



Cover star Jo Russell is at ease in any dental practice. Page 35.



# Ed's letter



Welcome to another year and another jam-packed issue of *Vital*.

There is a bit of an emphasis on superstar DCPs this issue: cover star Jo Russell, practice manager Emma John, and DCPs working abroad Laura Gartshore and Aby Gopal. We then turn the spotlight on cleaner Jan Sherwood, who is devoted to keeping her practice spotless.

On page 17 we kick off spring CPD with the *Vital* guide to paediatric dentistry, followed by *Managing xerostomia* (page 32), written for us all the way from Canada by dental hygienist Linda Douglas.

Over 400 DCPs are already logging on to [www.nature.com/vital](http://www.nature.com/vital) to complete their verifiable CPD every time *Vital* is published. Don't miss out! And don't forget to include reading other *Vital* articles in your general CPD, such as those in this issue's Advice section (pages 40-47).

I've had a lot of queries about whether *Vital* will be including articles on the core CPD subjects. We definitely intend to! Don't forget that 20 of the 50 hours of verifiable CPD you need to complete over the first five-year CPD cycle must cover the core subjects.

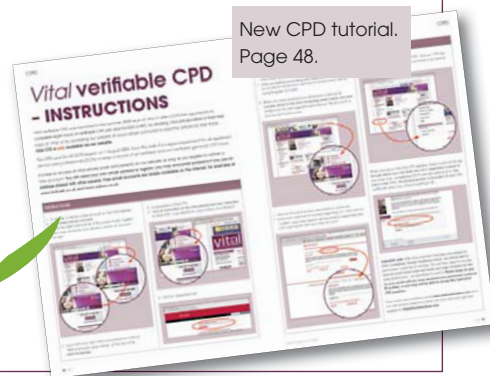
If you're struggling to emerge from the dark winter months and get motivated for all the demands of a DCP's life, have a read of our Get Active article (page 52); it should help give you a boost while we wait for summer to appear.

Just in time for the next issue of *Vital*...see you in June!

Kate

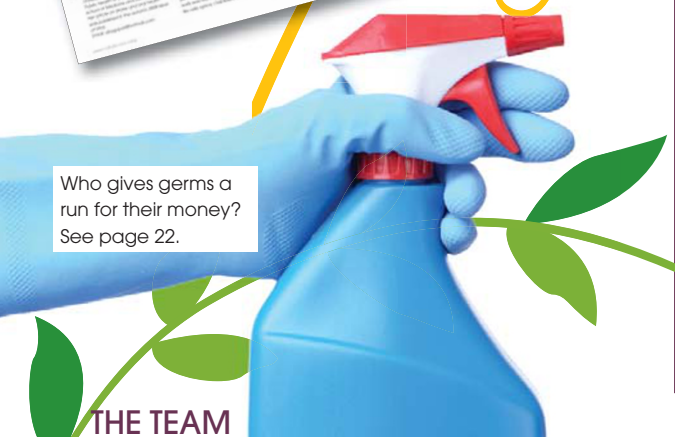
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New CPD tutorial. Page 48.



Aby Gopal recounts her dental work in India. Page 13.

Who gives germs a run for their money? See page 22.



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The cover of this issue features Jo Russell at the stunning Swiss Smile Dental Centre in London. Swiss Smile offers general, cosmetic and paediatric dentistry in an environment designed to give patients the most pleasant experience possible. [www.swiss-smile.co.uk](http://www.swiss-smile.co.uk) Thank you to everyone involved!

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