



## DENTAL HYGIENIST AND DENTAL THERAPIST HONOURED WITH MBE



Dental hygienist and dental therapist and long-time member of the British Society of Dental Hygiene and Therapy (BSDHT), Sarah Murray, has been awarded an MBE for

services to oral health in the 2017 New Year's Honours list. Sarah was nominated for the honour by her fellow BSDHT members for the dedication she has shown throughout her career to making a difference to people's oral health and the continued progression of her profession.

Sarah said: 'It is a huge honour to receive recognition for being passionate about my profession and it is this that I have strived to grow throughout my career. Dental hygiene and dental therapy have advanced significantly over the years and I am proud to have been a small part of this.'

'There are many inspirational colleagues that I have been fortunate to have worked with, and together we have driven projects forwards, to change lives, both in dental education and for improving oral care within our clinical environments.'

Sarah is currently Senior Lecturer, Head of Centre and Programme Lead in the Institute of Dentistry, Queen Mary University of London (QMUL) - Barts and the London School of Medicine and Dentistry; she is also a Senior Lecturer at the University of Essex, and works

collaboratively across both universities.

In her nomination, BSDHT members highlighted her commitment to furthering her profession throughout her 27 years as a member.

Sarah's continued commitment to furthering the profession can be demonstrated in many ways, one of which is the development of the BSc (Hons) Oral Health Science course at the University of Essex, using an innovative model. Registered dental hygienists are supported in continuing their education in primary care, leading to registration as a dental therapist, ensuring a career pathway and use of dental therapists' skills in primary care. Additionally, she has been instrumental in developing the teamworking and social responsibility aspects in the dental undergraduate programmes at Queen Mary.

As a BSDHT member, Sarah has been involved at a regional level for many years, undertaking a number of roles within the Regional Group, in addition to being a long-serving Council member, and more recently serving on both the education panel and research group.

President of the BSDHT, Helen Minnery, congratulated Sarah for her well-deserved honour: 'I have had the honour of knowing and working with Sarah for the past five years while on Council and Exec and believe she is an incredibly worthy recipient of her MBE. Sarah is the very embodiment of a BSDHT member: hardworking, knowledgeable, conscientious and dedicated to making a difference to oral health and to the profession.'

## Enormous support for mouth cancer message

The Oral Health Foundation has hailed the impact that the 2016 Mouth Cancer Action Month campaign has had across all areas of the UK's healthcare industry.

As well as the enormous support that the campaign has once again received from the UK's dental community, the charity is particularly pleased with the strong support garnered from other areas of the healthcare industry, including pharmacies, general practices and maxillofacial surgeons.

CEO of the Oral Health Foundation, Dr Nigel Carter OBE, said: 'If people can access the information that could save their life through their doctor or pharmacy then it gives them a better chance of catching it early. At best people only visit their dental practice once every six months and in the times in between it can be very easy to overlook signs of mouth cancer and the disease progressing.'

'That is why, during Mouth Cancer Action Month, we were delighted to see the incredibly strong support from across the healthcare industry and unprecedented amounts of information being distributed about the signs, symptoms and causes of mouth cancer.' [www.mouthcancer.org](http://www.mouthcancer.org)

### Be Mouthaware and look out for the signs and symptoms of mouth cancer

As mouth cancer can strike in a number of places, including the lips, tongue, gums and cheek, it's extremely important that we all know what to look out for.



Early detection is crucial. If any of these signs are noticed, please tell your dentist or doctor immediately.

Mouth Cancer Action Month  
November 2016  
Oral Health Foundation

November is Mouth Cancer Action Month  
Mouth cancer can affect anybody and it's important that we all know what to look out for. Early detection could save your life. If you notice any changes in your mouth please speak to a dentist or doctor immediately.  
Find out more at [www.mouthcancer.org](http://www.mouthcancer.org)