



Katey plans her next move (p16)

Ed's letter



What were you doing in 2003? It was that very year that somewhere in a long-since forgotten corner of the British Dental Association's headquarters on London's Wimpole Street, an editorial team were beavering away excitedly on their brainchild: a magazine controversially aimed at *the whole dental team* ... the very first issue of *Vital*.

Thirty-eight issues, 58 cover stars, five editors, one relocation for the editorial team, one relaunch, 187 'likes' on Facebook and 40 hours of verifiable CPD later, *Vital* turns ten.

In this issue of *Vital* we unveil a logo to commemorate the anniversary, and later on in the year there will be a special feature catching up with cover stars of issues past.

How long have **you** been reading *Vital* and more importantly, how has your life changed as a dental care professional over the last ten years? Perhaps you have moved to dentistry from another industry, you've changed role within your dental team or taken on more responsibility? Or perhaps you have taken up a new hobby, like skydiving, or knitting?! Do drop us a line and help celebrate a decade of achievement with *Vital*.

This spring's cover star is no stranger to achievement: Katey Lawson, a young lady who is already CEO of her own company. It has never been difficult to find inspirational DCPs to appear in *Vital* – and I'm sure the next ten years will be no different!

Kate

Kate Maynard
Editor
www.facebook.com/vitalmagazine



How much sugar is in your daily bowl? p6



Managing radiotherapy patients, p30



Who ate all my coppers? p21

What will you take the lead in for your dental team? p26

THE TEAM

Cover
Photographer: Filip Gierlinski, Filskifoto
Mobile: 07859 078945
Email: filip@filskifoto.com

The cover star of this issue is Katey Lawson photographed at Neel Dentistry in Welwyn. Thank you to all involved!



Editor-in-Chief: Stephen Hancocks OBE
Editor: Kate Maynard

Production
Production Editor: Esther McKeown
Art Editor: Melissa Cassen
Production Controller: Emma Jones

Advertising
Head of Sales: Avia Potashnik
Advertising enquiries: +44 (0)20 7843 4729

Publishing
Publisher: Rowena Milan
British Dental Journal
The Macmillan Building
4-6 Crinan Street
London N1 9XW

If you would prefer not to receive any further issues of *Vital*, please contact Kate Maynard at the postal address given above or by emailing vital@editorial@nature.com.

© *British Dental Journal* 2013. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the *British Dental Journal*.

The opinions expressed in this publication are those of the authors and not necessarily those of the British Dental Association or the editor. Appearance of an advertisement does not indicate BDA approval of the product or service.