



# *Tannlegepraksis i informasjonsalderen*

*Asbjørn Jokstad  
Institutt for klinisk odontologi  
Universitetet i Oslo*

# En nyutdannet tannlege

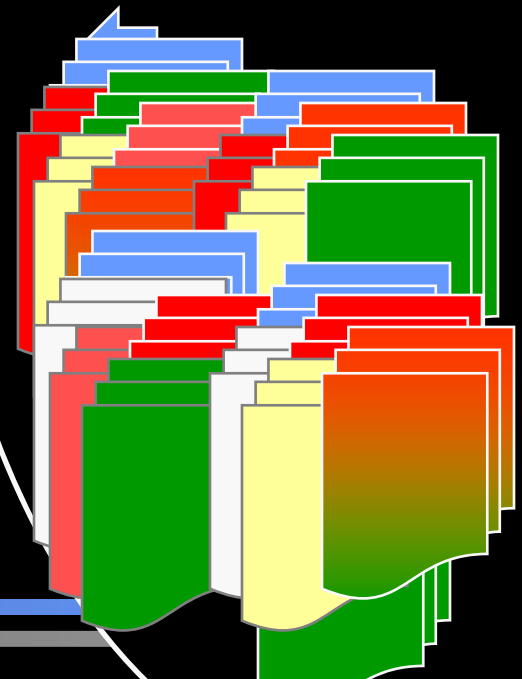


Reklame

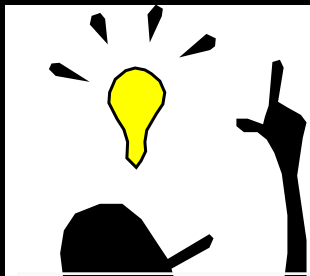
- produsent
- kollegaer

Lærere  
"Pensum"

"Viten  
skap"



# En nyutdannet tannlege



Reklame

- produsent
- kollegaer

“Viten

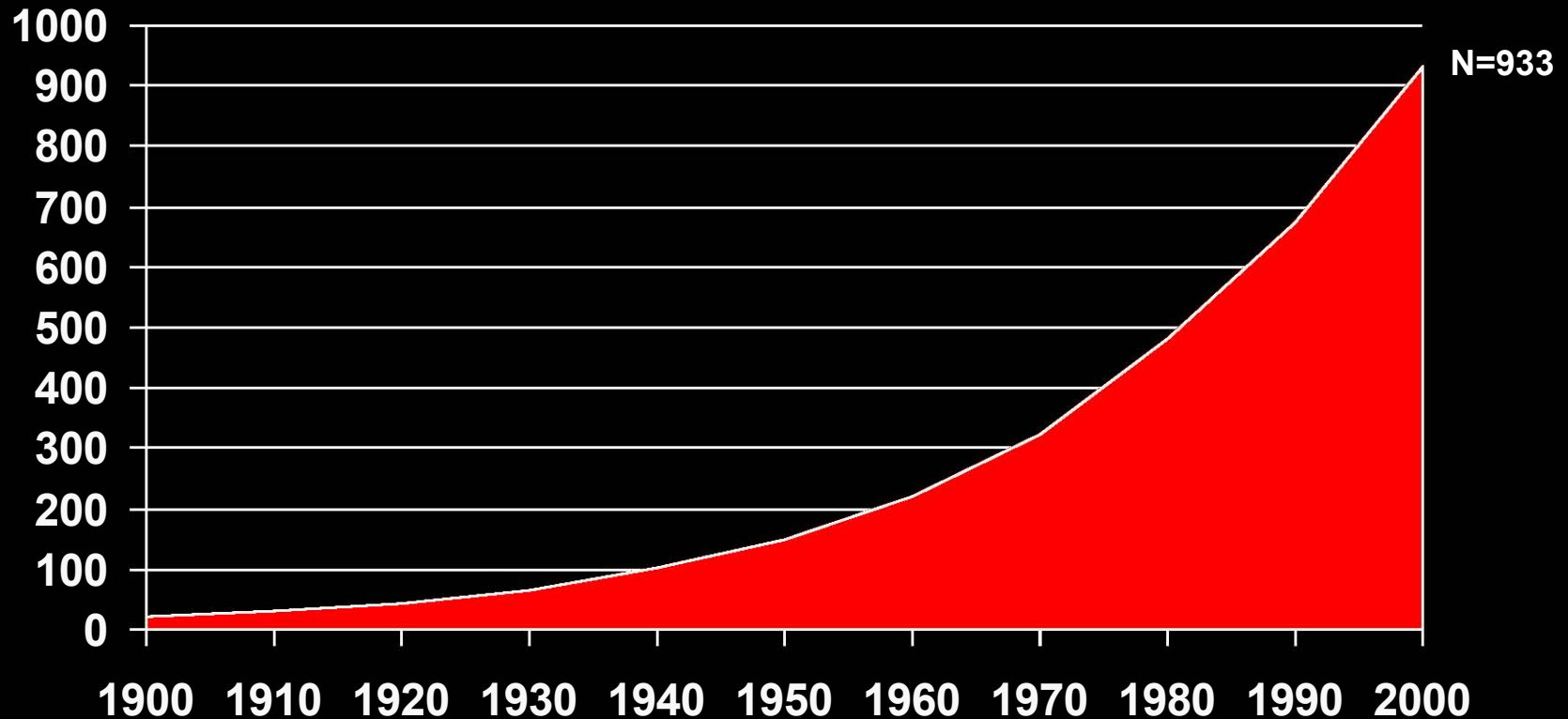
- Prosedyrer som beherskes er velprøvde
  - ikke nødvendigvis de mest moderne
- Ingen erfaring med mange vanlige prosedyrer
  - hvorfra tilegne seg mer kunnskap?
- Teoretisk på topp, fra nå er det mindre tid
  - et spørsmål om prioritering
- Fra dag 1 skjer det en videreutvikling i faget
  - hvordan holde seg oppdatert ?

# Informasjonsekspløsjonen

Enorm vekst av vitenskapelige og biomedisinske publikasjoner - inkludert odontologi

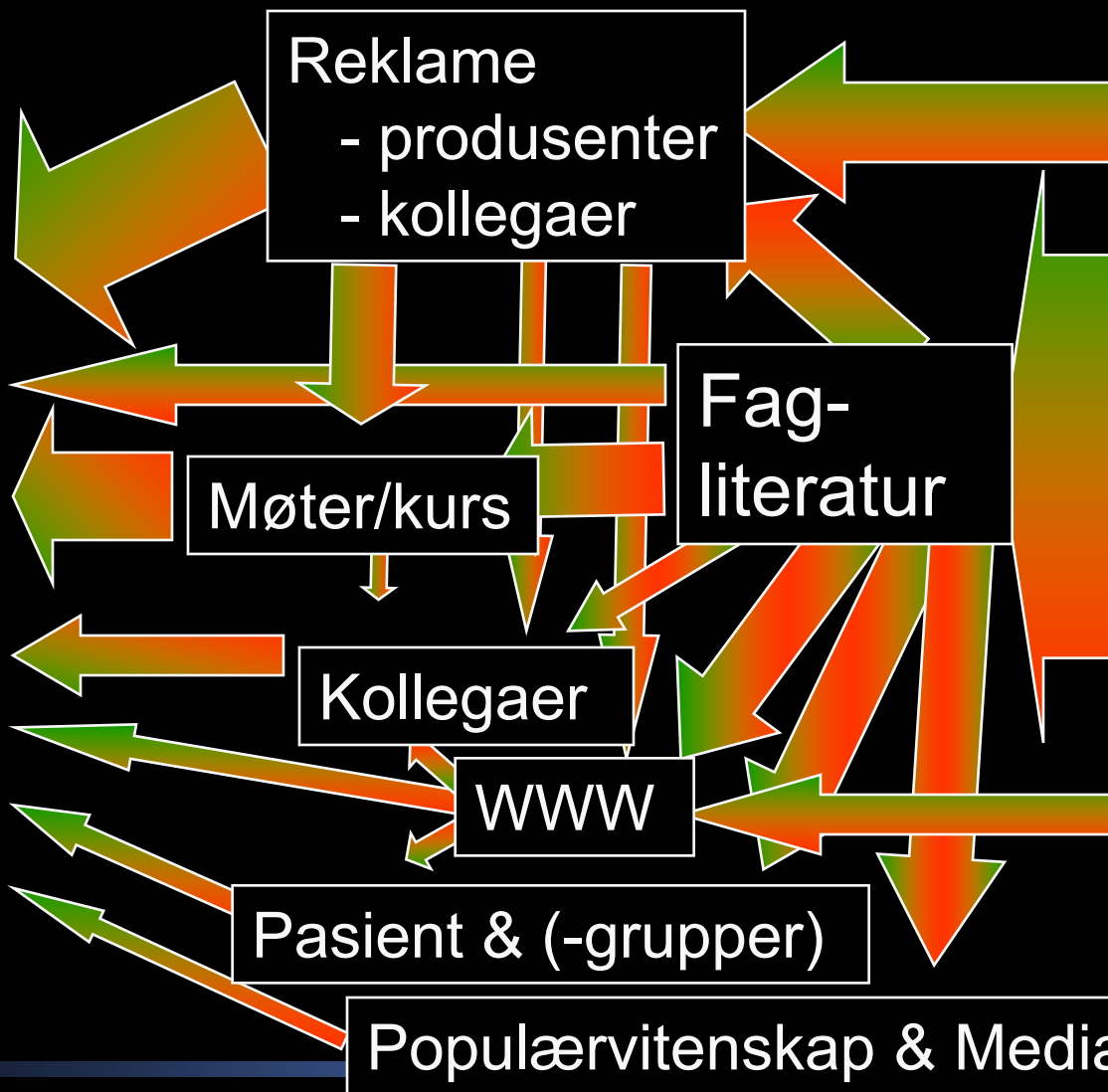
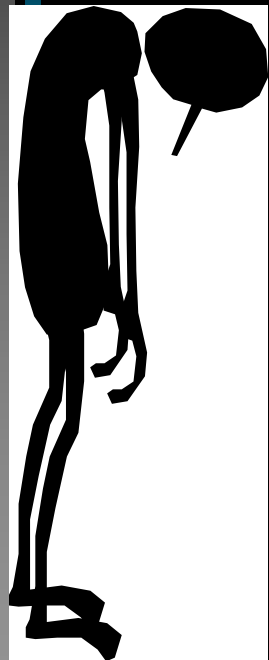
- Antall publikasjoner fordobles hvert 10. år
- Antall tidsskrift øker kontinuerlig
- Antall helsepersonnel og forskere stiger
  - Antall publikasjoner er nøkkelen til penger og ære

# Dental journals in circulation today



Source: Ulrich's International Periodicals Directory

# Informasjonsflommen



Odontologisk

**“Viten  
skap”**

500 tidsskrift:  
20 000 art./år

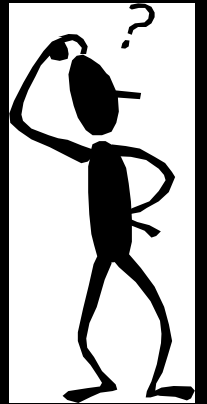
**Vi må ikke bare ta stilling til**

**mengden av informasjon vi  
mottar**

**men også**

**kvaliteten på denne  
informasjonen.**

# Hva gjør du hvis ...



En 32 år gammel kvinne ringer deg fire timer etter en visdomstannoperasjon og klager over blødning, smerter og hevelse. Hun ønsker umiddelbart smertestillende og antifebril medisin samt antibiotika ....





**..eller hvis...**

en 66 år gml kvinne oppsøker deg fordi hennes forrige tannlege ikke har klart å hjelpe henne med stadige plager med oral lichen planus. Hun vil gjerne diskutere nyere behandlingsmuligheter hun har lest om i bladet "Kvinner og Klær" med deg....



# Hvilken strategi velges når du er usikker?

- Patofysiologi -strategien: dette virker logisk ...
- Ekspert eller "hvordan jeg er opplært" -strategien: jeg lærte engang at dette virket / ikke virket ...
- Anekdote -strategien: dette virket/virket ikke sist gang jeg forsøkte ...

# Hvilken strategi velges når du er usikker?

- Konsultasjon -strategien: kan jeg kanskje spørre en kollega?
- Faglitteratur -strategien: er bøkene mine ajour og tidsskriftartiklene mine systematiserte?
- Tilstå at man ikke vet hva som kan gjøres
- Gjøre noe - gjerne med intrykk av stor entusiasme - og håpe på det beste ...
- eller ulike kombinasjoner av disse ...

# Rammevilkårene for dagens tannleger

## Tradisjonelt:

- opplært i basale behand.metoder
- møter og kurs
- artikler i fagtidsskrift
- kan i varierende grad konsultere

## Utsikt fremover:

- informasjonsbølge
  - bare en liten andel direkte klinisk anvendbart
  - dårlig utrustet til å fordøye og syntetisere informasjonen
- hektisk arbeidsdag
- krav til inntjening

# Hvilken strategi velges når du er usikker?

Identifisere viktig og relevant informasjon selv

1. Kan jeg oppsøke et bibliotek?
2. Har jeg tilgang til en datamaskin?
3. Kan jeg finne svar på Internett?

# Kan jeg finne svarene på Internett?

- **Medisinsk informasjon - “webmedisin”**

Search input field with "Search!" button

Get personalized e-mail when you reserve a Web address!



Search for:

Help | Customize Settings | Family Filter is Off

Search input field containing "lichen +planus" and "any language" dropdown, with "Search" button

Search these results Spell check: did you mean plans?

Related Searches:

- what is lichen planus - oral lichen planus - erosive lichen planus

AltaVista Recommends

Find products for: lichen +planus

Find Results In:

6,943 pages found.

- Products News Business Web Pages Images MP3/Audio Video Directories

lichen planus - Click here for a list of Internet Keywords related to lichen planus

See editor-selected sites in: Lichen Planus | Flat Feet or Pes Planus

Shop now... Books Music Amazon.com GO!

1. Lichen Planus & GWS Anybody else have it ?

Lichen Planus & GWS Anybody else have it ? [ Follow Ups ] [ Post Followup ] [ Gulf War Vets Discussion Board ] Posted by A.W. on March 02, 1999 at... URL: gulfwarvets.com/board/board/messages/1079.html Translate More pages from this site Related pages

2. Enkelte aspekter ved lichen planus

... URL: www.odont.uio.no/medisin/lichen%20planus/ppframe.htm Translate More pages from this site Related pages

still searching?

Select One... dropdown menu

All the Web, All the Time™



Search for

[Help](#) [Customize](#) [Advanced Search](#)

7377 documents found - 0.2550 seconds search time

Search Restrictions: Offensive content reduction is On

1 [Skin care products for relief and treatment of skin disorders. - lichen planus red skin psoricon](#)

Skin care products for relief and treatment of skin disorders. anasilskin anasilskinanasilskinsoriasis treatmentIntracelbad breath causedandruff reliefTable of Contents Sincerely, Richard Faiola MD, With your help, however, "fairly Psoricon becomes  
<http://eczema.sawy-health.com/>

2 [Lichen Planus Treatment Program on the Internet](#)

Lichen Planus is a chronic skin disorder that finds a promising treatment with homeopathy. Homeopathy is slightly lesser know but rapidly growing alternative health therapy. Homoeopathy India Foundation has designed an on-line Treatment Protocol (OTP) for  
<http://www.lichenplanus.com/>

3 [Lichen Planus Treatment Program on the Internet](#)

Click here for Case studies Introduction: Lichen Planus, an obstinate skin disorder has baffled not only the patients but also the practitioners equally. The cases of Lichen Planus have been observed all over the world, irrespective of the race, skin color  
<http://www.lichenplanus.com/what.htm>

4 [Lichen Planus : The causes and on-line Treatment Program](#)

What cases Lichen Planus? It is one of those conditions where the exact cause remains unknown till the date. There are theories. In some cases there are obvious links with the facts such as : 1. Contact with certain chemicals (paraphenylenediamine), drugs  
<http://www.lichenplanus.com/cause.htm>

5 [Lichen Planus Treatment Program on the Internet](#)

Out Medical Team: About Dr.Rajesh Shah,LCEH(Bom.): Dr.Rajesh practices in Bombay. He has studied homeopathy intensively for last eighteen years. He has vast clinical experience. Dr. Rajesh is an internationally acclaimed teacher and clinician. His generous  
<http://www.lichenplanus.com/team.htm>





**LYCOS MULTIMEDIA** POWERED BY **fast**

All
  Pictures
  Audio
  Video

LOCATION: [Lycos](#) > [Multimedia](#) > All Results [Parental Controls are OFF](#)

**PICTURES**

[ [PICTURES](#) | [AUDIO](#) | [VIDEO](#) ]

49 Pictures were found in a search of the complete Lycos Web catalog.



**dimensions:** 156x101  
**file size:** 12.4  
[full size photo](#)



Lycos 14 Lichen Planus of the Palate  
**dimensions:** 270x178  
**file size:** 27.3  
[full size photo](#)



**dimensions:** 156x117  
**file size:** 17.6  
[full size photo](#)

[ 46 [More Pictures](#) of lichen+planus ]

**AUDIO**

[ [PICTURES](#) | [AUDIO](#) | [VIDEO](#) ]

0 Audio files were found in a search of the complete Lycos Web catalog.

Sorry, no audio files are available for 'lichen planus' at this time.

**VIDEO**

[ [PICTURES](#) | [AUDIO](#) | [VIDEO](#) ]

0 Video files were found in a search of the complete Lycos Web catalog.

Sorry, no video files are available for 'lichen planus' at this time.

**planetfeedback**  
 Send complaints, compliments, questions and suggestions here!

**Halloween's Happenin'...**  
 What Are You Gonna Be?  
 LYCOS SHOP

**Keep it.**  
**LYCOS FREE**  
 Internet Access.

# Informasjon $\neq$ kunnskap!

- Søkingen blir oftest uspesifik
- Det tar ofte mye tid

Er dette så bra som det kan få blitt?

# Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- **Medisinske-metabaser**



## The Megasite Project: A Metasite Comparing Health Information Megasites & Search Engines



P. F. Anderson, Nancy Allee, Jean Chung, Brian Westra, University of Michigan



*Abstract Comparisons*



*Methodology Survey*



*Criteria Best of the Best*



*Unique Features Site Map*



*Bibliography About This Site*

1999 Update!: New Search Test



# Informasjon $\neq$ kunnskap!

- Søkingen blir oftest uspesifik
- Det tar ofte mye tid
- Kvaliteten varierer enormt
- Mye “lærebokpreg” på det som finnes
- Vanskelig å finne svar på konkrete problem

Er dette så bra som det kan få blitt?

# Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- Medisinske-metabaser
- **Medisinsk forskningslitteratur, databaser**

## Ulike medisinske databaser


Address <http://gateway1.ovid.com/ovidweb.cgi?T=JS&PAGE=dblist&checkipval=yes> Go

O V I D

## Choose a database

? Help

select a database  
to searchselect more than one  
database to search

- To **begin a search**, click the name of the desired database.
- To **get more information** about a database, click the information icon: 
- Click the **select more than one database to search** tab to search up to 5 databases at once.
- [Logoff](#)

-  [Medline](#) 1997 to December Week 2 2000
-  [Journals@Ovid Full Text](#) October 18, 2000
-  [EBM Reviews - Best Evidence](#) 1991 to July/August 2000
-  [EBM Reviews - Cochrane Database of Systematic Reviews](#) 3rd Quarter 2000
-  [EBM Reviews - Database of Abstracts of Reviews of Effectiveness](#) 1st Quarter 2000
-  [CINAHL](#) 1982 to August 2000
-  [EMBASE](#) 1988 to 2000 Week 40
-  [EMBASE](#) 1980 to 2000 Week 40
-  [EMBASE](#) 1980 to 1987
-  [Pre-Medline](#) October 18, 2000
-  [Medline](#) 1966 to 1996
-  [Medline](#) 1993 to 1996
-  [Medline](#) 1987 to 1992
-  [Medline](#) 1975 to 1986
-  [Medline](#) 1966 to 1974
-  [Medline](#) December 2000 Week 2 2000

# Kan jeg finne svarene på Internett?

- Medisinsk informasjon - “webmedisin”
- Medisinske-metabaser
- Medisinsk forskningsliteratur, databaser
  - Medline





# PubMed

NLM's search service to access the 9 million citations in MEDLINE and Pre-MEDLINE (with links to participating on-line journals), and other related databases.

- [Overview](#)
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- [MeSH Browser](#)
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Search  for:

Number of documents to display per page:

Entrez Date limit:

- Enter one or more search terms.
- Author names should be entered in the form Smith JB, but initials are optional.
- Journal titles may be entered in full, as valid MEDLINE abbreviations, or as ISSN numbers (see Journal Browser for more information).

Questions or comments? Write to the [Help Desk](#).

NCBI PubMed PubMed QUERY PubMed ?

Details impacted teeth third molar pain postoper. Search Clear

Docs Per Page: 20 Entrez Date limit: No Limit

citations 1-20 displayed (out of 152 found), page 1 of 8

Display Abstract report for the articles selected (default all).

Order documents on this page through Loansome Doc

Dionne RA. [See Related Articles] Additive analgesic effects of oxycodone and ibuprofen in the oral surgery model. J Oral Maxillofac Surg. 1999 Jun;57(6):673-8. PMID: 10368091; UI: 99294557.

Zacharias M, et al. [See Related Articles] Effectiveness of preoperative analgesics on postoperative dental pain: a study. Anesth Prog. 1996 Summer;43(3):92-6. PMID: 10323113; UI: 99256489.

Bouloux GF, et al. [See Related Articles] Bupivacaine versus lidocaine for third molar surgery: a double-blind, randomized, crossover study. J Oral Maxillofac Surg. 1999 May;57(5):510-4; discussion 515. PMID: 10319823; UI: 99251541.

Wenzel A, et al. [See Related Articles] Evaluation of a new radiographic technique: outcome following removal of mandibular third molars. Dentomaxillofac Radiol. 1998 Sep;27(5):264-9. PMID: 9879214; UI: 99095287.

Bastian H, et al. [See Related Articles] Comparative study of pain control by cryotherapy of exposed bone following extraction of wisdom teeth.

# Informasjon $\neq$ kunnskap!

- Søkingen blir for uspesifik
- Det tar for mye tid
- Kvaliteten varierer
- Mye “lærebokpreg” på det som finnes
- Vanskelig å finne svar på konkrete problem
- Husker ikke hvordan man søker
- MEDLINE indekserer ca. 4000 tidsskrift; en distinkt minoritet
- Får ikke tak i originalartikkelen /lene
- Har ikke tid til å lese alt i alle tilfeller

Er dette så bra som det kan få  
blitt?

# Informasjonsflommen

## Et paradoks

**Til tross for  
informasjonsflommen**

er bare en liten fraksjon direkte  
appliserbart i klinisk hverdag

vi er dårlig utrustet til å fordøye og  
syntetisere ny informasjon

Populærvitenskap & Media

logisk

ten

p”

skrift:

t./år

# Konsekvens av situasjonen

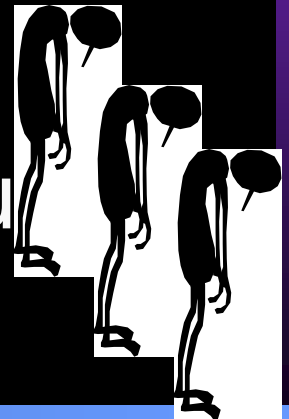
1. Vi trenger informasjon daglig, men våre behov blir sjelden oppfylt



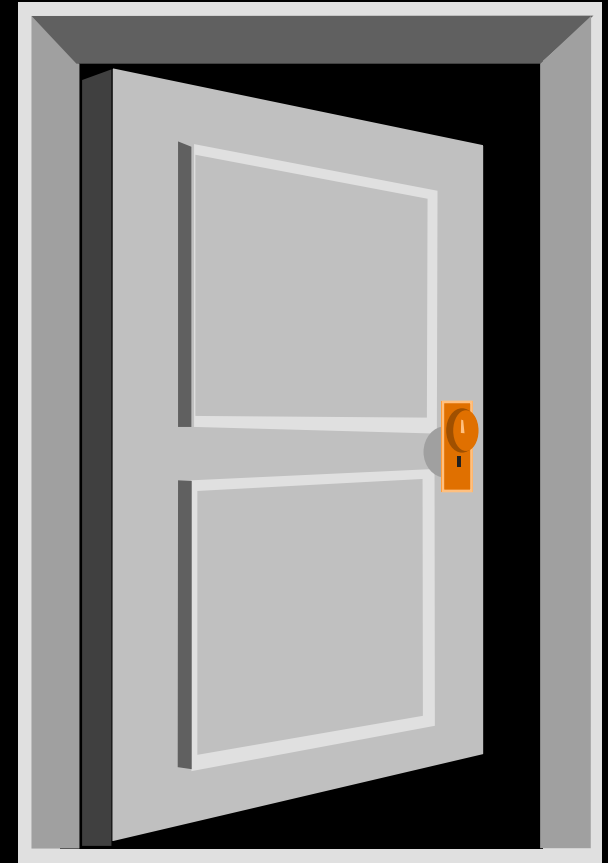
2. Som et resultat blir våre kliniske kunnskaper og behandling dårligere.



3. Tradisjonelle etterutdanningskurs forbedrer sjelden våre kliniske kunnskaper og behandling



Kanskje kan  
dette nye  
“EBM” hjelpe  
meg?



# Evidens basert medisin - hensikt

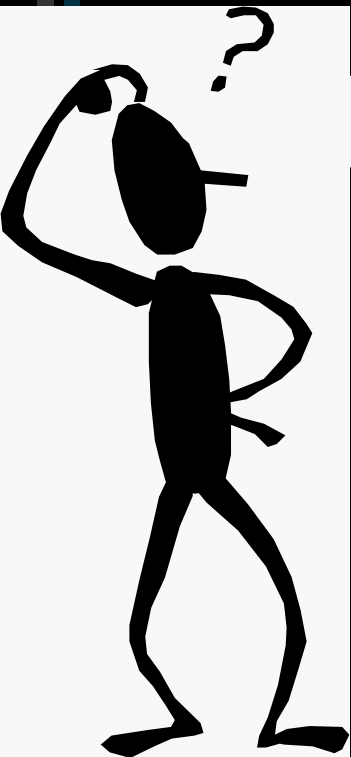
- Hvordan løse daglige kliniske problemstillinger?
  - praktisk spørsmål
- Hvordan være rimelig sikker på at det jeg anbefaler og utfører er det beste pasienten kan motta?
  - etisk spørsmål

# Evidens basert medisin - metode

1. Hvordan effektivt finne ny og meningsfull informasjon
2. Hvordan anvende denne nye informasjon



# Evidens basert medisin -mål

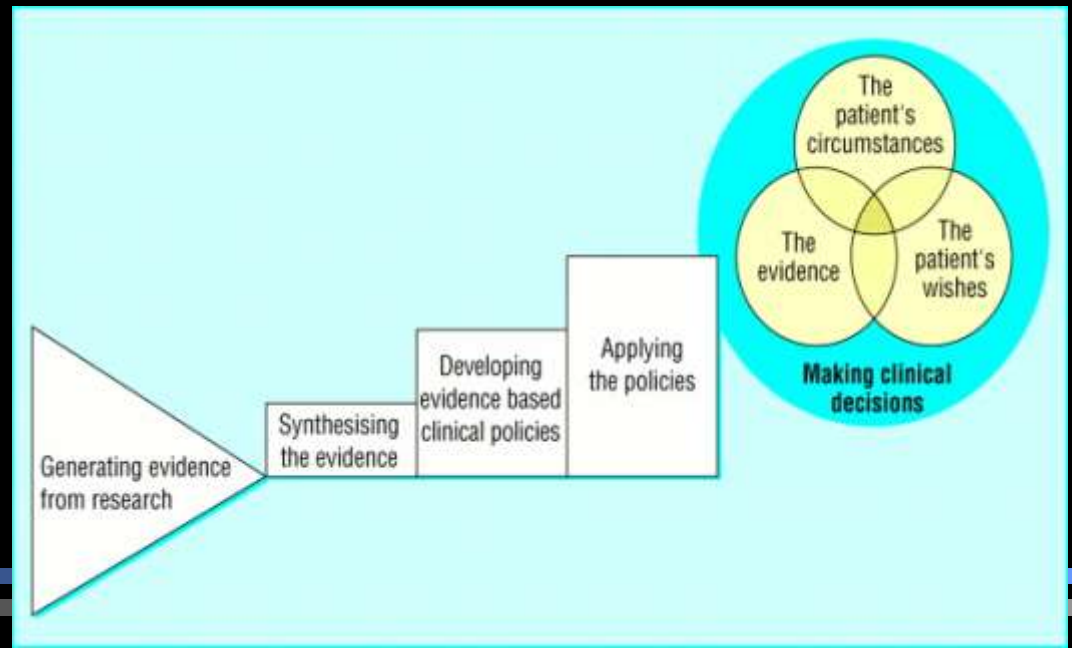


En strategi for hvordan vi skal forholde oss til kontinuerlige forandringer

...uten at vi vet riktig svar.

# How can we apply EBD in our daily practice?

1. By accepting and applying practice protocols, policies and guidelines based on evidence-based principles



# fdi National and International Guidelines & Statements, Position papers, Proceedings, Systematic reviews, Meta-analyses



[Patient issues](#)

[Public health issues](#)

[Precautions in the dental office](#)

[Materials, techniques & procedures](#)

[Specialised procedures](#)

[Education & Scientific issues](#)

[Dentists' world](#)

## Patient issues

Endocarditis	<a href="#">[World]</a>	<a href="#">[FDI]</a>	
Dental erosion	<a href="#">[World]</a>	<a href="#">[FDI]</a>	<a href="#">[FDI statement]</a>
Disabled patients	<a href="#">[World]</a>	<a href="#">[FDI]</a>	
Emergency treatment	<a href="#">[World]</a>	<a href="#">[FDI]</a>	
Odontophobia, psychology, fear	<a href="#">[World]</a>	<a href="#">[FDI]</a>	
Oral mucosal problems	<a href="#">[World]</a>	<a href="#">[FDI]</a>	
Saliva and oral health	<a href="#">[World]</a>	<a href="#">[FDI]</a>	
Temporomandibular dysfunction	<a href="#">[World]</a>	<a href="#">[FDI]</a>	

## Public health issues [\[Top\]](#)

**tmd**

Year	Original title	Type	Country	Source	Publish	Authors	http	ISDN
2000	Zähneknirschen und Zähnepressen - wie wirken sich solche Gewohnheiten auf unsere Gesundheit aus? [Tooth bruxing and tooth clenching - how does it affects our health?]	Statement	Germany/Deutschland	DGZMK, Deutsche Gesellschaft für Zahn-, Mund- und Kieferheilkunde		Kluge AM	<a href="#">DGZMK, Deutsche Gesellschaft für Zahn-, Mund- und Kieferheilkunde</a>	
1999	The scope of TMD/orofacial pain (head and neck pain management) in contemporary dental practice	Review	USA	American Academy of Orofacial Pain	J Orofacial Pain 1999; 11: 78-83		<a href="#">UI: 99264717</a>	
1997	Guide to evaluation of permanent impairment of the temporomandibular joint	Guidelines	USA	American Acad Head, Neck and Facial Pain/ Amer Acad Orofacial Pain/ Amer Acad Pain Manag Amer Coll Prosthodont/ Amer Equilib Soc / Amer Soc Maxillofac Surg/ Amer Soc Temporomand Joint Surg/ Int Coll Cranio-mandibular Orthoped/ Soc Occlusal Stud	Cranio 1997; 15: 170-8	Phillips DJ Jr, Gelb M, Brown CR, Kinderknecht KE, Neff PA, Kirk WS Jr, Schellhas KP, Biggs JH 3rd, Williams B	<a href="#">UI: 98247668</a>	
1996	Temporomandibular disorders	Policy Statement	International	AADR, American Association for Dental Research			<a href="#">AADR</a>	
1996	Evidence-based evaluation of three imaging methods for the temporomandibular disc.	systematic Review	Sweden/Sverige		Dentomaxillofac Radiol 1996 Nov; 25(5): 234-41	Liedberg J, Panmekiate S, Pettersson A, Rohlin M.	<a href="#">UI: 97304901</a>	
1996	Orofacial pain: guidelines for assessment, diagnosis, and management	Guidelines	USA	American Academy of Orofacial Pain	Chicago: Quintessence Publishing Co	Okeson JP, McNeill C		0867153121
1996	Management of Temporomandibular Disorders	Review/Statements	USA	NIH, National Institutes of Health	Oral Surg Oral Med Oral Pathol Oral Radiol Endod 1996; 83: 1-190		<a href="#">NIH</a>	
1993	Temporomandibular Disorder Prosthodontics: Treatment and Management Goals	Review/Guidelines	USA	American College of Prosthodontists. Committee on TMD	J Prosthodont 1995; 4: 58-64		<a href="#">UI: 95400466</a>	
1993	Toward an international consensus on temporomandibular joint surgery	Proceedings	International	Second International Consensus Meeting, April 1992, Buenos Aires, Argentina	Int J Oral Maxillofac Surg 1993; 22: 78-81	Goss AN	<a href="#">UI: 93308383</a>	
1993	Temporomandibular disorders: guidelines for the classification, assessment and management	Guidelines	USA	American Academy of Orofacial Pain	Chicago: Quintessence Publishing Co	Okeson JP, McNeill C		
1990	Treatment of temporomandibular	Proceedings	USA	American Academy of Pediatric	J Am Dent Assoc		<a href="#">PMID: 2179356</a>	

STAKES Main Page - Please read text


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welfare and health*

 National Research and Development  
Centre for Welfare and Health (STAKES)

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 ▶ *In Finnish*    ▶ *In Swedish*

National Research and Development Centre for Welfare and Health (STAKES)

### Welcome to STAKES webpages!

**STAKES**, the National Research and Development Centre for Welfare and Health, is committed to promoting the well-being and health of people, and to securing equal access for all to high-quality and effective welfare and healthcare services.

**STAKES** produces information and know-how in the field of welfare and health and forwards them to decision-makers and other actors in the field. As a centre of expertise overseen by the Ministry of Social Affairs and Health, STAKES bases its functions on research, development and information resources.



Established 1.12.1992

 Director General, Professor,  
MD Vappu Taipale

250 employees



## Welcome to SBU

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- Reports
- Newsletter
- Conferences
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På Svenska

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  - Trastuzumab (Herceptin) for Metastasized Breast Cancer. [Read more...](#)
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E-mail: [info@sbu.se](mailto:info@sbu.se) Webmaster: Susanne Eksell, E-mail: [eksell@sbu.se](mailto:eksell@sbu.se)

Website revised June 28, 2001



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S-0, 114 86 Stockholm • Besöksadress: Tyrgatan 7  
Tel: 08-412 32 00 • Fax: 08-411 32 60  
E-mail: [www.sbu.se](mailto:info@sbu.se) • E-mail: [info@sbu.se](mailto:info@sbu.se)



Samordnare för tandvårdsområdet: Susanna Axelsson, tandläkare, e-mail: [axelsson@sbu.se](mailto:axelsson@sbu.se)

## Evidensbaserad **TANDVÅRD**



Evidensbaserad tandvård

**NY RAPPORT**

Vetenskapligt underlag finns för  
att jämföra olika metoder? Vilka områden  
är särskilt angelägna för utvärdering?  
SBU utvärderar sjukvårdens och tandvårdens  
metoder. Beställ nya SBU-rapporten

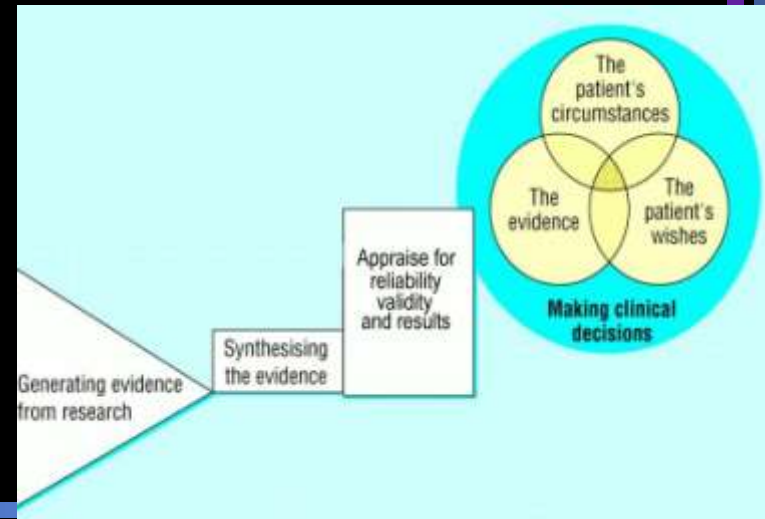
*Behov av utvärdering i tandvården* på  
medföljande svarskupong. Du kan också  
försäkra dig om kontinuerlig information  
från SBU genom att anmäla dig till SBU:s  
adresslista.

## Behov av utvärdering i tandvården

# How can we apply EBD in our daily practice?

1. By accepting and applying practice protocols, policies and guidelines based on evidence-based principles
2. By seeking and applying evidence-based dentistry summaries generated by others

- Journals that critically appraise primary studies
- Systematic reviews
  - Cochrane Collaboration
  - NHS R&D
  - Literature







<b>Specialist Journals</b>	<b>Nature</b>	<b>Nature Publishing Group</b>	<b>Macmillan</b>	<b>Macmillan Reference</b>	
 <b>nature publishing group</b>					
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Journal of Evidence-Based Dental Practice TDC, July 2001 - Netscape

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**A new perspective...Two steps back: Integration of the evidence-based method in a general practice residency program** 3

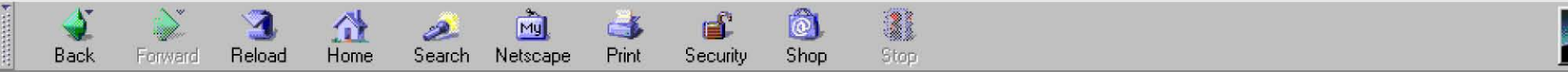
Elliot Abt, DDS, MS

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Maxwell Anderson, DDS

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This document should be cited as: Shaw WC, Worthington HV, Harrison J, Clarkson JE, Chan ES-Y, Antczak-Bouckoms A, Tavender EJ, Bickley SR. Cochrane Oral Health Group. In: *The Cochrane Library*, Issue 3, 2001. Oxford: Update Software.

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### What's new

#### NEW REVIEWS

Interventions for the treatment of burning mouth syndrome

#### NEW PROTOCOLS

Pulp treatment for extensive decay in primary teeth

# EFFECTIVENESS *Matters*

NHS Centre for Reviews and Dissemination, The University of York  
Vol 3, Issue 2, October 1998

## *Prophylactic Removal of Impacted Third Molars: is it Justified?*

- Third molar surgery rates vary widely across the UK.
- Around 35% of third molars removed for prophylactic purposes in the UK are disease free.
- Surgical removal of third molars can only be justified when clear long term benefit to the patient is expected.
- It is not possible to predict reliably whether impacted third molars will develop pathological changes if they are not removed.
- There are no randomised controlled studies to compare the long term outcome of early removal with retention of pathology free third molars.

# NHS Centre for Reviews and Dissemination- York:

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NHS Centre for Reviews and Dissemination  
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### **Dental Restoration: What Type of Filling?**

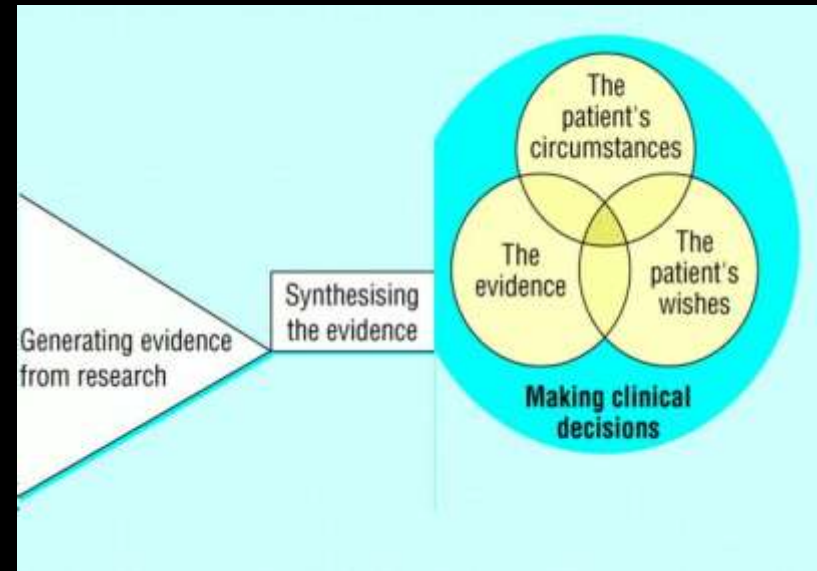
- Tooth decay is one of the most common diseases and accounts for almost half of all tooth extractions. The treatment of tooth decay by the placement of simple, direct restorations (fillings) alone costs the NHS in England & Wales £173 million per year.
- Dental restorations do not last forever; over 60% of all restorative dentistry is for the replacement of restorations.
- New restorative materials are often marketed and introduced into practice with limited evidence on their long-term clinical performance.












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- Seminars
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# www.nettingtheevidence.org.uk

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#### **The Cochrane Collaboration**

The Cochrane Collaboration is an international organisation that aims to help people make well-informed decisions about healthcare by preparing, maintaining and promoting the accessibility of systematic reviews of the effects of healthcare interventions. The main work of the Collaboration is done by approximately fifty Collaborative Review Groups, within which Cochrane Reviews are prepared and maintained. The Cochrane Oral Health Review Group aims to produce systematic reviews which primarily include all randomised control trials (RCT's) of oral health. Oral health is broadly conceived to include the prevention, treatment and rehabilitation of oral, dental and craniofacial diseases and disorders.

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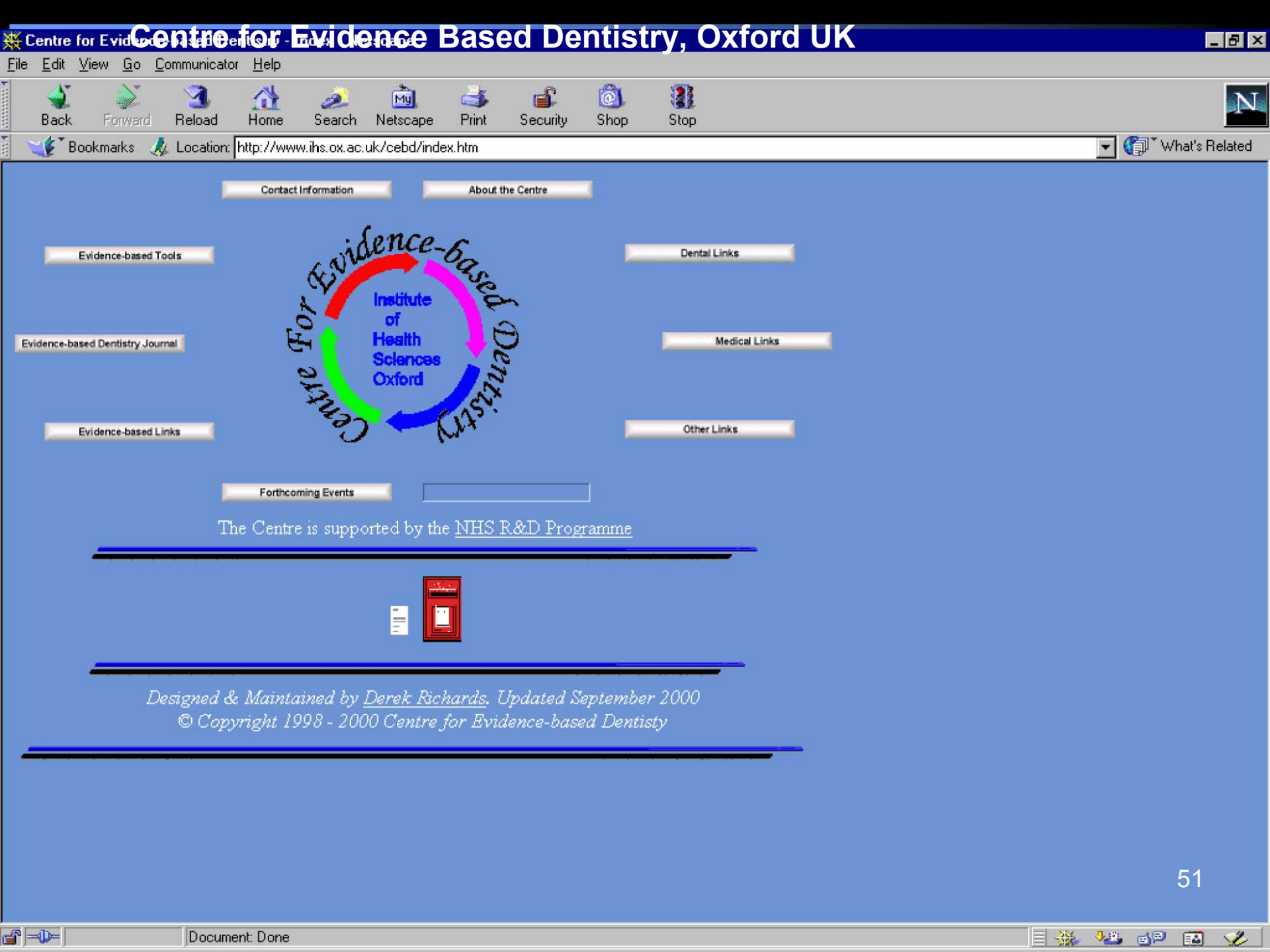
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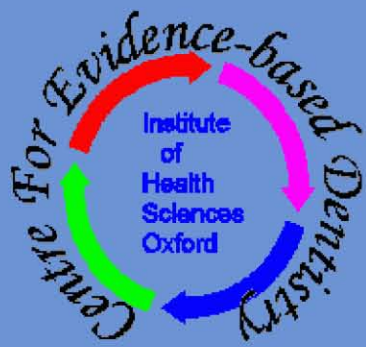
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