



Diet and Nutrition in Oral Health (2nd Edition)

By Carole A. Palmer

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This book can serve as a quick reference and/or as a clinical manual to enable you to answer patient questions and to integrate nutrition into clinical practice as comfortably as you would fluoride and other preventive modalities. This book can also be used as a text, by reading the chapters and answering the questions posed in case studies to test understanding. For diet screening and guidance the book can also be used as a "how-to" manual. Finally, the book can be used as a reference, by referring to those chapters relating to specific nutrition topics, life cycle groups, or health-related conditions, and referring to the last chapter and the appendix for helpful resources.

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Editorial Review

From the Back Cover

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WHY DO I NEED A TEXT ON NUTRITION AND ORAL HEALTH?

The mission of the modern oral health professional is to promote oral health by diagnosing and treating oral disease, restoring oral function, and providing the guidance and therapies needed to prevent future oral problems. Nutrition can play an important role in all of these aspects of oral care. Oral health is a major contributor to good nutrition. The oral cavity is the pathway to the body, and disturbances in the mouth can profoundly affect diet and ultimate nutritional status. Conversely, good nutrition provides the foundation for good oral health. Diet plays a major role in the etiology or prevention of dental caries, and is an important supporting factor in other oral infections.

Dentistry today is changing to meet the needs of a changing population. Life expectancy continues to increase, and the nature and demographics of oral diseases are changing. Associated oral conditions such as coronal caries, root caries, periodontal disease, edentulism, cancer, AIDS, and oral infections, all have nutritional implications.

The American Dental Association and the American Dental Hygienists' Association recommend that dental professionals "maintain current knowledge of nutrition recommendations as they relate to general and oral health and disease," and "effectively educate and counsel their patients about proper nutrition and oral health." The American Dietetic Association states that "nutrition is an integral component of oral health," and recommends "collaboration between dietetics and dental professionals . . . for oral health promotion and disease prevention and intervention."

Yet, even with the knowledge of the many relationships between nutrition and oral health, many dental health professionals are still hesitant to give nutrition guidance to their patients. The reason given most often is the feeling of unpreparedness in both the nutrition information and how it should be applied in patient care.

This book was written to help overcome these obstacles by providing:

- Up to the minute *information* about the many relationships between nutrition, oral health, and general health.
- *Guidelines* for implementing diet screening and guidance into clinical practice.
- *Practical suggestions* to help patients with various oral conditions improve their diets.

This book is divided into four sections:

- **Part 1** provides the core information on the basic concepts of human nutrition and their relevance to oral health and dental practice.
- **Part 2** focuses on specific nutrition issues of dental patients and oral conditions.
- **Part 3** provides oral health nutrition information from a lifecycle perspective.
- **Part 4** provides the "nuts and bolts" of integrating meaningful nutrition care into dental practice.

How to Use This Book

This book can serve as a quick reference and as a clinical manual in your patient care program, to enable you to answer patient questions and to integrate nutrition as comfortably as you would fluoride and other preventive modalities.

- You can use this book as a *text*, by reading the chapters and answering the questions posed in the case studies provided, to test your understanding.
- You can use this book as a "*how-to*" manual for diet screening and guidance by reading Part 4 and adapting the guidelines and materials provided to your own clinical setting.
- You can use this book as a *reference*, by referring to those chapters relating to specific nutrition topics, life cycle groups, or health-related conditions, and referring to the last chapter and the appendix for helpful resources.

We thought long and hard about where best to place information that is germane to more than one chapter. For example, do you discuss osteoporosis in the chapter on minerals, chronic conditions, periodontal disease or aging? Do you cover eating disorders in the chapters on energy metabolism and weight control, diet and teeth, or adolescence? In the end we put the details where they seemed most appropriate and made reference to this in the other chapters. We hope that this will work for you as the reader.

In the last chapter and in the appendix, we have provided a variety of addresses and web sites for your reference. This is not meant to be a complete list, and we apologize to anyone we have overlooked. It is never possible to provide all of the information one might like in a limited number of pages, and we hope that if you have other useful resources, you will share them with us.

We hope that you will find this book useful and informative, and that you will share any knowledge gleaned with your patients and your colleagues towards the end goal of better oral health for all.

Users Review

From reader reviews:

Willette Bickel:

Reading can be called brain hangout, why? Because while you are reading a book specially book entitled Diet and Nutrition in Oral Health (2nd Edition) your brain will drift away through every dimension, wandering in most aspect that maybe not known for but surely might be your mind friends. Imaging each and every word written in a guide then become one type conclusion and explanation that maybe you never get previous to. The Diet and Nutrition in Oral Health (2nd Edition) giving you yet another experience more than blown away the mind but also giving you useful data for your better life within this era. So now let us explain to you the relaxing pattern the following is your body and mind will be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

Thomas Rasmussen:

This Diet and Nutrition in Oral Health (2nd Edition) is great e-book for you because the content which can be full of information for you who else always deal with world and also have to make decision every minute. This particular book reveal it info accurately using great coordinate word or we can say no rambling sentences inside it. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but tough core information with beautiful delivering sentences. Having Diet and Nutrition in Oral Health (2nd Edition) in your hand like getting the world in your arm, data in it is not ridiculous just one. We can say that no guide that offer you world with ten or fifteen moment right but this reserve already do that. So , this is good reading book. Hey there Mr. and Mrs. active do you still doubt which?

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