

Ed's letter

Two articles this month look at the important links between oral health and other areas of the body. Endometriosis is a chronic gynaecological condition affecting one in ten women of reproductive age in the UK, including dental hygienist Laura Snewin. As a sufferer and a dental professional, Laura is fascinated by research into the possible links between endometriosis and periodontal disease - both chronic, inflammatory diseases.

Rishiniy Pushparatnam, a third year dental student in London, considers whether dental professionals should place more emphasis on exercise when providing health advice to patients.

According to Rishiniy, 'the anti-inflammatory effects achieved by exercising can help in easing the severity of certain chronic conditions which can then have a positive effect on general and dental health'. She also points out the importance of practising what we preach!

During your career history to date, does a particular individual stand out to you as having been a mentor for your professional development? In our cover story this month, apprentice dental nurse turned dental therapist and now dental student Rebecca Clayphan, who studies in Aberdeen, looks at the fundamental aspects of mentoring and how a successful and effective mentor-mentee relationship can be developed.

I would love to hear about your own experiences of being a mentor or a mentee for a future issue - has this experience helped shape you as a dental professional?

Also this month I introduce the second half of our new reader panel members, and panellist Sophie Haddley, a dental therapy student, reflects on her experience during the pandemic. Let us hope to hear more positive experiences of life in dentistry, and in general, as the year goes on.

Don't forget to keep an eye on our CPD collection:

<https://go.nature.com/3oRT0Df>. Not only will we add

an hour of CPD each time an issue of *BDJ Team* is published this year, but you can still access the ten

hours already available from 2020, via the CPD Hub [follow the link on the CPD collection page]. This month our CPD article is a *BDJ* paper updating the dental team on managing odontogenic infections and sepsis.



CPD:
ONE HOUR

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