

« at university, as a constable [more about this below], while teaching and in life in general have served me well in clinical practice.

Dental education is something I feel passionate about. I enjoy being in general practice so I don't have any aspirations to become a specialist in any particular field. I think that training to be an excellent general practitioner is demanding and I am currently studying for my second education qualification.

I enjoy providing a full service for patients and also enjoy the variety the day brings as a general dentist. By specialising you can end up carrying out similar work on a referral basis where you don't get to build rapport with your patients. Our surgery offers the full 'cradle to grave' service.

Aside from my teaching role and associate dentist duties, I am a witness trainer for the National Examining Board for Dental Nurses (NEBDN) and an NEBDN examiner. I also give careers talks and attend several local schools giving talks and presentations on healthy eating and oral health, careers guidance and interview skills. I feel it is important not to get too narrow in your outlook; variety and a diverse set of interests help me to keep fresh and on top form.

In 2007 I joined the Essex Special Constabulary as a Special Constable where I worked as a police officer with exactly the same powers as the regular police in a voluntary role. This was an eye-opening experience to say the least and I learned a great deal about the world, especially how to communicate effectively and deal with high pressure situations.

I spent three years with Essex Police before moving to the City of London Police where I was awarded the Renard Trophy in 2014. I hung up my truncheon after seven years' service.

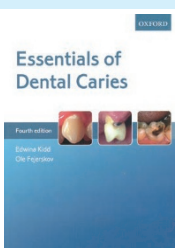
My evenings usually consist of having a relaxing dinner, carrying out a few little jobs here and there if needed (I am setting up my new

office), and if I am not going out I spend time on dental tutor admin/marketing/preparation for tutorials and/or work for my education diploma.

I am a member of the National Rifle Association and enjoy target shooting, a member of the Honourable Artillery Company Light Cavalry (HAC) and treasurer for the Police Detachment. I also like listening to classical music and tinkering with the car. I go to bed between 10:30 and 11 pm. ■



## BOOK REVIEW



### ESSENTIALS OF DENTAL CARIES, FOURTH EDITION

Edwina Kidd and Ole Fejerskov  
2016, Oxford University Press  
price \$45 pp 21  
ISBN 97801987382686

This small yet fundamental text, now in its fourth edition, is an excellent and concise resource which should be a compulsory read for all dental students, hygienists and therapists in the latter stages of their training. It would also be a welcome addition to any newly qualified dentist's library. I remember reading the third edition of this text during my own undergraduate training and I don't recall it being as organised, interesting to read and simplified as it is now.

The text layout is clear, concise and up-to-date. The highlighted key points, colour photos, simple illustrations and diagrams provide excellent visual aids, especially so in chapters two, three and four. The early chapters simplify the basic principles of microbiology and histology with the use of diagrams. At the end of each chapter there are plenty of references to allow for further reading and some useful links to videos.

This book will answer almost any question a student may have on caries during their undergraduate journey. Chapters four and five are the most useful and would be particularly helpful in students' final year when they begin to assess radiographs and treat patients almost autonomously. These chapters nicely break down the development and progression of dental caries and provide simplified, easy-to-follow, and modern approaches to their practical management. These approaches include stepwise excavation, selective caries removal and indirect pulp capping, and non-restorative cavity treatment. They also touch on the management of caries in deciduous teeth. Further reading is, however, recommended as these chapters only provide short overviews. The final chapters focus on the control of caries for patients/populations and the epidemiology of caries. The role of fluoride, diet analysis and oral hygiene in solving and managing caries problems are discussed, along with a brief description of the Scottish initiative, Childsmile.

This book will continue to educate students and provide new graduates with the answers they need in the early stages of their careers. Its main appeal is that it simplifies the essentials and, on this basis, I would highly recommend it. Having returned to general practice recently, this book was a useful refresher for me. In summary, it is an excellent resource for those needing to update and refresh their knowledge quickly.

E. Ford