

Dental wellness across the entire world

Dr Linda Greenwall

Specialist in restorative dentistry and prosthodontics



Linda Greenwall established the Dental Wellness Trust in 2011 with the aim, as an ICD Fellow, of giving back to less fortunate communities. She is a specialist in restorative dentistry and prosthodontics with a multidisciplinary specialist practice in Hampstead, London. She undertakes aesthetic dentistry cases and complex tooth whitening, and is the author of several textbooks on tooth whitening.

To start the trust, she established a board of trustees and advisors and investigated the best ways to making a meaningful difference in oral health. 'Doing good is one thing, but doing the right good is essential', she says, adding: 'I consulted with professor Aubrey Sheiham, consultant in public health. He advised that the focus should be on establishing toothbrushing programmes in areas of high need, complimenting successful oral health programmes running in many countries throughout the world. I consulted also with Dr Lorna McPherson and Professor Ivor Chestnutt who established the Child Smile and Designed to Smile programmes in Scotland and Wales respectively.'

Dr Greenwall was born in Cape Town, South Africa and

so initially focussed on the poorest townships in Cape Town, namely Khayalitsha, Mfuleni and Blue Downs.

Oral Health through dental wellness is the mission.

Achievements so far

Toothbrushes, toothpaste and oral health education has been provided in the UK including:

- Homeless, Crisis at Christmas – for the last four years Dental Wellness Trust has donated over 12,000 toothbrushes to this programme.
- Oral health education has been provided for children and care home residents and their carers in north London.
- Luton, Bedfordshire - oral health education for over 1,000 children over the past three years - Megamolars and the Saving Kids Teeth campaign.
- Dental Wellness Trust has commenced a toothbrushing programme for the children in schools in Luton. The children are enjoying the programme and we are currently devising a song to learn all the parts of the teeth to clean.

In South Africa, Dental Wellness Trust has:

- Helped 10,000 children in schools in the poorest townships
- Provided oral health education for carers in an elderly care facility in which we have undertaken screening programmes
- Introduced an innovative oral health programme – Educare – into nurseries and schools in Johannesburg

Dentistry looks closely at the activities of Linda Greenwall's Dental Wellness Trust

- Created a group of 33 'toothbrush mamas' who help to sustain the programmes in 370 schools in the Cape Town townships. The toothbrushes are kept on a toothbrush board that the mamas make themselves. The toothbrush mamas continue to innovate the oral health programme with songs, rhymes and dances. The song 'we brighten the corner where we are' is popular with the kids and teachers.

Research

Dental Wellness Trust has undertaken four research projects to measure the impact of its programmes. **D**



Dental Wellness Trust

FOR MORE INFORMATION on The Dental Wellness Trust, including 'how to get involved' and 'how to donate' facilities may be found on www.dentalwellesstrust.org.

Predictable and successful non-vital bleaching

Linda Greenwall explains what to look forward to at the BACD's 15th annual conference

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Elaine Halley, Ken Harris, Louis Mackenzie, Jameel Gardee, Joana Gercez, Komal Suri, Nik Sisodia and Martin Wanendeya. There will be plenty of opportunities to ask questions and join discussions with a variety of professionals who are passionate about achieving excellence in their day-to-day dentistry.

'The BACD annual conference is excellent,' adds Dr Greenwall. 'It is a one-of-a-kind event with many like-minded delegates attending who already possess an enhanced knowledge of aesthetic dentistry and want to learn more. The BACD really delivers on the excellent education it strives to provide every year.'

To make sure you and your team don't miss this opportunity to broaden your knowledge and develop your skills with some of the best in the business, secure your place today! **D**



British Academy of
Cosmetic Dentistry

15th Annual Conference 2018

8th-10th November 2018, Millennium Gloucester Hotel Kensington, London SW7 4LH

THE BACD FIFTEENTH ANNUAL CONFERENCE 2018 'The functional smile: start with why...' 8-10 November 2018, Millennium Gloucester Hotel, Kensington, London.

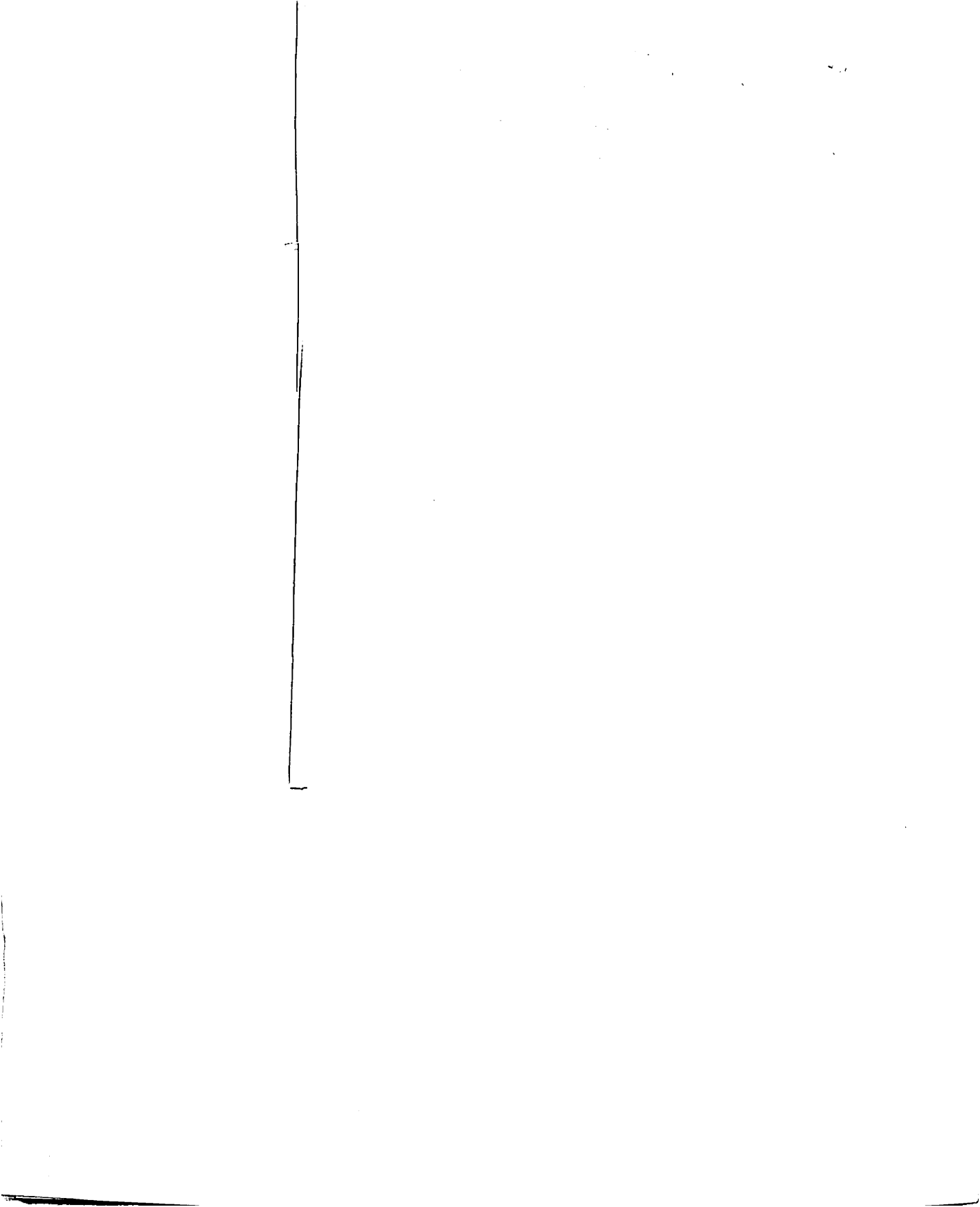
For further enquiries about the British Academy of Cosmetic Dentistry visit www.bacd.com.

For a high percentage of the UK population, keeping up appearances is important. This includes everything from the clothes they wear to the quality of their skin and brightness of their smile, so it is no wonder that tooth whitening procedures remain popular.

As with any dental procedure, achieving excellent results in a safe and predictable way is key for successful outcomes and high patient satisfaction. Sometimes this requires treating non-vital teeth, which can present its own set of challenges. As an expert in tooth whitening, Dr Linda Greenwall is keen to help other dentists optimise their protocols for outstanding results in all situations.

She says: 'Non-vital bleaching and treatment of the single dark tooth is one of the most complex problems dental professionals face. To make matters worse, very little information is provided or taught on the subject. In addition, the 2012 guidelines are somewhat confusing with regards to understanding how to undertake effective non-vital whitening.

'As such, dentists have many questions concerning non-vital bleaching techniques. Treating a non-vital tooth can be challenging and it is important to ensure that the dentist's knowledge is up to date on this topic, in order to optimise the treatment outcome. There are many different ways to perform non-vital bleaching, but results can be disappointing if the incorrect method or an inadequate technique is used.'



Dental Wellness Trust

In 2011, Dr Linda Greenwall established the Dental Wellness Trust charity, which runs innovative oral health programmes to less fortunate communities in the townships of South Africa.

Dr Greenwall will be speaking at the British Academy of Cosmetic Dentistry's (BACD) Fifteenth Annual Conference in November, entitled 'The functional smile: start with why...'. She will be presenting a session 'Non-vital tooth bleaching and the single dark tooth'.

'The lecture will cover all the different techniques available to whitening non-vital teeth, including home bleaching and sectional bleaching of the single dark tooth,' comments Dr Greenwall. 'In many cases, the question is whether only the dark tooth should be whitened, or if all the teeth should be whitened at the same time. It's also crucial to understand the possible complications that can arise so the risks can be minimised.'

'I will share the 10 most common mistakes that dentists make when performing non-vital teeth whitening. I'll discuss how to use a specially designed sectional tray and how to make a sectional bleaching tray. Finally, I hope to cover how we can encourage long-term success rates, as well as key pointers for designing and fabricating final restorations after non-vital tooth whitening is completed.'

'By the end of my lecture, I hope delegates will be more confident in treating non-vital teeth successfully and predictably, with a step-by-step approach to follow when they return to practice Monday morning. I would encourage anyone with an interest in tooth whitening to attend, as it will be a unique opportunity to gain clarity on effective procedures and products.'

Dr John Kois

The BACD annual conference 2018 will provide a wealth of educational sessions for delegates to benefit from. A world-class speaker line-up will cover everything from tooth whitening to composite restorations, Digital Smile Design, diastema closure, chair side fabrication of adhesive fibre bridges and aesthetic full arch rehabilitation.

Among the highly anticipated speakers will be Dr John Kois sharing his extensive expertise on the challenges of occlusion. Other leading names taking to the podium will include Julian Caplan, Oliver Harman,