Howard Stean’s dentistry classes

When you walk into Howard Stean’s Edwardian house in west London, it is like walking into a tardis.

Inside his home, his surgery and right on the top floor is a classroom for teaching dentistry, where his courses on aesthetic dentistry in his lounge and felt he needed somewhere a bit more formal.

‘I was limited by space so now I can take more students. I can also have proper teaching resources in the classroom and they can sit in comfort and learn. Having a dedicated teaching room means the students are not so distracted and can concentrate much better. Aesthetic and restorative dentistry is changing all the time and is constantly being updated so I am always revising the course,’ he says.

The students are ‘of varying levels however they are all qualified. Some are newly qualified and some have been qualified for many years,’ he says.

The people on the course come once a month for six months. It is a full day, which runs from 9am through till 8pm, and they even get a ‘home-made supper’.

Students attending on Bonfire Night this year were even treated to a special fireworks display in Mr Stean’s back garden.

Mr Stean has been involved in restorative dentistry for over 55 years and implant dentistry for over 35 years and implant dentistry for over 35 years and implant dentistry for over 35 years and is constantly being updated so I am always revising the course,’ he says.

Alison Merry, consultant in dental public health for Bolton PCT, said: ‘Levels of dental decay are much worse in Bolton compared to the rest of England. We want to make progress for the first time in 20 years.’ Southampton is the first area to hold a consultation on the issue and this is already underway. Fluoridation was first introduced into the UK in the 1960s when areas in and around Birmingham and Newcastle were fluoridated, along with the Republic of Ireland.

The government has set aside £42m over three years to strategic health authorities who decide after consultation to introduce fluoridation schemes.

Critics such as the National Pure Water Association and the Green Party are opposed to the plan and link it with diseases such as cancer and Alzheimer’s disease.

However Dr Cockcroft dismissed the ‘scare mongering that says it causes cancer’ and said: ‘All the water in this country contains some fluoride. So we have had it for generations and there is no evidence linking fluoride with systemic disease. The only thing that is connected with fluoridation is dental fluorosis and that only occurs in a tiny minority of children.’

Fluoride for Bolton?

Primary Care Trust chiefs in Bolton have asked NHS Northwest to look at the costs and practicalities of adding fluoride to water in the town.

Bolton was one of three towns in Greater Manchester which had not asked NHS North-west to come up with a fluoridation plan, but the Primary Care Trust board has now decided to officially submit its request.

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Berries beat oral cancer

The British Dental Health Foundation has welcomed a study that has found blueberries, papaya, and blackberries potentially reduce the risk of developing oral cancer.

Researchers from Hong Kong University published the article concerning the properties of these fruit in the Journal of Cancer Research. They found that lupeol is a triterpene compound abundantly found in these fruits and exhibits anti-cancer properties by blocking NFkB, a naturally occurring protein, which assists cell growth.

The study concluded that lupeol suppresses the spread of cancer and reduces tumor size three times faster than cisplatin (a platinum-based chemother-apy drug).

Dr. Nigel Carter, chief executive of the British Dental Health Foundation, said: ‘We already knew that a healthy diet, including at least five portions of fruit and vegetables each day, could reduce a person’s risk of developing mouth cancer. However, the news that certain fruits might actually help to combat mouth cancer in people who have already developed the condition is a real revelation.’

He added: ‘It is true that this research is still in its very early stages. However, this suggestion is that the lupeol compound could be more effective than traditional drugs in preventing the growth of mouth cancer.

In the UK, oral cancer has a mortality rate of one person every five hours.