



Ed's letter



Rethink. Refresh. Reboot. These are the 3Rs which are front of mind in the early days of January as I try to integrate my New Year's resolutions into my daily life. I hope this revitalising approach is reflected in the January issue of BDJTeam. This issue showcases some excellent examples of innovation in dental provision. Our winning cover image of a dog trails (page 5) a wonderful news story about Basil the Beagle, who is now working in dental practices with his owner Jacci, providing pet therapy for anxious patients.

Jacci, who has been supported by her employers in training to become an Advanced Pet Practitioner, is a great example of a dental professional who is committed to engaging with patients. There are also dental care professionals who are ready to go out onto the streets to deliver care. We have a report (page 28) from the Homeless and Inclusion Oral Health Conference in Birmingham as well as of an initiative in Blackpool providing dental care to the homeless.

Last Summer, the provision of dental treatment for homeless people briefly hit the news agenda. The British public could have been forgiven for thinking that there was no care or concern for the homeless. But this is far from being the case and I am proud to highlight these events focusing on the needs of the marginalised.

If you are thinking about cutting down on sugar – I am! – then read the article by Maria Morgan and Ruth Fairchild. I think you will be quite shocked by their charts which show how much sugar is contained in common supermarket items!

Meanwhile, Oral Health Champion Julie Potter outlines (pages 25-27) what can be achieved through collaborative oral health promotion supported by the local authority. One of the successful displays in the practice in Leicester where she was an Oral Health Champion featured bottles of drinks with a bag of weighed sugar beside each one. Each bag represented the amount of sugar contained in each bottle. Patients responded well to this visual aid.

I am grateful to Sarah Bradbury for some practical advice on making and keeping New Year's resolutions. It's easy to be over-ambitious! The New Year has the potential to be a therapeutic time. I hope it is for you! Remember: Rethink. Refresh. Reboot.

You never know what might happen next.

Therapeutically yours,

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