

# BOOK REVIEWS

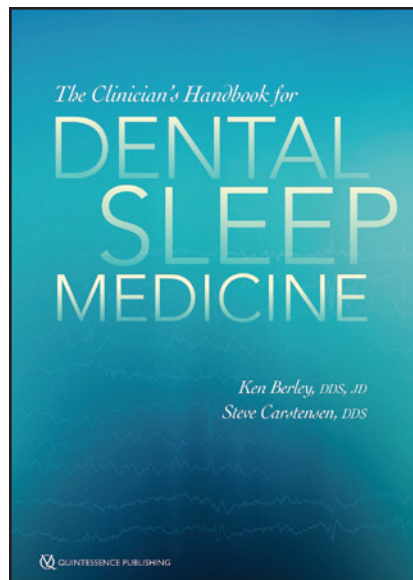
## The Clinician's Handbook for Dental Sleep Medicine

KEN BERLEY, DDS, JD  
STEVE CARSTENSEN, DDS

240 pages, 60 illustrations. \$72. 2019.  
Quintessence Publishing Co., Inc., 411 N. Raddant Road, Batavia, IL 60510.  
(800) 621-0387; www.quintpub.com.

This informative handbook will be an excellent guide for anyone who has considered expanding an orthodontic practice to include sleep medicine. The authors have assembled an exceptional array of resources, using a “how-to” approach that not only encourages the reader to embark on the use of sleep appliances, but also points out the pitfalls and cautions to watch out for during the initiation of therapy and continuing follow-up.

The authors navigate the sea of acronyms well, providing a good basic background for those who have not ventured into sleep medicine. But they also provide valuable nuggets about treatment titration and unwanted appliance complications for those of us who have spent years treating patients with sleep-disordered breathing. They even suggest business, billing, and lab procedural aspects to



consider when providing sleep services. A nice discussion of the legalities of sleep medicine, with caveats about actions such as practicing medicine without a license, will help the neophyte avoid mistakes that might lead to prosecution.

This book is a quick read, but its first-rate writing and clear procedural pathways would make it an outstanding textbook for a dental school to use in a senior elective class on sleep medicine. An excellent index and glossary of sleep terminology will help busy clinicians find what they need. I would highly recommend this handbook for both beginning sleep therapy providers and long-

time sleep practitioners.

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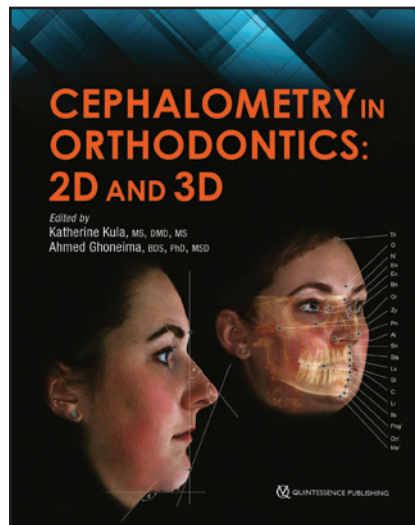
## Cephalometry in Orthodontics: 2D and 3D

KATHERINE KULA, MS, DMD, MS, Editor  
 AHMED GHONEIMA, BDS, PhD, MSD, Editor

208 pages, 338 illustrations. \$118. 2018.  
 Quintessence Publishing Co., Inc., 411 N. Raddant Road, Batavia, IL 60510.  
 (800) 621-0387; www.quintpub.com.

This textbook serves to link much of the knowledge of cephalometrics garnered from traditional two-dimensional images with that offered by cone-beam computed tomography (CBCT) in three dimensions. The editors have performed a commendable job in assembling a top-notch group of contributors.

The text follows a natural progression from the history of cephalometrics to its fundamentals and analysis, including a chapter dedicated to the contemporary topic of cephalometric airway analysis. Advanced applications such as 3D superimposition, growth and treatment predictions, measurement of bone with CBCT, and interpretation of



pathology in cephalometric radiography are presented in other sections. A final chapter comprises five case reports showing practical applications of cephalometry. The excellent color figures, illustrations, and tables are typical of Quintessence Publishing.

In summary, this is a clearly written, but not overly verbose, handbook for anyone studying or using cephalometrics. It fills a void in orthodontics for clinicians who wish to take the leap into CBCT imaging, but it can also serve as a great educational resource for orthodontic residents.

JAMES MAH, DDS, MS, DMS