Alexander Holden looks at the issue of addiction and professional status

Sometimes we all need some help...

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Thanks to Rory O’Connor of the Dentists’ Health Support Trust which runs the Dentists’ Health Support Programme for his help with providing statistics and a valuable insight into an under-discussed subject. This charity relies solely on donations from the dental profession and I hope that all readers will agree with me in feeling that this is a worthwhile and essential service which promotes the health of our professional community.

The question of why dentists might begin down the path of addiction is not easily answered; I for one can only guess, perhaps all it takes is one bad day to place an individual on the downward spiral. We spend so much energy in trying to help our patients that sometimes we forget to look after ourselves; it is good to know that if we needed it, such organisations exist. The simple aim of organisations such as the Dentists’ Health Support Trust and the Benevolent Fund are to help us look after each other; maybe the non-alcoholic spirit of goodwill that pervades the atmosphere at this time of year shouldn’t just be forgotten about mid-January and instead, perpetuated for the good of all.

About the author

Alexander Holden MDSF RCS (Eng) graduated in 2011 and completed his Foundation Training in Rotherham where he also qualified as a clinical hypnotherapist. He now works part-time as a general dental practitioner with a special interest in treating dental phobias and anxiety as well as completing further training in laser and digital public health. Alexander is a member of the national Young Dentists’ Committee and is also a trustee of the BDA Benevolent Fund.

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