

# Robert's diary

Dr Robert Yee, BSc. DDS. MSc. Dental Public Health,  
Dentaid's Director of Oral Health

Training has been a big part of my work since our last newsletter; firstly I travelled to Uganda and trained trainers at the Mulago dental school in Atraumatic Restorative Treatment (ART) and cross infection control. Within three days the trainers were able to carry out the work themselves, which was very exciting to see. No special equipment is needed for ART treatment - only hand instruments, ART material, tables and chairs. Therefore it is a form of restorative treatment that can be provided without dentists and clinics relying on electricity - unavailable to most of the world's population.



ART training in Uganda



OUT training in LAO

Then in September 2007 I led a three week training programme in Lao. This involved training two indigenous doctors from the Lao Faculty of Medical Sciences and one from Mahosot Hospital in Oral Urgent Treatment (OUT). During the programme they effectively learned to apply what they were being taught whilst also mentoring three primary health care workers from local health centres who were also taking part in the programme. The training involved theoretical sessions in which I gave presentations, demonstrations and presented case studies on a large array of topics, including the prevention

and detection of oral cancer, oral anatomy, and referral of treatment and infection control. There were also practical sessions in which I demonstrated all aspects of patient care, including examination of teeth and gums, local anaesthesia administration and extraction of teeth.

Whilst these are humble beginnings, the key objective is to empower people to have ownership of the programmes and be able to run courses themselves in the future, and already the Laos Government is planning future courses and expansion. This indigenous ownership is the most important goal for ensuring the success and sustainability of programmes like this.

## The Great North Run - Congratulations to all involved

Congratulations to all of our 25 Great North runners. We had a mixture of first time and experienced runners in this year's race. Ian O'Leary completed the race in 1 hour 17 minutes, the quickest of all the Dentaid runners, followed by Mark Taylor who finished in 1 hr 28 minutes. All of the Dentaid runners successfully crossed the finishing line where they received their medals. A special mention must go to John Butterfield and Graham Gibb who have both reached well over £1,000 in sponsorship and to David Oram, who has raised over £2,200.



Dentaid would like to say a big thank you to Admor who print all of our newsletters and stationary free of charge. Please contact them for a quote on 01243 553078.

## On your bike!



The 5 main riders celebrating at Land's End. From left to right: Kenton Payne, Joseph Kroukamp, Elaine Potts; Becca Stubbs and Jan Waring.

In September 2007 over 30 dental practices successfully took part in The John O' Groats to Land's End bike ride. The 874-mile journey began in John O' Groats, and cyclists arrived in Land's End in Cornwall 9 days later. The famous journey saw 5 riders completing the whole route with almost 150 riders meeting them along the way to complete 25-mile sections. Money raised has



Victoria Road dental practice stop for a photo opportunity at the Scotland / England border.



Sloan, Thom & Munro practice celebrates at the end of their ride from Biggar to Moffat.

reached over £20,000 and is still coming. The event was organised as part of the Dentaid/Denplan partnership and we would like to say a big thank you to everyone who took part.

Cycle rides from 'London to Paris' and 'UK Coast to Coast' are being planned for Summer and Autumn 2008, so if you are up for a challenge, contact 01794 324249 or [info@dentaid.org](mailto:info@dentaid.org) for details!

## Dental surgery arrives in Nkhata Bay District Hospital, Malawi

A dental surgery has now arrived at Nkhata Bay hospital. Previously, due to a lack of proper equipment, patients were referred to Mzuzu Central hospital for all dental services, except extractions.

The hospital was about 50km from the Nkhata Bay district and was difficult for people to get to. The surgery has now been installed and an official opening ceremony took place in September when 3 members of staff from Newport Nakata Link, a charity formed by Newport social services, who helped sponsor the surgery, visited the project.



Dr Munthali thanking Newport Nakata Link at the opening ceremony of the new surgery.

Now with the new surgery, the delighted dentist, Dr Munthali, can treat the majority of the community with fewer expensive referrals to Mzuzu.

Even the surgery packaging has been put to good use, with the foam being made into fishing floats, the cardboard used by local carvers for wrapping gifts to be sent to the West and the crate sides painted black and used as chalkboards in the local school!

# Dental practices dress to impress

Thank you to all of you who supported Dress up day again this year, we always look forward to seeing your imaginative costumes...Here are a few of the best!



'Best costume' went to a member of Practice Plan, as part of a 70's themed day.



The team at Dartford Road Dental Centre worked their magic.



'Best fundraiser' went to Dentith & Dentith in Oakham for raising £425, this included money raised from a table top sale on the day.



Kingsclere's TV character themed day certainly took off!



Yoevil Access Centre danced the hula hula for Dentaaid.



'Best theme' was Oxford House in Milton Keynes for their Cartoon characters day.

## Dentaaid helps dental hospital damaged in Solomon Islands earthquake

In 2001 Dentaaid sent a surgery to Helena Goldie hospital in the Solomon Islands. However following an earthquake and tsunami in April 2007 some of the equipment was damaged. We are now pleased to report that with the support of the Old Tupton Methodist Church, we have been able to replace the equipment and that the surgery is once again up and running.

Helena Goldie is currently the only operational hospital in the Western and Choiseul Provinces of the Solomon Islands. The main government hospital in Gizo will take 18 months to become fully operational again and the dental department and wards at the hospital in Choiseul were washed out to sea.



The 1st patient to be treated using the Dentaaid surgery, prior to the earthquake in April 2007.

# Chernobyl children receive Dentaid surgery

**Dentaid has recently sent a dental surgery to the Zhorany Children's Sanatorium in Ukraine. The project is a state establishment that cares for children with pulmonary diseases and provides preventative treatment to children who are exposed to tuberculosis.**

Some parts of Ukraine were hit hard by fallout from the radioactive cloud after the Chernobyl disaster in 1986. Hundreds of towns and villages are deemed habitable. However, the surrounding fields, lakebeds and forest floors that provide them with food and water remain polluted and as a result many residents suffer health problems.

A large number of the children live in Chernobyl infected areas and need special care and attention. Therefore every month around 300 children pass through the Sanatorium where they receive better food and treatment that enables them to resist TB infections. Many of the children have never seen a dentist and have serious problems with their teeth, largely due to a poor diet and the effect of



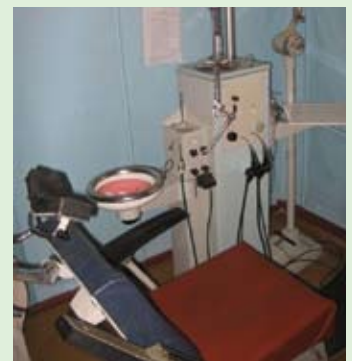
The sanatorium's dentist treating some of the children before the new surgery arrived.



The Sanatorium has a massage room, physiotherapy and physical treatment rooms and a dental room.

radiation. The Sanatorium has a dentist who was previously trying to work with broken and limited items of

dental equipment that dated back to 1975! Now thanks to Aid Ukraine and the Ryedale Lions Club, Dentaid has been able to provide Zhorany Children's Sanatorium with a complete surgery.



The old dental equipment that was being used before Dentaid sent the new surgery.

## A golden opportunity

**You can now donate your waste crowns to Dentaid via Refining Direct.**

Recycling waste crowns for Dentaid offers dental practices a way to dispose of their precious metal waste in a quick and convenient way whilst supporting charitable oral health programmes all around the world. Refining Direct is also kindly giving Dentaid an extra 10% premium on top of their normal prices. Simply put your waste crowns in the envelope enclosed with this newsletter, send it freepost to Refining Direct and then Dentaid receives the money.



looking for adventure?



## African Peak

**Would you like to climb the highest peak in Northern Africa and visit the beautiful and vibrant city of Marrakech whilst raising money for Dentaid? In September 2008 we are taking a group to trek in the rugged Atlas Mountains. For more information please contact the fundraising team.**

**To see a full list of all our 2008 fundraising events please visit: [www.dentaid.org/getinvolved](http://www.dentaid.org/getinvolved)**

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