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Belizane das Graças Oliveira Maia

**Resistência à fratura de raízes fragilizadas reabilitadas com pinos de fibra de vidro
reembasados ou fresados**

Governador Valadares

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Dissertação apresentada ao Programa de Pós-Graduação em Ciências Aplicadas à Saúde, da Universidade Federal de Juiz de Fora, Campus Governador Valadares, como requisito parcial à obtenção do título de Mestra em Ciências Aplicadas à Saúde.
Área de concentração: Biociências

Orientador: Prof. Dr. Rafael Binato Junqueira

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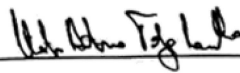
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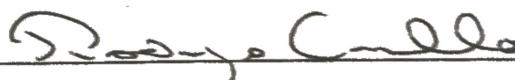
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Universidade Federal de Juiz de Fora – Campus Governador Valadares



Prof. Dr. Cláudio Antônio Talge Carvalho

Universidade Estadual Paulista – UNESP



Prof. Dr. Rodrigo Furtado de Carvalho

Universidade Federal de Juiz de Fora – Campus Governador Valadares

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Eu sou aquela mulher
a quem o tempo
muito ensinou.
Ensinou a amar a vida.
Não desistir da luta.
Recomeçar na derrota.
Renunciar a palavras e pensamentos negativos.
Acreditar nos valores humanos.
Ser otimista.

(Cora Coralina, no livro “Vintém de cobre: minhas confissões de Aninha”. 6ª ed., São Paulo:
Global Editora, 1997, p.145.)

RESUMO

O objetivo no presente estudo foi comparar a resistência à fratura de raízes fragilizadas restauradas com pinos de fibra de vidro (PFV) fresados através da tecnologia CAD/CAM e pré-fabricados reembasados com diferentes resinas. Para este estudo experimental laboratorial *in vitro*, setenta incisivos bovinos foram tratados endodonticamente e divididos em sete grupos (n=10), de acordo com o protocolo de fragilização radicular (moderada: 1mm de dentina remanescente ao redor do canal radicular; ou severa: 0,5mm de dentina remanescente) e a técnica de anatomização do pino. No grupo controle, não houve fragilização e o PFV foi cimentado diretamente. Nos grupos FM-Z350 e FS-Z350, raízes com fragilização moderada (FM) ou severa (FS) receberam PFV reembasados com resina composta nanoparticulada convencional. Nos grupos FM-Bulk fill e FS-Bulk fill, raízes com FM ou FS, receberam PFV reembasados com resina do tipo Bulk fill. Nos grupos FM-Fresado e FS-Fresado, raízes com FM ou FS, receberam PFV fresados. Após ciclagem termomecânica (88 N, 3,8 Hz, 1.200.000 ciclos, equilíbrio térmico entre 5°C e 45°C) as raízes foram submetidas à compressão estática em uma máquina de ensaios universal até a fratura. O modo de falha foi analisado em estereomicroscópio (7,5x) e as frequências comparadas pelo teste qui-quadrado. Os grupos foram comparados por meio de ANOVA dois fatores, post hoc de Tukey e Teste T, com significância de 5%. O valor médio de resistência à fratura (Kgf) foi de 47,5 para o grupo controle. Nos grupos com fragilização moderada, os valores médios foram, 65.5 no grupo FM-Bulk fill, 63.4 no grupo FM-Z350 e 56.4 no grupo FM-F. Nos grupos com fragilização severa, 72.7 no grupo FS-Bulk fill, 65.7 no grupo FS-Z350 e 16,8 no grupo FS-F. O grupo FS-F obteve os menores valores, com diferença significativa em relação a todos os grupos ($p < 0,001$) e o maior valor foi no grupo FS-Bulk fill, com diferença em relação a FM-F ($p = 0,037$) e FS-F ($p < 0,001$). Na comparação com o controle, FM-Bulk fill, FM-Z350, FS-Bulk fill e FS-Z350 apresentaram valores superiores de resistência à fratura; FS-F, valor inferior e FM-F sem diferença. No grupo controle, a frequência de fraturas reparáveis foi de 100%, e nos grupos com fragilização moderada e severa, foi de 87% e 63%, respectivamente. Concluiu-se que raízes com fragilização severa reabilitadas com pinos de fibra de vidro fresados apresentaram menores valores de resistência à fratura em relação ao grupo controle e aos reembasados. Entretanto, o padrão de falha apresentado em todos os grupos foi predominantemente do tipo reparável. A quantidade de estrutura dental remanescente foi determinante na sobrevivência do dente, uma vez que dentes com fragilização severa apresentaram frequência maior de falhas catastróficas.

Palavras-chave: CAD-CAM. Força de Compressão. Falhas de Restaurações Dentárias. Tecnologia Odontológica. Teste de Materiais. Técnica de Pino e Núcleo. Preparo do Canal Radicular.

ABSTRACT

The aim of the present study was to compare the fracture resistance of weakened roots restored with CAD/CAM milled GFPs to the prefabricated ones, relined with two different resins. For this experimental in vitro laboratory study, seventy bovine incisors were endodontically treated and divided into seven groups (n=10), according to the weakening protocol (medium: 1mm of remaining dentin around the root canal; or highly: 0.5mm of remaining dentin) and the post anatomization technique. The control group was non-weakened, and the GFP was directly luted. In groups MW-Z350 and HW-Z350, medium weakened (MW) or highly weakened (HW) roots were restored with a GFP relined with conventional nanoparticle composite resin. In MW-Bulk fill and HW-Bulk fill groups, MW or HW roots were restored with a GFP relined with Bulk fill resin. In MW-M and HW-M groups, MW or HW roots were restored with a milled GFP. After thermomechanical cycling (88 N, 3.8 Hz, 1,200,000 cycles, thermal equilibrium between 5°C and 45°C), the roots were submitted to compression in a universal testing machine until fracture. The failure mode was analyzed under a stereomicroscope (7.5x), and the frequencies were compared by the chi-square test. The groups were compared by two-factor ANOVA, Tukey's post hoc, and T-test at a 5% significance level. The mean value of fracture resistance (kgf) was 47.5 for the control group. In the groups with medium weakening protocol, the values were 65.5 in the MW-Bulk fill group, 63.4 in the MW-Z350 group, and 56.4 in the MW-M group. In the highly weakened groups, 72.7 in the HW-Bulk fill group, 65.7 in the HW-Z350 group, and 16.8 in the HW-M group. The HW-M group obtained the lowest values, showing a significant difference compared to all groups ($p < 0.001$), and the highest value was HW-Bulk fill, with a significant difference compared to MW-M ($p = 0.037$) and HW-M ($p < 0.001$). Compared to control, MW-Bulk fill, MW-Z350, HW-Bulk fill, and HW-Z350 showed higher fracture resistance values; HW-M, lower value, and MW-M no difference. In the control group, the frequency of repairable fractures was 100%, and in the groups with moderate and highly weakening the frequency was 87% and 63%, respectively. It was concluded that the highly weakened roots rehabilitated with milled GFP showed lower fracture resistance values than control group and the relined ones. However, the failure pattern in all groups was predominantly repairable. The remaining tooth structure was determinant for dental survival since teeth with high weakened samples showed a higher frequency of catastrophic failures.

Keywords: CAD-CAM. Compressive strength. Dental restoration failures. dental technology; materials testing, post and core technique, prosthodontic tooth preparation; root canal preparation.

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1 INTRODUÇÃO

A utilização de retentores intrarradiculares em dentes tratados endodonticamente, com substancial perda coronária é uma abordagem bastante utilizada na reabilitação oral com o objetivo de proporcionar retenção ao núcleo de preenchimento e, conseqüentemente, à futura restauração (ATLAS, GRANDINI e MARTIGNONI, 2019).

Atualmente, a demanda por procedimentos odontológicos estéticos tem aumentado devido à influência exercida pelas mídias sociais, e a Odontologia está em constante evolução para satisfazer esta demanda do mercado (BINALRIMAL, 2019). A melhora das propriedades estéticas das restaurações livres de metal levou ao desenvolvimento de uma grande variedade de pinos intrarradiculares capazes de resolver problemas relacionados aos pinos metálicos (PARČINA et al., 2016).

Nesse contexto, surgiram os pinos de fibra de vidro (PFV), que apresentam bons índices de sobrevida e sucesso (GULDENER et al., 2017), boa relação custo/benefício e estética satisfatória. São de fácil manipulação na cimentação, com módulo de elasticidade semelhante à dentina e aderem-se quimicamente às resinas de uso odontológico (KULKARNI, et al., 2016). O baixo módulo de elasticidade permite um desempenho mecânico do dente restaurado semelhante ao de um dente natural, reduzindo o risco de fraturas radiculares não restauráveis (SCHMOLDT et al., 2011).

Os PFV apresentam uma distribuição relativamente uniforme do estresse ao longo da raiz e o módulo de elasticidade é similar à dentina. São associados a baixas taxas de fratura catastróficas quando comparados aos outros tipos de pinos e exibem picos de tensão inferiores e, portanto, superiores na análise de elementos finitos (ATLAS, GRANDINI e MARTIGNONI, 2019). Embora os PFV tenham se tornado bastante utilizados clinicamente, falhas das restaurações têm sido relatadas, predominantemente a descimentação, seguida por fratura do núcleo de preenchimento, sendo um modo de fratura favorável, passível de retratamento (FRANCO et al., 2014; KULKARNI, et al., 2016).

A preservação do máximo de estrutura natural é um fator decisivo para a restauração bem-sucedida do dente tratado endodonticamente, e o preparo do espaço para pino deve ser o mais conservador possível (ATLAS, GRANDINI e MARTIGNONI, 2019). Além disso, a adaptação do pino e núcleo ao espaço para pino pode influenciar significativamente a probabilidade de sobrevida e durabilidade do tratamento realizado (SILVA et al., 2021).

Essa adaptação é prejudicada em dentes com canal radicular amplo, canais não circulares ou que apresentam variações anatômicas, uma vez que os pinos pré-fabricados

apresentam um formato padronizado que não se adapta às suas paredes, propiciando uma linha de cimentação espessa, o que gera um alto estresse de polimerização do cimento, aumentando a possibilidade da ocorrência de falhas devido à perda de retenção do pino (MARCOS et al., 2016; SILVA et al., 2021). Nestes casos, pode-se lançar mão de técnicas para obtenção de pinos anatômicos, seja pela personalização de pinos pré-fabricados com resina composta, a qual preencherá os espaços entre o pino e as paredes do canal (LINS et al., 2019; SILVA et al., 2021) ou pela confecção de um PFV fresado pela tecnologia CAD/CAM, no qual o pino e o núcleo se constituirão em uma estrutura única (MARCOS et al., 2016; LIU et al., 2010).

Recentemente, a utilização de resinas tipo bulk fill com a finalidade de individualizar o PFV tem sido estudada devido à tensão de contração durante sua polimerização igual ou mais baixa que as resinas compostas convencionais, especialmente em incrementos maiores (LINS et al., 2019; RIZZANTE et al., 2019a; RIZZANTE et al., 2019b; SILVA et al., 2021). As resinas bulk-fill tiveram performance similar ou melhor que as resinas compostas convencionais (CIDREIRA BOARO et al., 2019), apresentando-se como uma alternativa viável para reembasamento de PFV (SILVA et al., 2021).

O uso da tecnologia CAD/CAM tem se mostrado uma opção promissora, especialmente quando se considera a possibilidade de se fresar ambos, pino e núcleo, em uma peça única, o que eliminaria a necessidade de utilização de uma resina composta para a construção de um núcleo, reduzindo o número de interfaces, que são áreas mais suscetíveis a falhas (SARY et al., 2019). Também é possível a fresagem em diferentes materiais, superando a limitação estética relacionada ao uso de núcleos metálicos fundidos em dentes anteriores. Além disso, o pino fresado, devido à sua excelente adaptação às paredes do canal gera uma linha de cimentação mais fina (GAMA et al., 2021; LIU et al., 2010; TSINTSADZE et al., 2018).

Para produzir um pino e núcleo através da tecnologia CAD/CAM são necessárias três etapas. A primeira é a obtenção dos dados do espaço para pino através do escaneamento direto ou indireto. A segunda etapa é o desenho virtual do pino e núcleo, em um programa de computador, com os dados obtidos no escaneamento. A terceira etapa é a fresagem de um bloco do material escolhido em uma fresadora (ALBUQUERQUE; SILVA; MORGAN, 2020).

Quando comparados aos PFV reembasados, os PFV fresados requerem uma sessão clínica mais longa, para escaneamento ou moldagem do canal radicular; uma fase laboratorial ou um sistema CAD/CAM no consultório (*chairside*) e uma segunda sessão clínica para sua cimentação, caso seja fresado em laboratório (TSINTSADZE et al., 2018).

Para a obtenção do modelo digital do pino que será fresado, pode-se realizar o escaneamento direto intracanal (LIBONATI et al., 2020, mas este procedimento exige um

investimento inicial elevado. Um padrão do pino e núcleo, em resina acrílica ou em cera também pode ser escaneado, utilizando-se um *scanner* de laboratório para gerar o modelo digital através do qual serão confeccionados o pino e núcleo definitivos (GAMA et al., 2021; LEE, 2018). Este procedimento requer um tempo adicional e experiência na manipulação dos materiais (LEE, 2018).

Ao comparar os pinos fresados aos núcleos metálicos fundidos (NMF), uma vantagem dos pinos fresados é a minimização dos erros e desvantagens inerentes ao processo de fundição, como a formação de bolhas e irregularidades na superfície do metal (FALCÃO SPINA et al., 2018). Outra vantagem descrita na literatura é que a restauração com pinos e núcleos fresados aumentam significativamente a resistência à fratura de canais radiculares fragilizados quando comparados a PFV cimentados com uma espessa linha de cimento resinoso, aos PFV reembasados com resina composta e aos NMF (PANG et al., 2019; SARY et al., 2019).

Esta resistência do remanescente radicular à fratura influencia diretamente seu prognóstico a longo prazo e a presença de uma férula de 1,5 a 2 mm pode ter um efeito positivo na resistência à fratura de dentes tratados endodonticamente, ao passo que, em sua ausência, um desfecho clínico ruim é muito provável (JULOSKI et al., 2012; LAZARI et al., 2018). Na ausência de férula deve-se considerar a utilização de pinos e núcleos metálicos fundidos e na presença de uma férula de 1 mm de espessura, o uso de pino de fibra de vidro parece ser a melhor decisão clínica (FONTANA et al., 2019).

Nos trabalhos que relacionaram a ausência de férula ao modo de falha do dente tratado endodonticamente, não foram avaliados os pinos fresados. Assim, a confecção de PFV fresados é uma técnica recente, que surgiu com a promessa de melhor retenção ao canal por se adaptar perfeitamente às paredes radiculares e ainda possuir propriedades semelhantes à dentina. Entretanto, observa-se uma escassez de estudos e falta de consenso na literatura. Algumas pesquisas relataram que pino e núcleo de fibra de vidro integrados, fabricados por CAD/CAM podem aumentar a resistência geral da raiz fragilizada à fratura (PANG et al., 2019; SARY et al. 2019).

Em contrapartida, outros estudos prévios (GAMA et al., 2021; GOMES et al., 2015; RUSCHEL et al., 2018) não encontraram resultados que incentivem o uso do CAD/CAM para fabricação dos PFV em relação aos pré-fabricados e aos reembasados. Portanto, o presente trabalho se justifica por testar os pinos fabricados por CAD/CAM, comparando-os às técnicas tradicionalmente estabelecidas, em relação à resistência à fratura de raízes fragilizadas em diferentes níveis. A hipótese nula é de que raízes dentárias fragilizadas reabilitadas com PFV, confeccionados por diferentes técnicas, apresentam valores de resistência à fratura semelhantes.

2 ARTIGO CIENTÍFICO

Artigo científico enviado para publicação no periódico *Journal of Prosthetic Dentistry*, qualis CAPES interdisciplinar B1. A estruturação do artigo baseou-se nas instruções aos autores preconizadas pelo periódico (ANEXO A).

Title page

Fracture resistance of weakened roots restored with relined or milled CAD-CAM glass fiber posts.

Belizane das Graças Oliveira Maia, DDS^a, Thais da S. Alves Santos, DDS, MSc^b, Cláudio Antonio Talge Carvalho, DDS, MSc, PhD^c, Francielle Silvestre Verner, DDS, MSc, PhD^d, Rafael Binato Junqueira, DDS, MSc, PhD^d.

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^aMSc student, Health Applied Sciences Master Program, Federal University of Juiz de Fora, Campus GV, Governador Valadares, Minas Gerais, Brazil. belizanemaia@hotmail.com

^bPhD student, Department of Restorative Dentistry, Endodontic Division, São Paulo State University (Unesp), Institute of Science and Technology, São José dos Campos, Brazil. thais.s.alves@unesp.br

^cPhD, Professor, Department of Restorative Dentistry, Endodontic Division, São Paulo State University (Unesp), Institute of Science and Technology, São José dos Campos, Brazil. claudio.talge@unesp.br

^dPhD, Professor, Health Applied Sciences Program and Department of Dentistry, Federal University of Juiz de Fora, Campus GV, Governador Valadares, Minas Gerais, Brazil.
francielle.verner@ufjf.br , rafael.binato@ufjf.br

Corresponding author:

Professor Rafael Binato Junqueira

Address: Av. Dr. Raimundo Monteiro Rezende 330, Sala 301, Centro, Governador Valadares, Minas Gerais, Brazil.

ZIP: 35.010-173

Phone: +55 32 991490663

E-mail: rafael.binato@ufjf.edu.br

Authorship Declaration:

All authors listed above certify that they have contributed significantly to this work, agree with the manuscript, and take public responsibility for the content, including participation in the manuscript's concept, design, analysis, writing, or review.

Conflict of interest:

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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The authors do not have any financial interest in the companies whose materials are included in this article.

ABSTRACT

Statement of the problem. The type of post and core that favors the prognosis of weakened roots without a ferrule is challenging for dentists, and there is no consensus in the literature about the best rehabilitation technique.

Purpose. To compare the fracture resistance of weakened roots restored with milled glass fiber posts (GFPs) to the prefabricated ones, relined with two different resins.

Methodology: Seventy bovine incisors were endodontically treated and divided into seven groups (n=10), according to the weakening protocol (medium or highly) and the post anatomization technique (relined with Bulk fill or with conventional nanoparticle composite resins or milled). The control group was non-weakened, and the GFP was directly luted. After thermomechanical cycling (88 N, 3.8 Hz, 1,200,000 cycles, thermal equilibrium between 5°C and 45°C), the roots were submitted to compression in a universal testing machine until fracture. The failure mode was analyzed under a stereomicroscope (7.5x), and the frequencies were compared by the chi-square test. The groups were compared by two-factor ANOVA, Tukey's post hoc, and T-test at a 5% significance level.

Results. The mean value of fracture resistance (kgf) was 47.5 for the control group. In the groups with medium weakening protocol, the values were 65.5 in the MW-Bulk fill group, 63.4 in the MW-Z350 group, and 56.4 in the MW-M group. In the highly weakened groups, 72.7 in the HW-Bulk fill group, 65.7 in the HW-Z350 group, and 16.8 in the HW-M group. The HW-M group obtained the lowest values, showing a significant difference compared to all groups ($p < 0.001$), and the highest value was HW-Bulk fill, with a significant difference compared to MW-M ($p = 0.037$) and HW-M ($p < 0.001$). Compared to control, MW-Bulk fill, MW-Z350, HW-Bulk fill, and HW-Z350 showed higher fracture resistance values; HW-M, lower value, and MW-M no difference. In the control group, the frequency of repairable

fractures was 100%, and in the groups with moderate and highly weakening the frequency was 87% and 63%, respectively.

Conclusions. Regardless of the weakening degree and the type of resin tested, the roots restored with relined GFP showed higher strength values and may be considered a suitable technique for weakened roots rehabilitation. Milled GFP showed lower fracture strength values and may be acknowledged as a promising technique that still requires further research. In general, highly weakened teeth showed a higher frequency of catastrophic failures. However, the failure pattern presented in all groups was predominantly repairable.

CLINICAL IMPLICATIONS

Rehabilitating weakened teeth is a challenging situation in which using a relined glass fiber post is a suitable technique for intraradicular retainer. Dentists should also consider milled glass fiber posts as a promising material. Even though roots rehabilitated with relined GFP presented higher fracture resistance values than milled ones, both techniques lead to repairable root fracture patterns.

INTRODUCTION

Intraradicular retainers in root-filled teeth with substantial coronary loss are widely used in oral rehabilitation to provide retention to the core build-up and future restoration.¹ Several factors can influence the survival of such teeth, including the amount of remaining dental structure, and the presence or absence of a ferrule.² The presence of a 1.5 to 2 mm ferrule has a positive effect on the fracture resistance of root-filled teeth, and, in its absence, a poor clinical outcome is more probable.^{3,4} The selection of a retainer that improves the prognosis of a weakened root without a ferrule still is a dilemma for dentists.

With the evolution of the esthetic properties of metal-free restorations, there was a seek to develop intraradicular retainers to solve issues related to metallic posts.⁵ In this context, glass fiber posts (GFP) emerged, with good survival and success rates,⁶ a reasonable cost/benefit ratio, and excellent aesthetics. They are easy to handle in cementation⁷ and chemically adhere to dental composites.⁸ GFP are also associated with low catastrophic fracture rates compared to other types of posts⁷ and exhibit lower stress peaks in finite element analysis.¹ Failures of these restorations have been reported⁹, predominantly decementation, followed by fracture of the core build-up. However, they are favorable fracture types, amenable to retreatment.⁷

Post adaptation to the root canal significantly influences the probability of survival and durability of the treatment performed.^{10,11} It is impaired in teeth with large, non-circular or those that present anatomical variations in the canal, since prefabricated posts have a standardized shape that does not fit to their walls, generating a thick cementation layer with high stress of cement polymerization, increasing the occurrence of failures due to the loss of post retention.¹¹ In these cases, anatomical posts can be obtained by relining prefabricated posts with composite resins¹² or by making a customized GFP milled by CAD/CAM technology.¹³

The use of bulk-fill resins to individualize GFP has been studied due to the equal or lower shrinkage stress during its polymerization than conventional composite resins, especially in larger increments.^{4,11,13,14,15} To obtain customized GFP, the use of CAD/CAM technology is a promising option, especially when considering the possibility of milling post and core in a single piece.^{13,16} This would eliminate the need to use a composite resin to construct a core, reducing the number of interfaces, which are more susceptible to failure.¹³ Besides, the milled post provides excellent adaptation to the canal walls, leading to a thin cementation layer.¹⁶

Direct intracanal scanning can be performed to obtain a digital post model. However, this procedure requires a substantial financial investment¹⁷. In acrylic resin or wax, a pattern of the post and core can also be scanned using a laboratory scanner to create a digital model through which the definitive post and core will be obtained. This procedure requires additional time and experience in handling materials.¹⁸ Milling GFP is a recent technique that emerged with the promises of better root canal retention and perfect adaptation to the root walls, with similar properties to dentin.¹⁹

There is a lack of studies and consensus in the literature about the best approach for weakened teeth rehabilitation. Some authors have reported that integrated GFP and core, manufactured by CAD/CAM, can increase the overall fracture resistance of weakened roots.^{10,16} Otherwise, some previous studies^{10,20,21} did not encourage CAD/CAM manufacturing GFP regarding prefabricated relined posts. Thus, the present work aimed to test posts made by CAD/CAM, comparing them to traditionally established techniques regarding fracture resistance of weakened roots. The null hypothesis is that weakened roots rehabilitated with GFP by different techniques have similar fracture resistance values.

MATERIALS AND METHODS

Seventy extracted bovine incisors were selected, with similar measurements, evaluated using a caliper (Starret 727; Starret). The crowns were removed with a double-faced diamond disk under irrigation, leaving a 16 mm length root. Roots whose canal had more than 2mm in diameter and those that did not have walls surrounding the canal with at least 2mm thick, or exceeded 2,5mm, were replaced by others meeting these criteria.

Endodontic treatment was performed using rotary instrumentation (ProTaper Universal, Dentsply Maillefer), irrigation with 5ml of 2.5% sodium hypochlorite, root filling with gutta-percha, and resin cement (AHPlus; Dentsply) using warm vertical compaction of

gutta-percha, leaving an 11 mm post space. Then, the canal was sealed with a temporary eugenol-free filling cement (Villevie), and the roots were stored in distilled water at 37°C for 48 hours.

The roots were placed in a dental surveyor (B2; Bio-Art) attached to the vertical axis, perpendicular to the ground without any inclinations. In this position, each root was inserted for 3 seconds in a container with sculpting wax (Kota) melted between 60 and 70°C, leaving a 2mm cervical collar exposed. They were then inserted into a PVC tube containing colorless self-curing acrylic resin (Jet, Classic Dental Products) in the plastic phase. After acrylic resin polymerization, the roots were immersed in water at 75°C for 1 minute to remove the wax layer. The root space in the acrylic resin was filled with an elastomeric polyether-based material (Impregum Soft; 3M/ESPE), and, before its polymerization, the root was reinserted. After polymerization of the polyether, the excess material was removed with a scalpel blade, exposing a cervical collar of 2mm.^{2,22} The experimental groups were subjected to a root weakening protocol, as described by Junqueira et al.⁹

The samples were randomly divided into seven groups (n = 10), according to the weakening protocol used and the technique for GFP customization. The prefabricated GFP used was Exacto #2 (Angelus). Control group: prefabricated GFP cemented in non-weakened roots; MW-Bulk Fill Group: medium weakened roots, rehabilitated with GFP relined with Bulk Fill resin (Filtek One Bulk Fill; 3M); HW-Bulk Fill Group: highly weakened roots, rehabilitated with GFP relined with Bulk Fill resin; MW-Z350 Group: medium weakened roots, rehabilitated with GFP relined with conventional nanoparticle composite resin (Filtek Z350; 3M ESPE); HW-Z350 Group: highly weakened roots, rehabilitated with GFP relined with conventional nanoparticle composite resin; MW-M Group: medium weakened roots, rehabilitated with milled GFP (Fiber Cad – Post and Core; Angelus); HW-M group: highly weakened roots, rehabilitated with milled GFP (Fiber Cad – Post and Core; Angelus).

During the root weakening process, to assure the diamond tips would be inserted parallel to the long axis of the root canal, a bench drill support (model 860964; Worker) adapted to hold a dental electric micro motor (N3; Marathon) in a perpendicular position to the ground was used. The PVC cylinder containing the remaining tooth was fixed on the support base, with the canal centered regarding the diamond tip inserted in the straight handpiece, under constant irrigation.

Post spaces were lubricated with aqueous gel (K-Y, Semina) in MW-Bulk Fill, HW-Bulk Fill, MW-Z350, HW-Z350 groups. The GFP was cleaned with 37% phosphoric acid (Fusion Duralink; Angelus) for 1 minute, washed with water, dried, and silanized (Silano, Angelus). A layer of light-curing adhesive (Adper Single Bond, 3M ESPE) was applied, followed by light curing for 20 seconds. A portion of composite resin was applied on the surface of the post. Without light curing, this set was inserted into the post space, and 5-second photoactivation was performed.¹¹ This set was removed from the post space and photoactivated for 60 seconds. Adaptation to the root canal has been verified.

The post space was isolated with aqueous gel in groups MW-M and HW-M and molded by relining a prefabricated acrylic resin pin (Pinjet, Angelus) with self-curing acrylic resin (Pattern Resin Ls, GC America Inc.). The resin pattern thus obtained was scanned (Scanner S600 ARTI, Zirkonzahn), generating a digital model (CAD) which was milled (MC X5, Dentsply Sirona) from a prefabricated fiberglass block (Fiber Cad Post & Core, Angelus), obtaining a customized post and core.²¹

Before cementation, root canals and posts were cleaned with 92.8% alcohol. A layer of silane was applied to the posts, and according to the manufacturer's instructions, cementation was performed with dual self-etching resin cement (U200, 3M ESPE).

Full crowns of composite resin were made using an acetate matrix with the anatomy of an upper canine. All sample preparation was performed by a single operator, a specialist in dental prosthesis and endodontics.

The samples were placed in a thermomechanical cyler (model ER - 37000; Erios) and subjected to a load of 88 N with a frequency of 3.8 Hz, totaling 1 200 000 cycles. The loading piston with a 4 mm diameter spherical tip was placed on the lingual surface of the crowns 3 mm from the incisal edge.⁹

For the fracture resistance mechanical test, the samples were placed in a universal testing machine (DL 2000; EMIC), on a metal support with the long axis of the roots at an angle of 45° with the direction of application of the load, at a speed of 1mm/min until the occurrence of total sample fracture. A compressive force was applied to the lingual surface, 3 mm from the incisal edge, through a piston with a spherical tip measuring 4 mm in diameter. A 100Kgf load cell was used.⁹ Values were recorded kilogram-force (kgf). The roots were analyzed under a stereomicroscope (7.5X; Discovery V20 – Zeiss), and the failure mode was classified as: type I: fracture/displacement of the crown and or post; type II: a fracture in the cervical third of the root; type III: a fracture in the middle third of the root; type IV: vertical root fracture. Types I and II were considered repairable, allowing restoration, while types III and IV were considered catastrophic fractures.⁹

The fracture resistance values were submitted to statistical analysis, using the Student's T-test to compare each group with the control group, the parametric test ANOVA (two-way), and Tukey's post hoc test to compare the experimental groups with each other. The frequency of failure types was compared using the chi-square test. The significance level considered was 5%.

RESULTS

The two-way ANOVA revealed a statistically significant difference ($p < 0.001$) between the experimental groups when comparing weakening protocol (medium or highly) and the post type (relined with Bulk fill or nanoparticle composite resin or milled). The mean and standard deviation values of the fracture resistance (kgf) as a function of the weakening protocol and the post type are described in table 1.

Tukey's test showed that the HW-M group had the lowest fracture resistance values, showing a significant difference compared to all other groups ($p < 0.001$). The highest mean value of fracture resistance was recorded by the HW Bulk Fill group, which presented a significant difference ($p = 0.037$) regarding MW-M and HW-M groups ($p < 0.001$).

The Student's T-test for independent samples showed a statistically significant difference when comparing each experimental group and the control (table 2). Only the MW-M group showed no significant difference from the control ($p = 0.161$).

Regarding the failure mode obtained after the fracture resistance essay, the Chi-square test showed an association between failure mode and the posts and weakening protocol ($p = 0.018$) (table 3). The control showed the highest frequency (100%) of types I and II fracture (favorable prognosis), while the HW-Bulk Fill group had the highest frequency (50%) of catastrophic failure (types III and IV). Types of each failure observed after the mechanical test are shown in figure 1.

DISCUSSION

Customization of GFP for the rehabilitation of weakened roots is indicated when its shape is not compatible with the width or extent of the root canal. A prefabricated GFP can be adapted to the root anatomy by relining it with Bulk fill or conventional composite resins.^{1,11,12,14,15} Alternatively, a post and core can be milled in a single structure through

direct or indirect scanning and subsequent milling of a glass fiber block using CAD/CAM technology.^{13,16,17}

This study evaluated the fracture resistance of weakened roots restored with relined or milled GFP. The null hypothesis that weakened roots rehabilitated with GFP made by different techniques had similar fracture resistance values was rejected because there was a significant difference between the experimental groups ($p < 0.001$). Comparing the experimental groups individually to the control group (non-weakened roots rehabilitated with non-customized GFP), Student's t-test showed that groups relined with both types of resin, regardless of the weakening degree, showed an increase in fracture resistance, corroborating previous studies in which the presence of a GFP did not weaken the root⁶ or even protect the tooth against root fracture.¹

In roots restored with milled posts, the MW-M group did not differ from the control, and the HW-M group showed lower fracture resistance values, agreeing with Gama et al.²¹, and Ruschel et al.²⁰ They demonstrated that milled GFP showed lower resistance and flexural modulus than prefabricated posts with and without relining, and these results did not encourage the use of CAD/CAM for manufacturing GFPs compared to prefabricated and relined ones.

The lower fracture strength values observed in the milled groups compared to the prefabricated relined GFP can be attributed to, according to Ruschel et al. (2018), the milling direction of the glass fiber disk. When milling occurs parallel to fibers, the mechanical properties are better than when posts are milled diagonally to the long axis of the fibers. Since all posts were milled simultaneously in one fiberglass disc, there is a possibility that fibers have been cut diagonally in some regions of the post or the core, reducing their fracture resistance.

Clinically, the resistance must be high enough to resist masticatory efforts and not so high that transfer excessive occlusal forces to the root, leading to its fracture. Before occurring a root fracture, for a good prognosis of the tooth, it is desirable that the post and/or core be fractured first.

The group with the highest mean values of fracture resistance (HW-Bulk fill) showed the highest frequency of catastrophic failures (those that lead to clinical tooth loss). The use of bulk-fill resin for GFP relining is due to its lower shrinkage stress during polymerization, generating, theoretically, a more faithful copy of the root canal. They are also more translucent, enabling greater light penetration, allowing polymerization through thicker increments when compared to conventional composite resins (LINS et al., 2019; SILVA et al., 2021; RIZZANTE et al., 2019b). On the other hand, Gama et al.²¹ found a higher frequency of catastrophic failures in the milled GFPs, even though they showed significantly lower fracture strength values than relined ones.

Contradicting the results found in the present study, Pang et al.¹⁶ concluded that the use of milled post and cores improved the biomechanics of the weakened root-filled tooth, showing fracture resistance values close to the metal cast post and core, presenting a low frequency of catastrophic failures. However, the difference in results can be attributed to discrepancies in methodologies. They compared the milled GFP, metal cast post and core, and the prefabricated PFV not relined, even though it was cemented on a weakened root. Only a composite resin core filling was made. Otherwise, in the present study, the milled posts were compared to relined GFP in weakened roots and prefabricated GFP with no relining, cemented into unweakened roots, displaying a thin cementation line.

Sary et al.¹³ showed that using milled posts and cores improved the biomechanics of endodontically treated teeth by increasing the fracture resistance of weakened roots when compared to prefabricated GFP, with and without a composite resin relining. However, the

material used for milling the posts was a polymer-infiltrated ceramic and not glass fiber. Although both materials have elasticity modulus close to dentin, the differences in the results can be attributed to intrinsic differences in the materials used for milling.

Regarding the failure mode, the repairable type predominated, and the control group, which was non-weakened, presented more favorable fracture patterns (90% type I and 10% type II) compared to the other groups, so 100% were considered repairable fractures. For the groups medium and highly weakened, this value was 87% and 63%, respectively. Thus, the less the remaining tooth structure, the higher the frequency of failures considered catastrophic. Therefore, the long-term prognosis of endodontically treated teeth may be directly related to the amount of remaining dental tissue.^{1,3} These results contradict those obtained by GOMES et al.¹⁰. The authors found no differences in the magnitude and distribution of stress between the weakened and non-weakened roots, after different rehabilitation protocols using GFP with and without resin relining, through finite element analysis. The stress concentration, mainly in the buccolingual direction, would be responsible for vertical root fractures, considered catastrophic. Furthermore, Junqueira et al.⁹ related no change in root fracture resistance when the dentin thickness factor was analyzed individually.

Teeth with no ferrule are less resistant to fracture, and when it occurs, they show more disadvantageous patterns,^{2,3} and post cementation cannot compensate for the absence of a ferrule. Instead, the presence of a post can negatively affect the failure pattern.⁴ Rehabilitation with GFP seems to present a better clinical indication when there is a ferrule of at least 1 mm thickness, which is more critical than the type or design of the post used.² The teeth tested in this study had significant structural losses, including root dentin, with a total absence of a ferrule, a challenging clinical situation.⁴ Under the conditions of this study, 78.6% of the failures occurred in the coronal portion or near the cement-enamel junction, being amenable to retreatment. These results are in accordance with Atlas, Grandini, Martignoni,¹ Guldener et

al.,⁶ and Pang et al.¹⁶ who also reported that the presence of GFPs increased the chance of long-term tooth survival by distributing stress relatively evenly along the root and contradict Lazari et al.,⁴ according to which the presence of any post negatively affects the fracture mode.

The specimens have received as final restoration full crowns of conventional nanoparticle composite resin. If an indirect full crown were cemented, the distribution of forces to core, post, and root could be different, resulting in fracture strength values or failure patterns other than those found in this study.

An elastomeric material was used to replace the periodontal ligament to simulate conditions in the oral cavity. Moreover, 1,200,000 cycles were performed in a thermomechanical cyler for the artificial aging of the sample.^{2,9} All samples survived the thermomechanical cycling. For the mechanical fracture strength test, the samples were placed in a universal testing machine with the long axis of the roots at a 45° angle to the direction of load application since this is the closest loading angle found in canines.⁹ However, the fracture resistance test uses a continuous loading until the fracture is recorded, and although relevant for *in vitro* essays, it becomes a limitation since it does not represent the natural conditions of the oral environment.⁴ Further clinical and laboratory studies should be performed to evaluate the fracture resistance of weakened roots restored with different types of GFP, as well as the behavior of such materials against thermal, mechanical, chemical, and biological challenges of the oral environment, to extrapolate our results.

CONCLUSION

Regardless of the weakening degree and the type of resin tested, the roots restored with relined GFP showed higher strength values and may be considered a suitable technique for weakened roots rehabilitation. On the other hand, milled GFP showed lower fracture

strength values and may be acknowledged as a promising technique that still requires further research. In general, highly weakened teeth showed a higher frequency of catastrophic failures. However, the failure pattern presented in all groups was predominantly repairable.

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TABLES

Table 1. Mean and standard deviation of the fracture resistance values (kgf) according to the weakening protocol and post type.

Weakening protocol	Post type	Fracture resistance
MW	GFP + Bulk fill	65.5 (15.3) BC
MW	GFP + Z350	63.4 (8.90) BC
MW	Milled GFP	56.4 (10.6) B
HW	GFP + Bulk fill	72.7 (8.80) C
HW	GFP + Z350	65.7 (15.9) BC
HW	Milled GFP	16.8 (3.36) A

MW: medium weakened; HW: highly weakened

Different letters indicate a significant difference between the values ($p < 0.05$) and the weakening protocol*post type interaction, using a 2-way ANOVA and Tukey post hoc test.

Table 2. Comparison of fracture strength values between control and experimental groups using Student's t-test for independent samples.

Weakening protocol	NW				MW			HW		
	GFP	GFP + Bulk fill	GFP + Z350	Milled GFP	GFP + Bulk fill	GFP + Z350	Milled GFP	GFP + Bulk fill	GFP + Z350	Milled GFP
Fracture resistance (kgf) Mean (SD)	47,5 (14,2)	65.5 (15.3)	63.4 (8.90)	56.4 (10.6)	72.7 (8.80)	65.7 (15.9)	16.8 (3.36)			
Control*Experimental		p=0.021	p=0.008	p=0.161	p<0.001	p=0.018	p<0.001			

NW: Non-weakened; MW: medium weakened; HW: highly weakened; GFP: Glass fiber post

Table 3 Fracture type in each group (n = 10) concerning the factors post and weakening protocol and frequency of catastrophic failure.

Weakening protocol	Post type	Failure mode				Frequency of catastrophic	p value (Chi-square test)
		Favorable		Catastrophic			
Control	GFP	9	1	0	0	0%	0,018
	GFP + Bulk fill	7	2	1	0	10%	
MW	GFP + Z350	7	2	0	1	10%	
	Milled GFP	2	6	0	2	20%	
HW	GFP + Bulk fill	3	2	4	1	50%	
	GFP + Z350	3	4	3	0	30%	
	Milled GFP	0	7	1	2	30%	
Total		31	24	9	6	21.4%	

MW: medium weakened; HW: highly weakened

FIGURES

Fig. 1. Failure mode observed after fracture resistance mechanical test

Fig. 1A. Type I fracture



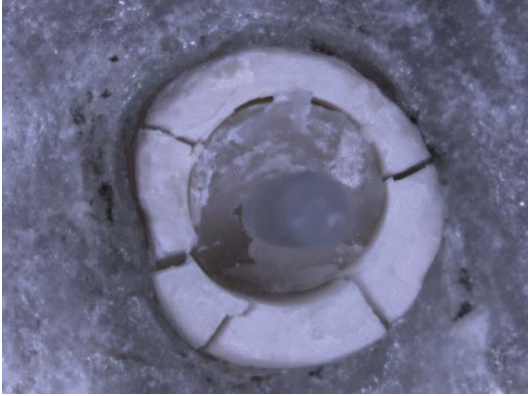
Fig. 1B. Type II fracture



Fig. 1C. Type III fracture



Fig. 1D. Type IV fracture



3 CONCLUSÃO

Independente do grau de fragilização e o tipo de resina testada, as raízes restauradas com PFV reembasado apresentaram valores de resistência superiores aos demais grupos, podendo-se considerar uma técnica adequada para a reabilitação de dentes fragilizados. Já os pinos de fibra de vidro fresados apresentaram menores valores de resistência à fratura, podendo ser considerados uma técnica promissora que ainda necessita de pesquisas adicionais, sobretudo clínicas. De forma geral, dentes com fragilização severa apresentaram frequência maior de falhas catastróficas. No entanto, o padrão de falha apresentado em todos os grupos foi predominantemente do tipo reparável.

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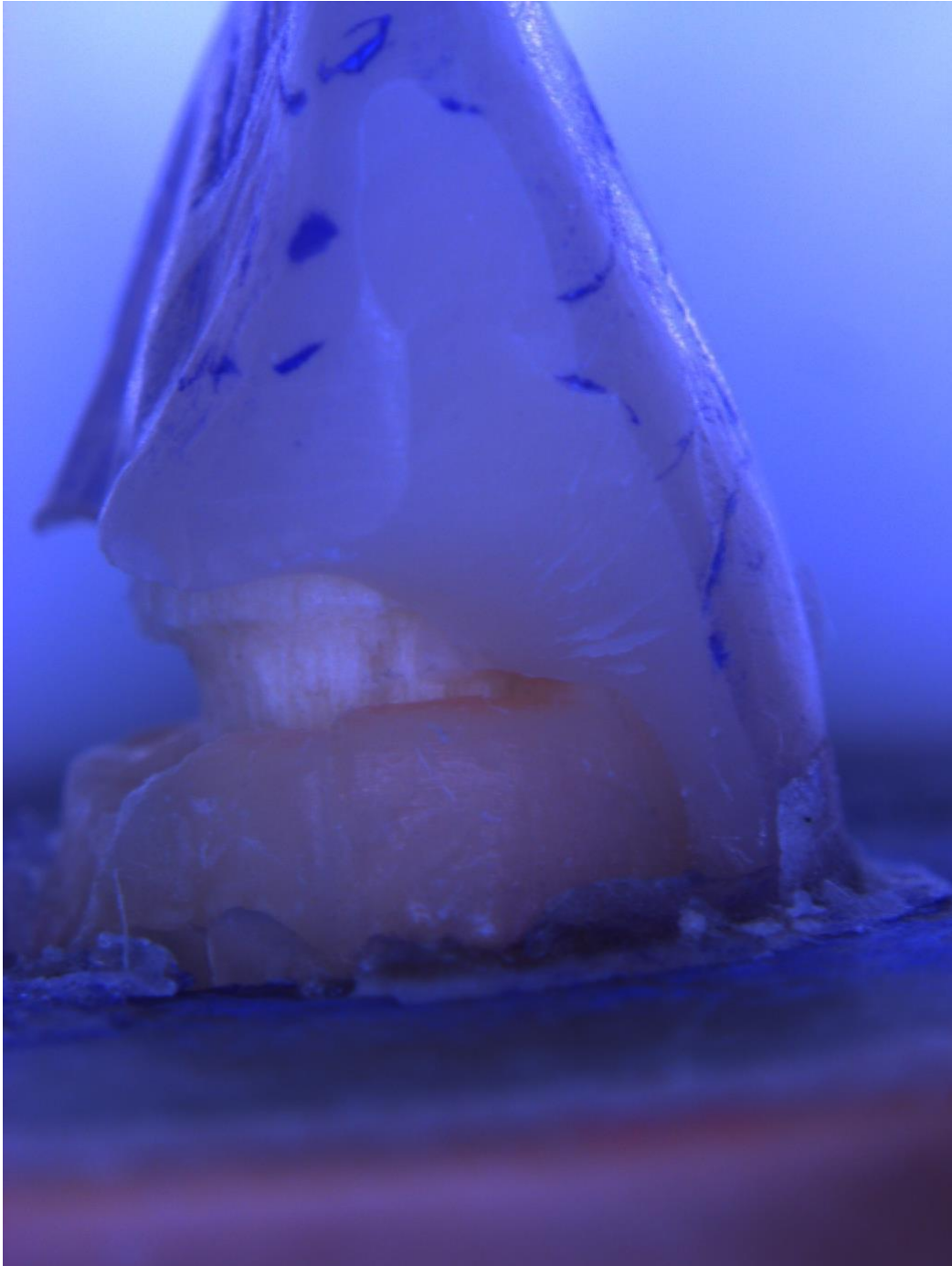
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**APÊNDICE – Imagens dos modos de fratura observados no ensaio mecânico de
resistência à fratura**

Figura 1 – Fratura tipo I



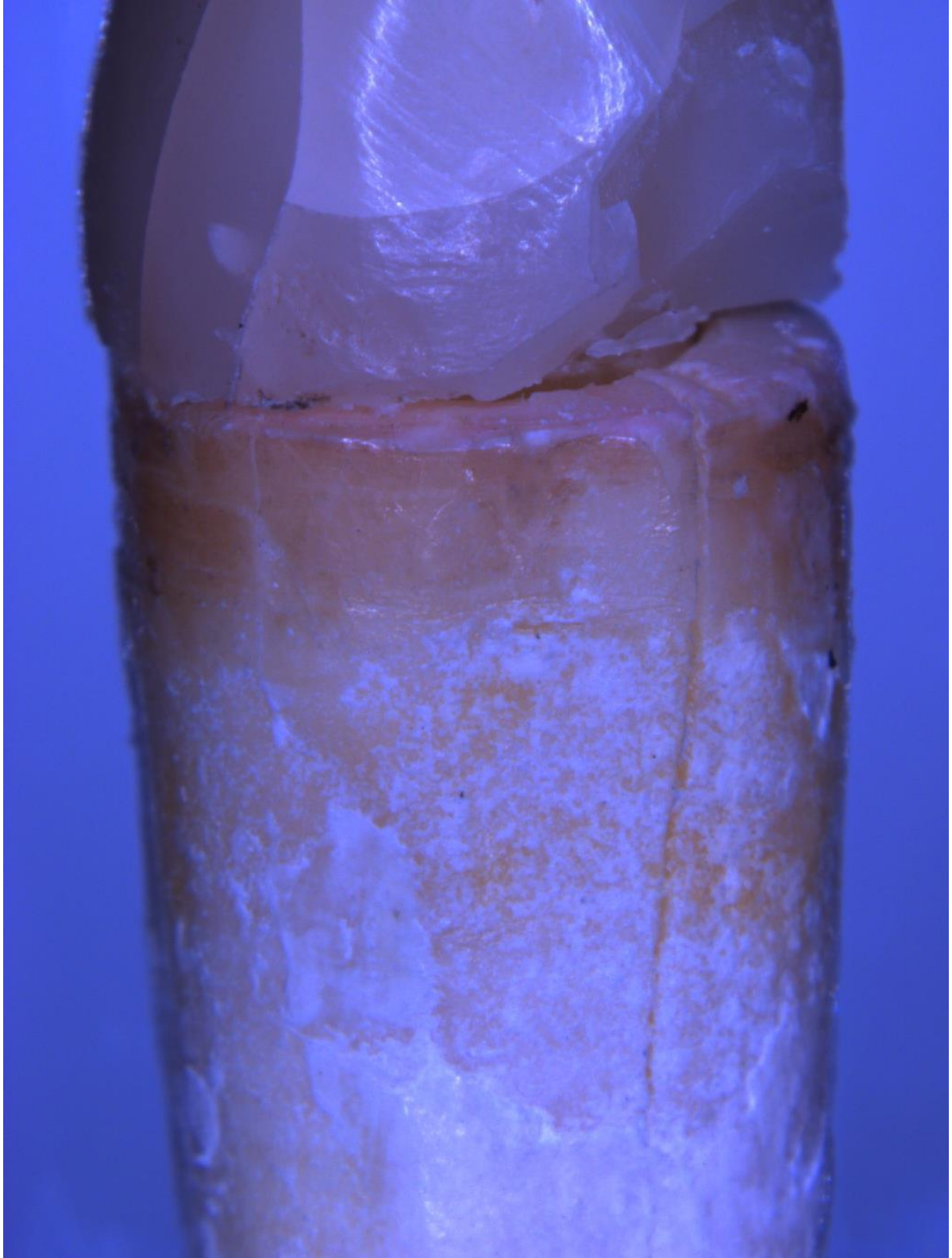
Fonte: elaborado pelo autor (2021)

Figura 2 – Fratura tipo II



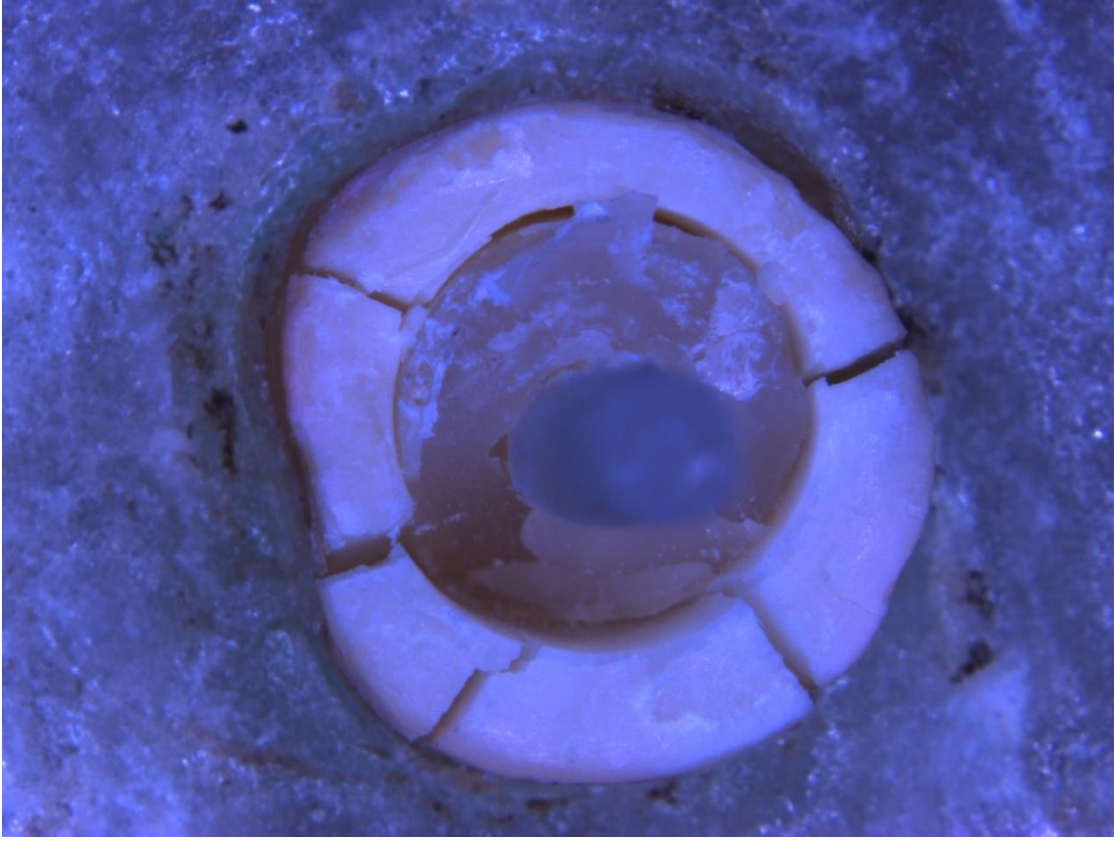
Fonte: elaborado pelo autor (2021)

Figura 3 – Fratura tipo III



Fonte: elaborado pelo autor (2021)

Figura 4 – Fratura tipo IV



Fonte: elaborado pelo autor (2021)

ANEXO – Instruções aos autores preconizadas pelo periódico *Journal of Prosthetic Dentistry*



JOURNAL OF PROSTHETIC DENTISTRY

The Official Publication for 24 Leading U.S. and International Prosthodontic Organizations

AUTHOR INFORMATION PACK

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DESCRIPTION

The Journal of Prosthetic Dentistry is the leading professional journal devoted exclusively to **prosthetic** and **restorative dentistry**. The *Journal* is the official publication for 24 leading U.S. international prosthodontic organizations. The monthly publication features timely, original peer-reviewed articles on the newest techniques, dental materials, and research findings. The *Journal* serves prosthodontists and dentists in advanced practice, and features color photos that illustrate many step-by-step procedures. *The Journal of Prosthetic Dentistry* is included in Index Medicus and CINAHL.

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Material and Methods: In the initial paragraph, provide an overview of the experiment. Provide complete manufacturing information for all products and instruments used, either in parentheses or in a table. Describe what was measured, how it was measured, and the units of measure. List criteria for quantitative judgment. Describe the experimental design and variables, including defined criteria to control variables, standardization of testing, allocation of specimens/subjects to groups (specify method of randomization), total sample size, controls, calibration of examiners, and reliability of instruments and examiners. State how sample sizes were determined (such as with power analysis). Avoid the use of group numbers to indicate groups. Instead, use codes or abbreviations that will more clearly indicate the characteristics of the groups and will therefore be more meaningful for the reader. Statistical tests and associated significance levels should be described at the end of this section.

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The systematic review consists of:

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Text of the review consisting of an introduction (background and objective), methods (selection criteria, search methods, data collection and data analysis), results (description of studies, methodological quality, and results of analyses), discussion, authors' conclusions, acknowledgments, and conflicts of interest. References should be peer reviewed and follow JPD format.

Tables and figures, if necessary, showing characteristics of the included studies, specification of the interventions that were compared, the results of the included studies, a log of the studies that were excluded, and additional tables and figures relevant to the review.

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General Policies and Suggestions

Authors whose native language is not English should obtain the assistance of an expert in English and scientific writing before submitting their manuscripts. Manuscripts that do not meet basic language standards will be returned before review. The Journal does not use first person (I, we, us, our, etc.).

"We conducted the study" can be changed easily to "The study was conducted." Avoid the use of subjective terms such as "extremely", "innovative" etc. The JPD uses the serial comma which is the comma that precedes the conjunction before the final item in a list of three or more items: The tooth was prepared with a diamond rotary instrument, carbide bur, and carbide finishing bur. We prefer the nonpossessive form for eponyms: the Tukey HSD test rather than Tukey's HSD test, Down syndrome rather than Down's syndrome and so on. Describe experimental procedures, treatments, and results in passive tense. All else should be written in an active voice. Describe teeth by name (eg, maxillary right first molar), not number. Hyphens are not used for common suffixes and prefixes, unless their use is critical to understanding the word. Some prefixes with which we do not use hyphens include: pre-, non-, anti-, multi-, auto-, inter-, intra-, peri-. Eliminate the use of i.e. and e.g. as they are not consistent with Journal style. Spell out seconds, minutes, hours, etc. Only use abbreviations in the Tables. Avoid the repeated use of Product names in the manuscript. Please initially identify all the products used in the experiment and subsequently refer to them by generic terms. It is generally better to paraphrase information from a published source than to use direct quotations. Paraphrasing saves space. The exception is a direct quotation that is unusually pointed and concise. When long terms with standard abbreviations (as in TMJ for *temporomandibular joint*) are used frequently, spell out the full term upon first use and provide the abbreviation in parentheses. Use only the abbreviation thereafter. Even very common acronyms should still be defined at first mention. We do not italicize foreign words such as "in vivo", "in vitro." Abbreviate units of measurement without a period in the text and tables (9 mm). Insert a nonbreaking space between all numbers and their units (100 mm, 25 MPa) except before % and °C. There should never be a hyphen between the number and the abbreviation or symbol except when in adjectival form (100-mm span). Spell out "degrees" for angles. Use the degree symbol only for temperature, include a space between the number and degree symbol (e.g., 37 °C). Contractions such as don't, it's, wouldn't, etc are not used in scientific writing. Avoid using the words "respectively" or "former/latter." Both force the reader to stop and backtrack. For the common statistical outcomes P, α , β omit the zero before the decimal point as these cannot be greater than 1. Proprietary names function as adjectives. Nouns must be supplied after their use, as in *Vaseline petroleum jelly*. Wherever possible, use only the generic term. Do not use trademark symbols as they are not consistent with Journal style.

Some Elements of Effective Style

Short words. Short words are preferable to long ones if shorter word is equally precise. Familiar words. Readers want information that they can grasp easily and quickly. Simple, familiar words provide clarity and impact. Specific rather than general words. Specific terms pinpoint meaning and create word pictures; general terms may be fuzzy and open to varied interpretations. Brisk opening. Plunge into your subject in the first paragraph of the article. Limited use of modifying words and phrases. Check your adjectives, adverbs, and prepositional phrases. If they are not needed, strike them out. No unnecessary repetition. An idea may be repeated for emphasis—so long as that repetition is effective. Short sentence length. Twenty words or less is recommended. Rambling sentences cluttered with subordinate clauses and other modifiers are hard to read and may cause readers to lose their train of thought. Short sentences should, however, be balanced with somewhat longer ones to avoid monotony. Paragraphs. Break up long sections into paragraphs but avoid the use of single sentence paragraphs. Restraint. Writers who use flamboyant words or overstate their proposition or conclusions discredit themselves. Facts speak for themselves. Clearly stated conclusions. Don't hedge. If you don't know something, say so.

Objectionable Terms

The following are selected objectionable terms and their proper substitutes. For a complete list of approved prosthodontic terminology, consult the eighth edition of the *Glossary of Prosthodontic Terms* (J Prosthet Dent 2005;94:10-92).

Or visit JPD <http://www.prosdent.org> and click on Collections/Glossary of Prosthodontic Terms.

Alginate use Irreversible hydrocolloid Bite use Occlusion Bridge use Partial fixed dental prosthesis Case use Patient, situation, or treatment as appropriate Cure use Polymerize Final use Definitive Freeway space use Interocclusal distance Full denture use Complete denture Lower (teeth, arch) use Mandibular Model use Cast Modeling compound use Modeling plastic impression compound Muscle trimming use Border molding Overbite, overjet use Vertical overlap, horizontal overlap Periphery use Border Post dam, postpalatal seal use Posterior palatal seal Prematurity use Interceptive occlusal contact Saddle use Denture base Study model use Diagnostic cast Take impressions, photographs, radiographs use Make Upper (teeth, arch) use Maxillary X-ray, roentgenogram use Radiograph

In addition, *specimen* should be used rather than *sample* when referring to an example regarded as typical of its class.

Additional Terminology Guidelines

Acrylic

An adjective form that requires a noun, as in acrylic resin.

Affect, effect

Affect is a verb; effect is a noun.

African American

Spelled thus and preferred over Negro and black in both adjective (African American patients) and noun (... of whom 20% were African Americans) forms.

Average, mean, median

Mean and average are synonyms. Median refers to the midpoint in a range of items; the midpoint has many items above as below it.

Basic

Like fundamental, this word is often unnecessary. An example of unnecessary use: Dental implants consist of two basic types: subperiosteal and endosteal.

Between, among

Use between when 2 things are involved and among when there are more than 2.

Biopsy

This noun should NOT be used as a verb. A biopsy was performed on the Tissue, rather than: The tissue was biopsied.

Centric

An adjective that requires a noun, as in centric relation.

Currently, now, at present, etc.

These expressions are often unnecessary, as in: This technique is currently being used...

Data

Use as a plural, as in: The data were...

Employ

Should not become an elegant variation of use, as in This method is employed ...

Ensure

Preferred over insure in the sense of to make certain.

Fewer, less

Use fewer with nouns that can be counted (fewer patients were seen) and less with nouns that cannot be counted (less material was used).

Following

After is preferred.

Imply, infer

The speaker implies; the listener infers.

Incidence

The rate at which a disease occurs in a given time; sometimes confused with prevalence (the total number of cases of a disease in a given region).

Majority

Means more than half; use most when you mean almost all. **Male, female**

For adult humans, use men and women. For children, use boys and girls.

Must, should

Must means that the course of action is essential. Should is less strong and means that the course of action is recommended.

Numbers

Spell out numbers used in titles or headings and numbers at the beginning of a sentence. The spelled version may also be preferable in a series of consecutive numbers that may confuse the reader (eg, 2 3.5-inch disks should be written two 3.5-inch disks). In all other cases, use Arabic numerals.

Orient

Proper form; avoid orientate.

Pathologic

Use instead of pathological. Other words in which the suffix -al has been dropped include biologic, histologic, and physiologic.

Pathology

The study of disease; often mistaken for pathosis (the condition of disease)

Percent

Use the percent sign in the text, as in The distribution of scores was as follows: adequate, 8%; oversized, 23%; and undersized, 69%. But spell out when the percent opens a sentence, as in Twenty percent of the castings ...

Prior to

Before is preferred.

Rare, infrequent, often not, etc.

Whenever possible, these vague terms should be backed up with a specific number.

Rather

Like very, this word should be avoided.

Regimen

A planned program for taking medication, dieting, exercising, etc. Not to be confused with regime, meaning a system of government or management.

Sex

Use "sex" rather than "gender" unless you are referring to the socially constructed roles, behaviors, activities, and attributes that a given society considers appropriate for men and women.

Symptomatology

The science or study of symptoms; this word is not a synonym for the word symptoms.

Technique

Preferred over technic.

Using

Avoid the dangling modifier in sentences such as "The impression was made using vinyl polysiloxane impression material." Write "with" or "by using" instead.

Utilize

Use is preferred.

Vertical

An adjective that needs a noun, as in vertical relation.

Via

Use through, with, or by means of.

White

Preferred over Caucasian. This is true only if the patient is from the Caucasus region of Eastern Europe. If not, use the term, white to describe the patient.

Sample Manuscript

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