



Also, treatment may need to be extended into areas that are not normally considered as within the remit of dental and periodontal therapy. Providing a smoking cessation service is becoming popular in some countries. More importantly to enable these patients to neutralise the damaging effects imposed by over-activity of their psychological states should also be considered an essential part of periodontal therapy. Lifestyle changes such as improving coping mechanisms, relaxation strategies, and reducing the impact of stressful triggers in people susceptible to peaks of inflammatory activity should seriously be considered in these periodontal patients. This may be a crucial consideration in treating bruxers and others in whom it is thought that stress may be a factor. If the expertise does not exist within dentistry, referral to others who have this expertise may be necessary as part of the services that we offer to our patients.

Also, bearing in mind the contents of previous papers in this series and the research quoted in these papers, the importance of maintaining a good diet (as many people who are stressed reduce their food intake to numerous cups of coffee, confectionery and junk food) cannot be overemphasised. Encouraging a nutritious diet that contains the nutrients and micronutrients described in this series of papers to ensure that the immune system is maintained in an optimal state of functionality, may provide the key to achieving long-term stability in the tissues of patients, and a state of wellness in those who are susceptible to conditions in which inflammation is an underlying factor. **DA**

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