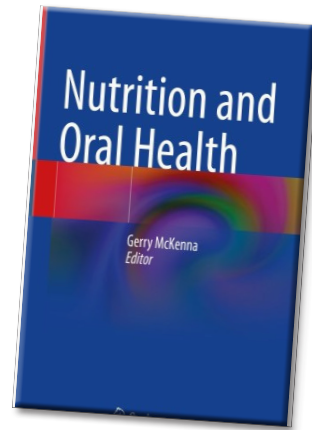


Nutrition and Oral Health

Editor: Gerry McKenna
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Books Review

A healthy diet is essential for good health and the maintenance and retention of natural teeth as people age. Dr. Gerry McKenna, a clinical reader and principal investigator in the Centre for Public Health, Queen's University Belfast, Belfast, UK, as editor of this book, explores the relationships between oral health and nutrition in the 8 chapters of the book entitled "**Nutrition and Oral Health**".

The book starts with nutritional considerations in children because good nutrition is essential for optimal growth, development and maintenance of all tissues and organs in the body, including the oral cavity. It also presents the most common cause of poor oral health in children and how nutrition could help or worsen the situation.

The next chapters describe the ageing population and nutritional requirements of older adults and how this could affect their oral health.

This book also discusses the relationship between periodontal disease and nutrition and helps practitioners provide dietary advice to their patients.

At the end, the authors present the impacts of oral rehabilitation on nutritional status and strategies for changing dietary behavior.

Dr. Gerry McKenna and his co-authors successfully achieves the aim of the book to present the association between nutrition, diet and dental diseases and to deliver clear dietary recommendations for their prevention.

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The Books Review is drafted in the reviewer's sole wording and illustrates his opinions