

Ed's letter

COVID-19

This July I am delighted to introduce you to two more dental professionals who stay very busy in their spare time! One is our cover star Amanda Lindley. You would never guess, but Amanda has worked in dentistry for 32 years. At present she keeps an eight-surgery practice in Formby, Merseyside running smoothly as practice manager, with 39 staff and three about to join. At home, she is a keen beekeeper with a hive at the bottom of the garden that can produce up to 60 pounds of honey each year. Make sure you view the full PDF of Amanda's interview to check out all the photos of the honey extraction in process.



Next up, also with fantastic photos, we meet a dentist with boundless enthusiasm for the outdoors and keeping incredibly fit, Cat McAvoy. Cat is planning a solo, unsupported expedition to the South Pole next year and is currently dragging tyres around and doing training trips to Norway, while also fundraising, in preparation for her trip. To date, eight women have completed the same solo South Pole expedition and if she completes it, Cat will be the first dentist to do so! Cat plans to use the publicity to promote the importance of good oral health. Good luck Cat!

This issue isn't all about hobbies and interests. Preetee Hylton, who was interviewed in *BDJ Team* last November, explores the statistics relating to domestic abuse and how dental professionals can help. Award-winning dental nurse and keen writer Rebecca Silver investigates imposter syndrome, in particular why so many intelligent women believe that they are imposters waiting to be exposed. This is echoed in Jo Dawson's latest Raisin Awareness campaign update where she reflects on her personal challenges public speaking for the first time. I hope to catch Jo speaking at a future dental event! I bet she's great.

Our CPD article this month takes an up to date look at how dental practices are living with COVID-19 from an infection control perspective. And we share our new regulars from the BSDHT and Manas Dave on *Evidence-Based Dentistry*.

BDJ Team takes a break in August but do make sure you're up to date with all of our CPD hours and let me know if you'd like to contribute to our themed issues in the autumn (dental hygienists and therapists/mental health and wellbeing).

Kate

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