comprehensive topic, with cross-referencing to related chapters for further exploration. Additionally, to facilitate access to more

in-depth information, each chapter includes a reading list for reference.

In summary, *Oral Medicine – A Clinical Guide* offers a thorough overview of the specialty, presenting essential information in a clear and accessible format. Whether used as a quick reference or a study aid, this handbook is an invaluable resource for students and clinicians seeking to enhance their understanding and management of oral health conditions.

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