You really don't have to leave Europe!

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Fig. 1

Fig. 2

Fig. 3

Fig. 4

Fig. 1_Delegates register for the event.
Fig. 2_The audience shows approval!
Fig. 3_Dr David Bloom explained the principles of clinical photography.
Fig. 4_Dr Rahul Doshi looked at minimally invasive restoration.

_There was a time not so very long ago when dentists looking for advanced education, especially in the field of cosmetics, really had no choice but to travel to the USA.

Times have changed!

At the recent eighth Annual Conference of the British Academy of Cosmetic Dentistry (BACD), more than 30 excellent lecturers, nearly all from the UK and Europe, delivered a meeting that was described by the delegates as "the best one ever".

What is the secret of the success of a major seminar? *Balance*—balance between subjects and ideas and between approach and execution. *Variety*—most delegates were general practitioners; therefore, a conference concentrating on a single theme would not have been appropriate to everyone present.

The theme of the meeting was "Minimal intervention". How can we produce the best possible results while doing the least amount of damage? The days of aggressive crown and veneer preparation are over. This seminar highlighted the use of composite resin and minimal or no-preparation full or additional veneers.

And there was more! The meeting offered lectures and workshops on numerous subjects to help build better practices, as well as seminars on photography, practice management, marketing and team-building for clinicians and all dental team members.

Who was speaking? There were too many to list I therefore apologise to those not mentioned! Amongst the well-known clinicians who shared their experience and learning was Dr Mauro Fra-

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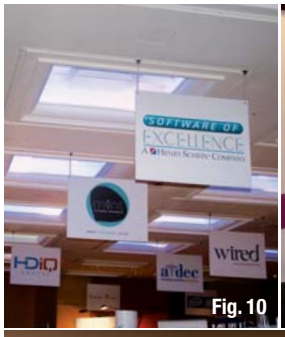

Fig. 10

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Fig. 12

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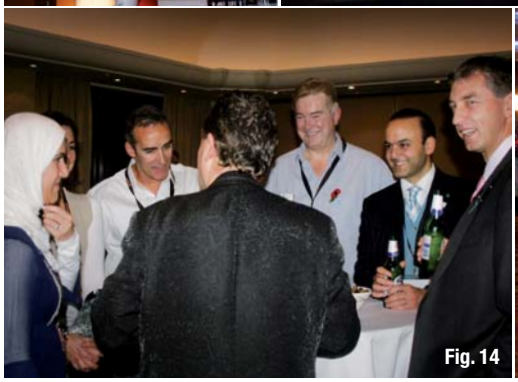
Fig. 14

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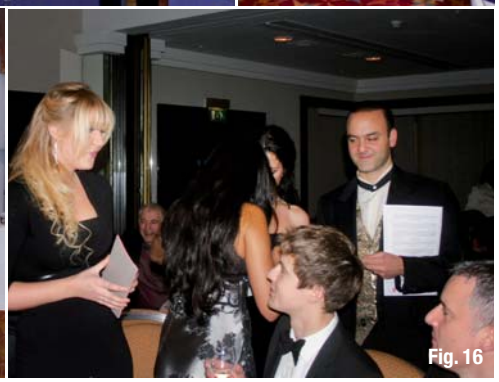
Fig. 16

deani, who lectured on the opening day of the three-day conference. This outstanding clinician explained in detail the choice and protocols demanded for the production of metal-free ceramic restorations.

Dr Sanjay Sethi, who is passionate about minimal intervention but requires the very best aesthetics for his patients, stressed that all dentistry must follow strict ethical guidelines.

Prof Trevor Burke expanded on the theme of "Do no harm" and encouraged practitioners to make the best possible use of remaining tooth structure as a framework for building reliable restorations.

For Dr Federico Ferraris adhesion is the key! Whether using direct or indirect procedures the avoidance of micro-leakage is paramount in producing excellent longevity.

Dr Joerd van der Meer spoke about digital impression, a technology that is improving rapidly and opening exciting possibilities.

In his lecture, Dr Jason Smithson explained that warm composite undergoes better monomer conversion, leading to stronger posterior composite fillings, and described his technique in detail.

Our dental trade partners supported the conference with an exhibition that featured more than 40 companies supplying a variety of products from further educational material to high-technology equipment.

Let's get back to balance—this time I am referring to the balance between work and play! Delegates enjoyed many treats during the meeting, including entertainment during the Opening Ceremony, a drinks reception featuring traditional Turkish dancing and a Gala Charity Dinner, during which a substantial sum was raised to support Bridge2Aid, a charity working amongst the underprivileged in Africa.

Balance is important. This year, there were few American accents. Next year, there will be more. It is valuable to consider trends and treatments from both sides of the Atlantic to be able to form a balanced view of the international future of dentistry and make decisions about where we want to place ourselves in this.

If you missed this meeting, you missed what delegates described as "The best BACD meeting ever!"

Make sure you come to the next one!_

Fig. 5_Dr Mauro Fradeani received excellent feedback from delegates following his superb presentation.
Fig. 6_Dr Sanjay Sethi (left) was welcomed by BACD President Dr Nik Sisodia.
Fig. 7_Dr Jason Smithson gave a masterful presentation on the use of posterior composite.
Fig. 8_Dr Lennart Jacobsen described cohesive treatment planning.
Fig. 9_Prof Trevor Burke stressed the importance of preserving natural tissue.
Figs. 10–13_The accompanying trade show highlighted products from a large number of companies.
Figs. 14–16_Impressions from the Opening Ceremony.

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