



Cover stars Sue and Nicky working hard page 32.

# Ed's letter



Do you see your job as something to be endured in order to pay the bills, or do you live to work and progress in your career? Cover stars Sue and Nicky are certainly in the latter category. They balance family life with their jobs and have also found the time to study for a degree and launch their own business.

Check out the article on page 20 for some essential advice if you've come over all Richard Branson...

We're not all wonder women (or supermen) but if you're reading this copy of *Vital* you've made a great start on the road to self-improvement (if I do say so myself!).

Everyone who has taken out a subscription to *Vital* CPD will be the lucky recipients of two hours' core verifiable CPD this autumn - with articles on decontamination (page 37) and complaints (page 45). Anyone can also 'test themselves' on the articles on pages 15 and 23 for extra general CPD too.

This issue marks the exciting launch of a new series for dental nurses which will be published as a book in 2010 - see page 23 - only *Vital* readers have this sneak preview!

Although it's tempting to go into hibernation mode with the dark winter months looming, take a look at our *Get active* article on page 53 for a new approach to staying fit and healthy. One lucky DCP will also be rewarded with a Pamper Day this winter courtesy of Beverly Hills (page 56), but only if you nominate them!

Who is your *Dental Surgery Superstar*?

*Kate*

**Kate Maynard**

Editor

vitaeditorial@nature.com



Have you got a head for business? page 20.



Find out who you can turn to, page 45.



Frequently asked questions for registrants, page 42.

## THE TEAM

### Cover

**Photographer:** Filip Gierlinski, Filskifoto

**Mobile:** 07859 078945

**Email:** filski77@hotmail.com

The cover of this issue features dental hygienists Sue Bagnall and Nicky Gough on location at the University of Kent, where they are studying the BSc in Primary Dental Care. Thank you to Sue, Nicky and course director Debbie Reed.

**Editor-in-Chief:** Stephen Hancocks OBE

**Editor:** Kate Maynard

**News Editor:** Arveen Bajaj

**Vital Editorial Board:** Julia Brewin, Larry Browne, Kathryn Marshall, Julie Wright, Christopher Lynch, Marina Harris, Jim Mackie

### Production

**Art Editor:** Melissa Cassem

**Production Editor:** Esther McKeown

**Production Editor:** Sandra Murrell

**Production Controller:** Ian Pope

### Advertising

**Display Advertising Executive:** Andrew May

**Advertising enquiries:** +44 (0)20 7843 4785

### Publishing

**Publisher:** Kim Black-Totham

**British Dental Journal**

The Macmillan Building

4-6 Crinan Street, London N1 9XW

Tel: +44 (0)20 7843 3680

Fax: +44 (0)20 7843 4725

If you would prefer not to receive any further issues of *Vital*, please contact Kim Black-Totham at the above address.

© *British Dental Journal* 2009. All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the *British Dental Journal*.

The opinions expressed in this publication are those of the authors and not necessarily those of the *British Dental Association* or the editor. Appearance of an advertisement does not indicate BDA approval of the product or service.