

INDUSTRY WELCOMES UPDATED ORAL HEALTH GUIDANCE

Public Health England has released the third edition of the *Delivering better oral health* guidance.¹ It is aimed at dental health professionals and provides them with evidence-based interventions and advice that can improve and maintain the oral health of their patients.

The guidance highlights the positive impact a healthy lifestyle has on oral health, in particular the role played by good tooth brushing habits and a healthy diet, along with stopping tobacco use and reducing alcohol consumption to within the lower risk guidelines.

Professor Kevin Fenton, National Director of Health and Wellbeing at Public Health England, said: 'Dental teams have a really important role in advising their patients about how they can improve and maintain both their dental and general health. We must all work together to ensure that good oral and dental health is protected and promoted and the prevalence of tooth decay is reduced.'

The British Society of Paediatric Dentistry welcomed the third edition of the guidance. Media spokesperson Claire Stevens said that keeping the guidance up to date, both reflecting the latest evidence as well as what is recognised good practice, was helpful to all working to combat dental disease.

The Dean of the Faculty of Dental Surgery at the Royal College of Surgeons, Kathryn Harley, said: 'We strongly support this guidance, which reinforces the positive impact a healthy lifestyle can have on oral health. Dental erosion and caries are entirely preventable diseases, which can lead to unnecessary fillings and extractions. Sugar and acid in food and drink play a key role in causing these diseases. It is therefore critical to provide dental teams with all the evidence based information they need to provide patients with the best practical advice they can to improve and maintain their oral health.'

1. Public Health England. *Delivering better oral health: an evidence-based toolkit for prevention*. 12 June 2014. Available at: <https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention> (accessed 21 July 2014).

PHOTO STORY



Past and Present Directors and Colonels Commandant of the RADC gathered at the Headquarters of the Royal Army Dental Corps Officers' Mess to mark Dr David Arkush's 100th birthday on 8 June 2014 with a celebratory lunch. Dr Arkush is thought to be the oldest surviving Ex-Far East Prisoner-of-War from World War II, having served as an Army Dentist, been captured and imprisoned in Changi Prisoner-of-War Camp.

Dr Arkush (seated) is pictured next to his wife, Shirley.

FEATURE

WHAT IS YOUR PLAN B?

Laura Pacey asked four eminent members of the dental profession what their career 'Plan B' would have been had they not gone into dentistry ... or if they had to leave tomorrow.

Seema Sharma,
Honorary
Lecturer in
Healthcare
Entrepreneurship and
Management,
Dental Institute,
King's College London;
CEO of Smile Impressions Ltd
and Dentabyte Ltd



If you had asked me this as an A-Level student, I would have said an economist – I wanted to make a difference and join the World Bank to fight international poverty. If you had asked me ten years into my career, I would have said an architect. I discovered a passion for renovating run-down properties and have loved every minute of working with the design teams, project managers and builders who have helped me to renovate four residential and three commercial properties.

Now, nearly 25 years into my career, I can tell you that training as a dentist and setting up my own practices has pretty much given me the flexibility to indulge both interests – property development in the form of practice ownership, and running my own charity, The Sharma Foundation, to support children living in poverty. As for my continued interest in economics? I have just completed a post-graduate certificate in teaching, joined KCL as an honorary lecturer to teach leadership and management, and started

a two-year Executive MBA programme at Imperial. Perhaps Plan C will be to use this knowledge to make a difference with tomorrow's dental leaders. Anything can happen. Watch this space.

Jenny Gallagher,
Head of
Population and
Patient Health,
Reader in Oral
Health Services
Research and
Dental Public
Health, King's College London
Dental Institute



Hairdressing or medicine – it was a close call. Medicine was an option but my fascination with people's faces and their important role in communication was one of the factors that drew me to the head and neck area. Hairdressing seemed particularly attractive during exam time when the prospect of 'resits' felt like a fate worse than death. It could be argued that both these alternatives involved a concern for people's wellbeing, involving health and science to a greater or lesser extent (there has to be some science involved in hair colouring) – perhaps not really so different to my chosen specialty within dentistry of dental public health.

Except to be truthful there was no formal Plan B – it was 'all or nothing'! Living in Northern Ireland, my six applications (five UCAS and one Irish) were all for dentistry in four of the 'five nations' of the British Isles. The local option, Queen's University Belfast, won

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What is your Plan B? Email the Assistant Editor, Laura Pacey, on l.pacey@nature.com, with details of what you are doing now and what your Plan B would be if you hadn't chosen dentistry!

the day. I was tempted to study in Dublin, following my mother's footsteps, and study in the country of my birth; however, cross-border transport was regularly disrupted by the Irish troubles, making it less attractive. So Belfast it was.

I never saw myself in an academic position with an administrative role and certainly not in London; but here I am with a personal chair at King's College London. Not sure I would have had quite such an interesting career as a hairdresser!

Sara Holmes MBE, Professor of Dental Education and Director of the University of Portsmouth Dental Academy



I never actually had a Plan B. From my earliest days in school when I modelled a mouth out of clay whilst other children were making pots and ashtrays, I knew I wanted to be a dental nurse.

I have asked myself what I would do if I left dental education tomorrow and, having first filled my days with shopping and champagne, the shortlist is quite long. It includes: running a small cinema (the kind that has sofas, foot stools, blankets and a bar); a small cottage business making cheese and bread; a business selling wall paper, fabrics and up-cycled chairs, I have a mad obsession with chairs!; and a commercial beehive/honey business. It's really more a list of the things I love rather than a sensible Plan B. I think my husband is probably very happy that I love my job!

Laura Horton, Owner, Horton Consulting and qualified dental nurse



As a young girl I was a bit of a free spirit and wanted to travel the world, so I started studying travel and tourism. I was so bored! I still wanted to travel but I needed to save up the money, so I took a job as a trainee dental nurse. I never looked back!

My Plan B now would be to become a psychologist. I am fascinated by the way that our brains work, and in particular I would be interested in forensic or criminal psychology. When I was around 14, I took a real interest in crime and law, and at that point I wanted to be a lawyer. After reading about the job, I decided it was not for me, but was still fascinated by the psychology of crime. Since then, I have read countless books on the human brain and the way that we think and act, as well as crime and what causes criminals to make the decisions that they do. I find the BBC 4 *All in the mind* podcast series absolutely fascinating.

ROLLS ROYCE DENTIST FACILITATED WARTIME PLASTIC SURGERY

The cover of this issue is artist Philip Banister's impression of a photograph of Major Sir Auguste Charles Valadier in the Special Jaw Ward at No. 13 Stationary Hospital in Wimereux, France.

Born in Paris in 1873, Valadier's family emigrated to America in 1876. He studied medicine at the University of Columbia, and qualified as a dentist from the Philadelphia Dental College in 1901. At the outbreak of war Valadier was practising at a fashionable practice in Paris. He volunteered his services to the British Red Cross Society and was dispatched to Abbeville, France. From there he found the British setting up a field headquarters around Boulogne. On 16 October 1914 Valadier was assigned to No. 13 General Hospital, BEF, Boulogne-sur-Mer, a base hospital. He arrived at headquarters in a chauffeur-driven Rolls Royce which he used to carry all his dental equipment.

Valadier recognised that bullet wounds to the face and jaws needed special treatment. He established a face and jaw unit at the No. 13 Stationary Hospital in a converted sugar store. Its location

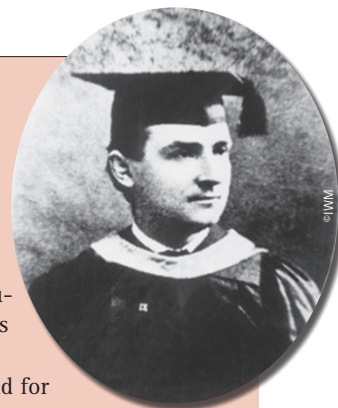
was ideal for transferring patients from ambulance trains to hospital ships bound for England. In May 1917 the hospital was renamed the 83rd Dublin General Hospital and moved nearer the town of Wimereux. Valadier provided the equipment and laboratory technicians for the hospital unit at Wimereux with funds derived from his wealthy practice in Paris.

By May 1917 Valadier and his staff had treated more than 1,000 cases of jaw and facial injuries reporting only 27 deaths. It was here he developed treatment techniques to deal with the problems of facial wounds. He advocated early primary closure of wounds and retention of teeth; even those in the fracture line. Gangrene was combated with frequent irrigations and of sterile water under pressure.

Other military surgeons saw Valadier's work and were inspired to follow. Among them was Captain Harold Gillies, the ENT surgeon chosen to assist Valadier in the operating theatre.

Sir Harold Gillies wrote about Valadier in 1957: 'In Boulogne there was a great fat man with sandy hair and a florid face, who had equipped his Rolls Royce with dental chair, drills and the necessary heavy metals. The name of this man was Charles Valadier. He toured about until he had filled with gold all the remaining teeth in British GHQ. With the generals strapped in his chair, he convinced them of the need of a plastic and jaw unit ... the credit for establishing it, which so facilitated the later progress of plastic surgery, must go to the remarkable linguistic talents of the smooth and genial Sir Charles Valadier'.

With thanks to Rachel Bairsto at the BDA Museum for information on Valadier's life and work.



Major Sir Auguste Charles Valadier (above and top right), who inspired the cover of this issue of the *BDJ*.