

# Headlines and headaches

I woke up one Monday morning last month to hear the news of the *Which?* survey of dental fees in the UK.

It stressed the variation in the information given to patients and claimed that on the whole, they are confused about their options, what fees they have to pay on the NHS, and what they pay privately.

*'These headlines also confuse patients, put them on the defensive, and leave them less trusting of the profession in turn'*

These types of sensationalist headlines leave dentists feeling angry and defensive. We already have so many regulations and compliance issues to meet that it can be very stressful keeping on top of all the administration. But these headlines also confuse patients, put them on the defensive, and leave them feeling less trusting of the profession in turn.

The following day I read about short-term orthodontics and controversial comments from eminent dentists.

On Wednesday of that week, I read that more dentists than ever want to carry out private dentistry and are looking for more ways to learn how to offer a wider mix of aesthetic treatments.

Thursday came around and saw me reading about peri-implantitis, and how it's 'the disease that dentists don't want you to know about'. I have been concerned about the issues surrounding peri-implantitis for a while now and have been developing protocols in my practice for early detection, screening and treatment strategies.

On Friday I read about minimally invasive aesthetics and knew that I had finally found something positive to read – and that on the weekend I could relax, have a 'digital detox' and enjoy more *Aesthetic Dentistry Today* articles!

### Information overload

We are bombarded by so much data these days we can end up suffering from dental information overload.

But those dentists wishing to pursue a track of minimally invasive aesthetics and undertake good clinical dentistry, can cut through all that and just read this journal. You will find many new clinical articles of interest here (and fewer negative headlines).

We feature an article where Didier Dietschi demonstrates no prep adhesive restorations dealing with aesthetic deficiencies. He shows how a simple case of hypodontia can be built up in stratified layers with composite bonding and how to undertake good isolation.

A aesthetic treatment described by Simon Chard details a minimally invasive way to treat white lesions using resin infiltration – a technique that I am using extensively, not only on those patients with early carious lesions, but also on those that have white spots on the labial surfaces of their teeth.

These can be single white spots or mottling on teeth. The treatment protocols are listed in the article.



The second of the two-part series by Jeremy Cooper illustrates how to use the dual arch technique with great efficiency and demonstrates how the laboratory stages can be undertaken. Elsewhere, Ian Hallam discusses the merits of using needles and cannulas.

Aesthetic dentistry is in the news every day. Reading this journal will keep you updated in a manner that helps you enhance your skills and knowledge without wading through the sensational headlines and dealing with information overload!

I hope to see you at the Aesthetic Dentistry Awards and Gala Ball in March.

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