

Dental products and services

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New part-time diploma in operative dentistry

King's College London and King's College Hospital will offer a new post-graduate diploma in operative dentistry starting in April 2017, designed for dentists who want to upskill and achieve a qualification whilst maintaining their general practice.

The two-year programme, with 46 contact days, has been formulated by consultants and specialists in restorative dentistry to meet patient needs in a contemporary way. This unique course allows participants to absorb concise seminar-based teaching in small groups and marry this with a significant hands-on component to develop a comprehensive skillset in operative dentistry

Led and directed by Aws Alani, Dental Institute Senior Clinical Lecturer and King's College Hospital Consultant in Restorative Dentistry, the first year focuses on minimally-invasive techniques, adhesion and the provision of plastic restorations, and an occlusion module in addition to the development of treatment planning skills. The second year focuses on the hands-on planning, preparation and delivery of single and multiple unit crowns or indirect restorations. Participants will take an active role in diagnostic clinics whilst also treating referred patients under supervision, translating skills gained in the phantom head laboratory to the clinical environment.

The programme will also be taught by Irene Kaimakamis with contributions from other leading experts in restorative and conservative dentistry including Martin Kelleher, Mahul Patel, Alex Falanga, Mark Packer, Serpil Djemal and Lloyd Searson.

www.kcl.ac.uk/operativedentistry

Relief from pain through yoga

79.6% of dentists report having experienced at least one episode of neck or back pain in the immediate past 12 months.¹ Recent research in the *BMJ* clearly shows that dentists have a higher incidence of work-related musculoskeletal (MSK) pain than those in other occupations. The impact on our daily lives can be immense. The pain affects our mobility, limiting our daily activities. It can increase our stress, cause moodiness, and impact our sleep patterns. In addition, lack of mobility can impact family life and force the use of medication.

If you are suffering with lower back or neck pain, there are yoga sequences designed specifically to stretch and relax

these areas. Try this series of yoga poses any time your back needs a little extra love: 1. Cat and Cow pose, 2. Bridge pose, 3. Big Toe pose, 4. Child's pose, 5. Downward facing dog.

To get your teeth into yoga and truly alleviate your neck and back issues get in touch with Mash at www.mashyoga.com. He offers a variety of support mechanisms including group webinars, 1-1 Skype sessions or 1-1 yoga sessions (Birmingham), and myofascial release using trigger points.

1. Shetty S M, Shetty S, Hegde A, Babu N. Prevalence of neck and back pain among paediatric dentists. *Nitte Univ J Health Sci* 2015; 5: 45-47.

Smart dental surgery solutions

Since its creation in 2005 by Michael Stemmer, HYGITECH has been on a mission to find simple and efficient solutions to the challenges faced by today's oral surgeons. The French based company's first innovation was the development of hygiene kits, which brought together all the components necessary for surgery in one place, and they have been working to better the life of the dentist ever since with products like their Protect Kit.

Today, HYGITECH offers all of the products necessary for dental surgery. To facilitate preparation, their complete range is split into four sections corresponding to the order of use: equipment, preparation, surgery, and decontamination & sterilisation. This product range, while expansive, has been carefully crafted by their

skilled R&D team to consist exclusively of high-quality, intuitive tools meant to save dentists time and money, while keeping in mind that personalisation is key to success as

every surgeon has his/her own protocol.

Keeping in line with their quest for continued innovations, at HYGITECH you receive more than just a quality product; you also receive access to a wealth of valuable knowledge.

They recently created The Academy, a comprehensive and completely free

collection of online information relevant to all surgeons, whether they are complete beginners or experienced in their field. For more information on HYGITECH and The Academy, visit their website <https://www.hygitech.co.uk/>.

