



Our handsome cover star Mark Oborn at work. Page 32.

# Ed's letter



It's hard to believe that six months have almost passed since *Vital* was relaunched, and what a six months it has been!

Back in June, finally we sent *Vital* directly to the target DCP audience and were thrilled to launch a new website and CPD site concurrently. The response was instant; the feedback universally positive... and then the CPD site crashed and burned.

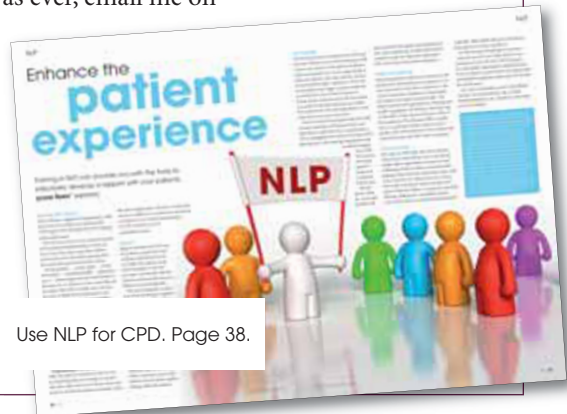
I would like to apologise to all DCPs out there who tried to navigate the *Vital* CPD website but encountered our technical problems. While the system was renovated it fell to me to check subscribers' CPD answers and issue certificates. Thank you so much to everyone for their patience and for bearing with us while we overcame our, aptly enough, teething problems. I am now pleased to report that the CPD site is fully functional. Turn to page 53 for full instructions on how to log on and subscribe.

Though it's been a bit of a monumental year for us all, everyone needs to take time out to look after number 1. Turn to page 55 for a series of relaxation techniques designed to keep your mind and body healthy.

If you have a pressing issue or article idea on your mind and would like to share it with *Vital*, as ever, email me on [vitaleditorial@nature.com](mailto:vitaleditorial@nature.com). In the meantime, have a fabulous festive season!

*Kate*

**Kate Maynard**  
Editor



Use NLP for CPD. Page 38.



Do you use IT to its full advantage in your practice? Page 40.



This cheeky chap's got his eye on the ball. Page 11.

## THE TEAM

**Cover**  
**Photographer:** Filip Gierlinski, Filskifoto  
**Mobile:** 07859 078945  
**Email:** [filski77@hotmail.com](mailto:filski77@hotmail.com)  
*The cover of this issue features dental technician Mark Oborn of SBO Dental Laboratory in London. Thank you to Mark and his colleagues for all their help.*  
**Editor-in-Chief:** Stephen Hancocks OBE  
**Editor:** Kate Maynard  
**News Editor:** Joanna Lyall

**Vital Editorial Board:** Julia Brewin, Larry Browne, Kathryn Marshall, Julie Wright, Christopher Lynch, Marina Harris, Jim Mackie  
**Production**  
**Art Editor:** Melissa Cassem  
**Production Editor:** Esther McKeown  
**Production Editor:** Sandra Murrell  
**Production Controller:** Ian Pope  
**Advertising**  
**Head of Advertising:** Alison Mason  
**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

If you would prefer not to receive any further issues of *Vital*, please contact Kim Black-Totham at the address given above.

© *British Dental Journal* 2008. 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.*