



University
of Glasgow

School of Medicine,
Dentistry & Nursing

What's inside:

- 2 From Glasgow to Guangzhou
- 3 CPD Scotland Core Study Day
- 3 Dental Fund Benefits from Study Day
- 4/5 Some Reflections On Clinical Leadership
- 6 Professor Lorna Macpherson Elected Fellow of Royal Society of Edinburgh
- 6/7 Congratulations to the Class of 2017!
- 8 Glasgow Dental School at the BDA Conference & Exhibition, Manchester, 25-27 May 2017
- 8/9 Alumnus Callum Wemyss (Class of '15)
- 8/9 Dr Teddy
- 10 Class of '67 Reunion
- 10 All Change...well almost
- 11 Well done to our very own Iron Man!

Dental Mirror

The Newsletter of the Glasgow Dental School

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Big Smile Keeps Beaming

By now you may already know that Guinness World Records has verified that the University of Glasgow's Dental School successfully created the World's biggest ever smile during the Big Smile Big Band event at the SEC Glasgow on 9 June 2017. Following on from this success, Jeremy Bagg and Will McLean have now visited the schools that took part on the day to award them with their certificates of participation. The five schools that joined the Big Smile included St Charles' Primary School - Kelvinside, Fernhill School - Rutherglen, Ardreck School -

Crieff and the two Sparkling Stars award winners Gavinburn Primary School - Old Kilpatrick and St Thomas' Primary School - Neilston. Jeremy Bagg said "It was a pleasure to see all of the children and school teachers again and thank them for their contribution to the event. All involved have been so enthusiastic during our visits and we look forward to building upon the links we have now made". As alluded to in this statement, there are plans afoot to work with these schools to create a legacy from The Big Smile - we'll keep you posted...



The schools receive their certificates - more smiles!



From Glasgow to Guangzhou

by Rabeah Alam, Maryam Abbas and Rabiya Hamid (Class of '18)

Since its inception in 2014, students from the University of Glasgow, Scotland, and Sun Yat-sen University, China, participate in an annual 4-week exchange programme. June 2017 – July 2017, marked the fourth year of the educational partnership between Glasgow Dental School and Guanghua School of Stomatology in Guangzhou, with Scottish BDS4 students spending our early summers in Guangzhou, and Chinese Master's Degree students visiting Scotland.

For students from both institutions, it was an exhilarating opportunity to observe teaching and the provision of dental care; revitalise; and, undergo a stimulating cultural journey!

Our time at the Guanghua School of Stomatology was split between four departments: paediatric dentistry, prosthodontics, conservative dentistry/endodontics and oral and maxillofacial surgery. We spent a week in each department, and the day started at 8am. We had a supervisor who we would report

to each day and who would answer any questions we had. Our time in clinics was spent observing students/clinicians and gaining an insight into dental care in China. We noticed there were many differences, and appreciated that there is more than one "right" way to practise dentistry.

We had a 2.5 hour lunch break ("wuijiao"), during which locals usually slept before going back to work for the afternoon. Our accommodation was excellent; a spacious apartment room with all the facilities we needed.

We quickly made friends with students who had previously completed the exchange programme in Glasgow. They showed us around the city, and we witnessed beautiful sights and had some unique and unforgettable experiences. Guangzhou is a beautiful, futuristic city of towering skyscrapers, with peaceful gardens and parks hidden in between. We spent our evenings exploring the city, soaking up the culture, trying delicious Chinese delicacies and drinking a lot of tea!

After spending four weeks in Guangzhou, the School arranged an intimate leaving ceremony for us. We were presented with certificates and gifts and given the opportunity to speak about our experience. The Chinese students who had just returned from their Glasgow exchange also told us all about their time in the UK. As they had returned before our final week in China, we got to spend time with them and bond over our experiences.

We feel very lucky to have had this opportunity of observing dentistry at one of China's leading institutions and to have experienced the great hospitality of the Chinese students and teachers who spent time with us in Guangzhou. Our trip would not have been possible without Professor Bagg, Ms Wallace and Mrs Wu, who guided our arrangements and plans. We look forward to being involved with future years of this programme and sharing experiences with other generations of Glaswegian and Chinese students who participate in this invaluable exchange experience.



CPD Scotland Core Study Day

by John Gibson (Class of '86)

It was with great excitement that CPD Scotland planned and birthed its first major educational event with joint stakeholders during the Core Study Day on 5th May 2017. The University of Glasgow kindly allowed us to use the spacious, well-equipped and naturally-lit Wolfson Medical School Building. The intention was to have a great day of education by predominantly Glasgow Dental School staff and to raise significant funds for the Dental Fund, under the auspices of the Glasgow Dental Alumnus Association. This plan clearly caught the attention of many Glasgow alumni who turned out in good numbers to make the day a huge success!

Delegates were delighted to see inside the Wolfson Building and to be on the University Campus for the day. Many commented on how much they had enjoyed being back at Gilmorehill with plans for dinner on Byres Road or at "The Chip" at the conclusion of the day!

The day was opened by Professor Jeremy Bagg as Head of the Dental School in Glasgow and it was very special to have current dental students involved in running the day, as well as signposting to the forthcoming Big Smile-Big Band record-breaking event. Delegates clearly benefitted from team Medical Emergencies training in the simulated clinical areas with Alex Crighton, Lezley-Ann Walker, Liz Webster and Iain Robertson and the feedback from these sessions was simply glowing. Further core CPD was provided during the morning by Mrs Laetitia Brocklebank (Radiology) and Prof Andrew Smith (Decontamination Sciences).

Legal & Ethical issues were dealt with by Ms Helen Kaney of Dental Protection and Complaints Handling by Mrs Kim Schmulian of the Scottish Health Council. Education on the important subject of Safeguarding was provided by Ms Christine Park (Children & Young Adults) and Mr Nick Beacher (Vulnerable Adults). The final sessions of the day were on Oral Cancer, provided by Profs David Conway and John Gibson.

Delegates benefitted from the commercial organisations present during the day and some good deals on equipment and supplies were concluded by practitioners. Delegates commented very favourable on the quality and quantity of food provided by the University of Glasgow at lunch-time and during the various breaks. These breaks showed just how much delegates were enjoying themselves with voluminous chatter and laughter echoing around the central atrium.

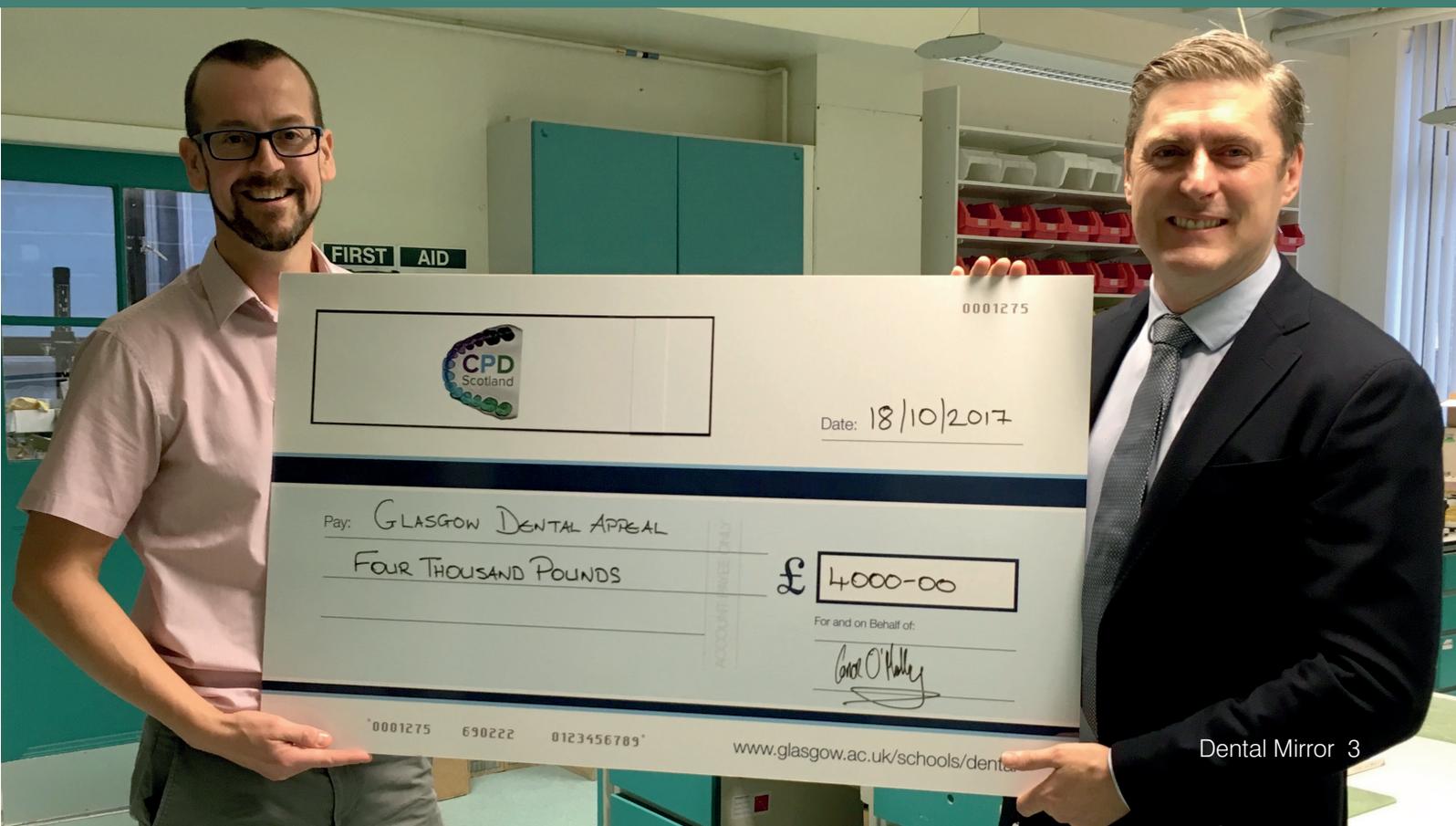
Feedback for the Core Study Day has been extremely positive and, with usual Andrew Miller efficiency, CPD Certificates were in the email in-trays of delegates within hours of the event ending. What was the common free text comment on the feedback forms? "Let's do it all again soon!". Well, watch this space!



Dental students take a break from manning the Core CPD Day registration desk to promote the Big Smile Big Band event

Dental Fund Benefits from Study Day

Conor O'Malley (Class of 1995) presenting Will McLean with a cheque for the Dental Fund from CPD Scotland



Some Reflections On Clinical Leadership

– by Major General Ewan Carmichael Class of '82

Major General Ewan Carmichael attended this years' prize-giving ceremony to present the address to the prize winners and family in attendance. Here he reflects on the day and what it means to be a leader in dentistry today.

The city of Glasgow is famous for its friendliness. This warmth is also a feature of the University of Glasgow and the Dental School. It was pretty good when I graduated in 1982, but I have to say that I think it's even better now.

I was invited to talk at the 2017 graduation prize-giving by Professor Jeremy Bagg and Mr David Still, and the impressions that I gathered were striking: of a body of students who are maturer than I was when I graduated; of a school where pastoral care runs throughout the organisation; of an establishment which is simultaneously professional and joyful too. Don't just take my word for it – the Times/Sunday Times Good University Guide ranking proves it.

So how could I possibly make any impact on this justifiably self-confident outfit? I had been asked to talk about 'clinical leadership', although I wasn't entirely sure of my credentials for addressing such a talented gathering. I never was a great technical dentist, but I think I was a fairly reliable one, and I think that my holistic care of the patient was pretty good. I certainly wouldn't have made much money in practice, because I'd be telling the patient that they didn't need this or that, and that simplicity tends to be a good thing.

But I was lucky enough to lead varying large groups of highly competent medics on operations, culminating in halving the battlefield death rate in Iraq and Afghanistan.

As clinicians we must all be, to a greater or lesser extent, leaders. Not all of the time perhaps, but certainly during phases. We need to lead teams. We need to lead those we are responsible for, and we need to lead those we are training or developing. We need to show leadership to our patients. We all need to step up to the plate morally and ethically. That doesn't mean we should be dull or joyless, but we do need to know what we stand for.

What makes a leader? What would make me want to follow you? In a nutshell, it's all about trust. There may be the odd gifted charismatic leader out there, but they are rare and most of us are, by definition, average. So when appointed into leadership roles, we need to work at establishing that trust.

I was lucky to train and spend a fair proportion of my career around the Royal Military Academy Sandhurst. Sandhurst's motto is "Serve to Lead", a paradox if ever there was one. However, this apparently counterintuitive slogan is central to what makes Sandhurst a very special place. It teaches, above all else, that an officer must lead through the power of unselfish example; it explicitly emphasises the significance of leadership rather than management. Field Marshall Bill Slim said, "Management is of the mind, more a matter of accurate calculation, of statistics, of methods, timetables and routine; its practice is a science. Managers are necessary; but leaders are essential."

"Leadership," Slim continued, "is of the spirit, compounded of personality and vision, its practice is an art." Thus Sandhurst develops rather than teaches leadership. Officer cadets are assessed for their so-called "officer qualities", which is shorthand for leadership potential. A young man or woman will either possess these qualities or they will not, which explains why less than a third of those who aspire to a commission in the British Army go on to wear the rank on their shoulders.

The instruction at Sandhurst instils the crucial values of moral courage, loyalty both upwards and downwards, high standards, a strong work ethic, and the idea of service – which is particularly of service to those whom these young men and women are so privileged to lead. Now the paradox of "Serve to Lead" makes sense.

Given that selflessness is a key part of this service, something which may appear trivial at first sight is the absolute insistence that, as an officer, you don't eat until all of your soldiers have been served. Try this the next time you're eating out with a group: just look at who is the first to dive uninvited into the buffet? Is this reflected in their other behaviours? Does he/she invariably put him/herself before others? Could you trust, really trust, him or her with your life?

Having been asked to speak about leadership, how do you translate 38 years of continuous and progressive development and experience into a 40-minute talk? Perhaps the most useful way that I can think of is to provide a few 'handrails', but also to assure the reader that we all make mistakes. Great leaders may make fewer than most, or perhaps they learn from them and try never to repeat them.

The progressive diminishment of behaviour-shaping youth organisations in contemporary society (Sunday School, Scouts, Guides etc.) means that some young people are brought up with more flexible, if any, moral foundations. For this reason, the British Army has set out its 'Core Values' against which the conduct of all ranks (not just leaders) is assessed. The Army Core Values are: Courage; Discipline; Respect for Others; Integrity; Loyalty; and Selfless Commitment. These values are appropriate for an organisation whose members are sworn to give, if necessary, their lives and also to take life. While, at first sight, they may not apply to clinical or professional conduct, in some ways these may offer some pointers. For example, for 'courage', one could read 'moral courage'. For 'discipline', 'reliability' might work – a sub-group of that might include punctuality (in the military, being late might mean the failure of a mission or the death of someone else!).

The Army also thinks about how its values are put into practice, through its 'Standards'. In short, ensuring that everything its members do is 'Appropriate', 'Lawful' and 'Totally Professional'.

For leaders, all of the above apply as a foundation, but then the Army seeks to raise their game, translating values and standards into desired leadership behaviours. Behaviours which are underpinned by three concepts: Vision; Support; and Challenge.

The Leadership Code is captured in the mnemonic 'LEADERS':

L – Lead by example – walk the walk – no hypocrisy or double standards.

E – Encourage thinking.

A – Apply reward and discipline.

D – Demand high performance.

E – Encourage confidence in the team.

R – Recognise individual strengths and weaknesses.

S – Strive for Team Goals.

So how could we take the best elements of this and translate them into the clinical setting? In terms of clinical leadership in dentistry, even in the smallest of practices (or lab or office), your staff ('the led', if I may call them that) will look to you to provide that leadership. I appreciate that in a small team the appearance of going through the code as a sort of tick-box exercise will quickly lose respect (respect and authority once lost are hard to regain). However, the sentiments behind the code are important, and your team can spot hypocrisy a mile off. Don't be tempted into fraud and inappropriate behaviour.

Make sure your clinical foundations are strong, and continue to develop and improve – so, history-taking, patient assessment and diagnosis. Your professional communications and referrals are also important, because you will be judged on them and they all reflect on Glasgow Dental School.

Lastly, the needs of our patients should always come first, but the needs of our team, i.e., those for whom we are responsible as leaders, must come a very close second.



Major General Ewan Carmichael
Speaking at Prize-giving

Congratulations to the Class of 2017!



Professor Lorna Macpherson Elected Fellow of Royal Society of Edinburgh

Professor Lorna Macpherson (Class of '82) Director of Dental Research at The Dental School has been elected a Fellow of the Royal Society of Edinburgh. The Royal Society of Edinburgh was created in 1783 by Royal Charter for "the advancement of learning and useful knowledge". Lorna joins a long and distinguished list of Fellows who are charged with the responsibility of enabling Scotland to contribute significantly to addressing the global challenges in the 21st Century. This is a tremendous and well-deserved honour which recognises Lorna's major academic and research achievements over many years and their translation into impactful public health interventions, most notably the internationally renowned Childsmile Programme. Lorna's commitment to understanding and combatting health inequalities has under-pinned her strong and exemplary leadership of the Dental School's Community Oral Health Research Group which she and her team have built into a unit that now has international recognition.

We congratulate Lorna warmly on the recognition by the RSE of her substantial contributions, all achieved from her position within the University of Glasgow Dental School.



University of Glasgow

Gift Shop

NEW ATIONS

HUNTERIAN

Alumnus Callum Wemyss (Class of '15) remembers his time as a student and looks forward to supporting his Alma Mater as loudly, yet tunefully as possible!

I moved to Glasgow from Aberdeen in 2010 to start my dental studies. I look back fondly on the first year as a student. It was in the infamous Murano Student Village that I forged lifelong friendships, including a number of dental students with whom I shared the walk, or more usually bus trip into Uni on a daily basis. With a huge number of student organisations vying for potential members' attention in Fresher's week, I was drawn immediately to the Glasgow Dental Student Society (GDSS). I signed up and thus created a rather busy social calendar. I must have attended nearly every field day, pub golf and dental panto that the society hosted in my time as a student. My commitment to the GDSS grew through the years and in my fourth year I joined the GDSS committee taking on the glamorous role of Library Convener and in my final year I was elected as Secretary of the Society.

One of my best (non-academic) decisions during Uni was to get involved with the Dental School pantomime, as part of the band, which I joined in second year. It was a great way to meet people from different year groups and maintain my hobby of playing the saxophone. My final year was certainly one of the most enjoyable

and busy years of my time at University. I was President of the Glasgow University Big Band and I was asked to be the musical director for the annual Dental Pantomime which is hosted in the Debates Chamber of the Glasgow University Union. Having already been in the band for 3 years, I had so many ideas about what I wanted to do. I managed to recruit 20 instrumentalists and arrange/write the music for the pantomime. This was definitely one of the most rewarding things I have ever done. Everyone had a blast and this then led to the formation of the Glasgow Dental Big Band. On the back of the pantomime Grant Creaney, GDSS president for 2014-2015, asked if I could organise a Big Band/Jazz/Swing night for the GDSS but also as an event to involve staff. I couldn't say "no" and on December 12th, 2014 we held an event in the Garnethill Community Centre with a band consisting of student and staff instrumentalists and vocalists. The Band also performed at Strictly Come Dentists and a Dental Appeal fundraiser in June 2015 at the Glasgow University Union. This was closely followed by the Graduation Ball, Graduation Ceremony and the start of real life as a Dentist.

Glasgow Dental School at the BDA Conference & Exhibition, Manchester, 25-27 May 2017

For the first time this year, Glasgow Dental School took a stand at the annual BDA Conference & Exhibition. The venture was extremely successful from a networking perspective and allowed us to meet a large number of Glasgow alumni, as well as making many other valuable contacts.

In addition to providing a base for networking, the team also undertook a research study among the delegates, examining the level of occupational health support available to primary care dental personnel. The study was jointly planned and executed by the Dental School with colleagues from Health Protection Scotland and one of the BDS students, Minh Nguyen (Class of 2018), joined the research team for his elective project. Over 700 of the delegates participated in the survey and subsequently the team was able to repeat the process at the Scottish BDA Meeting on Friday 1st September, increasing participation by more than 100 to provide robust data for Scotland in addition to the UK-wide picture. Data analysis is now underway ahead of publication.

Dr Teddy

by Yen You Lim (Class of 2018)

Founded in 2005, The Teddy Bear Hospital (TBH) has been busy visiting little children aged between 3 to 8 years in their schools, nurseries and even Rainbow and Brownie groups, since the day we started. Teddy Bear Hospital is a non-profit organisation kept functioning by hardworking volunteers, donations and bake sales. We are a sizeable team of volunteers consisting of Medical, Dental and Nursing students, with approximately 200 members in total.

Contrary to what most people think, we do not treat injured teddies but we do play pretend doctors with the children and their teddies! A visit to a school would last about 40 minutes and is split into two parts. The first session would be a workshop of the school's choice and the second is the all-time favourite 'Teddy Bear Consultation'. The schools/groups contact us for a visit and choose a workshop from either 'A Trip to the Dentist', 'Who works in a Hospital?', 'Me and My Emotions', 'The Human Body' or 'Healthy Eating', in liaison with their curriculum.

Each workshop has its very own interesting props such as surgeons and paramedics costumes for role-play and a felt skeleton suit with organs that attach to it by Velcro. The 'Teddy Bear Consultation' is the best time for children to explore their imaginations by telling us, the Teddy Doctors, how Teddy is and what can we



I have now completed my vocational training at a general dental practice in Partick followed by Core Training year 1 (DCT1). The year involved a 6 month rotation in the Public Dental Service and 6 months at the Queen Elizabeth University Hospital in the Oral and Maxillofacial Department. I am now completing my second year of Core Training in Glasgow Dental Hospital (6 months in Restorative and 6 months in Oral Surgery/Oral Medicine). Part of this post involves teaching undergraduates and I am currently working in the Preclinical Skills facility with second year students undertaking their phantom head course. I am thoroughly enjoying this and it is great to be back in the place in which I was taught.

Last year Professor Bagg and Will McLean asked me if I would like to continue the Dental Big Band by organising a concert as part of the Big Smile Big Band Event in June 2017. This was a great success and we extended membership of the band not only to staff and students but to Glasgow Dental Alumni. In the end the band consisted of 2 staff members, 11 alumni and 14 students. We also accompanied the winning school of the Sparkling Star Award which is an annual competition organised by NHSGGC Oral Health Directorate awarded to the school who writes the best Oral Health lyrics. I believe you will have already read about this earlier! The Band has a few performances on the horizon and if you are Dental Alumni, current student or staff member and interested in finding out more please email me on callumwemyss@nhs.net.



Maestro Callum Wemyss, arm raised, puts members of the Big Band through their paces at a rehearsal in Glasgow University Union

do for Teddy. In the meantime, the children are also given a toy doctor's kit to play with - including stethoscopes to share and listen to each other's heartbeats.

Each visit is usually run by 4-5 volunteers and this is a great opportunity for the students to develop communication skills with children. It also enables the volunteer to understand how children think about health and illness. We aim to provide opportunities to allow children to experience talking to healthcare professionals about illness and to desensitise them to clinical settings. This in the end, we hope, will help a child's visit to the doctor or dentist to be less worrying.

Why Teddies? Every child has a favourite toy at some point in their life and would be comfortable talking to it. Hence the idea of bringing their favourite teddy, princess, doll or even toy car would make them feel more comfortable to talk about topics that may be scary to them. It is also always fun to have specific days where you are asked to bring your own toy to school!

This is a great project for volunteers to understand young children's thoughts and behaviour. I personally find it rewarding to see children willingly and eagerly sharing their experiences with us and among their peers, as well as to see them more encouraged to learn about their health. Once, I had the opportunity to speak to a nervous child about her dental appointment. We chatted about her experience at the dentist and we tried to find the source of fear. It turned out that she was unsure which tools the dentist

was using throughout the visit. Such an opportunity has potentially helped her to ease her fear slightly.

There is plenty of fun during visits and the visits provide a good learning experience for all involved!

ps. University of Glasgow is not the only university with a TBH society; several universities around the UK have their own society too. All TBH societies try to meet up during the annual TBH National

Committee meetings. There is also a meeting on a massive scale at the University of Melbourne, Australia.

pps. We would really appreciate your support during bake sales or donations to keep us afloat!

Follow us on our progress and bake sales via

<http://tbhglasgow.weebly.com>
<https://www.facebook.com/tbhglasgow>
<https://twitter.com/tbhglasgow>



Yen You Lim holding a 'dental teddy' with a team of fellow volunteers from the School of Medicine, Dentistry & Nursing at a school visit

Class of '67 Reunion

by Charlie Devennie (Class of '67)

The Apollonian Society (BDS 1967) held their 50th reunion over the weekend 8 - 10th September. Of the original 32 who qualified 21 members of the year attended, including two from Canada, one from Sweden, one from Australia and one from America. The venue was the Radisson Blu hotel in Glasgow with an evening buffet on the Friday followed by a formal dinner on the Saturday night.

The highlight of the weekend, however, was a visit to the Dental Hospital and School facilitated by Will McLean and Jeremy Bagg. Those who attended were amazed by the advances in the teaching of today's dental students, particularly the 3D projector and the clinical techniques laboratory. It was, however, nice to still recognise parts of the old hospital such as the plaster room where we spent many happy hours.

All in all a very successful weekend.



All Change...well almost

Over the past few years we have seen the successes of the year co-ordination teams in continuing to support the delivery of what is a very demanding curriculum, not only in content, but also administratively. We have to thank all that have been involved.

It is with great pleasure that we welcome the new teams to the roles, who we are sure will continue in the tradition of supporting the excellence in delivery of teaching that has lead once again to our position at the top of the Times / Sunday Times Good University Guide for 2018.

Welcome to:

BDS1	Lead	- Chris Nile
	Deputies	- Ziad Al-Ani and Neil Nairn
	Year Secretary	- Liz Alexander
BDS2	Lead	- Robert McKerlie
	Deputy	- Andrew Forgie
	Year Secretary	- Claire Rodgers
BDS3	Lead	- Craig Mather
	Deputy	- Nick Beacher
	Year Secretary	- Moira McLaughlin
BDS4	Lead	- Kurt Naudi
	Deputy	- Colin Forbes
	Year Secretary	- Wendy Harvie
BDS5	Lead	- Alun Scott
	Deputy	- James Donn
	Year Secretary	- Marion Howat

Well done to our very own Iron Man!

We must say "Well Done!" to James Donn (Class of '00) for a couple of reasons.

Firstly, James has been recently appointed as a Senior Clinical Lecturer in Restorative Dentistry (Outreach Lead). Many of you will know James from his role teaching in Outreach at the Royal Alexandra Hospital, Paisley and on the In-house programme at the Dental School over the past nine years. Prior to this he had enjoyed a varied early career. Following graduation he completed Vocational Training in Coatbridge, then worked as an Associate with the same practice until 2005. James then moved to Queensland, Australia to take up roles in practice in the Queen Elizabeth 2 Hospital in south Brisbane. James returned to Scotland in 2007, to take up a post as a salaried dentist at Greater Glasgow Health Board. In 2008 he was appointed as a Senior Dental Officer, working in the then new Dental

Outreach programme established by the University of Glasgow. James completed an MSc (Dent Sci) in Primary Dental Care at University of Glasgow in 2010, specialising in endodontics. In his new role, he is the clinical academic lead for outreach teaching and has also agreed to act as BDS5 Deputy Course Co-ordinator. With his many years as an Outreach Tutor he is well placed to continue to build upon the ground breaking outreach teaching here at Glasgow. When asked about his new role James said "The dental outreach programme at Glasgow University is exceptional, and greatly eases the transition for undergraduates into dental vocational training. I am very much looking forward to the challenges and opportunities of the years ahead."

Now to explain the second cause for congratulations. James has just completed his second Ironman! In September 2017 he completed the

inaugural Ironman race in Cervia, Italy. It took him a very impressive 11 hours and 36 minutes to complete this triathlon: a 3.8 km swim, 180 km cycle and 42.2 km run. When asked about his adventure James said "I very much enjoyed the challenge, and was very fortunate to have my family with me on the day to lend support. Thankfully the weather was perfect all day, I didn't have any mechanical issues, and I ate enough Mars bars to get me to the finish line". I am sure we can forgive him this dietary indiscretion!

James' main aim was to raise money for charity (MS Scotland and Breast cancer care) and to date he has raised £3000 for these very good causes. If anyone would still like to donate please follow this link <https://www.justgiving.com/teams/jamesdonnironman>



James Donn (Class of '00) pedalling his way to an Iron Man finish

Dental Mirror

The Dental Mirror can also be found on the University of Glasgow Dental School website - www.glasgow.ac.uk/schools/dental so feel free to click on that and read our online Dental Mirror.

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