

# Ed's letter



Since Vital verifiable CPD was launched in summer 2008 many readers have told me they would rather return their CPD answers through the post, as it is difficult to access a computer with an Internet connection. So in this issue, for the first time, I would like to introduce Vital verifiable CPD **through the post** (page 55). I gingerly await the paper mountain I expect to come pouring through the postbox and would like to request that if at all possible, you can continue to access Vital CPD online: it will save you money and save us both manpower and trees!

To kick off a new year of continuing education, we have articles on oral health education (page 21), health and safety and a new series on ethics (core CPD). If it's all a bit too much to take in, turn to page 48 for some soothing breathing exercises.

*Vital* is all about the readers, and in this issue we award Liz Fuller, our cover star, with fame across the dental world! Katherine and Gillian are booking in at a Marriott spa after winning the autumn pamper day competition, and if you're feeling left out, enter the draw to win tickets to Grand Designs Live and see Kevin McCloud in the flesh! (Page 50)

If you have any *grand designs* for future *Vital* articles, do drop me an email and perhaps we will see your beaming face on the cover of the next issue.

Kate

**Kate Maynard**  
 Editor  
 vitaeditorial@nature.com



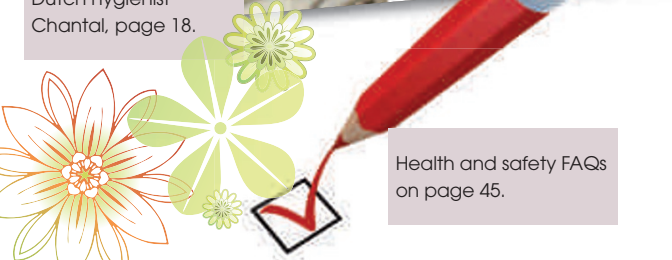
Hospital dental nurse Liz making a patient comfortable.



Can you communicate?  
 Page 43.



Dutch hygienist Chantal, page 18.



Health and safety FAQs on page 45.



Series articles, with CPD.

## THE TEAM

**Cover**  
**Photographer:** Filip Gierlinski, Filskifoto  
**Mobile:** 07859 078945  
**Email:** filski77@hotmail.com  
 The cover star of this issue is Liz Fuller at the Head and Neck Unit, Royal Derby Hospital.

**Editor-in-Chief:** Stephen Hancocks OBE  
**Editor:** Kate Maynard  
**News Editor:** Arveen Bajaj  
**Vital Editorial Board:** Julia Brewin, Larry Browne, Kathryn Marshall, Julie Wright, Christopher Lynch, Marina Harris, Jim Mackie

**Production**  
**Production Editor:** Esther McKeown  
**Production/Art Editor:** Joanna Bettles  
**Production Controller:** Ian Pope

**Advertising**  
**Sales Manager:** Avia Ball  
**Advertising enquiries:** +44 (0)20 7843 4729

**Publishing**  
**Publisher:** Kim Black-Totham  
**British Dental Journal**  
 The Macmillan Building  
 4-6 Crinan Street, London N1 9XW  
 Tel: +44 (0)20 7843 3680  
 Fax: +44 (0)20 7843 4725

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