BSDHT is looking for members to join our team and undertake the 10th annual Mouth Cancer 10KM Awareness Walk will take place on Saturday, 19th September 2015 in London’s Hyde Park.

The Mouth Cancer 10KM Awareness Walk raises much needed funds that go towards raising awareness of the disease and supporting people with mouth, throat, and other head and neck cancers.

The event, which is free to take part in, takes the form of a giant sponsored walk with people from all over the UK travelling to the capital to take part.

This year is extra special as we are celebrating the 10th anniversary of the walk and aiming to make it the largest walk to date.

The British Society of Dental Hygiene and Therapy are invited to participate in the event and send a team.

This year willing dental companies are also needed to sponsor their colleagues who are taking part by financially matching their fundraising efforts. Recognition will be given to all companies through media activity and on the charity’s website.

For those who prefer to help out on the day, rather than walk, 60 volunteers are also needed to help behind the scenes.

With the right support this event has the potential to be MASSIVE and will help to make a difference to the health and wealth of the nation, from which positive recognition and publicity will surely result.

For more information about the Mouth Cancer 10KM Awareness Walk please visit www.mouthcancerwalk.org.

If you are interested in joining the BSDHT team contact enquiries@bsdht.org.uk
MERCY SHIPS JOINS FORCES FOR NATIONAL SMILE MONTH

The aim of National Smile Month is to ultimately improve oral health through education and awareness raising. This corresponds closely with the work of Mercy Ships, an international charity which uses a hospital ship, currently docked in Madagascar, to deliver free health care and education to the world’s forgotten poor.

The Mercy Ships dental team know that a smile goes a long way; however, dental services are almost non-existent in many of the countries the charity visits. A major part of Mercy Ships work therefore focuses on oral health, treating around 55 patients a day, in addition to working to improve oral health in every country it visits through dental hygiene education and the training of local personnel.

Judy Polkinhorn, Executive Director of Mercy Ships UK, said: “We are really excited about partnering with the British Dental Health Foundation who have such a good understanding and appreciation of the work that Mercy Ships’ dental team carries out.

“National Smile Month will help to raise awareness for dental health in the UK where we are fortunate enough to have the National Health Service and a world renowned level of health care. By helping to promote National Smile Month in the UK we hope to also raise awareness of the health care situation of others around the world who have limited access to even the most basic dental treatment.”

Dr Nigel Carter OBE, Chief Executive of the British Dental Health Foundation, added: “We are delighted a have Mercy Ships join us as National Smile Month Charity Partner. Their dedication and desire to improve the health and quality of lives of some of the world’s poorest people is a vision we share and we look forward to working alongside them during National Smile Month.

Mercy Ships is an international charity which operates the world’s largest civilian hospital ship, the Africa Mercy, providing free healthcare services to those living in developing countries, namely in Africa, where the services of professional medical staff are most needed. The ship is currently docked in Madagascar, which is one of the world’s poorest countries with over 90% living on less than 75p a day.

Visit www.smilemonth.org for more information.

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**EFP Manifesto**

**Perio and General Health**

This MANIFESTO calls upon all dental and health professionals to act in the prevention, early diagnosis, and effective treatment of periodontal disease in order to combat the devastating oral and general health effects for the individual and society.

The views and intentions herein expressed are informed by the rigorous scientific analysis of the evidence base for reported links between periodontal and systemic disease, as carried out at the 5th European Workshop in Periodontology, an event jointly organized by the European Federation of Periodontology and the American Academy of Periodontology, and held at La Granja de San Ildefonso, Segovia, Spain.

Consensual agreement was reached by the experts at this meeting (in November 2012) that periodontal disease should be acknowledged as a major public health issue, that all dental and medical professionals should be provided with relevant treatment guidelines, and that recommendations be given for future research to help clarify these associations and their consequences in terms of primary prevention.

The outcomes of the Workshop, therefore, are represented by the following information and objectives:

1. **Evidence**
   - There is strong and consistent scientific evidence showing that periodontal disease is associated with certain systemic conditions, including diabetes, cardiovascular diseases and adverse pregnancy outcomes, and it is the consideration of the Workshop researchers who have analysed this evidence that periodontitis be regarded as a major public health concern.

2. **Multidisciplinary Approach**
   - This MANIFESTO, therefore, calls for a fundamental change in the perception of dental professionals’ responsibilities with regard to achieving the general health of patients and affirms that patients’ needs will best be met through collaborative development between the dental and medical communities in applying multidisciplinary approaches and guidelines for patient care, independently of a patient’s presenting location.

3. **Future Research**
   - That, in order to provide solid scientific information, future research must involve extensive, well-designed trials focusing on specific questions in different areas: Diabetes, Cardiovascular diseases, Adverse pregnancy outcomes and other systemic conditions.

4. **Co-operation**
   - This MANIFESTO calls upon the collaboration of all professional interest groups:
     - Periodontal and Dental Community: Periodontists, Dentists, Hygienists, Scientific Societies and Dental Associations.
     - Other Health-Professionals: Cardiologists, Endocrinologists, Gynecologists, GPs and Pharmacists.
     - Universities and research centres, Institutions and oral care policy makers.
     - Companies and funders.
     - Patients, Social bodies and the Media.

5. **Health Benefits**
   - This MANIFESTO calls upon its adherents to appeal to the utmost scientific rigour in the issuing of all information, recommendations, guidelines, and statements pertaining to periodontal disease as a major public health issue, and to always hold the health benefits to the patient and to society as the ultimate purpose of all activity in achieving the aforesaid objectives.

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After launching the European Periodontology Day last year, the EFP celebrated its second edition last month by calling for greater awareness of periodontal disease and increased action on prevention.

The aim of the European Periodontology Day is to emphasise the importance of encouraging awareness of gum health because of its links with oral health and general health.

Periodontal diseases are the most common conditions suffered by European citizens, but at the same time they are among the least acknowledged. Many patients are unaware that 80% of EU citizens older than 35 years suffer from a form of gum disease and that untreated gum problems can have significant adverse impact on general health.

That is why the European Periodontology Day seeks to bring into public focus the relationship between periodontal disease and various systemic conditions – such as diabetes and cardiovascular disease. The EFP believes that European Periodontology Day serves to raise awareness of periodontal health and to encourage the exchange of knowledge among oral-healthcare professionals, other health professionals (in fields such as cardiology, diabetes, and gynaecology and obstetrics), and policymakers.

This message coincides with the EFP Manifesto ‘Perio and General Health’, which the EFP encourages all oral-healthcare professionals, dental institutions, dental practices, schools, and members of the wider medical community to sign. The Manifesto can be seen and signed at www.efp.org/efp-manifesto.

To make the case for a bigger role of periodontology in general health and public health, the EFP is organising a meeting at the European Parliament in Brussels on June 17, at which key perio figures will meet members of the European Parliament, European Commission officials, and other European stakeholders.
Dental standards and guidance documents from FGDP (UK) are now available for ALL dental professionals through the Open Standards Initiative.

From the 8th May the Open Standards Initiative offers all dental professionals access to the highly regarded standards and guidance documents produced by the Faculty of General Dental Practice (UK) [FGDP(UK)], whether they are members of the Faculty or not.

As part of a programme designed to ensure the documents reach the widest possible audience, the Open Standards Initiative means every dental professional will be able to view the full text of all FGDP (UK) standards and guidance documents online. Documents include Selection Criteria for Dental Radiography guidelines and Clinical Examination and Record Keeping amongst others.

“The FGDP (UK) exists to raise standards of oral health through standard setting, publications, postgraduate training and assessment, education and research. We want our standards and guidance documents to reach the widest possible audience for the benefit of the profession and the patients we treat in order to fulfil this mission,” says Dr Trevor W. Ferguson, Dean of the FGDP (UK).

“We are releasing e-book versions of our standards and guidance, as well as continuing to sell the existing book versions. This is phase 1 of the Open Standards Initiative,” continues Trevor. “We shall be releasing details of Phase 2 of the Open Standards Initiative later this year!”

To access the documents Faculty members will simply need to log onto the website www.fgdp.org.uk as usual. Non-members will in time be required to register but at present will be able to log on using openstandards as both the user name and password. There will be no charge to view the text online.

Background to the Open Standards Initiative

The FGDP (UK) exists to positively influence oral health through education of the dental profession and the provision of evidence-based guidance.

Published as a set of books, the FGDP (UK)’s standards have long been accepted by the dental profession, regulators and indemnifiers as authoritative guides to safe practice, best practice and aspirational practice in dentistry. However, the Faculty has long recognised that there is disconnect between its aims in producing the standards guidance and the method it uses to disseminate them.

“The FGDP (UK)’s standards and guidance will not have the influence on the profession and therefore nation’s oral health that they otherwise could while they remain behind a pay-wall,” says Dr Trevor W. Ferguson, Dean of the FGDP (UK). “For this reason today we are announcing the launch of a major new initiative: The Open Standards Initiative.”

The first phase of the Open Standards Initiative (OSI) starts with the removal of the pay-wall that exists around the Faculty’s standards. From today, three of the FGDP (UK)’s publications will be available to view online without charge. These publications are:

- Clinical Examination And Record Keeping
- Selection Criteria For Dental Radiography
- Antimicrobial Prescribing For General Dental Practitioners

These will be followed in due course with the addition of updated versions of:

- Standards In Dentistry
- Guidance For The Maintenance Of Natural Rubber Latex Allergies

All members of the dental profession will be able to access these publications either through their FGDP (UK) membership login or by registering on the FGDP (UK) website.

The FGDP (UK) will work with partner organisations, from dental schools to indemnifiers to ensure that the profession is aware that these publications are now available.

The second phase of the Open Standards Initiative is a recognition that the way the profession holds and consumes information is changing. Consequently the FGDP (UK) is launching e-book versions of its standards, to be followed later in the year by a mobile app.

FGDP(UK) statement - Care Standards and Fitness to Practise

The Faculty of General Dental Practice (UK) has issued a statement outlining its views regarding the General Dental Council (GDC)’s Fitness to Practise (FtP) process and implications for the regulation of the dental profession.

The FGDP(UK) is concerned around the way in which dental care standards are interpreted within the context of the GDC’s FtP process, and that this may be leading to inappropriate assessment of registrants’ competencies. It is the view of the FGDP(UK) that the GDC’s regulatory processes must account for the fact that dental care involves clinical judgement and widely differing circumstances from patient to patient.

Prompted by reports of disproportionate FtP judgements, as well as discussions with others across the profession, the Faculty initiated a comprehensive review of FGDP(UK) guidance last year that seeks to determine how the standards are being interpreted, both by regulators and the profession. The outcomes of this review will be shared widely.

The Faculty also suggests that issues relating to the consultation that shaped the annual retention fee decision, as well as the events that led to the judicial review initiated by the BDA, point to the need for closer scrutiny of the GDC’s governance processes. The FGDP(UK) believes it is essential that the GDC, like all regulators, is transparent, proportionate and fair in its dealings with the profession. This must include a commitment to ensure that all processes are conducted in a way that is unimpeachable and facilitates full engagement by the profession and stakeholders. This is among several key issues highlighted in the FGDP(UK)’s submission to the Parliamentary Health Select Committee’s Accountability Hearing with the GDC in March 2015.

FGDP(UK) Dean, Dr Trevor Ferguson, states: “The review of Faculty standards represents an important body of work that seeks to determine how the standards are being interpreted, both by regulators and the profession. We are also assessing our standards to ensure that they continue to assist practitioners in making sound clinical judgements and that they support consistency in patient care. We will continue our work with a broad range of stakeholders to help bring about the changes necessary to ensure patient protection, as well as fair and proportionate regulation of the profession.”
The late Dr. Gerald Leatherman played a very important part in promoting the role of the dental hygienist as one of the pioneers of preventive dentistry in the UK. Described as ‘The Father of World Dentistry’ by Dame Margaret Seward he dedicated his professional life to raising the profile of both the dental hygienist and dental health promotion. He was actively involved with the British Dental Hygienists’ Association (now BSDHT) from the start and played a leading role in the establishment of the first dental hygiene training school in England. Following his retirement from the office of President of the BDHA in 1957 he was appointed Honorary Vice President until his death in 1991. The Dr. Leatherman award is held in the highest regard by this profession. It is the only award nominated and agreed upon by your peers. It reflects true dedication, professionalism and determination for the greater good of all the profession. Nominees do not have to be high profile, in fact past winners have ranged from those who worked tirelessly behind the scenes to those who laid the foundations for the society we know today.

If you know of a worthy candidate please contact enquiries@bsdht.org.uk for terms and conditions and a nomination form. Please note we do not accept self-nominations; you must be nominated by your colleagues. All completed forms must be with us by June 30th 2015. The successful applicant will be notified in October.
Graduating from a dental hygiene and therapy course is a somewhat different experience from those who graduate from other university degrees, as you will know. As we neared the end of our study, my student friends from other courses dreaded the end of university life and the impending lifetime of work that was nearly upon them. Whereas we hygiene and therapy students were all desperate to find work and begin our careers as dental professionals. The thought of undertaking three years of intensive study to then not proceed into practice was our big fear. In fact, most, if not all, our class began searching for a job before we had even sat our final examination.

When looking for jobs we all went through the same processes of scouring journals, the web and handing out CVs in the area we planned to put down roots. However, the golden dream of a full-time job employed doing an equal amount of hygiene and therapy work seemed to be just that - a dream! As each member of my class reported news of interviews and job offers I decided it was time to put myself out there! After days of researching practices and handing out CVs, I was asked to attend an interview for a maternity cover two days a week in my hometown of York. The practice, Acomb Dental, was a private practice with three associates, two dental hygienists and one dental therapist. Although the practice had a fantastic reputation their future goal was to establish an increased team approach to care not just for the ‘teeth’ and ‘gums’ but the patients’ oral health as a whole.

As a new graduate I was excited about this opportunity - the new programme was called a Dental Health Review (DHR) and involves the hygienist undertaking the scaling or periodontal treatments based on the baseline charts, medical history updates and any radiographs prescribed by the GDP. The dentist would then join the appointment and undertake an examination. This team approach means that we discuss the patient’s needs, any future treatment required and hygiene routines and provide a united message or aim. I have found this patient centric approach helps them understand the importance of their oral health. This programme has also honed my skills as a therapist; if the patient needs any treatment within a therapist’s remit the dentist makes the patient aware that I will do it.

This system allows us to not just educate the patient about aspects of their oral health but also about the different roles and abilities of the various team members within the practice. I utilise a fantastic amount of variety in my remit from hygiene and periodontal treatment to multi-surface direct restorations, and because the patient has prior contact with myself they are much happier about having other treatment undertaken by me.

The principle dentist within the practice has been my biggest supporter. It works almost like a VT scheme - if I need to query or ask her opinion she welcomes the questions and advises me on the best way to proceed. To say I have learnt a lot is an understatement! The support of this practice extends to every member of staff; the nursing team is one of the hardest working and as a newly qualified I have learnt a lot from their years of experience; the reception staff are always there to help and go the extra mile; and the two practice managers, that took the chance on a newly qualified dental hygiene therapist, always support me and listen to my worries at the end of a long day.

As I write this I feel I am almost boasting but the reason I wanted to share my experience was to make other newly qualified DHTs aware that great jobs are out there! Entering the world of work thinking I had found myself a locum part-time maternity cover has lead me to securing a permanent role in a practice that is committed to promoting high standards of holistic dentistry.

So my advice to those who are about to enter that scary world of work is to get your foot in the door, but make sure there is potential to grow. Sometimes it is not the patients that need educating but the practices, and the profession as a whole. My advice is to build on what and who you know and be confident in your abilities.

Contact: peace@hotmail.co.uk
In her Inaugural Address President Michaela O’Neill discussed the need to improve the oral health of elderly people in nursing homes and residential care homes.

It is very clear that there are inequalities in the type of oral care the elderly and dependent in residential homes can expect to receive in many areas of the UK. Many Care home staff and home care assistants seem to lack training in how to clean teeth and dentures, with patients often not having their dentures removed on a daily basis. At its simplest this can lead to inadequate nutrition and deterioration in general health. Poor oral hygiene can also lead to localised infection; discomfort; abscesses, and pain. There has been a great deal of research across the world finding links between poor oral health and heart disease and stroke; diabetes; dementia; and bacterial pneumonia which is one of the biggest causes of death in elderly residential care homes.

There are 11 million people over the age of 65 in the UK and it is estimated that by 2025 over 50% will have retained 21 teeth or more, often with complex crown and bridge work, and implants. Many edentulous patients will have implant retained dentures. Without proper daily oral hygiene regimes this will lead to substantial suffering of vulnerable members of our communities.

The aim of this leaflet is to increase awareness of the importance of oral health care in the elderly and other cared for population.

It should be designed so that family, carers and the elderly can understand and follow the instructions with ease.

The competition will be divided into 4 categories with a winner for each leaflet category.

1. How teeth change with age and how to keep them for life;
2. How to keep your mouth healthy with partial dentures;
3. How to look after full dentures, implant retained dentures and Oral Health;
4. Medications and their effect on oral health.

This leaflet competition is open to BSDHT student members training in Dental Hygiene and those training in Dental Hygiene and Therapy.

This leaflet competition fulfills some of the GDC Preparing for Practice learning outcomes for registration. It demonstrates the ability to access research and interpret for use as part of an evidence based approach to practice, and it shows the application of an evidence-based approach to practice.

The GDC Preparing for Practice learning outcomes are listed in Appendix A on the BSDHT website with entry forms and T&Cs.

References

NEW BOOK!

Covering the essentials of periodontics in an accessible, easy-to-read manner, *Practical Periodontics* - an exciting new volume from Elsevier - examines all aspects of the speciality which range from the aetiology of periodontal disease through to diagnosis and treatment planning, non-surgical and surgical disease management and the interface of periodontics with other disciplines.

Fully referenced and evidenced-based throughout, readers will learn about macro- and microanatomy, host-response and susceptibility, the role of biofilms and systemic and local risk factors. Classification and assessment and the relationship of periodontitis with systemic disease are also explored. Chapters also examine instrumentation, the use of antibiotics, the assessment of treatment outcomes and the use of supportive periodontal therapy.

Richly illustrated and in full colour throughout, each chapter of the book offers a set of clear learning objectives and contains useful ‘key point boxes’ to highlight essential facts, practical tips and common pitfalls. Prepared by experts of international renown, this brand new volume - which comes with an ASSOCIATED WEBSITE containing videos, self-assessment questions and case studies - will be ideal for all undergraduate students of dentistry, oral hygiene and therapy as well as practicing clinicians.

Practical Periodontics is available now for pre-order on Amazon.

ISBN is 9780702043574
Call for Poster Presentations
BDIA Conference Birmingham Friday, 23rd October 2015

The British Society of Dental Hygiene and Therapy (BSDHT) would like to invite colleagues to submit posters to be considered for the Annual Poster Competition 2015.

Submissions of posters must be received by 5pm on Friday, 4th September 2015.

Notification of acceptance of posters will be provided by 5pm on 25th September 2015.

BSDHT welcome your support and participation.

Please send your entries via email to: research@bsdht.org.uk

For more information please visit wwwbsdht.org.uk

ANNUAL POSTER COMPETITION 2015

TESCO’S PLANS FOR LESS SUGAR IN DRINKS “A POSITIVE STEP”, SAYS FGDP(UK)

The Faculty of General Dental Practice (UK) welcomes Tesco’s plans to remove all added sugar from its own-label children’s drinks and cut sugar levels across all of its own-label fizzy drinks. A progressive reduction in the sugar content of food and drinks represents the most effective way to help tackle obesity and dental caries in children and young adults.

The FGDP(UK), the professional body for primary care dentists, has supported Action on Sugar’s campaign to reduce sugar levels in the UK to less than 5% of total energy intake by working with food manufacturers and suppliers. This echoes advice given to the English Government by the Scientific Advisory Committee on Nutrition (SACN) in its June 2014 draft report on carbohydrates and health. The Faculty has also helped to inform Public Health England’s plans to reduce dietary sugar.

Dr Paul Batchelor, Vice Dean Elect of the FGDP(UK) and an Advisor in Dental Public Health, says, “This is a positive step by a major food supplier in efforts to deal with the growing problem of obesity and dental caries in the UK population. Tooth decay remains a significant health concern in the UK and it is imperative that we work to achieve consensus on dietary sugar reduction. The plans announced by Tesco, together with similar initiatives from other supermarkets, mark a step towards helping to reduce morbidity and the burden of disease in the UK. We encourage all producers to act together in bringing about the urgent changes needed in the formulation of food and drink, and we would expect to see further initiatives after the SACN publishes its final recommendations later this year.”
CALLING ALL BSDHT MEMBERS

Unleash your creative talents...

Help shape the future of oral hygiene patient education!

Wrigley and the BSDHT challenge you to design a new oral hygiene education tool for patients – and win fantastic prizes for you and your practice.

It might be a leaflet, an app, a film, a 3D model – it’s up to you! We want to hear your ideas on how to bring all the information that’s needed into one easy-to-use tool for patients. But whatever you decide, make sure it covers key oral hygiene advice – such as choosing the right toothbrush, chewing sugar-free gum after eating and drinking when on the go, and adopting healthy eating habits.

Don’t delay!
Entries for the Oral Hygiene By Design Award 2015 close at 23:59 (BST) on Monday 31 August 2015.

Among the great prizes on offer are:
- £750 towards your own professional education
- The chance to work with a professional designer to see your winning education tool brought to life and shared with dental professionals nationwide!
- A year’s supply of Wrigley’s Extra® sugar-free gum for your clinic

Visit www.wrigleyoralhealthcare.co.uk to download an application form, award guidelines and more details on the prizes.
Up to Date - A Seminar Report

The current series of UP TO DATE seminars by Oral B provided delegates with the opportunity to experience three superb presentations from three eminent Professors.

Iain Chapple, Professor of Periodontology and Consultant in Restorative Dentistry, at Birmingham Dental School and Hospital was first to speak with his presentation entitled ‘Too little, too late: early diagnosis saves teeth...saves lives’.

Periodontitis is a common disease, with severe disease affecting 11.2% of the world’s population, making it the 6th most common human condition.

Evidence clearly shows that we need to start screening children by the age of 7 years to check for any bleeding or calculus deposits. A simplified BPE, using BPE codes 0, 1 and 2 should be used on the central incisors and first molars from the age of 7 – 11 years. The full range of BPE codes on the incisors and 1st molars should be used between 12 and 17 years.

In relation to peri-implant disease early diagnosis is essential, which can be achieved by probing and use of radiographs. Oral hygiene is more challenging around implants but is the key to the successful maintenance of health. Risk factors include poor oral hygiene, a history of periodontal disease and cigarette smoking.

According to recent data from Gothenburg, 22% of patients will develop peri-implantitis - that’s a worrying 1 in 5 patients, 5-6 years after implant placement.

Professor Chapple concluded that the new contract is expected to state that patients who have implants placed abroad or privately will not be entitled to the treatment of peri-implant disease under the NHS. The only treatment that the NHS will provide in these cases is the removal of the implant, if patients are in pain or there is severe infection.

The second speaker of the evening was Avi Banerjee, Professor of Cariology and Operative Dentistry / Hon. Consultant, Restorative Dentistry at King’s College London Dental Institute at Guy’s Hospital. The title of his presentation was ‘Stick or twist?’, focussing on restorative materials and how we can successfully fill the holes that we have created - the care philosophy is changing from procedure driven to care driven.

Are there materials that can seal cavities and heal tissues? Yes is the answer, ‘Adhesive Dentistry’. Professor Banerjee made it clear that his presentation was not anti or pro any particular materials. He stated that amalgam is just as good a material if it is used properly in the right situation. However, due to the phasing down of amalgam, adhesive dentistry is the way to go!

Adhesive dentistry helps to seal caries-affected tissue; it preserves tooth structure and strengthens remaining tooth tissue. We need to know what we place in our patients’ mouths; we all use different materials and it is essential that we know the chemistry to make those materials work; we need to know how adhesion works and how things stick together.

Ultimately we need to seal the caries to protect the pulp and maintain tooth structure. He summarised the different generation bonding systems that we use, with examples of the products.

To conclude, delegates were reminded of the 5R’s of maintaining the tooth-restoration complex:

1. Review
2. Refurbish
3. Re-seal
4. Repair
5. Replace.

The final presentation of the evening was from Mike Lewis, Professor of Oral Medicine and Dean of the School of Dentistry at Cardiff University. The title of his presentation was ‘Mouth cancer – size does really matter’.

A sobering fact is that the 5-year survival of patients with mouth cancer is still, generally, only 50%. However, detection of lesions smaller than 2 cm is key since it increases five year survival rates to 80%.

An interactive session followed with delegates invited to test their knowledge by answering the question, ‘Cancer... yes or no?’ for ten clinical cases, 5 of which were squamous cell carcinomas and 5 non malignant lesions. This proved to be a challenging and useful exercise for all present.

As Professor Lewis discussed the answers to the quiz he described the clinical presentation of mouth cancer with the aid of superb clinical images. Delegates were advised of the special investigations that can be employed to increase the likelihood of detection of malignant and potentially malignant conditions.

Some facts and figures:

- 95% of mouth cancers are squamous cell carcinomas.
- 6,700 cases of mouth cancer reported every year in the UK
- Male:female ratio is 2:1 (was 5:1 in 1940)
- 98% cases over 40 year olds
- 85% cases over 50 year olds

Five year survival according to stage:

- Stage 1: 80% - 2cm, no spread
- Stage 2: 70% - 2-4cm, no spread
- Stage 3: 41% - over 4cm or spread to one node
- Stage 4: 9% - spread to more than one node

All three presentations were highly informative and the speakers were excellent. I strongly recommend you attend a seminar in your region.
DDU OFFERS TOP TIPS ON PROMOTING YOUR PRACTICE EVENT

The Dental Defence Union (DDU) has published five top tips to help dental professionals ensure their National Smile Month events go without a hitch.

The DDU says it is advising an increasing number of dental professionals about promoting their practice but it’s important to ensure, that in promoting your event, you don’t breach ethical or legal guidelines.

Kalpa Patel, DDU dento-legal adviser said:

“Many dental practices will be planning events highlighting the benefits of good oral health around National Smile Month, which runs until 18 June. Whether you are offering free oral health checks, organising an open day, or handing out free gifts, it’s important to be aware of how to avoid any dento-legal pitfalls when promoting your practice.

“For practices planning an event, bear in mind that the GDC expects dental professionals to ‘justify the trust that patients, the public and your colleagues place in you by always acting honestly and fairly in your dealings with them. This applies to any business or education activities in which you are involved as well as to your professional dealings.’

“If you’re planning to advertise your event, you must ensure the advertisement includes accurate information, uses clear language that patients are likely to understand and avoids making claims which could lead to unfulfilled expectations from patients. If you are giving away freebies, ensure patients feel under no obligation to make an appointment.

“By following our top tips, dental professionals can ensure their event will leave all attendees more knowledgeable about looking after their oral health and more likely to visit a dental professional, without any dento-legal headaches.”

The DDU offers the following five tips to help you manage dento-legal risks when promoting an event:

1. If you are offering free gifts such as a toothbrush, ensure participants feel under no obligation (real or implied) to book an appointment.
2. Carry out a risk assessment before an open practice event and take reasonable steps to avoid potential harm, e.g. ensure sharps containers, instruments or hazardous substances are out of reach of visitors and that patient data is protected.
3. If you examine someone for a free oral health check you are assuming a duty of care. The patient needs to consent and be made aware of the limitations of what you can do in the situation and you should only offer advice which is appropriate in the circumstances. You still need to document your discussions, relevant history, your findings and any advice provided. If the person is already under the care of another dentist, you should also inform their dentist of your findings.
4. If you are taking publicity photos of any practice events, ask permission and ensure you have the consent of anyone identified in the photo before publishing them on your website or sending them to the media.
5. When advertising events at your practice, avoid making any statements or claims which could lead to unfulfilled expectations from patients.

References
1. National Smile Month http://www.nationalsmilemonth.org/
2. Paragraph 1.3.1, Standards for the Dental Team, GDC, 2013

PUBLIC SUPPORT CALLS FOR TAX ON SUGARY DRINKS

More than 30 million Brits could support calls for a tax on sugary drinks, a new poll has revealed.

The new survey also reveals around half the population support calls for a tax on fatty and sugary foods, perhaps unsurprising considering the United Kingdom has some of the worst levels of obesity on Western Europe.

Health concerns appear to be a priority for many, especially following the election. The same research also discovered more than one in three (37 per cent) say treating the big five killers – cancer, heart disease, strokes, respiratory and liver disease – is the area of the NHS they are most concerned with.

The survey, carried out by oral health charity the British Dental Health Foundation, is the first to assess the public’s potential support for the taxes, all of which health experts believe would go a long way to addressing current and future levels of health in the UK.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter OBE, hopes the research can act as a springboard for further government action.

Dr Carter says: “The increase in consumption of sugary drinks is one of the key reasons for dental decay, particularly in children. By proposing the introduction of a duty on sugary drinks, there are numerous benefits. There will be an inevitable reduction in consumption and benefits for both general and dental health, and the financial aspect will appeal to many decision-makers in the health industry.

“The cost of poor diet has a profound effect on our health. In the UK more than two thirds (60 per cent) of adults are overweight or obese. This is contributing to a growing social and economic burden of chronic disease including cardiovascular disease and type II diabetes, both of which have also been linked to poor oral health.

“Poor oral health is of great concern, not least due to the growing number of general health conditions it has been linked to. Implementation of a tax on sugary drinks as well as sugary and fatty foods could lead to oral health benefits for generations to come.”

Malcolm Clark, co-ordinator of the Children’s Food Campaign, said: “A duty on sugary drinks of 20 pence per litre would be the most practical and effective way of tackling a significant source of unnecessary calories and sugar in children and young people’s diets. Mexico, France and Hungary have already introduced a sugary drinks duty, and their citizens are reaping the benefits. In this country, CitizensUK, trade unions and dozens of other organisations all support a duty. Our politicians can no longer hide behind the idea that it wouldn’t be popular, or is an untried policy.”

The results have been released during National Smile Month, the nation’s annual reminder of how to establish and maintain good oral health. The campaign, the largest of its kind in the UK, takes place from 18 May to 18 June and is sponsored by Wrigley, Invisalign and Oral-B.
## BSDHT Regional Group Autumn Meeting Dates

<table>
<thead>
<tr>
<th>Regional Group</th>
<th>Date</th>
<th>Venue</th>
<th>Contact the Secretary</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eastern</td>
<td>Saturday 12th September</td>
<td>Menzies Hotel Bar Hill, Cambridge CB23 8EU</td>
<td>Juliette Reeves</td>
<td><a href="mailto:bsdht.east@gmail.com">bsdht.east@gmail.com</a></td>
</tr>
<tr>
<td>Jersey</td>
<td>Saturday 13th June</td>
<td>Radisson Hotel, Waterfront, St. Helier, Jersey</td>
<td>Katie Park</td>
<td><a href="mailto:jerseychair@bsdht.org.uk">jerseychair@bsdht.org.uk</a></td>
</tr>
<tr>
<td>London</td>
<td>Wed 9th September 5:30-9:00pm</td>
<td>Holiday Inn, Coram St, Bloomsbury, WC1</td>
<td>Mala Kanan</td>
<td><a href="mailto:londonbsdht@gmail.com">londonbsdht@gmail.com</a></td>
</tr>
<tr>
<td>Midlands</td>
<td>Saturday 10th October</td>
<td>Warwickshire Golf &amp; Country Club, Leek Wootton</td>
<td>Joanna Ericson</td>
<td><a href="mailto:joanna.ericson@hotmail.co.uk">joanna.ericson@hotmail.co.uk</a></td>
</tr>
<tr>
<td>North East</td>
<td>Saturday 19th September</td>
<td>Holiday Inn, Garforth, Leeds</td>
<td>Tracey Chambers</td>
<td><a href="mailto:nergsecretary@gmail.com">nergsecretary@gmail.com</a></td>
</tr>
<tr>
<td>North West</td>
<td>Saturday 26th September</td>
<td>Partnership for Learning Charity South Road, Speke, Liverpool L24 9PZ</td>
<td>Karen McBarrons</td>
<td><a href="mailto:karen.nwbsdht@gmail.com">karen.nwbsdht@gmail.com</a></td>
</tr>
<tr>
<td>Northern Ireland</td>
<td>Saturday 19th September</td>
<td>Radisson Hotel, Ormeau Road, Belfast</td>
<td>Natalie Sloan</td>
<td><a href="mailto:secrecyrdhntmi@gmail.com">secrecyrdhntmi@gmail.com</a></td>
</tr>
<tr>
<td>Scottish</td>
<td>Saturday 12th September</td>
<td>Carlton Hotel, North Bridge, Edinburgh EH1</td>
<td>Jane MacConnell</td>
<td><a href="mailto:bsdhtscottishsecretary@gmail.com">bsdhtscottishsecretary@gmail.com</a></td>
</tr>
<tr>
<td>South East</td>
<td>Saturday 26th September</td>
<td>David Soloman’s Centre Tunbridge Wells</td>
<td>Janet Scott</td>
<td><a href="mailto:janet.scott@sky.com">janet.scott@sky.com</a></td>
</tr>
<tr>
<td>South West &amp; South Wales</td>
<td>Saturday 17th October</td>
<td>Hilton Hotel, Bradley Stoke, Bristol BS32 4JF</td>
<td>Joanne Wilkinson</td>
<td><a href="mailto:Wilkinson.joanne669@gmail.com">Wilkinson.joanne669@gmail.com</a></td>
</tr>
<tr>
<td>South West Peninsula</td>
<td>Saturday 10th October</td>
<td>China Fleet Club, Saltash, Cornwall</td>
<td>Sarah Hopkins</td>
<td><a href="mailto:sarah.d8@hotmail.co.uk">sarah.d8@hotmail.co.uk</a></td>
</tr>
<tr>
<td>Southern</td>
<td>Saturday 12th September</td>
<td>Salisbury District Hospital, Salisbury, Wiltshire</td>
<td>Donna Brien</td>
<td><a href="mailto:secsouthern@gmail.ocm">secsouthern@gmail.ocm</a></td>
</tr>
<tr>
<td>Thames Valley</td>
<td>Saturday 10th October</td>
<td>Puma Oxford Hotel, Godstow Rd Oxford OX2 8AL</td>
<td>Karrie Archer</td>
<td><a href="mailto:karrie.archer@btopenworld.com">karrie.archer@btopenworld.com</a></td>
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BSHD T LONDON REGIONAL GROUP
AUTUMN MEETING & AGM
DATE: Wednesday 9th September From 5.30 to 9 pm
VENUE: Holiday Inn, Coram Street, Bloomsbury, London

SPRING MEETING 2016
DATE: Saturday 12th March 2016 TBC

BSHD T NORTH WEST REGIONAL GROUP
SPRING SCIENTIFIC MEETING
DATE: Saturday 12th March 2016
This will be a “Core Topic CPD Day”.
For further info members can:
Like our page on Facebook at NWR BSDHT
Follow us on Twitter at @bsdhtnorthwest
or contact our NWRG Committee Honorary Secretary, Karen McBarrons at karen.nwbsdht@gmail.com

BRISTOL SCHOOL FOR DENTAL CARE PROFESSIONALS
EXTENDED DUTIES COURSE 2015 FOR QUALIFIED HYGIENISTS & THERAPISTS
This course has a maximum of 12 participants and places allocated on a first come, first serve basis.

COURSE: Local Anaesthetic Administration (2 day course)
DATES: Friday 3rd July 2015 & Friday 4th September 2015 (both days mandatory)
COST: £230
TIME: 9.30am to 5pm both days
CONTACT: donna.parkin@uhlbristol.nhs.uk
AIM:
To acquire the knowledge and skills to be able to administer a safe, comfortable and effective technique for both local infiltration and inferior dental block administration. The training days consist of both theoretical and practical components.
The participant will be issued with a log book after the first day to complete the administration of 10 local infiltrations and 10 inferior dental blocks under the direct supervised of a Registered Dentist in the participant’s practice setting before full certification.

OBJECTIVES – DAY 1:
• Describe relevant anatomy and physiology
• Understand different anaesthetic agents and constituents of LA cartridges
• Understand drug interactions, complications and contraindications associated with LA
• Identify the anatomy of relevant landmarks

OBJECTIVES – DAY 2:
• Discuss clinic technique and variations from personal experiences.
• Explain latest developments for local anaesthetic delivery.
• Demonstrate placement and positioning of additional and alternative injections.

RETURN TO PRACTICE FOR DENTAL HYGIENISTS (3 DAY COURSE)
DATE: 11th - 13 June 2015
VENUE: Leeds
TIME: 9:30am – 4:30pm
COST: £60
SPEAKER: Hayley Lawrence
CONTACT: lawrencehayley@hotmail.co.uk
BOOKING: www.yorksandhumberdeanery.nhs.uk/dentistry/mpe

IMPLANT MAINTENANCE COURSE FOR HYGIENISTS/ THERAPISTS.
Perio-Nutrition has teamed up with ICE Postgraduate Dental Institute to bring you a fantastic hands on Implant Master Class with top class speakers and three hands on workshops.
The first of these Master Classes will take place on:
DATE: Saturday 13th June
VENUE: the ICE Postgraduate Dental Institute and Hospital in Manchester
SPEAKERS: Dr Simon Wright, Juliette Reeves and Louise Baguley.
The hands on workshops include instrumentation, probing, air polishing and a fantastic Implant iTop session. Limited to just 12 places, visit www.perio-nutrition.com for more information.

WORKSHOP FOR NEW AUTHORS
The British Dental Editors’ Forum (BDEF) is hosting a workshop for new authors.
How to write for scientific journals.
DATE: Tuesday, 8 September
VENUE: British Dental Association, 64 Wimpole Street, London
AIMS:
• To help delegates understand how papers and articles submitted to scientific journals are reviewed and assessed by editors and their teams.
• To help delegates to improve the chances that papers and articles that they submit to peer reviewed journals are accepted.

EXPECTED LEARNING OUTCOMES
A clear understanding of:
• the need to follow a journal’s guidelines for authors to the letter,
• the peer-review process,
• plagiarism,
• publication ethics,

PROGRAMME:
Jointly chaired by Ken Eaton and Stephen Hancocks
11.00: Welcome and aims of the day
11.10: Author guidelines and how to begin writing
11.40: The peer review process
12.10: Small group work looking at papers which were rejected and analysing why
12.30: Lunch
13.45: Small groups report their findings
14.30: Publications ethics - how to avoid the pitfalls
15.00: Online publishing - future opportunities and challenges
15.30: Plagiarism – the new scourge?
16.00: Panel presentation on tips for improving scientific writing and discussion
17.00: Close

FURTHER INFORMATION
The delegate fee for the day will be £40 and cheques payable to the British Dental Association should be sent to Stephen Hancocks, BDA, 64 Wimpole Street, London, W1G 8YS. Email: s.hancocks@bda.org
5 hours of verifiable CPD will be awarded

At 18.00 the annual BDEF reception and presentation of the BDEF Young Communicators of the Year Awards will take place

SAFEGUARDING CHILDREN LEVEL 1 AND LEVEL 2
DATE: Saturday 17th October 2015
VENUE: Birmingham (Beeckets Farm Conference Centre, Wythall, Birmingham B47 6AJ)
SPEAKERS: Dr Sue Ward
CONTACT: Suebagnall@aol.com
3 Hours verifiable CPD
INVITATION TO BECOME BSDHT COUNCIL OBSERVERS

BSDHT Council would like to invite any interested BSDHT members to apply for the role of Council Observer.

Council agreed that it would make the work of the BSDHT Council more transparent to members if Council meetings were to be opened to invited observers. A number of members of the Society may attend full Council meetings purely as observers, although numbers will be limited due to space. Applicants will be accepted on a first come basis and no expenses will be paid.

Meetings are held twice a year in Birmingham.

THE NEXT MEETING WILL BE HELD ON WEDNESDAY 9TH SEPTEMBER 2015.

To register your interest please contact the President, Michaela ONeill on 01788 575050 or email enquiries@bsdht.org.uk
Recruitment

AVON & SOMERSET

Bristol. Hygienist vacancy for 1 day/week. Monday or Thursday. Modern computerised private practice within Health Centre. Full Book. Start early July. Email CV: wenders501@tiscali.co.uk / 01179 566914.

CAMBRIDGESHIRE

Cambridge. Hygienist needed for large specialist practice. Tuesdays 7.45am to 6.45pm, and Saturdays 7.45am to 4.30pm. Permanent position. Salary dependent on experience. Email CV to: anne.griffiths@devonshirehousedental.co.uk

CHESHIRE

South Warrington. Dental Hygienist required ASAP. One day/week to replace departing colleague. Well established practice with great staff and patients. Email CV: emmabarrand@googlemail.com or call 01925 600677.

CORNWALL

Newquay. Dental Hygienist required for maternity cover. 2 days/week. Start mid June. Friendly private patients. Email CV to: gecockroft@hotmail.com, or call 01637 881056 for further information.

DEVON


HAMPSHIRE

Southampton. Enthusiastic Hygienist required for small caring private practice - Friday’s and one Saturday per month. Dedicated surgery and friendly team. Start July. Email rownhamslanedental@gmail.com or call 07858 354059 for further information.

MIDLANDS

Birmingham. Dental Therapist required 1 to 2 days per week with opportunity to increase. Starting later in the year. Private practice. Direct Access. Full scope of work. Nurse provided. 2-3 patients per hour. Full support given. Please email CV with photo ID to info@scottarmsdentalpractice.com.

SUFFOLK

Stowmarket. Experienced dental hygienist required ASAP for private customers. Part time (Fridays). Please send CV to Dr. Geaney - enquiries@wedgwood-house.com, or call 01449 771700 for further information.

SURREY

Sunbury on Thames. Hygienist required Mondays and Fridays in well-established small private practice. To start June 2015. Email CV to: sidneyurdang@gmail.com or call 01932 783801 for further information.

WEST SUSSEX

Handcross. Hygienist required for 1 day/week, treating private patients. Modern surgery in Handcross, West Sussex. Excellent earnings potential. Email CV to: dumbledoredentalcare.handcross@nhs.net

The Editor would appreciate items sent ahead of these dates when possible. Send your contributions to:

The Editor, Heather Lewis, 19 Cwrt-y-Vil Road, Penarth, Cardiff CF64 3HN or Email: editor@bsdht.org.uk