

periodical

The newsletter for members of the BSP • 2023/24



British Society of
Periodontology and
Implant Dentistry

Member Information
BSP Awards & Prizes
Annual Conference review
Focus on charity work
Patient resources
Education & Events

BSP Team



**BSP Executive
General Manager**
Paula Dunn



**BSP Assistant
Manager**
Joanne Brown

This year we have reviewed the Administration Team at the BSP and have made plans to further improve our ways of working, to future-proof the effective running of BSP. We have recruited Joanne Brown, as Assistant Manager, to work with Paula Dunn in leading all elements of BSP functionality to ensure that the day to day running of the Society and event organisation is consistent and effective. These roles are pivotal to the success of the Society and enable BSP Council to remain focused on the clinical aspects of work. As always, these roles will be reviewed and the BSP will react to the growing and ever-changing membership base.

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Contributors

- Dr Alex Pollard (Honorary Editor)
- Prof Mike Milward (President 2023)
- Dr Jasmine Loke
- Dr Patrick Fee
- Dr Devan Raindi (Chair of ECG)
- Dr Rajan Nansi (Past President 2022)
- Prof Philip Preshaw (President Elect 2024)
- Mrs Jenny Walker, Dr Shazad Saleem,
Dr Khaleida Zaheer, Dr Claudia Brown
- Dr Jay Parmar
- Dr Kitty Guo (ECG Academic Representative)
- Prof Wendy Turner (Honorary Secretary)

Useful Contacts



Keep up-to-date with the latest news by visiting our website and following us on social media:

- bsperio.org.uk
- [@BSPerio](#) [British Society of Periodontology](#)
- [britishsocietyofperiodontology](#)
- [BSP British Society of Perio & Implant Dentistry](#)

Thank you to our supportive Partner Sponsors...

The BSP greatly values the support of our 2023 Partner Sponsors and wish to extend our thanks to Acteon, Haleon, Johnson & Johnson, NSK, Oral-B and Philips.

As a charity, we rely heavily on funding from our Partner Sponsors. They play an important part in helping the Society achieve many of its strategic aims and objectives to benefit and support our members, the wider dental profession, patients and the public.

Our Partner Sponsors



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Welcome to the 2023/24 Issue of the Periodical!



Hello and welcome to the new edition of the Periodical magazine, where we aim to summarise and reflect on the activities and achievements of the BSP and its members over the last twelve months.

We continue to work hard as a society to raise awareness of the importance of gum health to the public, patients, dental and medical professionals. In this edition, we will be sharing a snippet of the activity that the Society and its members have achieved this last year. I would recommend that you follow us on our social media channels and read our monthly e-newsletters to hear about all developments.

I think that you will enjoy reading the content that we have compiled this year. I am extremely grateful to this year's Periodical contributors for producing such interesting articles. Also, as always, a huge thank you to Paula Dunn who has worked very hard assisting me with this publication.

You will remember that last year we focused on the importance of mental health and general wellbeing. This year we wanted to share the truly uplifting and inspiring stories from some of our members, who dedicate time to charity work on top of their careers within dentistry. We were overwhelmed by the number of you who undertake charity work and I hope that you will be as amazed as me by the incredible work that they are doing!

We also have some great articles from Jasmine Loke and Patrick Fee, who were both awarded the BSP Clinical Fellowship Award in 2023. They used the money to attend great courses and gained knowledge, skills and friends thanks to their experiences. I would urge our members to review the BSP Awards and Prizes that are available and consider applying as they are a brilliant way to engage with the Society and showcase your talents. Details of all the awards can be found on our website.

The BSP Editorial Team work hard to ensure that our members, the wider dental community, the public and

patients are kept up to date with the latest news and developments. The continued growth in our membership and social media followers is testament to this.

Facebook – 16,938

Instagram – 4,637

Twitter – 2,459

If you don't already follow BSP, I would encourage you to do so!

 @BSPerio

 British Society of Periodontology

 britishsocietyofperiodontology

I hope you enjoy reading the magazine - I would love to receive your feedback.

Best wishes from all the team at BSP!

Dr Alex Pollard
Honorary Editor

Over to you...

Don't forget that we love to hear from you! Whether it be feedback about our work or to share a news story with us. We send monthly e-newsletters to our members and the Periodical is printed annually. If you would like to contribute an article, then please contact us:

Paula Dunn
BSP, PO BOX 261, Liverpool L26 6WP
Email: admin@bsperio.org.uk





A Proud Time

by BSP President 2023, Professor Mike Milward



When I joined the BSP Back in 1999 I could never have imagined that I would one day lead the Society. It was therefore a great honour to be invited to serve as President this year and I have thoroughly enjoyed the challenge of this role.

With the tremendous support of my fellow Council members, we have continued to build on the great work done under Dr Rajan Nansi's Presidential tenure. I am extremely proud of the considerable amount we have achieved and I wish to thank everyone on BSP Council for their hard work and dedication to the Society. Several important initiatives remain ongoing and I will leave them in the very capable hands of Prof Philip Preshaw to complete next year.

I hope that as members you have felt supported this year. We have done our very best to respond to clinical enquiries and provide you with a stimulating and varied educational webinar programme. Plans are already well underway

for next year with webinar speakers booked and an ECG Masterclass on Minimally Invasive Non-Surgical Therapy. As always, we shall keep you fully up to date with the latest news, developments and events via our newsletters, website and social media platforms.

It was great to see so many of you at the Conference in Birmingham and I am grateful to everyone who supported the event. I thoroughly enjoyed the excellent presentations and am delighted that the delegate feedback has been extremely positive. My goal was to deliver a programme which catered for all members of the dental team and I was proud to have achieved that.

The **"Peaky Blinders"** themed Conference Dinner was also a great success. We had a tough time choosing a winner of the fancy dress competition as the efforts people made to look like a Peaky Blinder were very impressive! I had a wonderful time catching up with old friends and meeting new members. There was certainly a great atmosphere and I hope that everyone who attended the Conference felt part of the BSP family.

I still have more time before my Presidential term is over and I remain focused on serving the Society and keeping the membership at the heart of everything we do. I ask that you please continue to stay an active member of the BSP as we greatly value your support.



Awards & Prizes

The Sir Wilfred Fish Research Prize

Awarded annually to encourage researchers in the early stages of their career. The prize is a certificate and cash award of £1000

Systematic Review Prize

Awarded annually to encourage systematic reviews which have an application to periodontology and implant dentistry. The prize is a certificate & cash award of £1000

Audit Award

The BSP is committed to supporting audit proposals with funding of up to £500 per project, with clear educational benefit. 4 awards may be made annually

Poster Prize

Two categories: Research and Clinical Case Report. The prizes each take the form of a cash award of £500 and certificate

BSP Clinical Fellowship Awards

Designed to support successful applicants to participate in or attend events that have a clear educational benefit

BSP Research Grant

For postgraduate research, development and training up to £5000. For research projects with a clear application in periodontology

Frank Ashley Undergraduate Prize

To encourage dental undergraduates at UK dental schools to undertake a project with a clear periodontal educational benefit. Two prizes of £500

To reflect our commitment to progression and innovation, the BSP awards annual prizes for research into periodontology and implant dentistry both for undergraduate, postgraduate and qualified dentists, dental hygienists and dental therapists.

We are delighted to announce the winners in the categories below.

- **BSP Clinical Fellowship Award – Dr Patrick Fee**
Dr Jasmine Loke
Dr Giuseppe Mainas
- **BSP Research Grant – Dr Kitty Guo**
- **Frank Ashley Undergraduate Prize – Robson Chiremba**
- **The Sir Wilfred Fish Research Prize – Dr Niamh Coffey**
- **BSP Systematic Review Prize – Dr Nor Shafina Binti Mohamed Nazari**
- **BSP Clinical Poster Prize – Dr Ursala Jogeza**
- **BSP Research Poster Prize – Dr Vanaja Krishna Naik**

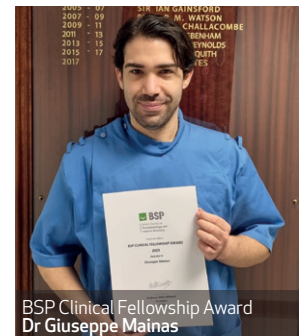
Visit the website to view all eligibility criteria, application details and submission deadlines: www.bsperio.org.uk/professionals/awards



BSP Clinical Fellowship Award
Dr Patrick Fee



BSP Clinical Fellowship Award
Dr Jasmine Loke



BSP Clinical Fellowship Award
Dr Giuseppe Mainas



BSP Research Grant
Dr Kitty Guo



Frank Ashley Undergraduate Prize
Robson Chiremba



The Sir Wilfred Fish Research Prize
Dr Niamh Coffey



BSP Systematic Review Prize
Dr Nor Shafina Binti Mohamed Nazari



BSP Clinical Poster Prize
Dr Ursala Jogeza



BSP Research Poster Prize
Dr Vanaja Krishna Naik

Case Studies Needed!



We encourage members to consider submitting a case study to the BSP. We accept case studies from all clinical members of the dental team, at any stage of their career.

The report should include information about the clinical condition before treatment, the treatment undertaken, as well as the outcome of treatment and a brief reflection. It is also helpful to submit some clinical images to support your work.

The BSP award an honorarium of £100 for each case published on the website. Our aim is to build up a “library” of different cases which will serve as an invaluable educational tool to others and provide a great topic for discussion amongst peers. Each case study is carefully considered and supportive feedback is always given, so please do consider submitting a case study.

Visit the website for more information: www.bsperio.org.uk/members/case-studies

BSP Clinical Fellowship Award

The BSP Clinical Fellowship Award is designed to enhance clinical training by providing support for successful applicants to participate in or attend events that have a clear educational benefit, with explicitly stated educational outcomes. The award replaced the Marsh Midda and George Cross Fellowship Awards.

The award may be used for:

1. travel to centres of excellence (as recognised by the BSP) for, for example, experience or training for the development of enhanced skills,
2. to participate in a course or conference with a definite application in periodontology that has clear educational benefits for the successful recipient,
3. any other purpose that has clear educational outcomes, at the discretion of the Society.



The focus of any application must be based on the educational benefits that will be accrued if the award is received, and all applications must contain a clear focus in periodontology or related aspects of implant dentistry.

Dr Jasmine Loke and Dr Patrick Fee have kindly shared with us their training journey and the impact winning the award had on their personal training and development.

Soft Tissue Management

by Dr Jasmine Loke



I was fortunate to be awarded the BSP Clinical Fellowship Award this year as a final year MClintDent Periodontology Postgraduate trainee at King's College London. This award provides financial support to aspiring specialists to attend external conferences or clinical centres, to enhance their clinical knowledge and surgical skills beyond their ongoing training and textbook studies.

I chose to participate in a 4-day hands-on course, *"Leading experts of soft tissue regeneration"*, which took place at the VISTA

institute for Therapeutic Innovations in California. The course featured renowned specialists such as Niklaus Lang, Anton Sculean, Leandro Chambrone, and Homa Zadeh, among others. The curriculum covered essential aspects of soft tissue management around teeth and implants, including biological principles, indications, timing, and a variety of surgical techniques.

My application included a concise overview of the chosen programme and the rationale behind my decision, specifically emphasising the critical role of soft tissue quality and quantity around teeth and implants. I also presented a proposal for the use of the awarded funds. Furthermore, I highlighted how this one-time conference would build upon the clinical exposure in soft tissue management I have gained from my current training programme, and how I intended to share this knowledge with my colleagues.

The course proved to be a valuable learning and networking opportunity for me. The personalised teaching allowed me to critically evaluate the rationale and limitations of mucogingival surgical techniques and materials beyond the commonly used coronally advanced flap, tunnelling procedures, and autografts. The program covered the VISTA technique, tuberosity harvesting and splitting, and introduced alternative graft materials, such as rhPDGF-BB, collagen tape, hyaluronic Acid, PRF, Fibroguide, Mucograft,



Alloderm, and Emdogain. Complex clinical cases shared by the experts demonstrated the combined use of orthodontics and prosthodontics with soft tissue augmentation in addressing patients' aesthetic concerns.

In addition to the academic aspects, I had the opportunity to connect with periodontists, fellow trainees, and general dental practitioners in the US. I also had the chance to explore the vibrant city of Los Angeles with my new-found colleagues. I've maintained contact with these colleagues to foster shared learning and to critically assess the differences and similarities in soft tissue management between the UK and the US, delving into the rationale and evidence behind these disparities.

To bring my learnings back to King's College London, I arranged for Dr Diego Valesquez, one of the course speakers, to deliver a lecture on microsurgery, including the use of microscopes, suture materials, and techniques. Additionally, Dr Ganeles, another speaker, extended an invitation for our periodontology program to join a recurring, monthly US multi-school webinar series. These informative webinars focus on comprehensive interdisciplinary treatment planning of complex cases for implants, covering restorative topics such as soft tissue and bone augmentation, the perio-prosthetic interface, and the role of the TMJ.

I wholeheartedly recommend applying for this award for an incredible opportunity to enhance your clinical knowledge and skills. You can find the necessary application details on the BSP website: www.bsperio.org.uk/professionals/awards. Best of luck!



Sculean Master Course in Periodontology

by Dr Patrick Fee



As a specialty registrar in Restorative Dentistry at Dundee Dental Hospital, I value every opportunity to learn and enhance my surgical skills. I have been a member of the British Society of Periodontology and Implant Dentistry since 2017 and have benefitted greatly both educationally from the valuable courses, conferences and webinars, as well as socially through the network of members to offer valuable advice.

Throughout my Restorative Dentistry training I have had an interest in Periodontology and in

improving patient outcomes. The opportunity to learn from international leaders in Periodontology based at the University of Bern by attending the Sculean Master Course in Periodontology was an exciting prospect. This led me to apply for the BSP Clinical Fellowship Award.

I first became aware of this award from colleagues in the BSP so it was a great honour to receive the Clinical Fellowship Award in 2023. The award is designed to provide support for members to attend courses or centres of excellence to enhance clinical training.

With support from the BSP I attended the week-long Master Course on the Bernese Concept for the Treatment of Periodontally Compromised Patients based at the University of Bern. The course director was Professor Anton Sculean and delegates had teaching from international clinical leaders in Periodontology, including Anton Sculean, Giovanni Salvi, and Martina Stefanini. The course was a blend of lectures to explore the evidence behind non-surgical and surgical periodontal protocols, live root coverage surgery to take delegates through the surgical steps with commentary from Professor Sculean as he performed surgery, followed by hands-on surgical workshops to take delegates through a range of surgical procedures. The surgical workshops focussed on connective tissue grafting with coronally advanced flaps and the modified coronally advanced tunnel for managing gingival recession.

I found the combination of teaching methods helpful to understand the evidence supporting surgical protocols before then putting the surgical techniques into practice. To have a clinician as experienced and respected as Professor Sculean talking me through the surgical steps of tunnelling while I performed them on a pig's head and offering tips on tissue handling and suturing to maximise graft stability was incredibly valuable.

I also had the opportunity to meet talented clinicians from around the world who were attending the course and to talk

to Professor Sculean's trainees about their own training experiences.

In the evenings I enjoyed exploring Bern, which is an incredibly picturesque city on the Aare River, full of swimmers cooling off from the summer heat. And we were all well entertained with authentic local food and drink to unwind in the evenings.

Ultimately, the test of any course is the impact it has on your own clinical practice. I returned to my own dental school eager to put into practice the surgical skills I learned to improve the surgical outcomes for the patients I am privileged to treat. And I am extremely grateful to the BSP for their support.

If you are interested in applying for this award there are helpful details on the BSP website. Good luck! www.bsperio.org.uk/professionals/awards





The BSP Early Career Group

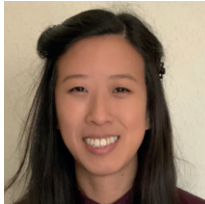
by Dr Devan Raindi

It gives me great pleasure, as Early Career Group Chair (ECG), to introduce our new Committee, all of whom have settled into their role and made with valuable contributions.

They are:



Chandni Shah
(Secretary)



Kitty Guo
(Academic
Representative)



Stephanie Turner
(Dental Hygiene
& Therapy
Representative)



Payvand Menhadji
(Postgraduate
Representative)



Angeline Keh
(NHS
Representative)



Melissa Shemie
(Social Media
Representative)



I would like to also extend personal thanks to Mitul Shah (Past Chair) who has guided the ECG committee over the last two years, provided a smooth handover for ongoing business and continues to provide input to the Committee.

The last 6 months has demonstrated the high level of activity that the ECG and BSP aims to provide its membership and the wider profession. This has included webinars on the periodontal-systemic links, prognosis of periodontally involved teeth and a focus on the relationship between diabetes and periodontitis. Future webinars are also planned on Peri-Implantitis and the latest WONCA/EFPP guidance looking at the roles of family doctors/GPs as part of periodontal care.



the day with my good friend, Mital Patel. Delegate feedback from the event was extremely positive. Special thanks must

be given to Viren Vithlani, BSP Commercial Liaison Officer, for organising the day at Birmingham Dental Hospital and organising the equipment with kind support from Acteon, Hu-Friedy, NSK and Waterlase.

Looking forward to the future, it gives me great pleasure to announce our ECG Hands-on Masterclass 2024 on the topic of Minimally Invasive Non-Surgical Therapy, which will be led by two highly respected and internationally recognised educators, Professor Luigi Nibali and Ms Claire McCarthy. Planned for 1st May and 20th November 2024, this course will appeal to hygienists, therapists, specialists and general dentists.

It is not just dental professionals that we provide education for, and in line with the forward-thinking nature of the BSP, the ECG has been involved in patient education videos which will be available soon – a special thanks must be given to Alex Pollard and Paula Dunn for co-ordinating this project.

As a final note, please remember that the ECG is there for BSP members at the start of their careers in Periodontology whether you are a dentist, hygienist or therapist and we will always welcome your suggestions as to how we can push the Society and the specialty forwards. I look forward to meeting many of you in the future and please do not be afraid to come and say hello!

BSP CONFERENCE 2022



Dr Rajan Nansi, BSP President for 2022, planned this three-day Perio extravaganza around the theme of "New Horizons: Essentials of Clinical Science and Practical Concepts for the Practice Team." His

vision was clear - to bring together the entire periodontal team and elevate their collective prowess to a gold standard.

The Conference kicked off with a bang as Dr Nansi delivered a heart-warming Presidential address centred on the concept of "our Village". He emphasised the power of unity, the importance of sharing knowledge generously, and the invaluable lessons of the past as stepping stones to the future. An emotional poignant tribute to the late BSP President for 2021, Dr Nik Pandya, was given by his daughter, Shivanjali, as she reminisced about her father's impact on her and the dental community.

Hassan Khan, a peak performance and mental conditioning coach, took the stage with his captivating keynote presentation on communication and self-belief. The energy in the room was palpable, setting the stage for a Conference like no other.



But that was just the beginning! The Conference seamlessly blended informative lectures with hands-on workshops and parallel sessions. Dr Nansi's request to speakers was clear: provide practical insights to navigate the complex world of clinical guidelines, workflows, and personalised periodontics. And they certainly delivered!



Day one saw the Early Career Group light up the stage with compelling presentations, including a glimpse into S3 Guidelines for the Management of Stage IV Periodontitis and digitally guided crown lengthening. Later that evening, the Speaker's Dinner was held in the magnificent Churchill room (once used for a period as Winston Churchill's office during World War II).

Day two was all about disease management, featuring riveting patient-centred lectures. The speakers delved deep into the intricacies of patient care, from psychological factors to clinical decision-making, prognosis, and the management of challenging cases.

Parallel sessions catered to practitioners, hygienists, and therapists, offering a diverse mix of topics, from the power of social media to insights on practice ownership and medico-legal aspects with two lively and interactive hands-on sessions.

Day three turned the spotlight on implant dentistry and peri-implant diseases, with experts unveiling the latest in planning, restorative workflows, and imaging techniques.

Prof. Luigi Nibali closed this chapter with a thought-provoking discussion on maintaining peri-implant health and managing complications.

But wait, there's more! The Conference also explored the intersections of periodontology with occlusion, endodontics, and orthodontics, highlighting the multidisciplinary approach essential for modern patient care.

Beyond the rigorous educational sessions, delegates found time to unwind with lively breakout sessions, soothing yoga sessions, and a sensational Conference Dinner and after-party, set in the opulent Luton Hoo Mansion House. The night was ablaze with live music and thrilling casino-style entertainment, cementing the spirit of friendship and progressiveness that defines the BSP community.



In a nutshell, the BSP Conference 2022 was a whirlwind of knowledge, camaraderie, and excitement. It was a testament to the power of unity, innovation, and the delegation's relentless pursuit of excellence in the world of Perio. With no shadow of doubt, BSP Conferences continue to enable members to celebrate being connected and part of a friendly and progressive Society.



Raising Patient Awareness of the Importance of Gum Health

One of our strategic aims is to educate patients and the public about periodontal disease and raise their awareness of the importance of maintaining good oral health. We endeavour to do this through a range of initiatives and wanted to report on some of the projects we have undertaken over the last twelve months.

New range of patient information leaflets

We recognise the importance of high-quality patient information. We continually work closely with a number of professionals and organisations to promote a better understanding of periodontitis, its impact on patients and links with systemic diseases such as diabetes and heart disease.

We are mindful that dental, medical and healthcare information is often complex and difficult to understand. We were therefore extremely grateful to be able to enlist the help of our Patient Forum members to review our latest series of patient leaflets to ensure they contained clear and understandable information.

The following leaflets have been added to the Patient pages of our website and are free to download:

- Oral Hygiene
- Perio-Systemic links
- Perio Surgery
- Receding gums & gaps
- Hypersensitivity
- Caring for your implants

Our most popular publication requested by dental practices is our “Periodontal health for a better life” leaflet. We cover printing and postage costs by charging £12 for a pack of 150 leaflets. A great resource to give to your patients! The order form can be downloaded from the Professionals - Publications page of our website.

S3 Treatment Guidelines for Periodontitis – patient information flowchart

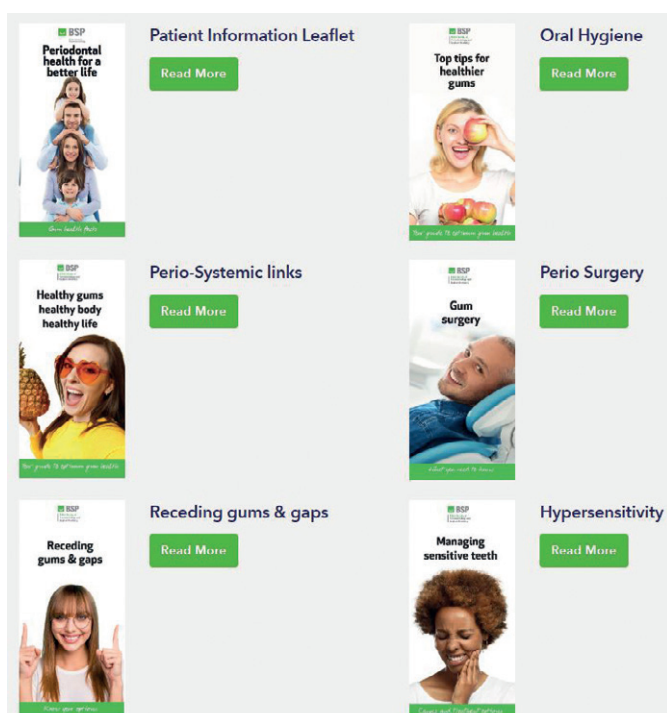
You will recall that in 2020, the BSP reviewed the European S3 Treatment Guideline document, by involving Public Health England/NHS England and other important stakeholders, to ensure that the guidance could be used easily and effectively by oral health practitioners in the UK. This was followed by a series of educational webinars and a professional flowchart to assist members and the wider dental community in interpreting the guidelines.

With the kind support of Haleon, BSP has now created a lay flowchart version of the guidelines for the public and patients, which conveys the importance of gum health in a simplified, informative way. Again, we involved the Patient Forum members in the process to ensure that the language and diagram structure were easy to understand and follow.

The lay flowchart allows patients to empower themselves with evidence-based information to both take responsibility for aspects of their disease management and know that they are being offered appropriate, contemporary, evidence-based treatment.

Our aim in creating resources for patients and the public include:

- Help the public understand what periodontal disease is
- Raise awareness of how you can look after your gums and maintain good oral health
- Reduce the stigma associated with periodontal disease (as highlighted in “The Sound of Periodontitis” video) by identifying the many causes including smoking, diabetes etc.
- Highlight that more can be done to aid gum health in addition to brushing your teeth
- Encourage the patient to take ownership of their disease and highlight the ways they can do this



You can read more about the BSP UK Clinical Practice Guidelines for the Treatment of Periodontitis and view the lay flowchart by visiting: www.bsperio.org.uk/S3-Guidelines

We would encourage you to share this informative document with your patients, by printing the flowchart or sending it to your patients electronically. We believe that this is the most sustainable way to share this resource with patients and the public.

You may also find it helpful to display a copy of this flowchart in your waiting room and take the opportunity to talk through the flowchart at your consultations. It is hoped that by working in partnership with our patients, we can improve gum health outcomes in the UK.

BSP Patient Forum - filming project

The Patient Forum were keen to create a series of patient information videos and earlier this year three members kindly volunteered to be filmed interviewing a dental expert. The videos covered a range of gum health topics and the patients posed questions that they thought the public would want the answers to. Spearheaded by Dr Alex Pollard, the project was a great success and the timing also allowed the opportunity for some dental top tips to be recorded, which we have added to the Professional page of the website.



Is your mouth healthy? Follow our guide to find out...

Your Role



GUM DISEASE EXPLAINED

Visit your dental professional regularly

- Ⓢ Clean between your teeth using interdental aids/brushes
- Ⓢ Look after your health by working with your Doctor and Dentist. Eat a healthy diet, stay active and drink alcohol responsibly
- Ⓢ Avoid smoking and control diabetes if you have it

Dental Team Roles

Your dental team will examine your mouth and indicate your level of gum health



GUM DISEASE PREVENTION & TREATMENT

- Ⓢ They will show you the best way to clean around and between your teeth
- Ⓢ If gum problems are found you may require professional gum cleaning

Working Together



CHECK YOUR SYMPTOMS

Your gum health is our priority

- Ⓢ If gum treatment does not improve your gum health, the dental team will discuss other options
- Ⓢ You may require medication or gum surgery or specialist referral
- Ⓢ Every person is different so treatment is tailored to the individual – the dental team is here to help you

Long Term Care

Long Term Ongoing Care



THE SOUND OF PERIODONTITIS

- Ⓢ The dental team will help you to look after your teeth and gums
- Ⓢ It is important to have regular reviews and follow their advice to maintain healthy gums

Looking to the Future

by Professor Philip Preshaw, BSP President Elect 2024



I know that I am biased, but being part of a respected organisation such as the BSP is a wonderful privilege. I am very proud to have been a member of the BSP for nearly 30 years now – how the time flies by.

What is so special about our Society? Certainly, we are extremely active in developing guidance for the profession, as evidenced by our long-standing commitment to education and professional development. Many of you will remember landmark publications such as the Parameters of Care and Referral Policy documents, not to mention the introduction of the BPE, probably many more years ago than most of us would like to remember.

And more recently, we have worked hard to introduce the 2018 Classification and the S3 guidance documents produced by the EFP to the UK context (through that slightly intriguing process of 'adoption', meaning a combination of adoption and adaptation of the guidelines to create recommendations appropriate to the local context). Even now, we are still active in this process, following the recent publication of the EFP S3 guidance for the treatment of peri-implant diseases.

To me, the Society is also about so much more than scientific rigour and dedication to clinical and educational excellence. The friendly, welcoming, and inclusive nature of the BSP is what makes it such a wonderful organisation to be part of.

It really does feel like a family, of like-minded, enthusiastic and positive individuals, who want to make a difference and support each other in developing the profession and improving patient care. We welcome and encourage membership from all areas of dentistry and beyond. And we support those who are starting off in the profession too, through the Early Careers Group and the Education Advisory Committee, as well as welcoming undergraduate students.

This mix underlies the theme for the BSP Annual Conference in 2024 – Interdisciplinarity – and we will consider how working together, across dental and medical specialties and involving all members of the dental team, can bring the most benefit to our patients. I have asked an exciting group of internationally renowned speakers to give presentations at the Conference, which I am sure will be a highlight of the year. The speakers will include clinicians, non-clinicians, academics, dental hygienists, dental therapists, specialists, consultants and more!

The Conference will be held at the stunning Crowne Plaza hotel in Newcastle upon Tyne on 9-11 October 2024. Please mark the date in your diary! This is a new hotel with excellent conference facilities located in the city centre of Newcastle, just 5 minutes' walk from the central train station. Newcastle is a vibrant and fun city, with great restaurants and bars, and the fabulous quayside area with its historic and famous bridges. Newcastle also has easy access to the wilds of Northumberland and beyond, where I try to get outdoors with my camera as much as possible.

It is a true privilege to be President Elect of the Society for 2024, and I look forward to welcoming you in Newcastle next year.

BSP Conference 2024



Wednesday 9th October -
Friday 11th October 2024

Newcastle Upon Tyne

President's Introduction

I am honoured to be elected President of BSP for 2024, and look forward to welcoming you to Newcastle for our Annual Conference. The Conference theme is Interdisciplinarity – and will focus on how we can work together more effectively across periodontology, dentistry and medicine, to achieve the very best outcomes for our patients.

An exciting group of internationally renowned speakers will share their expertise, including dentists, medics, scientists, clinicians, dental hygienists and dental therapists. There will also be a parallel session focusing on career development possibilities for DCPs, to explore career routes in addition to clinical practice.

The Conference will be held at the stunning Crowne Plaza Hotel in Newcastle upon Tyne. This new hotel has excellent conference facilities and is located in the centre of Newcastle, just a short walk from the train station. This will be a perfect opportunity to learn from the very best, as well as to meet with friends and colleagues in a fabulous location. I look forward to seeing you in Newcastle 9-11 October 2024.



Professor Philip Preshaw
BSP President 2024

Conference Programme

Mariano Sanz - New Approaches for Treatment of Peri-implantitis
Stefan Renvert - Reconstructive Surgery for Peri-implantitis
Elena Figuero - Preventing Periodontitis by Treatment of Gingivitis
Dagmar Slot - Smoking Cessation Strategies for the Whole Dental Team
Shakeel Shahdad - Implants in Periodontally Compromised Patients
Christoph Ramseier - Modern Approaches to Risk Factor Control
Bruno Loos - Personalised Medicine in Periodontology
Nagihan Bostanci & Mike Curtis - Inflammation and the Microbiome in Periodontitis
Azfar Zaman - Interdisciplinary Collaboration in Cardiovascular Disease
Graham Lloyd-Jones - Medicine and Periodontology Interface
Susan Bissett - Career Development Opportunities for Dental Hygienists and Dental Therapists
Nick Jakubovics & Chandni Shah - How to Publish Impactful Research: Trainee Perspective
Further speakers to be confirmed



The Conference Dinner will be held at the stunning Crowne Plaza Hotel, Newcastle upon Tyne. There will be a drinks reception, followed by a fantastic three-course dinner and dancing to live music until late.



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All in the Name of Charity

As dental professionals, we all lead extremely busy lives and often have to carefully tread a tightrope trying to balance our work and personal lives. However, despite the demands and pressures, we feature several members who, in addition to their dental career, dedicate time to charity work.

The aim of the article series is to showcase how charities unite people with different backgrounds and skills who strongly desire to help others and the impact they can make

on improving lives in different ways. We are sure that, like us, you will be in awe of the fantastic work they do to benefit so many others.

Going the Extra Mile for Cleft! by Mrs Jenny Walker

I am a Dental Therapist based in the North West, where I live with my husband Steven, daughter Luna and pug Ralphie. I work in mixed private and NHS practice, with a special interest in the management of periodontitis and peri-implant diseases. My interest in these subjects has led me to publish journal articles, deliver courses and speak nationally at various events.

I am a former BSP Early Career Group Hygiene & Therapy Representative (2019-2020) and continue to be a member of the Society, hosting educational webinars and partaking in multiple projects which I thoroughly enjoy!

Why did I choose to raise funds for cleft charities?

In August 2020, my daughter was born with a unilateral cleft lip and palate and has since undergone multiple surgeries alongside speech therapy at our local children's hospital, Alder Hey. Seeing the life-changing outcome of the treatment and aftercare she has received, inspired me to raise both funds and awareness of the cleft condition. The two charities I chose were Cleft Lip and Palate Association (CLAPA) and Operation Smile.

CLAPA are the UK's only voluntary organisation specifically helping those with, and affected by, cleft lip and palate. This organisation is particularly helpful as they run regular interactive educational webinars for individuals affected by cleft with sessions delivered by the whole cleft team (the surgeon, speech and language therapist, dentist/orthodontist, nurse and psychologist).



Operation Smile is a charity with a mission to improve the lives of children worldwide by providing safe cleft surgeries and other aspects of cleft care in underdeveloped countries. Due to my own personal experience, I know how vital these charities are.

I decided that running the London Marathon in September 2022 would be an ideal way to raise funds and increase awareness. I was extremely nervous about running 26 miles, as at that point I had only ever run a half marathon when I was much younger and fitter! The training was brutal and I sadly had to defer my place until April 2023 when I suffered a stress fracture a month before the original race. However, it was all worth it in the end. Crossing the finishing line and seeing my little girl's face was one of the most exhilarating experiences of my life, and it was all the more rewarding because of the worthy cause I was running for. In conjunction with the marathon, myself and my husband organised a charity evening with a raffle and entertainment (prizes were donated by local businesses). The evening was a huge success that saw over 100 friends and family unite to support this fantastic cause. My husband even performed with his band, which fulfilled a lifelong dream of his!

In total we raised over £6,600 for these wonderful charities. To put that into perspective, that would cover the cost of over 40 cleft repair operations.

Going forward, I plan to continue to raise awareness and funds for cleft through various avenues, including co-hosting an educational webinar for the dental community with a percentage of proceeds going to CLAPA. One day I hope to run a charity event with my daughter who has been my inspiration!

School in a Bus by Dr Shazad Saleem

I am a General Dental Practitioner working predominantly within the NHS in the Northwest of England. I have worked within the NHS for most of my practicing career in dentistry and operate four dental practices in the Northwest with my three partners. I come from a family of dentists with all three of my sisters and two of my brothers-in-law also dentists. I am the proud father of 3 boys, the eldest just finishing his A-levels this year and currently applying for dental school, and the middle son just completing his GCSE's, so it has been a busy year of exams.

I am passionate about trying to support practitioners providing dental services within primary care in a workable model within the NHS dental contract. This journey began with the service redesign project in Oldham and Salford, where we looked at implementing preventive care pathways using evidence-based practice to assign a risk profile for patients using Red, Amber Green risk categories. After a few years within this pilot and the changes that took place around 2012 with the formation of the Local Professional Networks in Dentistry, the opportunity to build on the work with treatment focused care pathways presented itself and this is where my journey with Healthy Gums Do Matter started. I knew that if I could develop a more pragmatic approach to delivering care that worked for myself, it would help other practitioners within the NHS. Fast forward 10 years and I continue to teach and try to embed the work within primary care. For the past couple of years, I have been honoured to work with the BSP as a Council Member and Joint Chair of the Education Advisory Committee.

Just before the Covid lockdown, in the anticipation of gyms closing, I decided to take up cycling. I was fortunate enough to purchase a fairly decent road bike, at a time when Covid caused bikes to be in short supply. Since then, I have joined a local cycling club which also organises charity bike rides.

Having successfully completed my first charity bike ride in Spain last year, this year's ride was planned for Morocco to support the charity 'Read Foundation'. This is charity locally based in Manchester which has a specific focus on empowering communities through education, their mission being to provide quality education for every child in some of the more deprived and war-torn countries including refugee camps. They have a clear focus on providing education for children with the aim of enabling future generations.

The project we were supporting this year was their School on a Bus initiative aiming to reach the Syrian refugees in Lebanon. Statistics show that almost half of all refugee children in the Lebanon aged 3-13 years old are out of school with some never even attending. The School on a Bus project overcomes some of the logistical and geographical challenges by taking a mobile classroom to the camps and travelling to different locations to educate the children.

In 2022, they were able to provide education to over 800 refugee children through the buses. Education is something we take for granted and should not be a privilege but a fundamental right and with 3 children myself, this was a project close to my heart which I felt passionately about. The impact of the lack of education to a generation of children will be evident for many years to come. The School on a Bus project takes the classroom to the streets, dismantling barriers to accessing education and tailoring a curriculum more suited to the displaced children and overcoming language barriers. The funds we were raising were to support the running costs for the school bus for another year, helping to ensure students can continue to access quality education.

The costs of the trip were funded by each participant with the aim to raise as much money as possible to support the project. It was 3 days of cycling over the Bank Holiday weekend at the end of April straight after the month of Ramadan, so training for the ride was limited. In total we covered 265km over 3 days including riding up the coast from Essaouira to Safi. This was one of the toughest rides I have done with the coastal breeze against us adding to the difficulty of the ride, although it did help with the heat. On the final day, we managed to bump into the local Moroccan cycling team riding on the same route. The group of 22 of us managed to raise just over £55,000 in total, which was just over the running costs for the Bus for a year. It was a tough 3 days but we were relieved to meet our target of being able to support the School on a Bus for another year.



Oral Healthcare in the World's Largest Refugee Camp by Dr Khaleda Zaheer

I'm a specialty trainee completing a Master's in Clinical Dentistry in Periodontology at Guy's Hospital and King's College London. Alongside full-time training, I am the CEO and co-founder of Refugee Crisis Foundation, a UK registered charity. The vision of the charity is to promote the health and wellbeing of vulnerable displaced men, women and children globally. I have been designing and implementing quality healthcare programmes in emergency humanitarian settings for refugees in France, Greece, Pakistan and Bangladesh.

Since 2018, I have been delivering healthcare services in the world's largest refugee camp in Bangladesh with a population of one million Rohingya refugees. We are the largest providers of oral health services in the camp with three dental clinics treating 10,000 refugees annually, a mobile clinic and an oral health promotion program. To increase awareness of the refugee crisis and design services suitable to the population, I conduct research to assess the prevalence of oral diseases in the camps and the oral health practices and beliefs. I have published the research in peer-reviewed journals including the British Dental Journal and International Dental Journal. Earlier this year, I was awarded a prize at the annual congress of the Italian Society of Periodontology for research on the prevalence of periodontal disease in the Rohingya refugees living in camps and the host community in Bangladesh.

I work alongside a group of ENT surgeons, paediatricians and audiologists to provide low-cost and effective bone conduction headsets to children with hearing loss; and conduct research to estimate the burden of ear disease amongst refugees. In addition to healthcare, we provide educational and welfare assistance to the refugees. With a severe shortage of educational establishments in the camps, we have opened a learning centre, the equivalent of a school, for 100 children. I am currently implementing a group handwashing and toothbrushing program in two learning centres with support from the FDI World Dental Federation to instil healthy habits from an early age.



By establishing strong relationships with partners including government officials, UNHCR and non-governmental organisations, I have been expanding the healthcare services provided to the refugees and the impoverished host community in Bangladesh.

Finally, we work closely with Crisis Management Association in Greece who provide dental treatment to refugees on the island of Lesbos. We support the organisation by recruiting dentists from the UK to volunteer their time and expertise to provide free dental treatment for refugees in camps in Lesbos.

The plan for the charity is to continue working in refugee camps to improve access to oral healthcare, advocate for the rights of refugees and raise awareness of their plight and reduce inequalities through upstream interventions.

On Developing a Passion for Voluntary Work

by Dr Claudia Brown

My name is Dr Claudia Brown and I am a specialist periodontist, mainly based in London. I studied dentistry at Kings College London Dental Institute (Guy's) and have had a varied and enjoyable career so far.

I am incredibly passionate about social injustice and regularly participate in work with charities. I have a busy work and home life, so sometimes I feel that I can't be as hands on as I would like, but I regularly help in projects relating to cancer and involving the homeless, human trafficking and the elderly. My charitable activities have included running the Race for Life on several occasions, completing charity walks, helping in soup kitchens and distributing food to the homeless on the streets.



I have also volunteered as a dentist with organisations like Crisis at Christmas and Greenlight (medical van associated with Hillsong Church). It saddens me to think about the causes of some people's homelessness, which can include domestic abuse, eviction or friends/family no longer being able to accommodate them. The lack of a fixed address then hinders their access to care and benefits. Helping in any way I can, be it hands on-dental screening, advice or financial support, plays a small role in addressing their physical, dental and mental wellbeing needs.



As part of my work with the African and Caribbean Dental Association, I went with a group to 10 Downing Street to discuss ways to improve outcomes for minority groups focusing on education, mentoring and health. We also regularly take part in expeditions like the Angel Foundation, which assists with the educational needs of children in Jamaica) distributing dental care products, provision of oral hygiene instruction and dental check-ups. We also have other initiatives like Dare to care/Care for the cold-providing basic essentials such as socks, gloves, toiletries to the less fortunate. I am part of the Jamaica Diaspora and the Jamaican High Commission have been very supportive in helping with my charity endeavors.

My first voluntary work was in Uganda in 2005 with a charity called Christian Relief Uganda. We were mainly based in Jinja. We mostly carried out extractions, oral health screenings and general health advice. We were a team that comprised of dentists, dental nurses and school teachers.



I am now part of a charity called Smilestar that was started by Dr Mitesh Badiani. Dental and medical camps have taken place in Kenya, India, Sierra Leone, Uganda, Zambia and Tanzania and South Africa. My first trip with them was Kenya in 2018. We carried out mostly dental extractions in Kisumu in a temple then in various Masai villages in the Masai Mara. I went to Tanzania with Smilestar in 2022 then again to Kenya in 2023. It has been a privilege to be part of such compassionate and energetic teams, providing dental treatment to remote communities where basic care is lacking. My charitable trips have been a unique experience and given me the opportunity to explore new countries and experience their way of life from a 'local' point of view.

We will be going to Jamaica in December 2023. This project is very close to my heart as my parents were born in Jamaica and it is a privilege to give back to the local people. I also plan to help the local dentists by providing some postgraduate education.

Overall, my charity work has provided me with very humbling experiences. I am proud that my dental and teaching skills can be used to help those much less fortunate.



The Perio-Wellness Connection: A Two-Way Street

by Dr Jay Parmar, Specialist in Periodontics

The field of “Periodontal medicine” focuses on the relationship between periodontal health and systemic health. It is widely acknowledged that certain systemic diseases can increase the risk of developing periodontal diseases. Equally, inflammation from periodontitis has been found to provoke a systemic effect either through oral bacteria from the plaque biofilm entering the bloodstream (direct effect) or through locally produced pro-inflammatory mediators entering the circulatory system (indirect effect).

As shown from the diagram, periodontitis is linked to numerous non-communicable diseases (NCDs). NCDs create a significant burden on healthcare services and have been reported to be responsible for 74% of all deaths worldwide. The strongest associations are with diabetes mellitus and cardiovascular diseases (CVDs).

Therefore, it is unsurprising when patients express their concerns about the impact their gum health may have on their general health, and vice versa. A comprehensive medical and social history should be obtained by dental professionals, identifying the presence and status of systemic and behavioural risk factors that may influence treatment planning. Dental professionals should aim to promote healthy lifestyles where possible and appropriate. The S3 guidelines for the management of periodontitis recommend controlling risk factors as part of the first step of periodontal therapy. Further research is being undertaken regarding the value of the dental team providing dietary counselling and weight loss interventions as part of managing periodontitis.

Diabetes and periodontitis

There are estimated to be 5 million people in the UK with diabetes. It has been shown that patients with poorly controlled diabetes have approximately a three times greater risk of periodontitis when compared to non-diabetic patients. Similarly, patients with poor glycaemic control exhibit greater periodontitis progression, poorer treatment outcomes and greater risk of relapse following treatment when compared to diabetics with good glycaemic control.

The patient's most recent glycated haemoglobin (HbA1c) test result can help dental professionals gauge a diabetic patient's level of glycaemic control. This test reflects the average level of blood glucose over the previous 2-3 months. The target range of HbA1c for a diabetic is usually 6.5-7.0%

(48 – 58mmol/mol), however, this is set by the physician and can differ between patients. Therefore, liaising with the patient's medical practitioner is invaluable.

The relationship between periodontitis and diabetes is bidirectional. In a recent update of guidelines published by the National Institute for Health and Care Excellence (NICE), periodontitis has been recognised as a known complication of diabetes and regular oral health reviews have been recommended in this cohort.

In the UK, there are approximately 1 million undiagnosed cases of diabetes. Dental professionals may suspect undiagnosed diabetes or poorly controlled diabetes in patients presenting with multiple periodontal abscesses, rapidly progressing periodontal destruction or a poor response to periodontal treatment. A sensitive discussion with the patient may be necessary, particularly if there are other known risk factors for diabetes (e.g., high body mass index or family history). Some dental settings now have the facility to measure HbA1c using a simple finger-prick blood sample. The results of which can be used to signpost patients to medical healthcare professionals for formal diagnosis and necessary management.

It is essential to inform patients that managing periodontitis can improve their glycaemic control. Periodontal treatment has been shown to lead to an average reduction in HbA1c by 0.5% over 12 months. To put this effect into context, even small reductions in HbA1c can significantly reduce morbidity (1% reduction in HbA1c resulted in a 35% reduction in microvascular complications) and all-cause mortality (each 0.2% reduction in HbA1c reduced all-cause mortality by 10%).

Cardiovascular disease and periodontitis

The risk of developing CVD is significantly greater in patients with periodontitis, independent of known shared risk factors

(such as smoking, diabetes, obesity, and socio-economic factors).

Periodontal treatment has been shown to reduce systemic inflammatory biomarkers such as C-reactive protein, and improve endothelial function, both of which act as surrogate markers for CVD risk. Studying the effect that periodontal treatment may have on preventing CVD events (such as myocardial infarction) is difficult due to the chronic nature of CVDs and the relatively low rate of CVD events, necessitating long-term studies with large sample sizes which are extremely expensive to undertake.

However, non-surgical periodontal therapy can also trigger a short-term systemic inflammatory response, particularly when a full-mouth instrumentation protocol is performed. In patients with established CVD, it has been questioned whether this transient inflammatory spike may theoretically increase the short-term risk of a CVD event. Hence, in these patients, the current consensus recommends performing non-surgical periodontal therapy over several, shorter sessions (30-45 minutes) to limit the resulting systemic inflammatory burden.

Quality of life

Symptoms of gum disease such as gum swelling, soreness, halitosis, drifting of teeth and tooth loss can impact self-confidence, appearance, comfort, and function thereby negatively influencing the patient's quality of life. Periodontal therapy has been shown to significantly improve oral health-related quality of life for patients, with the non-surgical phase showing the greatest positive effect.

Conclusion

There is a complex, and in some cases, bidirectional relationship between periodontitis and systemic health. Integrated care pathways between dental and medical professionals are required to ensure the optimal management of both periodontal disease and systemic conditions.

There may be great future value in utilising the dental team to cast a wider net that can identify those with undiagnosed systemic diseases, such as diabetes, and signpost them to the relevant healthcare professionals. As collaboration between dentistry and medicine strengthens, we may expect to see more patients being advised to attend the dental clinic to manage their oral health in view of improving their general health.

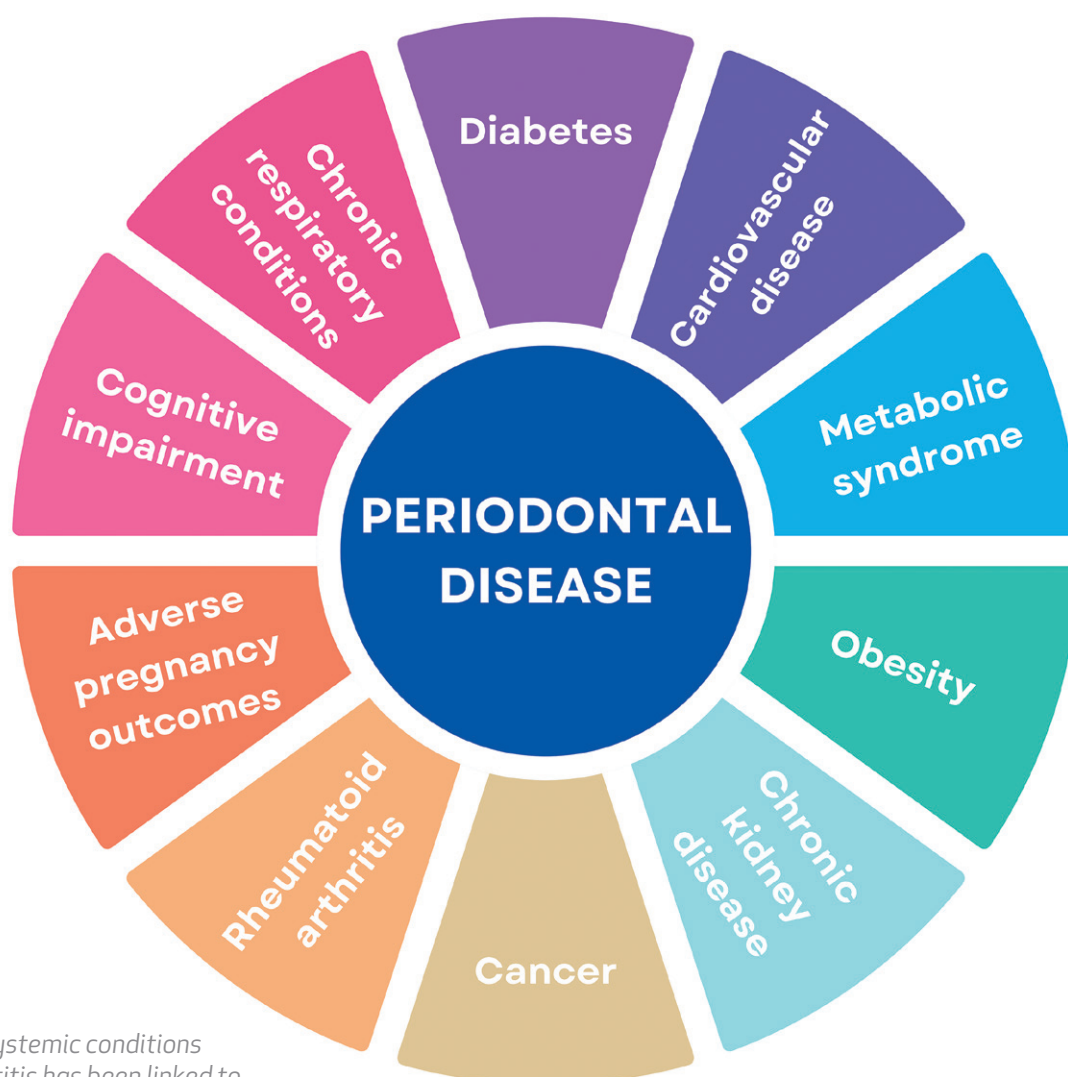
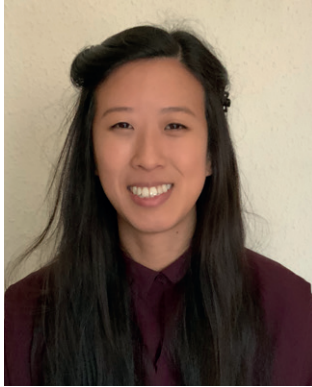


Figure 1:
Some of the systemic conditions
that periodontitis has been linked to

The Journey of an Early Career Clinical Academic

by Dr Kitty Guo



I have embarked on a path that merges two distinct aspects of periodontology: clinical practice and academia. My role enables me to provide direct patient care at the same time as contributing to the advancement of our understanding of the interface between the periodontium and human health.

'The role of the infinitely small is infinitely large'

Louis Pasteur

A love of science and desire to enrich my understanding of the world inspired me to undertake an academic role. I have chosen to undertake research in the field of microbiology for numerous reasons. It is impossible to ignore the effects bacteria have on not just the human body, but our entire outlook of life itself. Cows, for example, would not be the proteinaceous masses we know them as without the presence of a complex rumen microbiome enabling the cow to generate protein from consumption of grass. Mussels living in, what were thought to be inhospitable conditions of deep-sea vents exist only because of the presence of unique bacteria within them that enable them to metabolise the toxic vent emissions into a source of energy.

The diagnosis and management of periodontal diseases is built upon the fundamental understanding of the complex interactions between the trillions of fascinating microorganisms that each of us host and could not live without, and our host immune responses. It is becoming more and more apparent that the microbial life within our periodontal tissues has a sphere of influence much broader than the oral cavity.

This has led me to a path investigating the genetic variation within periodontal pathogens and the implications of this on extra oral disease as my PhD research. By working at the intersection between science and clinical practice, I hope to find answers to the questions that we have while always considering the relevance of new knowledge to patients.

'I know that I know nothing'

Apparently Socrates

Academia is a humbling experience that has encouraged me to challenge assumptions and to embrace the infinite

expanse of the unknown. As I am beginning to gain a deeper understanding of my research focus, I unearth more questions and more uncertainties at every stage. While initially this can feel overwhelming, it is incomparable to the benefits humility brings to clinicians and academics alike.

Research has led me to recognise the endlessly increasing volume of what I don't understand and encouraged an open mind and welcomed collaboration with others. I hope to pass this mindset on to our future dentists through my teaching of undergraduate students.

'He who asks a question might be a fool for five minutes; he who doesn't ask a question remains a fool forever' Chinese proverb

My role currently consists of research, clinical sessions and undergraduate teaching. Starting my career as a clinician, having completed my undergraduate training followed by foundation training and dental core training jobs, I have recently immersed myself in a completely new environment with a lab-based research project. I now spend considerable amounts of my time not knowing what I am doing, but with a set of tools I continue to develop that help me to know, never everything, but slightly more each day than the day before. For me, this includes collaborating with others to develop innovate teaching resources, not only directly in relation to curriculum delivery, but also in relation to enhancing resilience of learning communities and sharing and collaborating on research with others. An average week will include clinical work, teaching, writing, and at times gazing blankly at a screen of my bioinformatics code that has failed for the 10th time, or a microscope slide with happily thriving bacteria when I hypothesised death.

To conclude, I find my role incredibly rewarding. The inevitability of failures in research is completely outweighed by the delight of an occasional triumph in the discovery of something previously unknown others.



An interview with ... Professor Wendy Turner

1 What is your position in the BSP and what does this role involve?

I have been Honorary Secretary of BSP since January 2021. In essence, I am an Officer of the Society and I take responsibility for ensuring the smooth running of BSP, providing support to the President and BSP Council. I work in close partnership with the other Officers on Council and the Society's administrative support to ensure the Society is managed efficiently within the BSP Constitution. On a week-to-week basis I am involved in helping answer numerous clinical queries from members, administration of awards and prizes and ensuring the activities of Council are being actioned and communicated to the membership.

2 What inspired you to be a dentist?

It feels like such a long time ago back in 1988 when I started dental school in London. Unlike the processes now in applying to dental school with aptitude tests, back then I thought it sounded like a good mix for my ability in science and my practical skills. I was probably very naive in what 'real world' dentistry was actually like!

3 Where are you based during your working week?

I work at the Dental School, Queen's University Belfast after moving back to my homeland of Northern Ireland in 2018. Most of my career has been as a Clinical Academic and it was a tough decision moving to Belfast after spending almost 30 years in London. I am fortunate to have a mix of university activities and clinical work as a Consultant, so my working life is never boring and you can never predict what a day will bring.

4 Which aspect of your job do you most enjoy?

When I look at my job the most satisfaction is always from the interactions with staff, students or patients. I spend most of my clinical teaching time with final year students in Restorative Dentistry and it is fantastic when you see all the teaching come together and their confidence growing. Having just started as Head of the Dental School in Belfast, I hope I will enjoy the challenges this brings and that I can make a difference.

5 What is the career highlight you are most proud of?

My career highlight for many reasons is being a Dental Clinical Lead at the 2012 London Olympics/

Paralympics- probably the most challenging but inspiring and memorable team I have worked in and tested my leadership and problem-solving skills to their limits!

6 How do you spend your leisure time?

For the last couple of years, since moving to Northern Ireland, I have become addicted to open water swimming and spend regular time dipping in the Irish Sea in all weathers and even more time trying to get warm again on the beach. We are fortunate to have so many gorgeous beaches, lakes and waterfalls nearby. From what started as a lockdown hobby has kept going and I have taken part in a number of longer sea swimming events where the open water swimming community is amazing.

8 Do you have any pets?

We have a house full of pets - 3 hairy dogs and a fluffy cat. It is a madhouse but we wouldn't be without them.

9 What was the last thing you read in digital or in print?

The last book I read on holiday was Lessons In Chemistry by Bonnie Garmus- I loved the passion and determination of the main character Elizabet Zott and 6.30 (you will know what I mean if you have read it).

10 What is your favourite type of music?

I love going to concerts when I can, and my go-to-genre is definitely indie rock and folk- particularly Radiohead.

11 What has been your most memorable vacation and why?

Last year I went on a trip hiking around Jordan, visiting Petra, the Wadi Rum desert and climbing the highest peak in Jordan. Totally breathtaking watching the sun set over the Wadi Rum.



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