

The future of preventive dentistry

The Dentist speaks to **Anna Middleton**, who explains how becoming a guided biofilm therapy ambassador fits in with her objective to help shape the future of oral health care.

How and why did you choose dentistry as a career?

I studied sound engineering and music technology for two years, then worked for an arts company before finding my true calling in life. I've been a hygienist for three-and-a-half years now. I qualified as a dental nurse in 2011 and then moved to London to study at The Eastman Dental Hospital, graduating in 2015.

I had a strong desire to study again after college and I'd never been to university. Medicine and biology always interested me, but I was never sure which route to go down. I started as a floating dental nurse and spent most of my time with the hygienist who became my inspiration. I'd only been a dental nurse for a year when I applied to study hygiene. I never dreamt I would be accepted first time round as I know how competitive it is and I didn't even have the required A-levels.

What highs and lows have you experienced over the years?

Finding my feet after I qualified was tricky. I did a fair bit of practice hopping and struggled to settle in anywhere. I became tired and unhappy very quickly – I almost decided to throw in the towel. When I left university, I branded myself as 'London Hygienist' but initially didn't do anything with it. Then I had an epiphany to turn my work into a brand and a business. I haven't looked back since! There's a wave of young people thinking outside of the box and striving to create their own paths, especially when it comes to business. Being the boss and only employee keeps me motivated and focused.

What encouraged you to bring guided biofilm therapy (GBT) into your everyday preventive care and how did you go about it?

I had seen pictures and information about GBT online and I had seen and

used EMS Airflow in my daily practice, but not as part of GBT. My interest was piqued to use them together, so I made arrangements to visit EMS' headquarters in Switzerland and train with the Swiss Dental Academy. That gave me the confidence to implement GBT into my daily practice and make it part of my business. I then presented what GBT is to the dentists and other hygienists. They saw the value as it's so versatile. It is safe to use on children, orthodontics, implants, crowns, veneers, pits, fissures, soft tissue and dentine, as well as supra- and sub-gingivally up to 9mm.

As a practising hygienist, how would you describe GBT?

It is a minimally-invasive preventive treatment, using state-of-the-art technology. Managing biofilm is key in prevention – not just from an oral health standpoint but also for overall, systemic health. It is a gentle, effective and safe system. It consists of treatment protocols based on a patient's diagnosis and risk assessment. Patients are assessed and then disclosed. The patient is shown what has been disclosed and educated in how to manage their oral hygiene effectively at home. The biofilm, stains and early calculus are then gently removed with Airflow powder. Any remaining calculus can then be gently removed at the end.

What difference has it made to your patients?

Patients are motivated when they see their teeth disclosed and how they are getting on with their cleaning. They also love the clean feeling of their teeth afterwards. It's been great to use on children too, as it's so gentle and helps the child and the parents see and understand what is going on. It has been great for nervous patients as well, and anyone who may have not had such a pleasant experience in the past.



Anna Middleton is the founder of London Hygienist.

And what difference has it made for you?

It is a fantastic, high-performing system. I am saving time and no longer over-instrumenting teeth and getting a sore wrist, as well as getting long-term results with my patients whose oral health is either improving or remaining stable.

How and why did you become an GBT ambassador?

I was approached by EMS because of my dedication and passion to the profession. I have been working hard to spread the message about the importance of oral health care. 'London Hygienist' was created to change the way in which oral health care is delivered to the public. I have been utilising direct access to help patients get the best care and treatment. Being an ambassador means I will help to spread the message as well as continue shaping the future of dentistry and prevention.