



Edition: 1st Edition 2022
pages: 176
Images: 98
Cover: Hardcover, 21 x 28 cm
ISBN: 978-3-86867-582-5
Published: June 2022

RRP: Information for distributors. This title is no longer price related.
Subject to changes!

KVM - Der Medizinverlag

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Book information

Authors: Johan Peter Wölber / Christian Tennert

Title: Ernährungszahnmedizin

Short text:

From the authors' point of view, most oral diseases are a consequence of malnutrition and thus a warning signal for later so-called non-communicable diseases. This is where the great preventive potential of nutritional counseling in dental practice lies: Dental teams can help patients to achieve better oral health and, at the same time, better general health. This book brings together the complex knowledge of the two fascinating disciplines of dentistry and nutritional medicine and focuses intensively on the effects of nutrition on oral health and the interaction of the two. The authors have focused on the major oral diseases of caries, gingivitis, and periodontitis as well as erosions and halitosis, although many mucosal diseases or oral neoplasms also have important links to nutrition. The book provides comprehensive information on the relationship between nutrition and oral health and aims to motivate and guide evidence-based nutritional counseling in dental practice.

Categories: General Dentistry, Interdisciplinary, Student literature