Avoid UK graduate foundation training fiasco, BDA warns
Association calls for action over DFT places

The British Dental Association (BDA) is calling on the Department of Health (DH) to ensure that this year’s dental graduates are not left without a dental foundation training (DFT) place when they have graduated.

This is in response to the situation last year, which left 55 UK dental graduates without a DFT place, and comes after the announcement by COPDEND (The UK Committee of Postgraduate Dental Deans and Directors) that 1,139 applicants, of whom 1,026 are students or recent graduates of UK dental schools, have been invited to take part in the assessment centres to compete for an estimated 952 funded training posts in NHS practices.

Commenting on the situation, Dr Judith Husband, BDA Chair of Ethics, Education and the Dental Committee, said: “COPDEND’s announcement raises the spectre of another year of heartbreak for dental students and squandered public money. Denying UK graduates who want to undertake foundation training a place serves the interests of neither patients, taxpayers nor the graduates themselves. The Department of Health must consider this an early warning and act now to ensure that 2013 does not see a repeat of the senseless situation that has been witnessed this year.”

Dental Tribune spoke to CDO for England Dr Barry Cockcroft about the BDA’s concerns. He stated: “Last year over 87 per cent of UK graduates got a place on a foundation training scheme at the first time of asking and I suspect, although I don’t know, that the people who didn’t have now applied in this year as well.

“On top of that, the actual number of applications this year is lower than last year. We do know that some people who have applied to the scheme have applied in Scotland as well. We also know that last year the National Health Service came up with extra training places later in the year when the financial situation was clearer and I would fully expect that to happen again.

“I think there were lessons learnt last year and the communications to students will be better and also better timed this year; but for the vast majority of students they will get a greater degree of security from this process much earlier than they used to do under the old system.

“At the end of the day the fact is that legally this is employment. We know that last year a significant number of graduates, from the Irish Republic especially, were successful in getting places in open competition. However, as it is employment we cannot discriminate against applicants from the EU in applying for these posts when actually the salary is very attractive. It’s very attractive in comparison to other graduates in England and certainly very attractive when you compare it to other countries in Europe as regards dentistry.”

A spokesman for COPDEND commented: “COPDEND has issued a press statement that accurately describes the current situation regarding dental foundation training applications.

“We won’t know for sure until next June how many UK undergraduate applicants will have passed their finals, nor how many of those who have applied will choose not to take up a place in England, Wales and Northern Ireland, if they are offered one. We also won’t know until April if any additional training places will be approved or funded. We acknowledge that these figures may cause some anxiety for applicants to dental foundation training, and would like to reassure them that we are doing all we can to ensure a fair and equitable process and to recruit as many high quality training places as we can. Dental Foundation training is a period of employment and we are complying with UK employment law.”
Move over November, this month is all about action against oral cancer

The Mouth Cancer Action Month takes place from Monday 12th to Friday 16th November.

More than 1,800 people die from mouth cancer in the UK each year, with almost 6,000 new cases being diagnosed annually. As it stands, people with mouth cancer are more likely to die than those with cervical cancer or melanoma skin cancer.

As part of Mouth Cancer Action Month, dental practices across the UK are offering free mouth cancer screenings. The East Yorkshire practice Perfect 52 is taking part, and will be holding screenings every morning from Monday 12th to Friday 16th November.

Practice Manager Nicki Rowland said: “Last year we screened 54 people completely free of charge and two were diagnosed with mouth cancer. This year we are offering free screening for a full week because we want to encourage anyone over the age of sixteen to come in particularly if they smoke, drink, are sexually active and have a poor diet, or are exposed to any combination of those predisposing factors. Hopefully by raising awareness of this terrible disease we will encourage more people to self-check and visit their dentist for the regular examinations that could save their life.”

The British Dental Health Foundation is also holding a reception at the Houses of Parliament in aid of the campaign.

Professor Simon Rogers, a consultant oral and maxillofacial surgeon at Aintree University Hospital and professor at the Evidence-based Practice Research Centre, Edge Hill University will be speaking at the event, highlighting current treatment and advances in the field, and also the work being done around patients’ quality of life and experiences.

Photodynamic therapy under spotlight

It takes just 90 seconds to save a life!

The Mouth Cancer Foundation is launching its 2012 Mouth Cancer Awareness Week initiative by calling for dentists across the UK and Ireland to take part in a pilot scheme for a brand new thorough screening accreditation initiative.

The Mouth Cancer Screening Accreditation Scheme recognises dental practices that demonstrate a visible commitment to increasing public awareness of mouth cancer screening to all patients and to establish a documented referral pathway with a local specialist department.

Awareness is integral to achieving early detection of head and neck cancers, thus saving lives. The Mouth Cancer Foundation will accredit dental practices that routine-ly participate in oral cancer screening. The programmes will include professional development and training programmes suitable for all members of the practice team to ensure regular screening benefits practice patients.

The Mouth Cancer Screening Accreditation Scheme aims to improve outcomes for head and neck cancers in accordance with the British Dental Association’s national programme. For the early detection and prevention of oral cancer and NICE guidelines.

Dr Vinod Joshi, founder of the Mouth Cancer Foundation said: “A thorough head and neck cancer screening can be carried out by dentists in just 90 seconds.

“If a clear referral pathway is established, head and neck cancers will be caught earlier so as well as lives being saved the costs on the NHS and Irish Healthcare Authorities will reduce dramatically.”

The Mouth Cancer Screening Accreditation Scheme is open to any dentist registered with the GDC or any dental practice whose clinicians are registered with the GDC. Dentists who take part in the pilot scheme will receive associate accreditation when the Mouth Cancer Screening Accreditation Scheme launches.

For more information or to take part in the pilot scheme please contact the Mouth Cancer Foundation via info@mouthcancerfoundation.org or call +44 (0) 1924 950 950.

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Chewing betel quid increases risk of cancer

Chewing betel quid - the fourth most popular psychoactive substance in the world after tobacco, alcohol and caffeine - exposes its 600 million users to substances that act as direct carcinogens in the mouth, according to a new study in ACS’ journal Chemical Research in Toxicology.

Betel quid (BQ) consists of nuts from the areca tree, sometimes combined with spices, such as cardamom or saffron, and other ingredients. Available in commercial forms, BQ is popular among people in China, India and other Asian countries, and people of Asian heritage living in other countries. Scientists have known for decades that chewing BQ can lead to oral cancer, and showed recently that the substances in BQ could change into carcinogens in the body.

The authors of this study explored whether there were any substances in the areca nut that can cause cancer directly, without any need for the body to change or “activate” them.

They discovered that compounds in the areca nut can “alkylate” the genetic material DNA, causing changes that increase the risk of cancer, and they are present in betel quid in amounts high enough to do so.

“Our study showed that these alkylating agents are present at levels sufficient to cause DNA damage and potentially have adverse implications to human health, particularly in the case of the development of oral cancer for BQ chewers,” said study authors Mu-Rong Chao and Chiung-Wen Hu.

Photodynamic therapy combines a class of drugs with light to selectively destroy cancer cells. The drug is injected into the patient and absorbed by the body’s cells. The drug tends to remain in cancer cells for a longer period of time. When exposed to a specific wavelength of light, often administered by a laser, the drugs produce a form of oxygen that kills nearby cells. This therapy is currently used to treat certain forms of oral cancer, in addition to other cancers. However, current oral cancer technologies have the potential to damage other healthy cells in the throat and mouth during treatment.

Lucifics – founded in 2011 by University of Rochester graduate William Cottrell – is developing a new technology that more effectively focuses photodynamic treatment on cancer cells and shields other parts of the oral cavity from the reflect-ed light that can cause the drug to activate and damage healthy tissue.

“It is an outstanding opportunity to advance treatment for oral cancer in partnership with the University of Rochester,” said Cottrell. “It is estimated that by 2050, there will be 790,000 cases of oral cancer worldwide. Our goal is develop a way to treat oral cancer effectively, but limit the traumatic side effects and aftermath that come with the current treatment methods.”

Photodynamic therapy under spotlight

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Editorial comment

Is it me or has it gotten cold all of a sudden? It can only mean one thing – we are now well into the month of November. Soon we’ll be singing Christmas Carols and wondering where the year went!

Of course November has extra significance for dental professionals. As well as being the time for the menfolk to be sporting strange caterpillar-like growths under their nose for the men’s health campaign of ‘Movember’, it is also the time where we can raise awareness in the public’s consciousness about oral cancer.

Practices around the country have been offering free mouth cancer screening and awareness of the symptoms; and this week sees a reception at the House of Commons to support Mouth Cancer Action Month.

Please send me in pictures etc about what you and your practices are doing to promote Mouth Cancer Action Month; it is always great to hear what you are doing. And remember, if in doubt, check it out!

Party for Crisis

To help raise money for the homeless charity CRISIS, Dr Nilesh R Parmar is holding an exclusive ‘Ice White Xmas Party’ charity event on 1st December at London’s trendy Holborn House venue.

Nilesh said: “I’m very committed to working closely with charities, and, this year, my aim is to bring together family, friends and colleagues to raise lots of money for the worthwhile charity CRISIS, at a time of year when the homeless need it most.”

Sponsored by Astra Tech (Dentsply Implants), Digimax, Enlighten and Manan Ltd, the fun-filled charity event will also host a raffle, which will see guests win some fantastic prizes. Prizes up for grabs include an iPhone 5, spa day, luxury driving experience day, a personal training session, teeth whitening treatment and a week’s stay in an apartment in Puerto Banus, Spain. All proceeds from the raffle will go to CRISIS.

Guests will also enjoy a champagne reception accompanied by canapés and live entertainment. Tickets to this exclusive event are available by invitation only, so to receive your invitation, email icewhiteparty@gmail.com

Donations are greatly appreciated, and can be made on the night, or via the Just Giving website http://www.justgiving.com/theice-whitechristmasparty

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DOSAGE AND ADMINISTRATION: Adults and children over 10 years old: Use daily instead of normal toothpaste. Apply a 1 cm line of paste across the head of a toothbrush and brush the teeth thoroughly for one minute morning and evening. Spit out after use; for best results do not drink or rinse for 30 minutes. Caution: use in children under 10 years old. Levels of fluoride above 1500 ppm may cause tooth staining issues. Use only under professional supervision and for children over 10 years old. Do not swallow.

CONTRAINDICATIONS: Individual with known sensitivities should consult their dentist before using. Not to be used in children under 10 years old.

SPECIAL WARNINGS AND PRECAUTIONS FOR USE: Not to be swallowed.

UNDESIRABLE EFFECTS: When used as recommended there are no side effects.

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RECOMMENDED RETAIL PRICE: £5.10 (75ml tube).

Date of revision of text: July 2006.

Study to help identify potential cavity sites

The results of a four-year, $5.6m National Institutes of Health-funded study led by a researcher from the Indiana University School of Dentistry will help dental professionals identify which at-risk sites on teeth are likely to become cavities if no preventive action is taken.

The study, published in the Journal of Dental Research and led by Andrea Ferriera Zandonà of the IU dental school, is believed to be the first extended examination of the natural history of dental caries since 1966.

A total of 565 children between the ages of five and 15 were recruited for the study in 2007. Of these, 558 children completed all examinations. The children were examined at regular intervals over 48 months.

According to Zandonà, a lot is known about caries, but little is known about the process that leads from early caries lesions to cavities. Caries lesions are an early sign that a cavity might develop.

To date, the practice has been to wait and watch lesions until they reach the point where the dentists believe a filling is required, Zandonà said.

The purpose of the study was to evaluate whether lesions could be evaluated using the International Caries Detection and Assessment System (ICDAS), a standardised visual examination that requires no special equipment, to identify with greater predictability which ones were more likely to become cavities.

“Are there some signs we see on teeth that signal when it is progressing towards cavitation?”

IU researchers developed the ICDAS examination with a small group of international scientists. In the study, examiners used the ICDAS to give lesions a score, ranging from 1 to 6 - with one representing a lesion so small that it was difficult to see and scores greater than 5 indicating what is usually considered a cavity - and judged whether a lesion was active or not. The lesions were tracked during the 48 months, with some registering higher and higher scores until they progressed to cavities.

“After analysing data collected in the study, the researchers concluded ‘characterisation of lesion severity with ICDAS can be a strong predictor of lesion progression to cavitation’”

Singing dentist raises thousands for charity

A singing dentist has raised more than £5,000 for diabetes after performing at a concert in East Sheen.

Andrew Bain, 59 (pictured), took to the stage at the All Saints’ Church on Saturday, October 15, to raise money for the Juvenile Diabetes Research Foundation.

Mr Bain, who has worked at the Park Dental Clinic in East Sheen for four years, was joined on stage by Ruth Kerr and an orchestra led by Bernie Lafontaine.

Anuja Wagner, who doctors diagnosed with diabetes at the age of 15 months, was involved with the organisation and promotion of the concert.

She said: “The response has been overwhelming. I can’t believe that people have been so kind and supportive. I am so thrilled they enjoyed the show and that we managed to raise so much money."

“Thank you so much to everyone who has supported this cause.”

“Children in the Rochdale Borough have some of the highest rates of tooth decay in the country so we want to reverse this trend and ensure our children have happy, healthy smiles.”

Rochdale Youngsters get their teeth into new dental scheme

Health chiefs are hoping to put brighter smiles on the faces of hundreds of local school children with a scheme to improve the oral health of youngsters in the Rochdale Borough.

Determined to stop the march of tooth decay among the area’s children, NHS Heywood, Middleton and Rochdale (NHS HMR) is working with Pennine Care NHS Foundation Trust’s (Pennine Care) Oral Health Unit to roll out an enhanced fluoride scheme in primary schools.

Dr Rebecca Craven, Consultant of Dental Public Health for NHS HMR, said: “The ‘Smile Time’ programme is inspired by its success in Scotland which saw the percentage of three-year-olds in Glasgow with decayed teeth fall from 26 per cent to 17 per cent.

“Good oral health is vital – and it’s important that youngsters never forget the importance of looking after their teeth, mouth and gums. I’d urge all parents involved to support the programme which will make a real difference to their children’s oral health.”

The initial pilot programme involves three schools – St Peter’s CE Primary School, Rochdale; Bellfield Community Primary School, Rochdale and Bowlee Primary School, Langley, Middleton. And health chiefs are then keen to roll-out the scheme across the Rochdale Borough once the pilot has been evaluated.

Andrew Forrest, Oral Health Manager at Pennine Care, said: “With support and supplies from our oral health specialists, school teachers will supervise children aged 5 to 7 brushing their own teeth once during the school day. Teachers will be trained to ensure that only a pea-sized amount of toothpaste will be used for tooth brushing which is the recommended amount for primary school-aged children.

“Children in the Rochdale Borough have some of the highest rates of tooth decay in the country so we want to reverse this trend and ensure our children have happy, healthy smiles.”

Manchester practice a BDA winner

A dental practice in Manchester has been named British Dental Association (BDA) Good Practice Scheme Practice of the Year, Maple Dental Care Ltd, in the Brooklands area of Manchester, won the award following a rigorous selection process, which included a visit to the practice by judges for the Scheme.

The practice is one of roughly 1,800 members of the Good Practice Scheme, which has now been running for over ten years. The Practice of the Year award is judged on criteria covering many aspects of practice management and care delivery such as patient communications and the care pathway, health and safety and infection control, team training and team working, and corporate social responsibility.

Judges this year were particularly impressed with Maple Dental Care’s commitment to delivering ‘a caring pathway of evidence based dentistry for patients’. They also praised the range of treatment options and additional services the practice provided, and its commitment to lifelong learning amongst its staff.

Clinical Director of the practice, Ian Hunt, said: “We’re delighted to win this accolade, it reflects a real team effort and is a wonderful reward for the hard work and care the team provide each day.”

The practice will be presented with their award at the BDA’s Honours and Awards Dinner which takes place in London at the end of November.
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Speaker: Dr Nilesh R. Parmar
Date: 21st November 2012

Webinar 4: Peri-implantitis - a future timebomb
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Webinar 5: Sharpen Up Your Instrumentation!
Speaker: Alison Grant
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Webinar 6: Motivating patients to improve their oral health behaviour
Speaker: Dr Vesna Zivojinovic-Toumba
Date: 29th November 2012

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Antidepressant eases pain of oral mucositis

A n oral rinse of the antidepressant doxepin significantly eased pain associated with oral mucositis and skin prepatations, radiation therapy for cancers of the head and neck, a study led by Mayo Clinic found. The findings were presented at the American Society for Radiation Oncology annual meeting in Boston.

“Oral mucositis or mouth sores is a painful and debilitating side effect of radiation therapy,” says principal investigator Robert Miller, M.D., a radiation oncologist at Mayo Clinic. “Our findings represent a new standard of care for treating this condition.”

GDC alerts registrants to MHRA warning

T he Medicines and Healthcare products Regulatory Agency (MHRA) has issued an alert about medicinal products containing chlorhexidine.

There is a risk that some people may suffer an anaphylactic reaction to the chemical antiseptic.

A variety of medicinal products and medical devices contain chlorhexidine, including some over-the-counter products. Examples include: antiseptic sprays, wipes, cleansers and skin preparations, antiseptic mouthwash, toothpastes and dental implants.

The General Dental Council is reminding all registrants that its ‘Standards for dental professionalism’ says: ‘5.3 Find out about current best practice in the fields in which you work. Provide a good standard of care based on available and up-to-date evidence and reliable guidance.’

Dental nurse struck off

S heltland-based dental nurse Melanie Inkster has been struck off by the General Dental Council following a public hearing which she failed to attend.

Ms Inkster was employed as a dental nurse at 90 St Olaf Street, Lerwick, Shetland. The GDC’s Professional Conduct Committee found that on 13th July 2009, she overcharged patients for their treatment; falsely recorded lover payments as having been received; and took the sum overcharged for her own use.

The hearing was told that Ms Inkster admitted her actions during her employer’s disciplinary process, when it was recorded that she said “It was not something she would normally do but it started and got out of hand”.

The Committee said: “Ms Inkster’s actions fell far short of the standards of the profession, and her conduct was inappropriate and dishonest. Ms Inkster’s action was a serious breach of patient trust and disregarded basic tenets of the profession. Her actions in stealing from patients and the practice were dishonest, systematic and sustained conduct over a period of time.”

Whilst recognising that dishonesty cannot necessarily lead to erasure from the GDC’s register, the case also involved breaches of patient trust. Ms Inkster’s behaviour has been deemed so unacceptable to the reputation of the profession that erasure is the only appropriate and proportionate sanction.

Ms Inkster has until 2 December 2012 to lodge an appeal to the Court of Session.

Business recognition for Brush-Baby

A n infant dental-care company has reached the final of the Nectar Business Small Business Awards, a national competition to reward and recognise the importance of small businesses to the economy.

Brush-Baby was awarded Highly Commended in the Innovation of the Year category at an Awards Ceremony hosted by Karren Brady, UK businesswoman and star of BBC 1’s ‘The Apprentice’.

As a mum wanting the best dental care for her baby, Brush-Baby founder Dominique Tillet, struggled to find a suitable product for her baby daughter. Therefore perceiving a gap in the market based on her own needs, she researched, manufactured and developed a Chewable Toothbrush. Ergonomically-designed and endorsed by dentists, and loved by infants who literally “chew” on the toothbrush initially to soothe teething gums and then to clean emerging teeth, it has gone on to establish itself as an award-winning product in the Brush-Baby range of dental products.

Dominique said: “I am delighted that Brush-Baby was so highly respected and ultimately rewarded. However, I am even more pleased from an ethical angle as this recognition might increase the prevalence of the importance of dental health for parents and dental professionals alike. Recent statistics concur more than one million British children under five have at least two fillings and forty seven per cent of youngsters under 12 have been told they have dental decay. As a nation our attention to infant dental health is woeful – we pay more attention and money to fashionable items of clothing which are often discarded due to changing tastes and yet teeth which are with us, hopefully for a lifetime, seem to get forgotten – yet if looked cared properly can be a person’s best fashion asset!”

“Brush-Baby is not only a business but is committed to increasing the importance of infant dental-health. We are due to roll out a pre-school and nursery campaign with a leading dental charity in the new year, and this award certainly gives us kudos and the impetus that infant dental education needs.”

Fund for aspiring researchers

L ooking to get into clinical research? A £4.5M start-up fund has been established for medical and dental professionals engaged in research to help kick start their scientific career by allowing them to pursue academic work alongside patient care.

The money will be distributed in grants of up to £50,000 to clinical lecturers (dentists/doctors who hold a PhD/MD and are working towards completion of specialty training) to help them gather preliminary data and strengthen their applications for longer term fellowships and funding. The grants will be awarded biannually from 2013 for four years through the Academy of Medical Sciences Starter Grants for Clinical Lecturers Scheme.

The Starter Grants for Clinical Lecturers scheme was launched in 2008 by the Academy of Medical Sciences in partnership with the Wellcome Trust. Since then the scheme has awarded £4.4m in grants to more than 150 clinical lecturers who have gone on to secure substantive research funding, set up their own laboratories, authored articles in high-ranking peer-reviewed journals and secured senior research posts.

A review of the first three rounds of the Starter Grants for Clinical Lecturers scheme found that 86 per cent of award holders had generated preliminary data that formed the basis for substantive research funding, and despite the scheme being new, 48 per cent had already noted significant career developments or promotions since receiving their award, and 58 per cent had already authored a peer-reviewed article as first author in high impact journal publications including The New England Journal of Medicine, Nature Genetics and Lancet Neurology.

The deadline for the next round of applications is 4 March, 2013.
BDHF smokeless tobacco leaflet launched

Oral health charity the British Dental Health Foundation has produced a new public information leaflet on the topic of smokeless tobacco.

Presented in a Q&A format, ‘Tell Me About: Smokeless Tobacco’ contains information about the effects of smokeless tobacco, particularly addressing its relationship with mouth cancer.

The leaflet also explains the health benefits of giving up smokeless tobacco, as well as offering advice on how to quit.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter OBE, says more work needs to be done to improve education of smokeless tobacco, especially in South East Asian communities and believes dental professionals are in the ideal position to communicate the key messages.

Dr Carter said: ‘There is currently a lot of on-going confusion about the risks of smokeless tobacco, which is particularly worrying given the number of people, mainly those in ethnic minority groups, who use it.

“That is why we have produced an information leaflet specially focussing on smokeless tobacco – what it is, what it is made of, and why it is so dangerous. The leaflet can be displayed in waiting rooms, or handed out to patients who might be at risk. It is written using non-technical language and has been awarded the Plain English ‘approved’ logo, which is a guarantee that the language is straightforward and easy to understand by the general public.

“We encourage all dental practices, particularly those with high ethnic minority patients, to stock this leaflet and help eliminate one of mouth cancers growing risk factors.”

‘Tell Me About: Smokeless Tobacco’ is freely available to view online at www.dental-health.org/tell-me-about/topic/mouth-cancer/smokeless-tobacco while printed versions can be purchased in packs of 100 from the Foundation’s shop.

Lecture programme announced

The Alpha Omega dental fraternity has announced its lecture programme for the 2012/2013 period. Lectures include:

- 28/11/2012: The therapeutic gradient, a medical concept for actual dentistry? - Dr Jean Pierre Attal
- 12/2/2013: Wearing away - Prof David Bartlett

AOG 2013 tour announced

UK-based dental organisation the AOG has announced that it is organising a research trip to New Zealand, with the option of extending the trip to include a visit to Australia, offering the experience of a lifetime.

The trip to New Zealand will take place January 21-1 February, travelling around the country from Auckland to the sulphur thermal pools and Maori culture of Rotorua and then Hawke’s Bay in the North, before heading south to Christchurch, the glacier of Franz Joseph and the breathtaking scenery in and around Queenstown.

The Australia extension then flies to Sydney, Cairns and Brisbane, visiting Sydney Harbour, the Blue Mountains, and the Great Barrier Reef.

Dentists’ fund calls for Christmas aid

In a time of global economic crisis, the Benevolent Fund has received the highest ever number of applications for assistance. When tragedy strikes, be it an accident or ill health, or there is another reason why a dentist cannot work, it may not be long before financial worries become serious problems.

Christmas adds an additional burden and, together with escalating winter fuel bills, leaves some dentists unable to cope and fearful for their family’s future. The BDA Benevolent Fund offers grants where appropriate to help UK dentists and their families during the hardest of times.

One grateful recipient of the Fund’s assistance said:

“Thank you for informing me that the BDA Benevolent Fund are able to help support me and my family over the coming months, since my husband’s stroke. I cannot tell you the relief and gratitude I feel. Your letter made me cry. I am so touched by the generosity of the charity and of friends, neighbours and even complete strangers. The world is a kinder place than I ever gave it credit for.”

Please give a gift to the Fund’s Christmas Appeal and help your colleagues and their dependents when they need it most.

Visit www.bdabenevolentfund.org.uk or send a cheque to BDA Benevolent Fund, 64 Wimpole Street, London W1G 8YS.