

CPD:  
ONE HOUR

# Ed's letter



Navigating the minefield of food products on the market can be a regular challenge when it comes to sugar content, particularly when responsible for a small boy who would happily survive on a diet of chocolate spread on toast, sultanas and cake if given the chance.

Although I am not a dental professional myself, I regularly edit news stories about high levels of tooth decay and young children having rotten teeth extracted in hospital, which makes me particularly sensitive to the sugar issue. Reading the labels on food packaging and sorting fact from myth can be tricky. Do your patients know that grazing on dried fruit is bad for the teeth? Are all sweeteners tooth-friendly? What about honey - if it's natural and okay for the bees, can't we slather it on our bread? Read the cover story in this issue: it breaks down all the most common types of sugars and sugar alternatives and provides general and oral health advice for you and your patients. Even if you're already an expert on oral health education, it's useful revision.

Also this month we feature a guide to anaphylactic shock and acute allergic reaction, written by Emma Hammett, a first aid trainer from South London. We look forward to publishing further medical emergencies articles from Emma in future issues, to keep you up to date.

Also on the 'menu' is an article explaining the upcoming changes to CPD announced this year by the GDC; an interview with DCP Ruth Potterton about her experiences treating children in the Philippines; and we meet Paula Ennis, a dental nurse and oral health educator from Donaghadee in Co Down, who I'm sure is a whizz at dispensing dietary advice.

If you're at BDIA Dental Showcase later this month in Birmingham, pop along to the BDA/BDJ stand to meet the team!

*Kate*

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The sugar minefield, p14



Volunteering abroad, p9



Anaphylaxis, p23

**Enhanced CPD**

**1 AUG 2018**

5-year CPD cycle

Non-verifiable CPD

Quality verified CPD

**HOURS OVER 5-YEARS**

- 100% CPD (Dentists)
- 75% CPD (Dental Therapists, Dental Hygienists, Orthodontic Therapists, Clinical Dental Technicians)
- 50% CPD (Dental Nurses, Dental Technicians)

Personal Development Plan (PDP)

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