

perhaps ended up as a judge, which I can't help thinking would be a fantastically interesting gallop out for one's analytical skills, moral attitudes and sense of fairness. But actually, all these attributes are needed in dentistry and I wouldn't change what I do for the world.

**Chris Orr, Course Director for Advanced Dental Seminars and cosmetic dentist**



This is actually a difficult question for me to answer, because there wasn't a 'Plan B' when I applied to university. When it came to choosing careers at school, I realised that I didn't want a career in medicine and that my poor mathematical skills ruled out engineering. With the school's standard recommendations ruled out, it was a difficult choice. I settled on dentistry with a thought that if I didn't like it, I'd find something different to do. Fortunately for me I loved it, so the need to find a Plan B never arose.

I enjoyed the intercalated year I spent learning about research and the science that underpins our profession. If dentistry had not worked out, I probably would have taken refuge in a lab somewhere and would now be tinkering away contentedly.

And now? If I left dentistry tomorrow, there are probably few things I could realistically do. Being an enthusiastic customer in pubs and restaurants does not qualify me to start running one of my own. I'd be tempted to try to make it as a professional photographer, as that is something I really enjoy when I have some spare time. However, when your hobby becomes your job, it somehow becomes a lot less fun.

Today I am lucky to have two jobs that I enjoy equally: my clinical practice and my work as an educator. Maybe teaching was my Plan B all along?

What is your plan B? What career would you have chosen if you hadn't chosen dentistry? Email the News Editor, Kate Quinlan, on [k.quinlan@nature.com](mailto:k.quinlan@nature.com) with details of what you are doing now and your plan B!

## HIGH RISK KIDS SHOULD BRUSH WITH MORE FLUORIDE

The Scottish Intercollegiate Guidelines Network (SIGN) has recommended that children who are at increased risk of developing dental caries should use toothpaste with higher concentrations of fluoride.

SIGN, part of Healthcare Improvement Scotland, recommends that young people up to the age of 18 years should be advised to use toothpastes in the range 1,000-1,500 parts per million fluoride (ppmF). Children who are at increased risk of developing caries, such as those from disadvantaged backgrounds, should be advised to use toothpaste with 1,500 ppmF up to the age of ten, and those from age 10 to 16, toothpaste with 2,800 ppmF.

Over-the-counter toothpaste is currently available in concentrations ranging from around 700 ppmF to 1,500 ppmF, while 2,800 ppmF and 5,000 ppmF toothpastes are available on prescription.

Derek Richards, Consultant in Dental Public Health and chair of the SIGN guideline group, said: 'While it is important that dental healthcare professionals use these guidelines to best meet the needs of specific patients, in simple terms, parents need to be reminded that twice daily brushing of their children's teeth with fluoride toothpaste plays a vital job in the fight against decay.'

To read SIGN's full guideline, visit [www.sign.ac.uk/guidelines/fulltext/138/index.html](http://www.sign.ac.uk/guidelines/fulltext/138/index.html).

## WILLIAM DAVID STALLEY

William David Stalley (Bill), BDS Birmingham 1974, sadly passed away peacefully on 24 April 2014 with his wife, children and son-in-law by his side. He was an inspiration to all and will be sorely missed. Bill was a much loved husband to Jane, dad to Carla, Nicky and Rachael, grandfather to Keira, Sophie, Ellie and Rupert and brother to Pam. A service of thanksgiving was held at St Paul's Church, Warwick on 9 May, followed by cremation at Oakley Wood and then celebration of life at Hatton Park Village Hall.

Donations for ESH (Experience, Strength & Hope, Leamington Spa) can be sent care of J Deeley & Son, Funeral Directors, 322-4 Kenilworth Road, Balsall Common, CV7 7ER (tel: 01676 534237).