

Ed's letter

We are honoured to feature high profile Consultant in Paediatric Dentistry and spokesperson for the British Society of Dental Hygiene and Therapy, Professor Claire Stevens CBE, on our cover this month. Usually, Claire is quoted commenting on paediatric dental issues, such as the number of children having teeth removed under general anaesthetic and the campaign to encourage parents to take their children to the dentist before the age of one (DCby1). This month, however, Claire shares her experiences of something much more personal.



In *Taking the taboo out of the menopause – how dentistry is grappling with the change* author Caroline Holland outlines the reasons Claire became involved with an article recently published in the *BDJ* and *BDJ Team*: *It's time to talk about the M word*. Caroline also explores what steps dental practices and clinics can take to become menopause friendly, with a further interview with British Association of Dental Nurses (BADN) President Jacqui Elsdon on her experiences and the BADN's new menopause advice sheet and specimen policy.

If you are keen for your own workplace to adopt a menopause policy, make sure you read the cover story – and Fiona Ellwood's article on *Mental health and the menopause*, also published this May. Fiona includes a helpful list of charitable organisations, campaigns and resources that those affected by menopausal symptoms might turn to for help and support.

Also this month, I interview entrepreneurial dental nurse turned managing director Anna Lown to find out how she launched a successful training company. Her colleague, tutor Chloe Foxhall focuses on extended duties in dental radiography, and why dental nurses might undertake further training in this area.

Final year Oral Health Science student Chloe Smart shares the results of her review of the literature on the link between cleft lip, palate and alveolus, and periodontal disease. And Amy Minchin explains why she decided to become a dental nurse apprentice after over ten years working in retail.

This month we also begin a new focus on dental hygienists and therapists with articles looking at how to overcome isolation in dental hygiene; and a preview of what's in store at the British Society of Dental Hygiene and Therapy's conference later this year.

Kate

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