

EDSA

Summer Magazine 2012



EDSA Past Meetings

Claudiu Ciortea

49th EDSA Meeting & 9th EDSA Congress

EDSA Future Meetings
Negar Mirzai
Birmingham 2013

EDSA Interview

Ana Stevanovic

Professor C. Christersson, ADEE President

EDSA Collaborations

Cristina Rizea

The ADEA Experience



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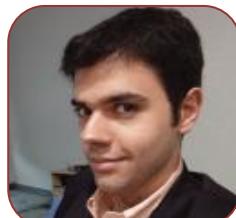
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Editorial

Dear EDSA friends,

I am presenting you the summer 2012 issue of the EDSA Magazine, which is being launched during the 50th EDSA Meeting at Lyon, France.

This issue is keeping up with the basic structure of the previous EDSA Magazines, having articles about moments on previous EDSA projects and meetings and presenting the upcoming ones. The head article is the interview of Prof. Cecilia Christersson, President of the Association of Dental Education in Europe.

As the magazine is a vital part of the EDSA family, it is open to all suggestions and opinions. Any dental student may participate in it by sending their own article about dental science or about activities that involve dental students.

We hope that reading this issue will be a pleasant time and make you all feel happy to be part of the EDSA family.

Wishing you all the best,



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BIRMINGHAM 2013- 52nd EDSA and 39th ADEE meeting- Don't miss out!

Negar Mirzai

The School of Dentistry University of Birmingham is very proud to invite you to the 52nd EDSA and the 39th ADEE meeting in August 2013! This will be the first EDSA meeting taking place in Birmingham UK, (26- 31st of August).

University of Birmingham is one of Britain's leading global universities supporting a vibrant and diverse range of student groups. With one of the largest student union buildings in the country, the Guild of Students is around 130 years old, representing over 28,000 students.



Each EDSA meeting is unique with its specific theme, the theme of the Birmingham conference will be Electronic-learning, exploring the various engaging and interactive learning resources provided to dental students all around Europe. New technologies such as virtual reality and touch/haptics are enabling tactile tuition across the internet. Evidence suggests that e-programmes can deliver highly effective flexible learning.

The School of dentistry University of Birmingham is at the forefront of cutting edge international research, developments and discoveries, proud to have been voted 'Best in UK', Guardian University Guide 2011 and 'Top Dental School', The Complete University Guide 2011. The School currently has an outstanding E-learning facility called the E-course, which allows 24-hour unrestricted access to an interactive library of all the learning materials throughout the course, exclusively to Birmingham dental students. The E-course has won the Times Higher Award for the Outstanding ICT initiative of the year.

During the conference, influential international and national speakers have been invited to present their experiences and teachings related to Electronic-learning from within their specific field of dentistry such as Professor Damien Walmsley Secretary General for ADEE. There will also be a trade exhibition, workshops and opportunity for individual presentations by students during the conference.



We have planned an unforgettable social programme during an all inclusive week in UK's second largest city, population of 1,036,900. Birmingham's heritage is magical to explore, with one of the most compelling and eclectic British arts scenes, its cultural spectrum never fails to surprise. You'll be in chocolate heaven at Cadbury World, where half a million chocoholics visit each year!

Paint balling, Go-carting and the vibrant shopping central, The Bullring (Selfridges) and The Mail Box (Harvey Nichols), are just few of the activities to enjoy after meetings.



Evenings are spent in waterside restaurants at Birmingham's most sophisticated dining quarters, Brindley Place, followed by drinks at Marco Pierre Whites looking over an entire city. The meeting will conclude with a magnificent Ball at one of the most exclusive and majestic locations in Birmingham, The Banqueting Suites. (See left).

As the days end and nights begin, Birmingham is definitely the place to party! With star-filled theatres and comedy clubs, the hippest bars and the hottest nightspots, you shall party from dusk 'til dawn EDSA style. Get ready for one of the greatest meetings in EDSA history!

Negar Mirzai

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The School of Dentistry University of Birmingham





52nd EDSA Meeting & 38th ADEE Meeting

August 26th- 31st 2013



**EDSA
Birmingham
2013**

49th EDSA Meeting & 9th EDSA Congress, Thessaloniki, Greece

Claudiu Ciortea

Thessaloniki, the second-largest city in Greece and the largest one situated in the north of the country, hosted the 49th EDSA Meeting and 9th EDSA Congress between the 1st and 8th of April 2012. More than 100 students attended these events, representing over 20 dental schools from all over the world. The local organizing committee made great efforts to organize an unforgettable meeting!



The communication sessions of the EDSA Meeting took place at the Aristotle University of Thessaloniki, the largest university in Greece. It comprises 7 faculties organized into 42 departments. During the sessions, we had the opportunity to work in teams, choosing one of the EDSA working groups: Projects, Magazine, Partnership and Volunteer Work.

An important point of the Agenda was welcoming three countries in the EDSA family as full members: Armenia, Georgia and Portugal. Slovakia was chosen to organize the next EDSA congress, which will take place in the spring of 2014.

The Meeting was followed by the EDSA Congress, whose main theme was "Clinical applications in aesthetic dentistry: options and compromises", most of the scientific papers and workshops being conducted around this topic. Guest lecturers included Dr. Kimon Divaris, professor at the University of North Carolina, and Jerome Rotgans, President of the European Society of Dental Ergonomics. A lecture that captured the attention of many students

was the one held by brothers Dr. Andrea Mastorosa Agnini and Dr. Alessandro Agnini from Italy, who talked about the immediate implant placement in fresh extraction sockets in the aesthetic zone.



The various activities and the social program were complimented by the participants. In addition to the scientific part, the organizers planned unforgettable parties every day. The most expected one was the famous EDSA Vision contest, in which each country had to prepare an artistic moment. The last day was reserved for a visit to the Neodent factory, where we could observe how dental units are made and where we also enjoyed a barbecue party.



EDSA events are always a joy to all of us because we have the opportunity to develop new friendships, to strengthen the ones we already have, to discuss issues of common interest and, last but not least, to visit new places. Thessaloniki was our home for a week and besides the activities planned by the organizers, each of us made time to visit this wonderful city.

Claudiu Ciortea
University of Medicine and Pharmacy Carol Davila
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The ADEA Experience:

EDSA at the 2012 ADEA Annual Session

Orlando, Florida, USA, 17th-21st March 2011

Cristina Rizea

The American Dental education system is well known for its exceptional quality and high level training of future dentists. In charge of this is the ADEA - Association for Dental Education in America, in tight collaboration with American dental students and residents, who form the ADEA COSRF – Council of Students, Residents and Fellows.



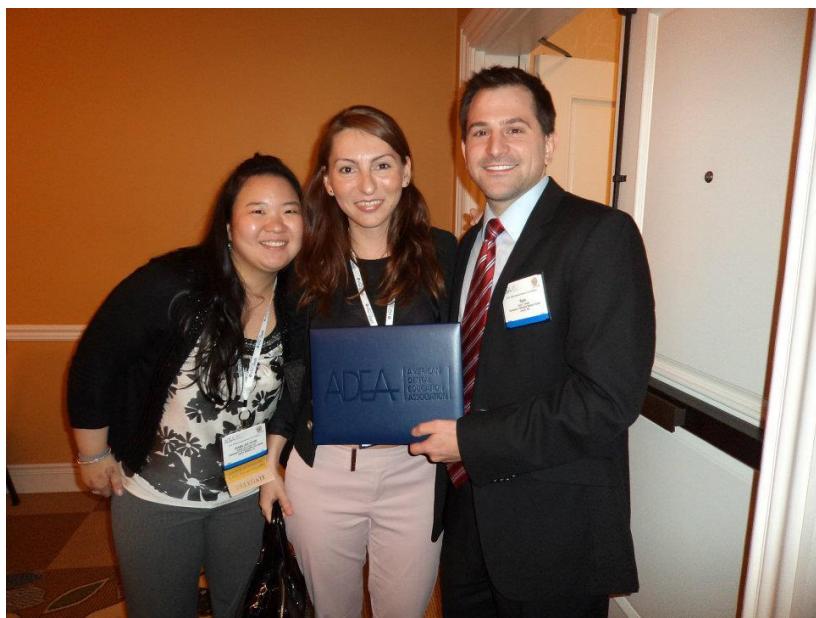
Every year, the ADEA representatives organize an Annual Session to discuss the newest topics in the field of dental education. This year, the EDSA Executive Committee was invited to attend the ADEA Annual Session, and we gladly agreed to attend it, since this was a good opportunity to see how the American dental education system actually works behind the scenes.

I had the pleasure to attend this great event that took place in Orlando, Florida, USA, between 17th-21st March 2011.

The ADEA Meeting was a grandiose one, and presentations were taking place in more than 10 conference rooms simultaneously for the 3 days of the event. Among the interesting topics discussed there were: “Everyone Loses When Students Snooze : A Guide to Interactive Learning”, “Getting Published in the Journal of Dental Education”, “Wow! Look at all Those Web-Based Teaching Resources: Maximizing Web-Based Resources Appropriately” and many others.



As an EDSA Representative, I had a presentation about EDSA for the ADEA COSRF, introducing our association, our activities and newest projects to our American colleagues. We also discussed possible collaboration between EDSA and ADEA COSRF, in order to facilitate mobility for students through exchanges between European and American dental faculties.



During the ADEA Meeting, the ADEA-COSRF presented the activities of the dental faculties throughout the United States, and they also elected their new Executive Committee, which EDSA is currently keeping in touch with. We have also invited an ADEA COSRF representative to attend the EDSA Meeting in Lyon, so that the EDSA delegates can find out more about the American dental education system. Also, after this meeting, EDSA and ADEA COSRF decided to put together a project with the purpose of bringing forward similarities and differences between the European and the American dental education system, thus enabling us to learn from one another.

The ADEA experience was an interesting and wonderful one, completed by the beautiful location of the event, with palm trees and golf fields all around us, and by the always sunny weather of Florida, America's Sunshine State.



Interview: Professor Cecilia Christersson, ADEE President

Ana Stevanović

Dear Professor Christersson, it is a pleasure hosting you in our new edition of EDSA Magazine. Let's start with something about you. What brought you to the world of dentistry?

Well I have always had a lot of interests and therefore it was quite hard to decide what to study at the age of 19. I knew I wanted to work with helping people and my interest in science in combination with my joy for anything related to arts - made my choice pretty straight forward--

Dentistry seemed to be an obvious choice! Besides that I also knew that the students in the dental school knew how to party - and enjoy life! Not a single day since I started my career have I regretted that I went into dentistry!



You are currently Pro Vice Chancellor/Deputy Vice Chancellor at the University of Malmo. How would you compare quality of studies in Malmo Dental school with, let's say, Birmingham Dental school?

Since Bologna started it has set focus on student learning through defined learning goals and supportive learning environments. I believe that all dental schools are striving for high quality in their programs with the mission to educate dentists that can provide oral health care to the people in the community they serve. The interest that many institutions show today in applying evidence based education is also contributing to improving the quality of dental education.

You were elected President of ADEE in Amsterdam in 2010. How do you feel about being on such a responsible position?

I am extremely honoured and I do hope that I can contribute to further enhance ADEE as a hub where good practice and understanding of dental education are being shared and developed.

How would you describe role of ADEE to dental students in a few words?

ADEE is the voice of dental education in Europe, with focus to work for high quality education to all students so they in turn are prepared to take responsibility in sustaining oral health and quality of life throughout their careers.

ADEE has a meeting in Lyon, right after EDSA meeting in August this year. What will be the main theme of this meeting?

The theme is Evidence-based dentistry; from bench to clinic. This is a high priority issue, especially in the view of how evidence-based dentistry is incorporated into dental curriculum and dental praxis. I believe it sets both the minds and the attitude on how students relate science to practice.

As all of our readers know, EDSA and ADEE have been partners for long time. How do you, as a current president of ADEE, see our cooperation in the future?

This partnership is extremely valuable and important - ADEE's focus is high quality in student learning and with that common goal a close collaboration between our associations is essential to have an ongoing process.

In your opinion, can students contribute more to the future of dentistry in general and how?

Students are important in the continuous work to achieve high quality in dental education and EDSA is doing a great job already! However individual student engagement and participation in all forms of evaluations is the most essential for quality development in dental schools. I also believe that students should take on the responsibility of being critical and learning how to raise questions. I also see that many dental students of today are involved in taking a stand against all forms of injustice in the society and that seems to be promising in how we as professionals can make a change.

You seem to be active on social networks. Do you keep in touch with your students via Facebook, for example?

Yes I am a true friend of social media. Today I am not directly involved in student teaching but I keep contact with students - it is also a great way for me to follow the lives and careers of my former students! I do hope that the use of social media will find its role in supporting learning in dental education.

Being a professor, president, wife, mum, it can be exhausting. How do you spend your leisure time, if you have any?

I do feel that my interesting work most of the time gives me quite a lot of energy. I do try to take care of both body and soul by running, skiing, playing golf, and meditating.... to be outdoors is like an energy kick in its self!

And in the end, anything else that you want to share with our EDSA members?

I will congratulate you all of choosing dentistry - a challenging but most rewarding profession! You will have the joy of life in learning something new every day that will be of benefit to the health of lots of people!! What a fantastic life!!!

Thank you so much for taking your time for us,

All the best from Serbia!

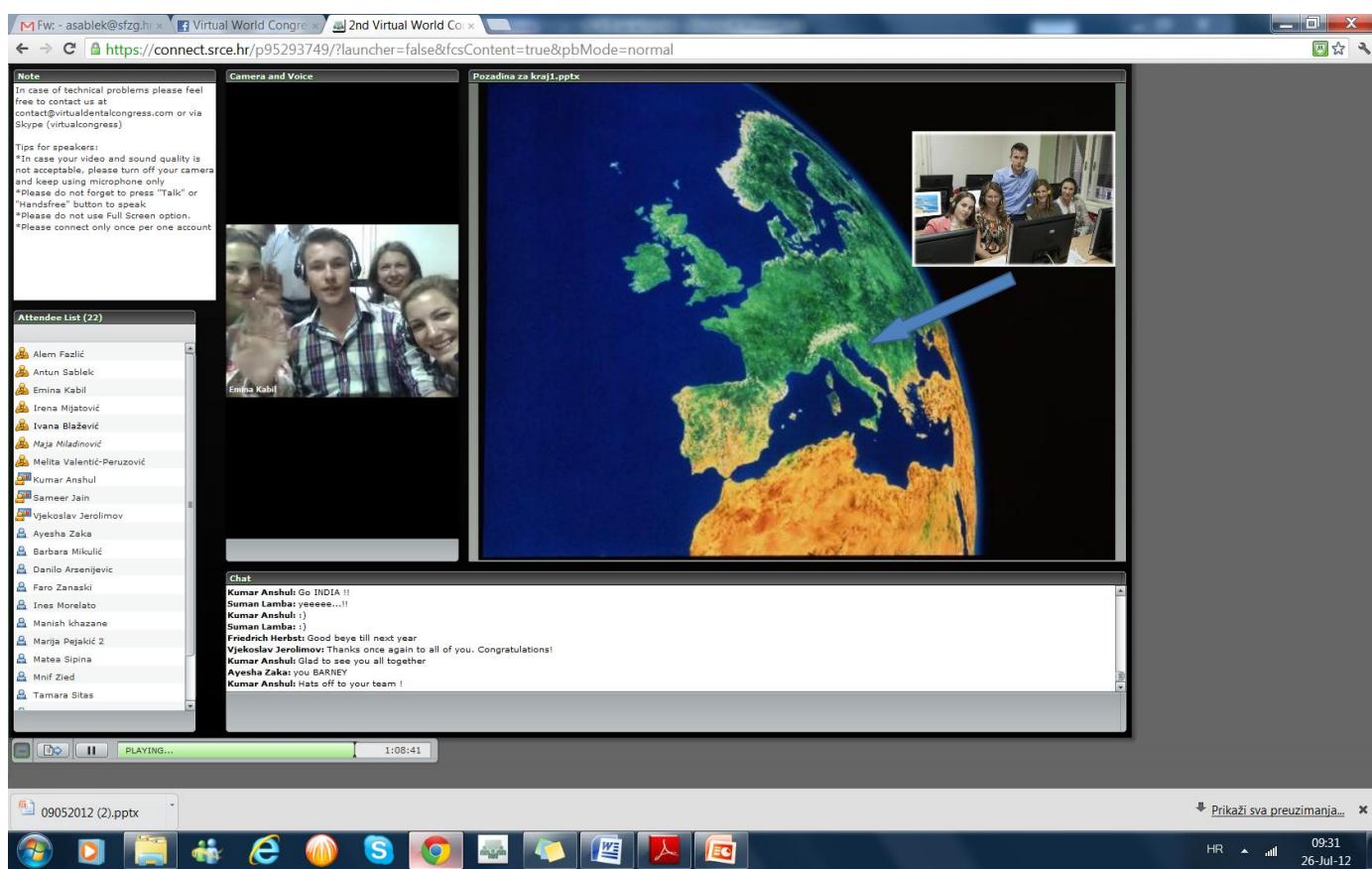
Virtual World Congress of Dental Students

Ivana Blažević, Emina Kabil, Maja Miladinović, Maja Sabalić, Antun Sablek

The Virtual World Congress of Dental Students is an innovative project by a national dental student's association in Croatia – Udruga studenata dentalne medicine (USDM).

The idea behind this project is to give every dental student (even students who perhaps would not be able to attend traditional meetings due to distance and cost) a chance to present a scientific paper to colleagues and teachers and be awarded. Our aim is to encourage students to take part in research activities or conduct their own research projects, to increase communication and collaboration among dental schools.

The 2nd Virtual World Congress of Dental Students was held from 9 May to 11 May 2012 via webinar system of the University Computing Centre SRCE. Members of USDM Maja Sabalić, Antun Sablek, Maja Miladinović, Emina Kabil, Irena Mijatović, Anja Mikuš, Alem Fazlić and Ivana Blažević formed organizing committee of 2nd Virtual World Congress of Dental Students. The congress was supported by School of Dental Medicine, University of Zagreb, Zagreb Tourist Board, Ivoclar Vivadent and Optiloupe.



The main topics of congress were stem cells in dental medicine and virtual reality technology in dental education. Congress programme included Key Note lectures, eOral presentations and ePoster presentations.

On the first day of congress lectures were held by Dr. Titus Schleyer (Pittsburgh, USA) " Changing the world of dentistry with dental informatics" and Dr. Amir Ćatić" IT and computer applications in modern prosthodontic therapy"

Prof. Paul Sharpe from King's College London, Dental Institute has given a lecture on topic " Stem cells in tooth regeneration and repair". His co-worker Dr. Ana Angelova Volponi (King's College London, Dental Institute) talked about „Biological tooth repair and replacement, tooth engineering approach"

Representatives from ERO-FDI, IADR and WHO also contributed to the congress with their presentations.

Apart from dental professionals students presented their scientific papers and the best of them were awarded.



International scientific jury, whose president was Prof. Vjekoslav Jerolimov, has given first prize to Carlos Alberto Martinez Valbuena (Bogota, Colombia). His topic was „Periapical cyst stem cells in vitro model of bone regeneration: review”

Second prize won Kumar Anshul (Manipal, India) „Use of dental informatics in gathering and disseminating information among global dental students – a report”. Third prize went to Danilo Arsenijević (Belgrade, Serbia) „Can you taste UMAMI? “ Suman Lamba (Secunderabad, India) was given first prize in postgraduate category for her scientific paper „Evaluation of premedication with Ibuprofen and Meloxicam on the success of inferior alveolar nerve block in irreversible pulpitis”.

USDM will continue with the organization of Virtual World Congress of Dental Students, hoping that this event will become our tradition and attract more students and doctors of dental medicine worldwide. All information about congress can be found on our official web-page www.virtualdentalcongress.com

We invite all dental students to join us in the virtual room next year, not only as passive participants, but also to present their scientific papers, win prizes and make new friends.

Statistic Study on the Golden Proportion in the Maxillary Anterior Teeth

Petronela Buiga

Student III rd year, Faculty of Dental Medicine, "Iuliu Hațieganu" University of Medicine and Pharmacy, Cluj-Napoca, Romania

Scientific coordinator: Associate Prof. Camelia Alb

Associate Prof. Camelia Alb, Department of Propedeutics, Faculty of Dental Medicine, "Iuliu Hațieganu" University of Medicine and Pharmacy, Cluj-Napoca, Romania

Summary

Introduction: The existence of the golden proportion between the widths of the upper anterior teeth and the width-to-height ratio (W/H) for the maxillary central incisor (CI) is the subject of the present paper which investigates it on a study group of patients.

Materials and Methods: We performed a statistic study on 80 patients taken from the databases of the Pedodontics Clinic in Cluj-Napoca, Romania. The golden proportion and the W/H ratio of CI were evaluated on the base of 40 standardized frontal images and 40 gypsum casts. Measurements were taken with the help of vernier caliper by two investigators. The results were submitted to the statistic analysis using a one-sample t test.

Results: We obtained significant differences when the mean ratios between perceived widths were compared with their ideal golden ratios ($P<0,01$). Significant differences were also observed when the mean values were compared with the proportion of 75%.

Conclusions: The existence of the golden proportion for the maxillary anterior teeth as a whole was not found in evaluation of the images nor in case of casts. The W/H ratio for the maxillary CI does not comply with the proportion of 75%. Other studies showed similar results.

Introduction:

The golden proportion is a mathematical relationship between 2 unequal parts of a whole so that the ratio between the smaller part and the greater one to be the same with the ratio between the greater part and the whole and the numeric value is 0,618.

This mathematical ratio has applicability in numerous fields, such as: mathematics, paintings, architecture, music.

The golden proportion could also be found in nature: both at animals and plants.

Since ancient times, people have been preoccupied with perfection, discovering this proportion at the human body, too, seen as a whole, but also at different body parts, such as: face, hand, arm.

In dentistry, the golden proportion appeared as a natural consequence to the people's wish to have a perfect smile.

The golden proportion is a standard theory described in the specialized literature and it consists of respecting some ratios between different anatomical elements, for example: the proportion between the apparent surfaces of the frontal teeth and the width-to-height ratio of a tooth.

In the Middle Age, the mathematician Fibonacci emphasized the importance of the number 1.618, discovering the line 0,1,1,2,3,5,8,21,55,89,144, in which every number is equal with the sum of the previous 2 numbers and the ratio between a number and the previous one is 1,618.

Later on, Lombardi discovered the applicability of the golden proportion in dentistry.

This idea has been developed by Levin, who observed that the apparent width of the frontal teeth is in golden proportion.

Ward proposed a variant of the golden number, named RED proportion, defined as the constant of the successive teeth.

Snow introduced the golden ratio, which means that the apparent width of the teeth represents in procents: 10% at the level of C, 15% at the level of LI, 25% at the level of CI.

The golden proportion indicates that if the perceived width of each anterior tooth is 61.8%, the size of its adjacent is considered aesthetically pleasing.

In the specialized literature, the ideal W/H ratio at the level of the CI is presented to be 75%.

Objectives:

The purpose of this paper is to investigate whether a golden proportion applied to the upper anterior teeth exist on a study group of patients.

A second aim is to determine the existence of the W/H ratio for the maxillary central incisor.

Materials and Methods:

A statistic study was performed on a group of 80 patients chosen from the databases of the Pedodontics Clinic in Cluj-Napoca.

The two followed parameters (the golden proportion and the W/H ratio at the level of CI) were evaluated on the base of 40 standardized frontal images of the patients and 40 gypsum casts.

The inclusion criteria were: the subjects to have all of their natural anterior teeth, no anterior restoration, no history of tooth size alteration.

The images were captured with a digital camera CANON 400D, MR 14- EX, 100 MM and the casts were made using addition silicones impressions (Extrude- Kerr).

The age of the patients included in the study was between 8- 22 years old.

All measurements were taken with the help of vernier caliper by two investigators working independently.

According to the theory of the golden proportion, the perceived width of the lateral incisor should be 61.8% of the perceived width of the central incisor and that of the canine should be similarly related to the width of the lateral incisor.

The golden proportion for each subject was measured as follows:

The perceived widths of the central incisor and canine were divided by the perceived width of the lateral incisor. The obtained values were compared with the expected golden ratio values of the related teeth.

The results were submitted to the statistical analysis using a one- sample t test.

A one- sample t test was performed to assess the incidence of the golden proportion and compare the width-to-height ratio of CI with the proportion of 75%.

Results:

The data collected from the patients revealed significant differences when the mean ratios between perceived widths were compared with their ideal golden ratios ($P<0.01$). Significant differences were also observed when the mean values of the W/H ratio of CI were compared with the proportion of 75%.

At the level of central incisor there were different values: between 0.9- 2.9 in case of images and 0.3- 1.47 in case of casts.

Figure 1 represents the mean values of the perceived widths at the level of central incisor in images and Figure 2 in case of casts.

Significant differences were identified when the ratios between perceived widths were compared with their ideal golden ratio.

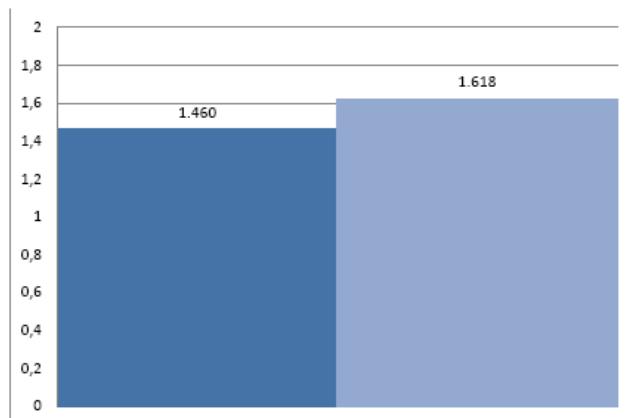


Fig.2. Casts: Comparison of calculated ratios (perceived width) of CI to LI, with anticipated golden ratio for CI (1.618)

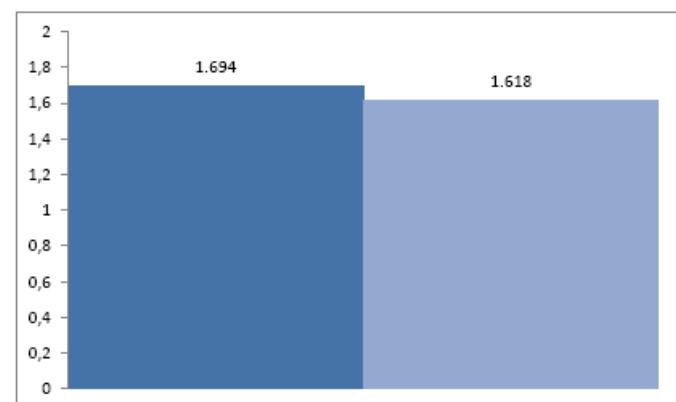


Fig.1. Images: Comparison of calculated ratios (perceived width) of CI to LI, with anticipated golden ratio for CI (1.618)

At the level of C the values are between 1.29-2 for images and 0.67- 1.2 for casts.

Figure 3 and 4 show the mean values of the perceived widths at the level of canine in case of images and casts.

The perceived widths ratios and their ideal golden ratios are significantly different.

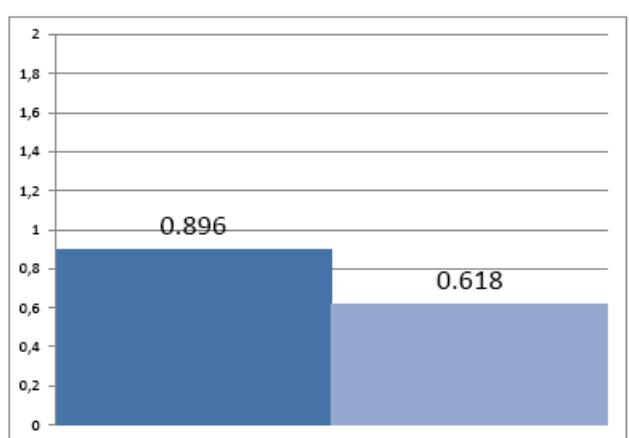


Fig.3. Images: Comparison of calculated ratios (perceived width) of C to LI, with anticipated golden ratio for C (0.618)

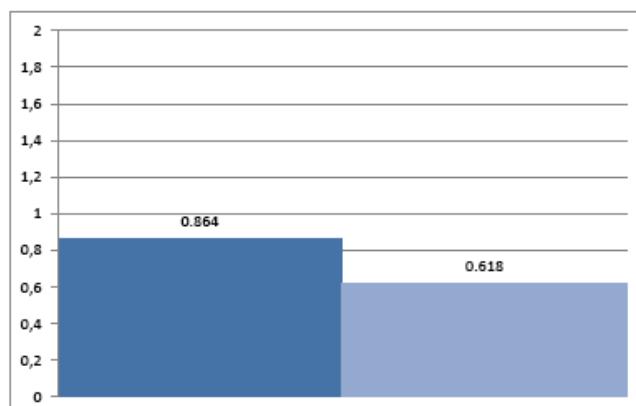
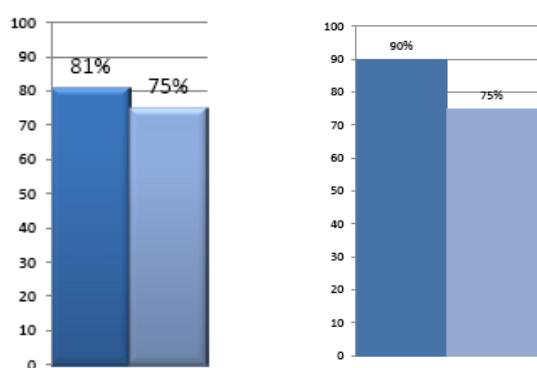


Fig.4. Casts: Comparison of calculated ratios (perceived width) of C to LI, with anticipated golden ratio for C (0.618)

The W/H ratio for CI is between 70%- 90% for images and 82%- 100% for casts.

In Figure 5 and 6 are represented the mean values of width/ height ratios for central incisor.

Significant differences between the values and their ideal proportion were identified.



(Left) Fig.5. Images: Comparison of the mean values (%) of W/H ratios of each maxillary anterior tooth with 75% W/H ratio for central incisors suggested by some authors as pleasing proportion.

(Right) Fig.6. Casts: Comparison of the mean values (%) of W/H ratios of each maxillary anterior tooth with 75% W/H ratio for central incisors suggested by some authors as pleasing proportion.

Conclusions:

The conclusions of this study have revealed the following:

1. The existence of the golden proportion for the maxillary anterior teeth as a whole was not found in evaluation of the images nor in case of casts.
2. The W/H ratio for the maxillary CI does not comply with the proportion of 75%.
3. Other studies from the specialized literature showed similar results.

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Summer research programme at King's College of London (1)

Alex Paun

The research programme that I am participating in is attempting to reveal the gene expression profile of the developing secondary palate in the absence of Tbx1 function. The authors of this research project are: Maria Zoupa, Stephanie Bryan, Ghuilherme Machado Xavier, Alex Huhn, Matthew Arno and Martyn T. Cobourne who is also my supervising Professor.

After I have arrived and registered as a visiting student at King's College I met Professor Martyn T. Cobourne who explained to me what the project was about and introduced my colleague, Stefania Catana, and myself to Ghuilherme Machado Xavier, our direct supervisor.

Tbx1 is a gene found on the 22q11 chromosome. Deletion of this chromosome is the most common seen in human populations and is associated with significant development anomalies (disrupted cardiac outflow tract, thymic/parathyroid aplasia and cleft palate). Even though targeted deletion of Tbx1 in mice has provided significant insight into the function of this transcription factor during early development of the pharyngeal system less is known about its role during palatogenesis.

The aim of the study is to assess the influence of Tbx1 function on the gene expression profile within the developing palate.

This study is carried out using mice (time-mated Tbx1 embryos were generate by inter-crossing Tbx1 heterozygous mice on a C57/Bl6 background). Secondary palatal shelves are micro-dissected from E13.5 Tbx1 wild type, heterozygous and mutant embryos and used for an array of experiments ranging from observing phenotype in sections mounted on slides and stained, In situ hybridisation (wholemount and section images were photographed) to RT-PCR.

Our research experience started with a „Safety Induction”, in order to raise our awareness on the possible risks and hazards that we might encounter whilst working in the laboratory.

During my time here I have been able to both observe and participate in various experiments. After I had understood the protocol and observed others at work I was given the chance to actively participate. So until now, step by step I have preparing embryo samples for embedding, I have been embedding them and afterwards sectioning them on the microtome, I have mounted the sections on slides and I have performed a Haematoxylin and Eosin staining. I have also followed the whole In situ hybridisation protocol.

For me this experience has been and will continue to be amazing, for the rest of my stay here. Not only do I have the opportunity to participate in a fascinating research project but I also get to meet wonderful people. I have enjoyed my stay in London and my time at Guy's Hospital and I am looking forward to my last 3 weeks here.

Summer research programme at King's College of London (2):

Upper airway anomalies Tracheal defects - a mouse model

Petronela Buiga

Student III rd year, Faculty of Dental Medicine, "Iuliu Hațieganu" University of Medicine and Pharmacy, Cluj-Napoca, Romania

Supervisor: Dr. Karen Liu- Lecturer, King's College London, Department of Craniofacial Development

Introduction:

The development of the mouse trachea starts at E9.5 from the laryngotracheal groove and is dependent on the interaction of various signalling pathways and their associated ligands.

Objectives:

The purpose of this project is to provide an analysis of some genes and signalling molecules expression that leads to tracheal anomalies.

Materials and Methods:

We used CD1 mice for gene expression studies.

In order to achieve the targets, we went through many steps such as: dissection of embryo's , embedding in wax, mounting on slides, Haematoxylin and Eosin staining, Alcian- Blue staining for cartilage, slide in situ, whole mount in situ hybridisation, Genotyping (preparing DNA, Polymerase Chain Reaction, Agarose gel electrophoresis).

Results:

This project is an ongoing process at the present moment.

Personal opinion:

I want to thank my supervisor Dr. Karen Liu for everything, starting with the selection in her research group and introducing me in this wonderful field of science.

I had the honour to meet nice and dedicated people at King's College London (Department of Craniofacial Development), from whom I learnt many interesting and useful things.

I had a great experience in London- I have now many new friends from all around the world!

EDSA Smile Project

Imogen Bexfield

It has been a very exciting year for the Smile Project! The project has been updated and modified significantly to make it easier for the local organising committee to run it in each country and also more beneficial to all the participants.

The project used to consist of 2 parts, firstly a promotional event in which the project was advertised with leaflets and free gifts, getting non-dental students to sign up for free dental check-ups and then the second part of the project was giving everyone their free dental check-up in the dental hospital of the university. We ran this style of project in Leeds and it worked well but unfortunately not all universities have the facilities to carry out nearly 1500 check-ups and also many people did not turn up to their appointments so we missed accessing them with our advice.



So it was all change! The new and improved Smile Project consists of just one event which runs 9am till 5am in the university campus for one week. Participants first fill in a questionnaire designed to find out their existing level of knowledge about dentistry. They then move onto the motivation table where they receive a standardised set of advice given to them in small groups by dental student volunteers, both pictures and model toothbrushes are used to help bring the information to life! This advice will last about 10 minutes and involves very important issues like brushing and flossing techniques, the dangers of smoking to oral health, how frequent snacking should be avoided and the benefits of fluoride. This also offers non-dental student participants the chance to ask any questions they may have about their oral hygiene without having to attend a costly appointment at the dentist! They also receive an information sheet summarising all the advice they have had so they don't forget once they get home! Finally the participants take part in a quiz, testing their newfound knowledge about dentistry. Everyone with correct answers goes into a big bag and two lucky winners every day get picked out and receive an Oral B electric toothbrush, kindly donated by P and G, worth over £150. After the quiz everyone gets free toothpaste and a toothbrush, again provided by P and G, and is free to leave and look forward to a fruitful life of dental happiness :)

This new style of project ran for the first time in Istanbul 2012, with me overseeing the project as the prevention officer and Gorkem and Ozge from Turkey doing a wonderful job leading the project at their dental school. It was my first time visiting Istanbul and I have to say both the university and city are wonderful! The girls in Turkey and their LOC did an outstanding job at organising the project and they could not have handled it more professionally, so thank you! Over 2000 participants took part in Istanbul and the project was held in 5 different campuses across Istanbul University so that all different types of students could be reached. I hope to be able to analyse the results of the questionnaires soon to see how much non-dental Turkish students know about oral health and then compare this with both Birmingham and France which are the next two Smile Projects happening in October 2012 and December 2012 respectively.



So there is everything to look forward to this year with the Smile Project and if anyone has any questions they want to ask or get involved in any way please don't hesitate to contact me on dn09ib@leeds.ac.uk

Hugs and Love to all of you and hope to see you in Lyon!

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