Hitler’s chronic bad breath

The Nazi dictator, Adolf Hitler, suffered from severe halitosis, gum disease and tooth decay, according to a new study.

The study ‘Dentist of the Devil’ by German dentist Meinecke Deprem-Hennen found that Hitler’s dental records revealed he had poor oral healthcare and had to have his molar tooth removed after periodontal problems. His health also suffered through eating very badly which also exacerbated his oral health problems.

Despite the Fuhrer’s alleged sensitivity to pain, the study also details how Hitler was treated eight times for root canal work by his own private dental practitioner, and had a likely dental phobia.

Bad breath is one of the main symptoms of poor oral hygiene, according to the UK’s National Dental Helpline, which deals with numerous enquiries concerning bad breath.

Chief executive of the British Dental Health Foundation, Dr Nigel Carter said: “Persistent bad breath is usually caused by gases released by the bacteria that coat your teeth and gums and back of the tongue.

“Correct and regular brushing can help keep your breath fresh. It is important to ensure that plaque is removed from around the gum margins by regular brushing and from between the teeth by using interdental brushes or dental floss daily. You can also use a tongue scraper or brush to remove bacteria from the back of the tongue.

“Mouthwashes with antibacterial agents can also help eliminate bad breath but it is important these are not just used to mask an underlying problem.”

He added: “Poor oral hygiene can lead to gingivitis, which can progress to gum disease. Subsequent recession of the gum and bone, and eventually tooth loss, can also occur if not stabilised. It is very often the bacteria in these gum pockets that leads to persistent bad breath.”

The BDHF is urging people in the UK to improve their oral health by cutting down on the frequency of sugary foods and drinks.

People wanting further advice about dental concerns and oral health issues can contact the National Dental Helpline on (0845 065 1188) or visit www.dentalhelpline.org.

The Helpline offers free and independent expert advice from oral health educators on many oral health issues.

A series of free ‘Tell Me About...’ leaflets, covering topics such as diet, bad breath, gum disease and dental decay, are also available.

BDTA sponsors BSDHT event

The BDTA is pleased to announce that it will be a major sponsor of the BSDHT Conference and International Symposium on Dental Hygiene in July 2010.

Delegates from across the world who will be attending the event at the Scottish Exhibition and Conference Centre in Glasgow will benefit from a motivational presentation by world-class speaker Warren Greshes, who has been commissioned by the BDTA to educate and entertain the attending hygienists and therapists.

Warren is an expert in the areas of sales motivation and personal and professional development. He served on the board of directors of the National Speakers Association and in 1998 was inducted into the Speaker’s Hall of Fame. His talk at the BSDHT event will be designed to leave the audience feeling positive and empowered as he links his practical examples and experiences to the dental environment. You can find out more about Warren Greshes before the event at www.greshes.com.

BDTA Executive Director, Tony Reed, comments, “This important event will attract a worldwide audience and the BDTA is delighted to be able to present a world class speaker to match the occasion.

The fact that the BDTA has been chosen to host the International Symposium is an accolade for the BSDHT and we are proud to be playing a part in making 2010 a conference to remember.”

For further information on the BDTA visit www.bdsa.org.uk or for more information on the BSDHT Conference and International Symposium on Dental Hygiene 2010 visit www.bsdhit.org.uk.

GDC: go online for CPD

The General Dental Council (GDC) is asking all dentists to fill in their continuing professional development (CPD) returns ahead of the 30 March 2010 deadline. 1,355 dentists are at the end of their five-year CPD cycle and will need to ensure they complete and return their end of cycle declaration before the closing date.

Those whose five-year cycle ended 51 December 2009 need to return an end of cycle declaration of the hours they have completed in that time. Dentists who do not meet the deadline will be required to take further action, including submitting CPD evidence, such as certificates, to support their CPD hours.

New chair of the Scottish Dental Practice Committee elected

Robert Kinloch has been elected as the new chair of the Scottish Dental Practice Committee of the British Dental Association.

Dr Kinloch, who practises at Alexandria, near Loch Lomond, was elected unopposed and takes up the post with immediate effect.

He succeeds Colin Crawford, who resigned from the committee to take up an appointment in the salaried dental service.

Dr Kinloch called it an ‘honour to be elected to represent Scotland’s high street dentists’ and said: “I look forward to continuing the good work of the Scottish Dental Practice Committee (SDPC). We have unresolved issues with changing decontamination requirements and plans to introduce lifelong patient registration. We are also pressing for the introduction of an oral health assessment and a revised Statement of Dental Remuneration. All of these issues must be tackled against a backdrop of uncertainty in public spending and a Scottish Government election in just over a year.”

Dr Kinloch graduated from Glasgow Dental School in 1977. He has dedicated his whole career to general dental practice, working initially as an associate then establishing his own practice in 1981. He provides predominantly NHS care.

Dr Kinloch has a special interest in the role of information technology in dentistry, and has been an advocate of the extension of the NHS national broadband network to dental surgeries in Scotland, which it is hoped is a building block to full clinical systems.

He has also provided dental care to people in the upper reaches of the Amazon in Peru, as part of his work for the Vine Trust, a medical charity of which he is a board member.

He is also a current member of the British Dental Association’s (BDA’s) Executive Board, chair of the BDA’s Scottish Council and chair of the BDA’s UK and Scottish Policy Health Groups.

EDITORS

Letters are being sent out from the GDC explaining how dentists can do this.

The easiest way is to log onto www.gdc-uk.org. The eGDC website shows what hours have already been submitted, as well as allowing updates and entering new hours. Dentists who don’t already have an account can register using their personal ID verification code (found on the letters). Alternatively, dentists can complete the form enclosed with their letter. The GDC must receive this form by 30 March.

The GDC Customer Advice and Information Team can be contacted on 0845 222 4141 or email CAFT@gdc-uk.org.