Evidence-based practice is a hot topic in orthodontics and the publication of this hard-backed book is timely. This particular text seeks to appeal to clinicians and academics at postgraduate level. The purpose of this book is to provide orthodontists with an evidence-based perspective on important orthodontic topics and to stimulate reflection on current treatment options. It succeeds in its aim.

The book is appropriately organized into 13 chapters. Prominent orthodontic clinicians wrote the chapters where they critically appraised the literature. Chapter one acts as an introduction to the theory of evidence-based practice. The following 12 chapters look at important areas in orthodontics, which include early intervention, bonding and adhesives, wires, extraction and non-extraction treatment of Class III malocclusions, dental asymmetries, temporary anchorage devices, impacted canines, root resorption, orthodontics and temporomandibular disorders, retention and stability, and lastly accelerated tooth movement. Each chapter covers its topic in depth using the available evidence to discuss the argument for and against different contentions. All cited evidence is appropriately referenced. High-quality clinical records and diagrams are used throughout the book which aid understanding. Summary bullet points at the end of each chapter facilitate quick reference.

I read this book with great interest as treatment decisions about an individual patient must involve an understanding of the available evidence. It is well written and easy to follow. The chapters address most of the important topics in orthodontics and include contemporary treatment techniques. The book is good value for money and it will appeal to both postgraduate students and clinicians.

Huw G. Jeremiah

This is an interesting and timely textbook devoted to the principles and practice of evidence-based methodology in orthodontics. A significant proportion of the recent orthodontic literature has emphasized the pre-eminence of systematic review and meta-analysis in making informed decisions about the risk, cost, benefit, and outcome of treatment modalities. ‘Evidence-based Orthodontics’ (EBO) is an introduction to clinical problem solving in orthodontics to determine the most effective interventions available at the time of publication. The advent of an evidence-based approach has brought about significant changes in healthcare provision where practitioners and patients together seek enlightened choices to determine the ‘best’ treatments and outcomes. This book aims to serve as a reference text to practitioners wishing to understand EBO from study design to contemporary clinical practice.