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 is his home, his surgery and right on the top floor is a classroom for teaching dentistry.

The classroom is on the top floor

The classroom, which has just been built, seats about 20 students who come from all over the UK to attend the courses he runs on aesthetic and restorative dentistry.

Mr Stean, who calls himself a pioneer in the UK for aesthetic dentistry1 is founder and chairman of ADAPT (esthetic dentistry), is also a pioneer in the UK for aesthetic dentistry.

Mr Stean has been involved 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 do all we can to improve this. Before any new fluoridation scheme can be introduced a set process needs to be followed and a public consultation would be held.’

She added: ‘But we are not at that stage yet as more work first needs to be done to look at the costs and practicalities of adding fluoride to the local water supply.’

If all of Greater Manchester’s 10 PCT’s decide to go ahead, then a public consultation will be launched late next year.

Barriers 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 NFκB, 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 chemotherapy 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.