

THE DENTAL PROBE

A NEWSLETTER BY THE DENTAL ASSOCIATION OF MALTA
FOR THE DENTAL PROFESSION

Issue No. 13

January 2005

DENTAL EXTRACTION : BARBER



Editorial

Dear Colleagues,

Welcome to our issue of the Probe. I have been handed the mantle and title of editor by Kenneth as he needs a rest. What with fencing, bohemian travels, diaper changing and moving house, have all taken their toll.

Since April we are now free to live, work and study in Europe. The young, unattached graduates may well choose to explore new pastures.

It is imperative that we all are members of the Dental Association. A tireless group of well meaning people work for us all – at least have the decency to subscribe. I think Lm20 is excellent value considering the number of events organised. After each event there is a reception and a chance for colleagues to have a chat and meet socially.

Most importantly, if the Association commands a very high number of members, one has more clout when negotiations are underway. The elders amongst us have done well and now it is up to the others to come forward and help.

To those learned and capable I say – write an article for us, give us a lecture – show us the way.

To those who are cocooned and never attend lectures, I say – break out and join us. Lino's plonk is guaranteed to have you wanting to return!

David
Editor

From the Secretary's Desk

by

**Dr. Roger Vella, B.Ch.D.
Hon Secretary DAM**

This time I am not giving a chronological list of our activities as these are being mentioned elsewhere in this issue. I want to draw your attention to a couple of future activities on the Association.

The Annual General Meeting is being held on Wednesday 26th January 2005. At this meeting we are due to hold elections for a new committee. It appears that there will be one or two vacancies that will have to be filled by new members. On a personal note I want to state that one of these vacancies will certainly be for a new secretary, as I have decided not to run again. I have been on the committee for twenty eight years which is long enough, so it is time for new blood and fresh ideas. I am stating this in advance to urge members to present themselves for election.

The second activity on our programme is the celebration of the feast of our patron St. Apollonia. This will be held on Thursday 10th February 2005 with the usual programme i.e. Mass, lunch, walk and tea - so keep this day free.

Change of Address

LIST OF SOME DENTAL EVENTS THIS YEAR IN MALTA

- 18th March Denturing in Malta by Prof. G. Camilleri
- 26th March Data Protection Lecture
- 12th April Managing the Fading Dentition by Dr. David Bartlett
- 19th April Data Protection Lecture
- 23rd April Exhibition of Pharmaceutical Products
- 28th April Data Protection Lecture
- 4th May Adverse Drug Reactions Seminar
- 16th June Health and Safety by Dr. Ciantar
- 18th June Niquitin lecture
- 23rd July TMJ Pain by Dr. Galea
- 10th September Useful Antibiotics by Dr. Paul Cuschieri
- 16th September Bridging the Gap by Mr. Mark Gilbert
- 22nd September Zoom Whitening by Mr. Scott Juhl
- 19th October Update on Oral Medicine by Professor Wray
- 26th October Head and Neck Pathology by Prof. Speight
- 9th November Smile XI: Annual Dental Conference
- 18th November Osseointegration by Dr. Mark Diacono
- 1st December Caries Risk Testing by Dr. Adam Bartolo

Please let us know immediately when you have a change of address, because we are having some circulars returned to us marked unknown. Either inform some Committee member, or better still, phone the Permanent Secretary, Mrs Doris Spiteri, on 21312888 in the morning and she will see to it immediately.

What Your Dentist Knows About Your Health

From predicting heart disease, diabetes, and premature birth to revealing leukemia, eating disorders, and vitamin deficiencies, your teeth and gums say a mouthful about your health.

by

Sid Kirchheimer

Web MD feature

The eyes may be the window to your soul, but for a look into your physical health, open wide: Your teeth and gums say a mouthful.

Receding or inflamed gums, cavities, tooth loss, gingivitis, and other dental dilemmas in adults can indicate the presence of serious health problems -- including heart disease, diabetes, cancer, vitamin deficiencies, and even the risk of having a premature or low-birth-weight baby. Usually, these dental problems result from poor dental hygiene such as not brushing well or not flossing regularly. But even by following your dentist's golden rule, you may still be hurting your overall health.

"Every time you brush your teeth, especially if there's any inflammation in the mouth, it puts some bacteria into your bloodstream," says Honolulu periodontist Michael P. Rethman, DDS, president of the American Academy of Periodontology. "This isn't good, but it is normal."

That may explain a recent jaw-dropping study in the journal *Circulation* that links any of five common dental problems with an increased risk of heart disease. The kicker: Dental problems proved to be *stronger* predictors of heart disease than more traditionally used risks factors such as low "good" cholesterol, high triglycerides, or high levels a clotting factor called fibrinogen. And it doesn't end there.

Dental Detectives and What They Find

"Often, it's a dentist or periodontist who is the first to identify a systemic health problem because of what they see in the patient's mouth," says Col. Brian Mealey, DDS, chairman of periodontics (the treatment of gum diseases) at Wilford Hall Medical Center in San Antonio, the nation's largest Air Force hospital. "And as more evidence accumulates, I think you'll see more dentists looking at oral health specifically to search for possible problems affecting the rest of the body. They're now teaching this stuff in dental schools, which wasn't the case 10 years ago."

So what can these dental detectives detect in those twice-yearly exams?

Diabetes

Undiagnosed diabetes, or poor blood sugar control in those already diagnosed with the disease, can be identified by several dental woes, says Sally Cram, DDS, a periodontist in Washington, D.C., and spokeswoman for the American Dental Association.

"Diabetics tend to get periodontal disease at a rate three to four times higher than people without diabetes, but when their condition is controlled with medication, diet, or other treatments, their periodontal condition will usually stabilize and return to health," she tells WebMD. "If I see a lot of inflammation in someone who brushes and flosses regularly, or they have an abscessed tooth (an infection-caused pocket of pus in the tissue next to a tooth), I ask, 'Have you checked your blood sugar lately?'"

That's because uncontrolled diabetes impairs white blood cells, the main defense against bacterial infection -- and periodontal disease results from bacterial infection. Besides gum problems, diabetes also can produce dry mouth, thrush, a burning of the mouth or tongue, or a distinct, telltale breath odor. "It's called 'acetone breath' and produces a sweet smell that's associated only with diabetes," adds Rethman. "Breath that really smells bad, meanwhile, could indicate infection of the nose, mouth, lungs, or stomach."

Osteoporosis

Osteoporosis and tooth loss often go hand-in-hand because the same decrease in bone mineral density that boosts risk of hip and other fractures affects the jawbone and teeth. That's one reason why women are especially vulnerable to tooth loss following menopause -- and why despite its other health risks, estrogen replacement therapy has been found to reduce their rates of tooth loss and gingivitis.

"Actually, there are four times in a female's life when she's more vulnerable to oral problems," says Cram. "Besides menopause, during puberty, during pregnancy, and around the time of her monthly period, certain hormones levels are elevated that stimulate inflammatory mediators that make

them more susceptible and responsive to bacteria in the mouth." So mark your calendar, ladies: It's during these times when a dental exam is especially useful.

Heart Disease

In the recent *Circulation* study, after comparing the oral health of 256 adult heart patients with that of 250 others with no heart disease, researchers did some math. Their calculations showed that the strongest predictor of heart disease was pericoronitis, an infection around the third molar; followed by root remnants, in which teeth decay to the point that only the tip of the root remains; gingivitis, an inflammation of gums around the teeth due to improper cleaning; cavities; and missing teeth.

The possible connection: "It seems that bacteria often found in the mouth can appear as the same atherosclerotic plaque associated with cardiovascular disease," Rethman tells WebMD.

Premature and Low-Weight Births

Research shows that women who have gum disease during pregnancy are seven times more likely to have a baby that is born too early and too small than other expecting mothers -- and the risk increases with the severity of their gum problems. "That's because when you have periodontal disease, the inflammation causes certain chemicals to be released in your bloodstream that could affect the baby's birth weight and delivery," Cram tells WebMD.

So if you're pregnant, head to the dentist or periodontist. A study last year in the *Journal of Periodontology* suggests that performing a common procedure to remove plaque and tartar from teeth that cause gum problems could reduce risk of premature delivery.

Other Conditions

Leukemia causes gums to be fiery red, very inflamed, and spongy.

Bulimia.

"When you binge and purge, it creates acid in the mouth that eats away at tooth enamel, especially on the insides of teeth," says Cram. "Bulimics also have a lot more gum recession and higher rates of cavities."

Kidney problems can cause inflamed gums.

Gastroesophageal reflux disease (GERD) can also cause tooth erosion from digestive acids entering the mouth.

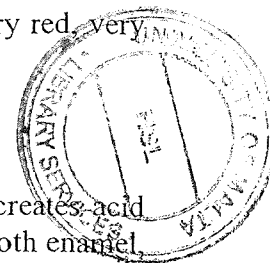
Vitamin deficiencies.

Not getting enough iron can cause sores at the corners of the mouth, the taste buds to become small, or can lead to a sore tongue. In some cases, advanced iron deficiency can lead to anemia and may cause scarring in the throat and esophagus, making swallowing difficult. While vitamin C deficiency causes gums to easily bruise and bleed, deficiency can lead to tooth loss. Vitamin D deficiency boosts risk of jaw fracture and gum disease.

Drugs Do Damage, Too

As you age, there's a natural decline in the amount of saliva you produce. But to add insult to injury, hundreds of drugs -- including antidepressants, high blood pressure medications, and allergy remedies such as antihistamines and decongestants -- can cause dry mouth.

"When the mouth dries out, you don't have the protective enzymes in saliva that help kill bacteria," says Cram. "Not only that, but gum tissue dries, which causes cells to die on the surface, allowing it to proliferate."



Dry mouth can be avoided by drinking plenty of water or using over-the-counter toothpastes, mouthwashes, and chewing gums, such as Biotene, that are especially formulated to replace these protective enzymes.

Still, the mouth-body connection stresses the importance that long preached advice: See your dentist regularly, especially during those vulnerable times of womanhood -- or if you are about to be hospitalized.

"If you're going in to the hospital for an extended stay, having an oral exam and good cleaning is a great idea because you're going to decrease the risk of hospital-acquired problems such as pneumonia," Mealey tells WebMD. "It's also advised to have a cleaning before getting joint replacement surgery, because the mouth can be a source of bacteria that, if it seeds, can cause an infection that could destroy tissue around the joint."

But even you're feeling perfectly fine, there's good reason for opening wide and staring at the ceiling as your mouth is picked and probed. "Today, more dentists aren't just looking at teeth and gums," says Cram. "They're giving you a good medial exam."

Published May 10, 2004.

SOURCES: Janket, S. *Circulation*, March 9, 2004; vol 109; pp 1095-1100. Jeffcoat, M. *Journal of Periodontology*, August 2003; vol 74; pp 1214-1218. Michael P. Rethman, DDS, periodontist, Honolulu; president, American Academy of Periodontology. Col. Brian Mealey, DDS, chairman of periodontics, Wilford Hall Medical Center, San Antonio. Sally Cram, DDS, periodontist, Washington, D.C.; American Dental Association consumer advisory committee.

PROPOLIS

by

Dr David Muscat (BDS LON)

Propolis means Defender of the city in Greek.

Propolis is resin collected from plants and trees, wax, essential oils and pollen mixed with bees' own salivary secretions. It is bee glue.

Propolis is a sticky filler substance used to seal up the hive and coat the entire inner surface creating a sterile environment.

Propolis is used internally and externally by man for several reasons;

It can be used as a tincture cream, ointment, tablet or spray.

Propolis can be used for mouth ulcers secondary to radiotherapy and/or chemotherapy, as these painful ulcers may cause dysphagia.

With children, propolis mixed with honey is administered and the patient must not eat or drink for one hour afterwards.

The mixture can be stored in the fridge 6 hours before administration.

Other than local action, the medication will combat upper or lower respiratory tract infections which the patient may be susceptible to due to a lowered immune response.

In adults, propolis is administered is a tincture form .A saturated cotton bud is dabbed onto the ulcer once or twice daily The pain usually disappears within a day or two.

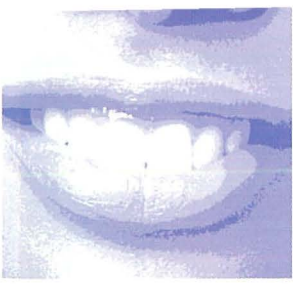


Saliva and sugarfree gum- maintaining healthy teeth and gums



WRIGLEY

ORAL HEALTHCARE
PROGRAMS



What is saliva?

Saliva is the body's own protection against tooth decay and stimulated saliva does this best. The most effective way of stimulating saliva is by chewing sugarfree gum, like Orbit.

What is saliva?

Saliva, consisting of over 99% water, constantly bathes the teeth and mouth.

Saliva has many functions such as:

- **Lubrication**
helping the action of chewing, swallowing and speech
- **Cleansing**
washing away food debris from the mouth and teeth
- **Buffering**
neutralising acid produced by plaque bacteria
- **Digestion**
starts the breakdown of carbohydrates
- **Remineralisation**
helps repair the early stages of tooth decay
- **Protection**
acts as an anti-microbial fighting infection

Normally, humans secrete approximately 500ml of saliva per day. However, this will increase in response to reflexes triggered by taste and chewing stimulation.

Saliva controls the environment in the mouth that effects the teeth. If the pH falls below the critical value of pH 5.5, the tooth starts to dissolve or demineralise.

Why is saliva important for teeth?

Saliva is the mouth's most important natural defence against tooth decay. A reduction in the amount of saliva produced can lead to an increase in tooth decay, difficulties in chewing and swallowing, mouth ulceration and an increased susceptibility to infection. Patients suffering with xerostomia (dry mouth) are particularly vulnerable and are likely to experience all or many of these problems.

Duct of parotid gland opens into the cheek opposite the second molar of the upper jaw

Ducts opening into floor of the mouth beneath the tongue

Sublingual gland

Parotid gland

Submandibular gland

Saliva is formed mainly from the secretions of three major salivary glands, the parotid, sublingual and submandibular glands.





How does sugarfree gum help?

Saliva stimulation

Research has proven that chewing sugarfree gum, such as Orbit, stimulates the production of saliva by up to 10 times the normal rate¹. At the same time the composition of saliva changes making it even more effective at fighting tooth decay.

Neutralising plaque acids

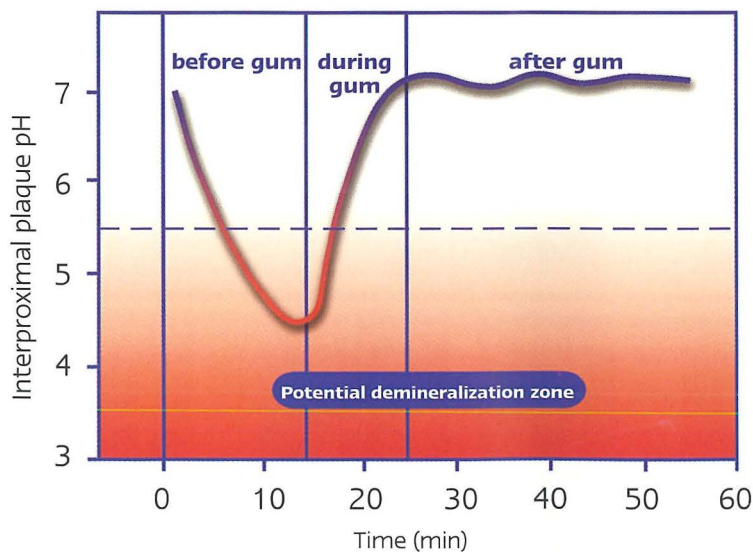
Frequent snacking between meals often leads to the presence of destructive plaque acid in the mouth. Chewing Orbit for 20 minutes after eating and drinking increases bicarbonate in saliva and helps patients to neutralise this plaque acid².

Enhanced remineralisation

Chewing Orbit sugarfree gum stimulates saliva, which is a source of the same types of calcium, phosphate and hydroxyl ions that occur naturally in the teeth. The increased saliva flow actively reduces demineralisation and improves the rate of remineralisation^{3,4}.

Helps prevent tooth decay

Chewing Orbit sugarfree gum after meals and snacks helps reduce tooth decay by up to 40%⁵.



Chewing Orbit for 20 minutes after eating and drinking restores the pH level in the mouth to a point where demineralisation no longer occurs

Key messages for patients

- Chewing Orbit stimulates saliva
- Chewing Orbit for 20 minutes after eating or drinking can help to neutralise plaque acid
- Chewing Orbit helps replace lost minerals after an acid attack
- Chewing Orbit can help prevent tooth decay



Orbit sugarfree chewing gum

The Wrigley Company is the world's leading manufacturer of chewing gum and has pioneered independent research into the positive effects of chewing sugarfree gum on oral health. Much of the research highlights the importance of saliva in dental health.

A study published in the Journal of Dental Research indicates that patients who chew Orbit sugarfree gum after eating and drinking can reduce tooth decay by 40%⁵.

Research conducted by leading independent dental scientists has convinced dental professionals all over the world to advise their patients to chew Orbit sugarfree gum as part of a regular oral care routine.

Orbit, the dental brand, is widely available in a range of flavours to suit all patient preferences including Peppermint, Spearmint, Orbit White, Fruit, Winterfresh, Apple, Cherry-Mint and More.



For more information about Orbit for your patients, please contact:

Kevin Demanuele - Wrigley Merchandising and Training Manager

E-mail: kevin.demanuele@nectar.com.mt

Mobile: 99233322

NECTAR Ltd. Ta QALI industrial zone, Ta QALI RBT 13, MALTA



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4. Leach SA, Lee GTR, Edgar WM (1989) Rimneralisation of artificial caries-like lesions in human enamel in situ by chewing sorbitol gum. *Journal of Dental Research* **68(6)**: 1064-1068.
5. Szöke J, Bánóczy J Proskin HM (2001) Effect of after-meal sucrose-free gum-chewing on clinical caries. *Journal of Dental Research* **80(8)**: 1725-29.



Continuous use of propolis cures the mouth ulcers completely.

Propolis tincture may burn and has an unpleasant taste. Honey makes it more palatable, and as such is mixed with the propolis for use in children.

To check for allergies prior to use, a drop of propolis is smeared gently on the wrist a few days prior to the administration of radiotherapy or chemotherapy.

Propolis provides the bee colony with its immune system. It is this fact which provides an insight into its potential to help man, as it is a combined antibiotic, antiviral and antifungal agent.

Recent research has also suggested it may help in

ANTI INFLAMMATORY ACTION, SKIN COMPLAINTS; ECZEMA, HERPES, PSORIASIS, SORE THROATS. STOMACH ULCERS, ARTHRITIS, RHEUMATIC AILMENTS, PERIODONTAL DISEASE, RESPIRATORY PROBLEMS

Most interestingly, the bioflavonoids in propolis have been found to be capable of destroying some bacteria that have now become resistant to modern synthetic antibiotics. (ref. Grange, Davey; Dept of Microbiology; National Heart And Lung Institute London)

Propolis is available from health food stores (Shanti natural products).

Hippocrates, the Greek physician, prescribed the use of propolis to help heal sores and wounds and internally to heal ulcers.

Propolis contains; 55% resins and balsams, 30% beeswax, 10% etheric oils,

5% pollen

Propolis prevents bacterial cell division and breaks down bacterial walls and cytoplasm.

Bees use it as an antiseptic lining in breeder cells before the queen lays her eggs. Any intruder that gets into the hive is stung to death and then embalmed with a propolis coating to guard against bacteria and viral infections generated by the intruders' decomposition.

Bees also use propolis to seal cracks and crevices to protect the hive from cold and rain; and to narrow the entrance to the hive from intruders.

Bee Rich propolis is a source of minerals, vitamins C,E, provitamin A,B complex, amino acids, fats, trace minerals such as copper, iron, manganese, zinc and bioflavonoids.

Bee rich propolis helps to inhibit infections such as *Trichophyton Rubrum* in skin disease; *Staphylococci*; *Streptococci*; and *Candida Albicans*.

The antioxidants help neutralize the free radicals and prevent cell damage. Bee propolis is believed to stimulate phagocytosis.

THE PRACTICAL APPLICATIONS;

1. Reduces pain, inflammation, fever, fights diseases, helps ear infections.
2. Speeds cell growth. Used against psoriasis, eczema, acne
3. Used on cuts and burns
4. Alleviates sore throats
5. Enhances the immune system
6. Helps keep joints lubricated
7. Regulates blood cells

Propolis capsules are taken as health supplements. Propolis liquid can be used as

a mouthwash or drunk. Skin cream nourishes and repairs the skin, in eczema, herpes or psoriasis. Lozenges can be used for sore throats or gums. Throat spray can be used for ulcers.

Clinical Trials and Research

(a) Anti Inflammatory properties Mirzoeva and calder, Department Bio-Chemistry, University of Oxford.

Propolis was sen as being twice as effective as the leading anti-inflammatory.

(b) Herpes

Vignograd Sosnowski, Institute of Epidemiology, Lvov State Medical Univ. Ukraine.

Propolis seen as being more effective than many leading brands in the treatment of herpes simplex

(c) Stomach Ulcers

Morton and Bardham, Rotherham General Hospitals NHS Trust UK.

Propolis had a significant effect on preventing H PYLORI which can cause the development of stomach ulcers.

Access to Propolis Research on webside - www.beehealth.com



"Nurse!
Remind me to get this damn chair fixed!"

Unrepeatable Dental Hospital Locker Graffiti

by
Dr David Muscat

1. Since Cyril started dating Nicole he has developed a new spring in his step.
2. Jonah is gay and a gentleman; he never leaves his friend behind.
3. If God had an enema - He'd stick it up St. Thomases.
4. My pen won't work ... and neither does the registrar.
5. If you break something in the clinic - don't worry - it probably needed changing anyway.
6. Sarah is to dentistry - what the Pope is to windsurfing.
7. Julia has succeeded into turning flirting into an art form.
8. If the Conservatives lose the elections tomorrow, will the last person to leave the country not forget to turn off the light please.
9. Peter has Crohns; we hope does not become.
10. The new consultant is 'dedicated', he's always "on the job".
11. There are three methods of communication; telephone, television and tell Angie.

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Fax: +33 4 50 40 55 55

Press Information 12 January 2005

The FDI World Dental Federation addressing the earthquake and tsunami disaster

11.01.2005 – The devastating tsunami has touched the hearts of millions of people worldwide, also colleagues in the dental family. The FDI World Dental Federation, through its World Dental Development Fund (WDDF), is offering aid to the Southeast Asian countries affected by the disaster and its aftermath.

As a first step in the response strategy the FDI Head Office has tried to assess the impact of the disaster on oral health and health care facilities via members and other organisations. Reports indicate that the impact on oral health is relatively low, while the World Health Organization has prioritised communicable diseases, environmental health and sanitation and psychological trauma. Oral health will likely be addressed as part of the long-term reconstruction phase of the disaster.

Experts of the FDI World Dental Development and Health Promotion Committee will assist Member Associations and dental and medical NGOs in providing technical advice, particularly on infection control, needs assessments and grant development. The FDI Education Committee is developing special programmes for the next Annual World Dental Congress to address the role of dentists in mass disasters. The role of dental forensics will also be examined.

Monetary support for the tsunami victims and member organisations can be channelled through the WDDF. Any programme applications related to the disaster will also receive full priority.

"By donating to the World Dental Development Fund, we can show solidarity with and compassion for the victims of this unparalleled disaster," said FDI President Dr HR Yoon. "We encourage applications to the fund addressing the tsunami disaster."

If you wish to donate to the World Dental Development Fund please use the following bank details for your transfer:
FDI World Dental Education Limited
Barclays Bank
PO Box 15165
50 Pall Mall, London SW1A 1QF
United Kingdom

IBAN: GB20BARC20658290789453
Swift Code: BARCGB22
Please state clearly the purpose of the transfer, i.e. "Donation WDDF"!

For further information please contact:
Dr Habib Benzian
Development & Public Health Manager
hbenzian@fdiworldental.org

About the FDI:
The FDI is the authoritative, worldwide voice of dentistry with 156 member associations in 137 countries around the world, representing more than 800,000 dentists worldwide.

For more information: www.fdiworldental.org

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KIN

Real Life Medical and Dental Emergency Drama

by
Dr. David Muscat

There is nothing quite like an emergency to shake you up and bring your feet back firmly on the ground.

1. The Aneurotic Oedema

If you have never seen this I can assure you it is quite chilling. Whilst working abroad, I had an asthmatic patient who was unwittingly allergic to the LA and developed an allergic reaction over a period of an hour. Her lips swelled up and she developed rashes over her arms and legs. Her face was swollen; she had difficulty breathing and developed Laryngeal Stridor and wheezing.

This is death staring at you in the face.

Oxygen was administered since the ambulance took rather long to arrive. 1m Adrenaline was given (1 in 1000 Adrenaline 1mg/ml as acid tartrate. Given 1m in her arm within 4 seconds, the patient started to recover well. The ambulanceman then gave the patient IV Corticosteroids on the way to hospital (Hydrocortisone 100mg as sodium succinate vials

with 2mls solvent).

It is advisable to have regular staff meetings and rehearse emergency protocol. One should always have a serviced oxygen cylinder ready in a prominent secure place in your practice (available from Multigas Ltd. 3 litres oxygen plus oxygen therapy mask.

Expired emergency drugs need to be replenished. Oxygen administration needs to be demonstrated to the staff. St. John Ambulance Brigade should be invited to instruct staff on cardiopulmonary resuscitation and basic first aid.

If Adrenaline was not available and oxygen not to hand, things may have taken a different turn. Some consultants advise injecting the Adrenaline directly into the tongue musculature.

Keep cool and relaxed.

2. The Heart Attack

One fine sunny afternoon a young lad came running into our waiting room frantically asking us to dial 999 as a man had collapsed on the pavement outside our surgery. The receptionist duly

complied. I stopped doing my filling and ventured outside to investigate.

The man was clutching his chest and then went still. There was no pulse and he was pale and rigid. I sprang into action. I laid him flat, hammered his sternum with four firm blows, and proceeded with cardiopulmonary resuscitation. I persevered for a good 10 minutes and I managed to get his pulse back and he regained colour in his cheeks.

The bluewatch boys from the adjacent fire station then arrived, as did the ambulanceman who took over.

I went back inside, mouthwashed with TCP thoroughly, excused my absence, and finished the filling.

It was not exactly pleasant, but it was either that or addios. The icing on the cake was that the successful resuscitation featured on the front page of the Croydon Post the following week, although the firemen stole some of the thunder. I now have a Loerdal facemask for mouth to mouth. This can also be used to administer oxygen to the patient from an oxygen cylinder.

Can you be sure that the ambulance will arrive on time? Does your patient not deserve to have oxygen available?

3. Angina

We had an old lady who was on her way to the doctor's surgery up the road as she felt unwell, but she did not have the strength to make it there. So she stopped in our surgery as she said she felt safe there. We put Glycerin Trinitrate under her tongue, administered oxygen, covered her with a foil blanket and called her GP who rushed over and gave her a shot of morphine for her pain.

4. Asthma

Salbutamol is a good drug to stock as well as hydrocortisone and adrenaline.

5. The Heimlich Manoeuvre

A medical colleague of mine was dining at a restaurant in England, when a gentleman on a nearby table started to choke on a piece of steak. The doctor delivered 4 firm blows to the patient's back high up between the shoulder blades. She then stood behind the patient and circled his waist with her arms placing a clenched fist in the

Epigastrium and grasped it with the other hand. The clenched fist was pulled sharply inwards 4 times. The offending piece of steak flew across the restaurant. The patient is now a vegetarian.

6. Ocular Protection

Protective glasses should be worn by patients as they are vulnerable. I keep 2 bottles of 500ml steriwash (sodium chloride 0.9%w/v). Your friendly chemist will sell you 2.5mls Chicco Nasonet (NaCl 0.9% which you can use to flush out the eye.

7. Inhalation

Beware of gates glidders, screw hatchets, bits of porcelain. Always sit upright if there is a risk of inhalation. I personally take radiographs with a mask GP point in situ during Endodontics, to establish length and so there is no danger of inhalation of a K file by patient.

8. Diabetics

Keep sugar sachets and glucagon in your kit.

9. Cushings

100mg IV Hydrocortisone to be given 1 hour before appointment preferably in hospital.

10. Vasovagal

Patients with cardiac ischaemia or hypertension are more at risk. Patients become dizzy, weak, nauseated, skin pale, cold, sweating. Profound bradycardia with a weak slow pulse is noted.

ABC

Airway give oxygen if necessary.

Breathing Circulation

Tilt back of chair to 10 degree tendelburg head down position.

No fluids are to be given till the patient is fully conscious.

When conscious give a glucose drink.

Recovery should occur within minutes.

If the patient is pregnant do not place in supine position. Lay her on her side and take care to maintain her airway.

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A BREATH OF FRESH AIR -
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La Poderina

FATTORIA DEL CERRO

Montepulciano

CANTINA SOCIALE
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NEGRAR



Peter
LEHMANN

The Barossa

SIMONSIG

FINCA CELIA

SANPEDRO

Leone de Castris

SELA MOSCA
CASA FONDATA NEL 1929



Livio Felluga



CITRA

TERREDORA



CAVIT
AVITE AU VITAM

PORTO
Niepoort

Sole Importers: Attard & Co. Foodstuffs Ltd., Wines & Spirits Division. Canter House, P. Felic Bilocca Str., Marsa. Tel: 2123 7555 Fax: 2122 0186
Gozo Distributor: Abraham Supplies, Triq Gajdoru, Xaghra. Tel: 2156 3231