

Dear Colleagues,

As the year draws to a close, we have all been able to reflect on what has been a tough financial year. As daylight hours shorten and seasonal festivities appear on the horizon, we reflect on the year that has gone by.

The Moor Park Specialist Team has stood firm in supporting dentist colleagues through the year.

We have held over 20 highly successful study club evenings which have brought us together as a community and we wish to encourage those of you who have not yet attended these evenings to come and join our

scientific, interactive sessions. I am delighted to share our training programme for 2012 in this newsletter, please see inside for details.

In September we held our second Moor Golf event on a bright sunny day at Sandy Lodge Golf Club.

Over 30 participants enjoyed CPD training and 18 holes of golf, finished off with a sumptuous curry!

The day was a great success with the winner, Paul Holmes, from The Bryer Wallace Dental Practice, scoring a fabulous 38 points.



We look forward to welcoming you to our third Moor Golf day on Thursday 6th September 2012.

Joe Bhat, Director



Moor Golf was a great success! Over 30 participants enjoyed CPD training and 18 holes of golf, all finished off with a sumptuous curry!

# the problem with pain by Rahul Gorla

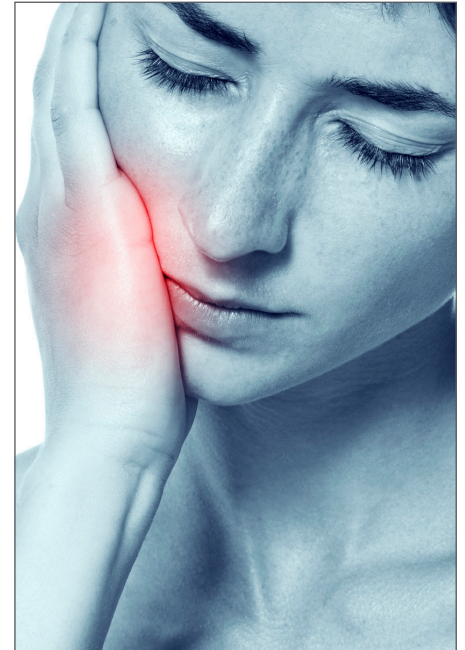
Over the last 4 years, I have built up a successful endodontic referral service that has increased from 1 to 3 days a week.

I believe there are 4 main reasons for this. Firstly, the patient journey is made into an enjoyable experience from their initial contact, regardless of their main complaint. They are treated as a person rather than someone with just an endodontic problem. The utmost care and attention is taken to ensure their experience is pleasant. Secondly, any endodontic treatment is carried out to exceptionally high standards that would give predictable long-lasting results. Thirdly, the lines of communication with you, as the referring practitioner, are always open. In addition to prompt correspondence by letter, I am always happy to take your calls/ emails or even call you to discuss any issues.

Last, but definitely not least, is the reason for your referral. Despite all the advances in dentistry, for the foreseeable future, the problem of pain will remain. Most of the patients referred to me are experiencing some form of discomfort. They require prompt assessment and

treatment to relieve their symptoms. It is for this reason that I truly believe these type of patients cannot be kept waiting, and so have increased the number of days I am available. I will endeavour to see them as soon as possible even if it is not on one of my scheduled days.

With regards to the question of pain, most of the patients will be suffering from acute pain; this is a warning sign serving a protective role. It is time limited and resolves with treatment of the causative factors. Importantly, the nervous system remains intact. Chronic pain, on the other hand, has no purpose and refers to pain lasting longer than 3 months. It responds poorly to medication and is harder to manage. In addition, changes will have taken place in the nervous system (peripheral and central sensitisation). Therefore, it is imperative that we do everything to prevent chronic pain from developing. Predisposing factors that lead to chronic orofacial pain include a history of previous painful treatment in the orofacial region, and the duration and intensity of pre-operative pain. It is also important to know when



to stop dental treatment, as this can exacerbate the symptoms associated with a chronic pain condition. When given the chance, we have to be certain that any dental cause of the patient's pain has been completely eliminated.

With this in mind, I would hope that we can maintain our relationship to ensure that your patients are seen promptly and efficiently to help them remain pain-free!

## Rahul Gorla

BDS MFDS RCS MClinDent MRD RCS Specialist in Endodontics

Rahul graduated from the University of Manchester in 1998, being awarded the Frank Sutcliffe Memorial Prize in Dentistry. After completing vocational training, he worked as a Senior House Officer in the Department of Orthodontics and Oral and Maxillofacial Surgery at the Queen Elizabeth Hospital, Kings Lynn. During this time, Rahul obtained his Membership in the Faculty of Dental Surgery from The Royal College of Surgeons of England.

Following a period in General Practice, Rahul undertook his specialist training in Endodontics at The Eastman Dental Institute. During this time he was awarded the Dentsply Maillefer Endodontic Prize for the highest clinical and academic achievement. Rahul obtained his Membership in Restorative Dentistry (Endodontics) from The Royal College of Surgeons of England in 2005 and went on to be registered as a Specialist in Endodontics with the GDC.

Rahul is a part-time Honorary Lecturer in Endodontology at The Eastman Dental Institute.



## ITI & Moor Park Study Clubs for Dentists 2012

All Study Clubs are held at the Moor Park Specialist Dental Centre and are FREE OF CHARGE. Places are limited to 18 delegates and are reserved on a first come, first served basis. All Study Clubs offer 2 hours of CPD and begin at 6pm for a 6.30pm start.



Month	Date	Speaker	Title
March	Thurs 22 <sup>nd</sup>	Stephen Franks	<b>Photography:</b> Understanding Your Camera's Use & Settings
March	Tues 27 <sup>th</sup>	Joe Bhat	<b>ITI Study Club*</b>
April	Tues 24 <sup>th</sup>	Rahul Gorla	<b>Endodontics:</b> The Importance of Irrigation
May	Thurs 10 <sup>th</sup>	Stephen Franks	<b>Photography:</b> Hands-on Practice in Taking Photographs
May	Tues 15 <sup>th</sup>	Dipa Patel	<b>Sedation:</b> Update in Sedation Techniques
May	Tues 22 <sup>nd</sup>	Sheetal Patel	<b>Orthodontics:</b> Restorative Interface
May	Tues 29 <sup>th</sup>	Joe Bhat	<b>ITI Study Club*</b>
June	Tues 26 <sup>th</sup>	Nick Vyas	<b>Periodontics:</b> Implants & the Periodontal Patient & Periodontal Treatment in the Implant Patient
July	Thurs 5 <sup>th</sup>	Joe Bhat & Nihar Shah	<b>Restorative:</b> Multi-disciplinary Management
Sept	Tues 4 <sup>th</sup>	Rahul Gorla	<b>Endodontics:</b> Efficient Endodontics
Sept	Tues 25 <sup>th</sup>	Joe Bhat	<b>ITI Study Club*</b>
Oct	Mon 15 <sup>th</sup>	Eleni Verikaki	<b>Paediatrics:</b> Relative Analgesia in Paedodontic Patients - A Live Demonstration
Oct	Thurs 25 <sup>th</sup>	Steve Werb	<b>Aesthetics:</b> Top Tips & Tricks in Achieving a Perfectly Aesthetic Smile (Including Temporaries)
Nov	Thurs 8 <sup>th</sup>	Nihar Shah	<b>Oral Surgery:</b> Techniques in Socket Preservation & Our Experiences with Different Bonding Substitutes
Nov	Tues 13 <sup>th</sup>	Joe Bhat	<b>ITI Study Club*</b>
Nov	Tues 27 <sup>th</sup>	Sheetal Patel	<b>Orthodontics:</b> The Role of Orthodontics in Adult Multi-disciplinary Treatment

\*These ITI Study Clubs are exclusively for ITI members (as it is funded by the ITI). Non ITI members can attend up to 2 ITI Study Clubs before being encouraged to join the ITI. Failing this, no further invitations for the ITI Study Clubs will be offered.

## Hygienists/Therapists

Month	Date	Speaker	Title
Feb	Thurs 23 <sup>rd</sup>	Nick Vyas	Decision-making in Periodontology
Oct	Tues 16 <sup>th</sup>	Nick Vyas	Implants & the Periodontal Patient & Periodontal Treatment in the Implant Patient

## Nurses

Month	Date	Speaker	Title
Feb	Tues 21 <sup>st</sup>	Melita Garside & Jennie Fearon	Decontamination Update/Infection Control Updates
March	Thurs 15 <sup>th</sup>	Melita Garside & Jocelyn Cairns	CQC Update HTM 01-05
May	Weds 23 <sup>rd</sup>	Melita Garside & Sarah Quirke	Customer Service/Patient Handling/Telephone Etiquette
Sept	Tues 11 <sup>th</sup>	Melita Garside & Sarah Jones	CPR – Basic Life Support with Defibrillator Training
Nov	Tues 20 <sup>th</sup>	Melita Garside & Jennie Fearon	Decontamination Update/Infection Control Updates

## Nurses Day Courses 2012

Month	Date	Speaker	Title	Cost	CPD
June	Tues 12 <sup>th</sup>	Joe Bhat & Jennie Fearon	Foundation Implant Nursing	£145 + VAT**	6.5
June	Weds 13 <sup>th</sup>	Joe Bhat & Jennie Fearon	Advanced Implant Nursing	£185 + VAT**	6.5

\*\*Do these courses together and receive a 10% discount off both courses.

To reserve your place please complete the enclosed registration form, call 01923 823504 or email [info@moorparkdental.com](mailto:info@moorparkdental.com)

# what's new...

## Price freeze

Due to the financial turmoil in the world, Moor Park Specialist Dental Centre will freeze its treatment cost for yet another year. You may recall that our prices have remained the same since 2008.



## Cone beam CT scanner

Our cone beam CT scanner has gone from strength to strength in helping colleagues who place or plan implant therapy within their own practice.



## Endodontic appointments

Dr Rahul Gorla, Specialist Endodontist, will now be working an extra day. He will now be in the practice on Mondays, Tuesdays and Wednesdays for endodontic referrals and pain management.

## International College of Dentists (ICD)

In June this year, Joe Bhat was honoured with becoming a Fellow of the ICD for his contributions to implant dentistry.

## our specialist team

### prosthodontics & oral surgery

**Joe Bhat**

BDS FDS RCS MCLinDent MRD RCSEd

Director

Practice restricted to Restorative & Implant Dentistry

Clinical sessions - Monday, Thursday, Friday & Saturday

### periodontics

**Nick Vyas**

BDS MSc(Lon) FDSRCS(Ed)

Cert Implantology(Lon)

Clinical sessions - Tuesday & Thursday

### endodontics

**Rahul Gorla**

BDS MFDS RCS(Eng) MCLinDent

MRD(Endo) RCS(Eng)

Clinical sessions - Monday, Tuesday & Wednesday

### oral surgery

**Nehir Shah**

BSc BDS FDS RCS

Clinical sessions - Wednesday & Saturday

### maxillofacial surgery

**Michael Gilhooly**

BDS FDS RCS LRCP FRCS

Clinical sessions - by appointment

### orthodontics

**Sheetal Patel**

BDS MFDS RCS MSc Morth

Clinical sessions - Monday, Wednesday & Saturday

### paediatrics

**Eleni Verikaki**

BDS MSc FRCD

Clinical session - Saturday

## Save the Date! Moor Golf 2012

Thursday 6th September 2012

Sandy Lodge Golf Club

For more details call the practice on  
01923 823504



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