

« The best way to build trust with the GDC was not following the conditions, but honesty. One of the hardest things that I have ever done was admitting during my substantial hearing how much I drank, what substances I took and how much I used. But the feeling of liberation afterwards was indescribable. I felt though: if I admit to everything that I have done, what else could they ask of me? I will recommend to any colleagues going through the same situation to find that honesty and free themselves first and foremost of the bonds of lying, deception and anxiety. Of course the consequences of this will follow (as they did for me too) but I don't see any other way to gain the trust of the governing bodies.

Lastly, I owe a huge amount of gratitude to the NHS for standing by my side throughout my troubles. The amount of support and understanding towards me was absolutely incredible.

### Life today

My addiction took away everything that I had worked for in the past 20 years and I had to completely start over again. I have now been an associate at my current practice since May 2019 and am absolutely thriving.

Recovery is like being reborn. It allows you to look at your past in a constructive rather than a destructive way. It makes you seize every moment and enjoy life for what it truly is. It teaches you not to be anxious about the future.

What did I do to get better?

- I took 12 simple steps
- I learned to live a life without expectations
- I learned to love and be loved
- I learned kindness and forgiveness
- I learned to live in the moment and enjoy every moment.

When I was told that I could write this article, I was told to do it with 1,200 words. Later I managed to extend it to 2,000 words. I am not sure if I managed to keep it to 2,000, but I could easily write 20,000.

All I wanted was to share my story with my colleagues and leave you all with a four letter word: HOPE. ■

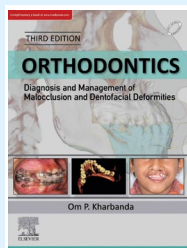
To contact the Dentists' Health Support Trust, call 020 7224 4671 or visit <https://www.dentistshealthsupporttrust.org/>.

## BDA AGMs

The South Wales Branch AGM will be held online on Thursday 21 January 2021 at 18:30. Please ensure you register your interest in attending at [www.bda.org/bse](http://www.bda.org/bse) in order to receive the link to access the AGM or email [branchsectionevents@bda.org](mailto:branchsectionevents@bda.org)

The BDA Middlesex and Hertfordshire Branch AGM will be held online on Thursday 11 February 2021 at 19:00. Please ensure you register your interest in attending at [www.bda.org/bse](http://www.bda.org/bse) in order to receive the link to access the AGM or email [branchsectionevents@bda.org](mailto:branchsectionevents@bda.org).

### BOOK REVIEW



#### ORTHODONTICS: DIAGNOSIS AND MANAGEMENT OF MALOCCLUSION AND DENTOFACIAL DEFORMITIES, 3RD ED

Om Prakash Kharbanda;  
2019; Elsevier; £84.62; pp. 1280;  
ISBN: 9788131248812

Orthodontics has transmogrified into a vast subject owing to the immeasurable amount of research work taking place in the last century. With the improvement of socio-economic parameters, more and more individuals are perturbed about their smile and dental cosmetics, thereby making it a responsibility of an orthodontist or dental practitioner to keep themselves abreast with the ceaseless amount of research, and evolving trends in treatment modalities.

This book is structured into 28 sections covering 80 chapters. The initial chapters are focused on the history of orthodontic science and fundamentals of orthodontic care. Thereafter, the pivot shifts to the growth of face and craniofacial concepts giving an insight into prenatal, postnatal, and the molecular influence on growth.

The chapters in the subsequent sections clearly spell out the need for an accurate diagnosis, and maintenance of diagnostic records, with extensive information on the photographic requisites and DSLR handling instructions. The book then crisply courses through the cephalometric section and various advancements in digital orthodontics, providing sufficient cephalometric information required for diagnosis, steering clear of jargon.

In the next section, the book gives detailed information on removable orthodontic appliances, including their fabrication. An elaborate discussion is presented on invisible removable

appliances in the next chapter, with special focus on the Invisalign system. However, lingual appliances with biomechanics could have been briefly mentioned for a better comprehension of appliances. Each malocclusion has its own dedicated section, covering the topic elaborately from aetiology to diagnosis and treatment planning.

The chapter on orthodontists' roles in upper airway disorders has been more elaborated with recent advancements in the field, and an attempt has been made to sensitise the orthodontist to play a more active role in management of this serious medical condition. The section on surgical aspects of orthodontic treatment has two chapters giving intricate information on surgical treatment modalities like distraction osteogenesis. All chapters include useful case-based clinical treatment steps and an array of colourful diagrams and clinical photographs to further enhance learning. The hardcover is supplemented with a MedEnact complimentary e-book version making it convenient to read anywhere with numerous videos demystifying the mechanics of tooth movement.

Overall, the latest edition of this book is holistically written providing an in depth knowledge on all the aspects of orthodontics, making it a valuable study companion for dental students, postgraduate students and practitioners.

Sagar Dahiya & Rajat Mitra