

Extractions



The quarterly newsletter of the oral health charity Dentaid

Summer 2006

Oi! Western Dental World *are we really helping?*

By Luke Wordley, Chief Executive - Dentaid

Over the last fifty years, thousands of tonnes of dental equipment, and millions of hours in direct volunteering or training advice, have been donated to the developing world. Yet today, there are more people living without oral health care provision than ever before. As diets have changed with the influx of western refined sugar products, children face futures with dental problems which their grandparents did not. Millions of people suffer daily from toothache and put their health and lives at risk though DIY extractions by untrained personnel in unsterile conditions. The horrific practice of removing unerupted teeth from the gums of babies (infant oral mutilation) continues and may even be on the increase. NOMA infections and other oral diseases remain a threat to the lives of hundreds of thousands of children each year.



Not a Dentaid Surgery!

So how is the situation getting worse despite our collective best efforts?

Many believe the answer lies in the "type" of help given. Most efforts to help by the Western world have consciously or sub-consciously aimed towards one central goal – replicating "Western" dentistry overseas. This has centred on three approaches:-

Equipment – Thousands of tonnes of dental equipment has found its way into the developing world through well-meaning charities and individuals, much of which sadly is inappropriate, incomplete or quickly breaks down. Dentaid was set up in 1996 to address this problem, and has subsequently shipped over 150 surgeries to projects in over 50 countries worldwide. But even though Dentaid's work has led to a much higher standard of surgery equipment being available, to believe that this approach is the answer to the oral health need for many millions is unrealistic. The long term sustainability of these dental clinics also remains a massive unanswered question.

Training Dentists – Some of the poorest countries in the world now sport five year BDS training courses, often

graduating less than ten dentists a year. In itself, nothing is wrong with this and many of our UK dental schools have contributed enormously to establishing and raising standards of teaching and facilities. But this handful of graduating dentists will never come close to meeting the treatment needs of their country's population. This is exacerbated by many of these dentists leaving government service at the first opportunity, often joining private clinics serving only the wealthiest city communities, or leaving the country altogether, with their BDS qualification a "passport" to the West.

Volunteering – When Dentaid attends dental events, the most commonly asked question is always:- "How do I volunteer?" The desire of today's dentist to personally help overseas is greater than ever. But in Dentaid's experience, all but the most organised and established dental projects fail to sustain a reliable service when depending on western volunteers. Also, spending £1500 for a typical two-week trip involving perhaps only ten clinical days is a financially inefficient way of reaching relatively few patients - in some parts of the world £1500 employs a dental health worker for an entire year! The absence of follow-on care, language issues and potential for cultural misunderstanding complete the drawbacks to volunteering.

So have the efforts of the last fifty years been a complete waste of time, money and effort?

Evaluation is a complex subject and it is also not for Dentaid to comment on the efforts, successes and failures of other programmes. In relation to our own work in these areas, we can take encouragement that our equipment operation over the last ten years has probably led to over a million individuals receiving dental care and relief of pain through partner projects. A proportion of these will have been suffering life-threatening conditions, or would have been exposed to infectious diseases through un-sterile treatment alternatives.

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Kumi Hospital Uganda



Kumi Hospital, Ongino, is located in a rural part of northeast Uganda and was founded in 1929 as a leprosarium by the Church Missionary Society. Over the years it has provided much-needed care for the leprosy patients. Between 1986 and 1992 the hospital suffered total collapse due to the insurgency, which engulfed north eastern and northern Uganda. Since 1997 it has developed into a general hospital with more emphasis on disability care, meeting the needs of approximately three million people, the majority of whom are very poor.

In 2004, Elspeth Robinson, a retired physiotherapy manager working at Kumi hospital and her husband, Chris who was visiting the area, met Moses, the chief's eldest son and one of ten children, who had been educated as a dentist in Kampala. Christopher was impressed by his knowledge of dentistry and the following day he went to the hospital to see the dental

facilities. He found a broken chair, a few instruments and a broken steriliser.

He returned to the UK wanting to help Moses and the Kumi community and heard of Dentaid from a retired dentist, Rick Morrissey. He sent the appropriate Dentaid paperwork to Kumi and the Medical Superintendent, Dr Opolot, completed the forms as required. It was not long before things started moving and in eight months the surgery was up and running. The dental unit is in a large pleasant room and Moses and his assistant, Rose, proudly show off their uniforms supplied by Dentaid. Posters made from maize bags promote good dental hygiene and explain the anatomy of the tooth. Every day more people are visiting as news of the clinic spreads through their outreach programmes.

Chris reports "The visual aids supplied by Dentaid were very useful especially the model set of teeth and a large toothbrush. We then looked in their mouths and those with dental problems were singled out for treatment. In all, 57 were sent to the classroom, injected and had extractions. Moses is very grateful and thanks everyone for all the assistance he has been given to be able to continue in his chosen profession with good equipment."

Why not become a Partner In Action and donate just £5 or more a month to our charity. It means that we can plan ahead to implement new initiatives and strengthen those already in place. Please help, together we really can make a difference.

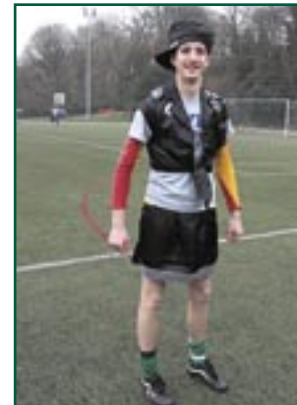
Sheffield Dental School went all out for their inaugural Dentaid Charity Day - and what a perfect day! Richard Brogden talks about this fabulous event



On Wednesday 1st February 2006, a momentous day in the social calendar took place here at the University of Sheffield, School of Clinical Dentistry. After months of planning and negotiation beginning back in September 2005, my supporting committee and myself pioneered the Inaugural SUDSS Dentaid Charity Day, aimed at raising much needed funds for the charity. The day was split into three. We hosted a 'Staff Vs Students' quiz in our Dental Hospital canteen at lunchtime. Our very colourful porter, Mr Pete Shiel who unfortunately could not be with us for the day itself prepared the questions. After a thorough grilling, that even Anne Robinson would have been proud of, the team captained by Mrs Christine Freeman, emerged victorious. The second event, the 'Staff Vs Students' Football, proved to be equally competitive. Kick-off was at 2:00pm and students turned up in their masses with

one intention...to "floor" our staff!!! Powers of diplomacy were exercised in the organization of such an event, negotiations involving the staff captain, Mr Simon Whawell and myself. It was agreed that the staff team were able to wear our Football XI kit, whereas the students were required to be a bit more imaginative in fancy dress of their choice! The event was evenly contested (in the last 10 minutes), once we had given our staff half a dozen of our students, thus reducing the average team age significantly!! In the end, the game was a whole load of fun. Needless to say, the students were victorious by a wide margin. I for one had lost count by half time!!

The day concluded with the resurrection of the Dental Revue. This event was banned a number of years ago for being, as I understand, too "offensive". One can only guess what went on all those years ago! Thanks to many local contributors and contacts within national Rugby and Football clubs, we organised a Charity Auction which included a signed Leicester Tigers Rugby Ball, a signed Arsenal team photo and a signed, used pair of Prince Naseem Hamed's boxing gloves. There were various sketches, including the committee's version of Tony Christie's "Is This The Way to Amarillo?" as well as the concluding sketch for the evening, "Perfect Day" starring many of the Dental School



staff. Our very own Vice-President, Mr Steve Mulligan managed to single-handedly construct and host a live edition of University Challenge between the Staff and Students.

Roll over, Mr Paxman! The evening was a huge success and provided a fitting conclusion to a long period of hard work, from a small idea right through to the finale. With an anticipated total in excess of £4500 for Dentaid, I am proud of the work that the committee has done to help those less fortunate than us. I would like to thank Professor Trevor Walsh, Dean of the School of Clinical Dentistry, for his enormous support, as well as the Heads of Department within the School. The memory will stay with me for a very long time. What a Perfect Day!!

A huge thank you from Dentaid to Sheffield Dental School

2002 miles in 2005!

Last July, Stefan Szecsei took up a challenge to ride his BMW C1 from Land's End to John O'Groats in aid of Dentaid. Here is his story



Day 1

I arrive at Dentaid shortly after midday, welcomed with wide smiles and a cup of very welcome coffee. I am given a tour of the charity's modest yet most impressive facilities tucked away in lush Wiltshire countryside. Time is of the essence with such an endurance run so all too soon I am back in the saddle riding forth to Exeter services. I meet up with my C1 buddy Dave and we're off. Light is fading as we arrive at Land's End shortly before 8pm. Quick photo stop and a plate of fried cod sees us back the way we came Northwards.



on foot! North of Edinburgh I decide I cannot take any more and MUST sleep. We find a secluded spot near the road at about 5am where we get a few hours kip in bivvie bags.

Day 4

We have a greasy breakfast just south of Edinburgh on the road and hit the A68 Roman rollercoaster that sweeps us down to the Borders and into England south of Jedburgh. The climate is getting notably warmer which is a relief and our bikes are still performing perfectly. They were never designed to undertake this sort of punishment in such a short space of time but they are refusing to break despite our unintentional efforts. Dave will peel off the next morning back towards Gloucester and this is as far as he goes with me.

Day 5

London beckons and I'm on the M40 after saying my goodbyes to Dave and his brother. A 1pm finish time has been publicised to those in the know and I am determined to arrive on time. A couple of minutes behind schedule, I roll into St. James Square to be met with familiar faces and an odometer just clocking over 2002 miles. Tremendous thanks go first and foremost to all those who donated money to this fundraising event, in particular to Wright Cottrell. Thanks also goes to the helpful members of the C1 owners' club and Dave who accompanied me for much of the journey. And a big thank you also to my mother who has been so active in generating support, both moral and financial and without her, our fundraising figure would never have reached the heights that it did.

Dentaid would like to say a very big thank you to Stefan for undertaking such a challenge and to his mother, Gizella Csaki who was so instrumental in raising the sponsorship.

Day 2

Dragging ourselves out of bed after a few hours sleep, we start prepping the bikes for the emptiness of the Highlands. The smell of Scotland is striking on a motorbike - fresh, sweet and scented with pine all at once. Riding late into the night we meet very little traffic and worryingly, no open petrol stations at all! The road to Ullapool is a tremendously fun, slithering sinew of tarmac that every biker would love. Arrive at 3am to the Correy Lodge Guesthouse, a night in which Phil, another C1 owners' club member, has very kindly donated to our efforts.

Day 3

A splendid, if short rest in the peace and isolation of the Highlands and a wonderful breakfast from our landlady. From Ullapool to Edinburgh it's around 500 miles but today there would be no motorways, only winding, wind-swept, often single track carriageways that pass through the more isolated Highlands. We learned that the most distant point is actually the John O'Groats lighthouse, a hill in the distance but only accessible

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At the same time however, over the last two years Dentaid has been evaluating past projects, consulting experts and observing programmes, research and approaches from around the world. Our conclusions have shown that an overwhelming body of evidence now points to oral health promotion, advocacy, campaigning, training rural indigenous workers and low-tech treatment solutions being more effective approaches to oral health need in most of the world's poorer countries.

Therefore, the real answer to the 'waste' question lies in another question – what do we do now?

Dentaid is committed to ensuring that its resources are used in the most efficient and effective way possible. The charity's work has already shifted considerably through our innovative school and training programmes as well as raising awareness. Dentaid's five main priorities now lie not only in providing or sourcing physical resources but also in oral health promotion, advocacy, capacity building and developing strategic alliances. (see website for more information and full definitions of these strategic priorities)

With the fantastic support given to the charity, Dentaid has grown into one of the leading oral health charities in the world. With our adoption and new emphasis upon these five key areas, Dentaid is well positioned to impact the oral health and quality of life of many millions of people in the future. Over the last ten years, with your help, we have made a difference to millions. Over the next ten years, let's try and help change the world.



Kent Express, the UK's leading mail order supplier of dental consumables and small equipment, is proud to announce that they are supporting Dentaid this year to help change the world a smile at a time.

Kent Express is providing their customers with two easy ways to support Dentaid:

They can choose to donate their Partner Points from our reward scheme.

Or, they can request a cash donation to be made, in lieu of claiming one of our monthly special gifts.

"Kent Express has a tradition of thanking

customers with fabulous gifts every time they order and we believe the greatest gift we could ever offer is that incredible feeling you get from knowing that you have made a positive difference in so many lives."

Paul Byfleet, Marketing Manager

Thank you to the many dentists that have already participated in this programme. We are hoping that many more of you will take advantage of this free and easy way to support Dentaid.

For more details, contact Kent Express at 01634 878787.

News

Extra, Extra, read all about it!

Dentaid now has another newsletter called Extractions Extra. We realised that many of you would like more in-depth information about our projects and current initiatives so if you haven't done so already, sign up to receive this new supplement which is full of news, facts, figures and background stories to the projects that we are helping around the world. To receive Extractions Extra please call Daf on 01794 324249.



...and its goodbye from him!



Dave (right) in Zambia

Dentaid says a very fond farewell to Dave Harris, an Engineer at Dentaid since the charity moved to its base at Landford in 2000. Since Dave started at Dentaid he has been instrumental in the delivery of around 130 surgeries to over 50 countries worldwide. His mixture of sound engineering knowledge, sense of humour and helpful nature made him a very popular member of staff both with his colleagues and members of the public that he came into contact with. Dave retired from the charity in October 2005 to spend more time with his wife Jill and to take more of an active role in the caretaking of Furzey House, a Christian retreat set in the beauty of the New Forest. Everyone at Dentaid hopes that Dave takes with him as many fond memories as he leaves behind.

Great North Run

We have guaranteed places in this year's Great North Run and we need you to fill them! This is a great way of raising awareness of the charity's work as well as getting fit for the summer! We need your sponsorship to continue to place new initiatives and to support existing projects in developing countries around the world. Together, we really can make a difference so please support us and take part in the world's largest half marathon in



aid of Dentaid! For an application pack please call Daf on 01794 324249.



New members of Staff!

Left to Right

Dafydd Pierce, Fundraising Assistant,
David Effamy, Engineer
Robert Leak, Workshop Co-ordinator.
 There will be a proper introduction to the new boys in the next Extractions!

JOKE

A man walks into the dentist's surgery and says, "Excuse me, can you help me, I think I'm a moth?" The dentist replies, "You don't need a dentist, you need a psychiatrist". "Yes, I know", said the man. "So why did you come in here?" asked the dentist. "Because the light was on", said the man.



Dentaid would like to say a very big thank you to Admor who print Extractions and Extractions Extra free of charge. Please contact them for a quote! 01243 553078

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