

## Meeting Reports

### The 13th British Orthodontic Conference, Torquay, 1998

The British Orthodontic Conference was held this year in the Riviera Centre at Torquay. It was a well attended and much enjoyed conference, despite the very blustery weather that the 'English Riviera' threw at the delegates! Dr Paul Cook and the organizing committee are to be congratulated on such an enjoyable and clinically-orientated programme.

The programme this year was divided into a conventional main conference and a new parallel series of seminars on specific areas of interest, in addition to the technicians programme and the dental nurses programme. The international key speakers were Professor Hans Panchertz, Dr Kitty Tulloch and the now almost legendary Professor Bill Proffit, along with a host of 'home grown' splendid speakers.

The first session of the conference was chaired by Dr Philip Ellisdon who introduced Professor Bill Proffit to a packed auditorium. Professor Proffit spoke on 'Open bite': An overview of a controversial subject'. He outlined clearly the aetiology, diagnosis, and treatment of these challenging cases with emphasis placed on achieving a stable result, and how treatment modalities employed depend crucially upon the age (and, hence, the growth stage) of the patient.

This was followed by Dr Mike Cassidy, who gave an update on restorative procedures, which was particularly useful for those of us who no longer pick up a turbine! His talk entitled 'Decorating the dentition after orthodontic arrangement' concentrated on decorative changes in the shape, number, and colour of teeth.

The final speaker of the session was Dr Kitty Tulloch. The title of her talk, 'Success and failure of Class II correction related to age and malocclusion severity' focused on a retrospective review carried out on sequential patients over a 10-year period, from the University of North Carolina. She addressed the question, how do orthodontists decide upon orthodontics with or without surgery in the treatment of Class II cases? Surprisingly, the results of the study indicate that age and severity of the malocclusion only correlate to the treatment chosen in less than half the cases! In conclusion, Dr Tulloch stated that it is possible to successfully treat patients over a wide age range, exhibiting a wide range of malocclusion severity. She urged vigilance when treating vertical growers and cautioned against treatment planning from cephalometric analyses alone.

This concluded the first day of the conference, although the bars remained full as delegates caught up with old friends and colleagues. Later that night, it seemed that every restaurant in Torquay was awash with orthodontists!

The second day was a departure from the normal conference regime. The main conference was split into two, in the main auditorium was a clinical session, and a parallel Materials Symposium was held in an adjoining room. The clinical session was chaired by Dr John K Williams and opened by Professor Hans Panchertz. His presentation was concerned with the 'Clinical use of the Herbst appliance'.



FIG. 1 Carmilla Culloch Bill Proffit and Hans Panchertz at BOC '98, Torquay.

The presentation began with a brief introduction on the design and construction of the appliance, followed by a discussion of its skeletal and dental effects, highlighting the considerable individual variation achieved.

Professor Bill Proffit then gave his second talk of the conference, 'Orthodontic camouflage vs orthognathic surgery in the treatment of the post adolescent Class II patient'. Professor Proffit defined orthodontic camouflage and described its limitations. He illustrated this with the basic rules of facial aesthetics (was there anyone in the audience who felt attractive after this?). He also discussed the use of video and computer predictions and their place in helping patients understand the aesthetic impact of both camouflage treatment and surgery.

The parallel Materials Symposium was chaired by Dr Declan Millett. It began with a 'Materials Update' by Dr David Tidy, which was beautifully illustrated not only by orthodontic slides, but those of his livestock and vintage tractors on his own smallholding! He stressed that delegates should think about any new materials before using them and urged us all to audit our work so that we would know how the material affected our practice. Nickel hypersensitivity was also covered in some detail, which proved most interesting.

The second speaker of the morning was Dr Ross Hobson, who was invited to speak about the research for which he was awarded the 1994 Houston Scholarship. His topic was 'Biodegradation of orthodontic composites'. This was a most illuminating presentation of a topic to which clinicians may have never given any previous consideration. The symposium was concluded by Dr C. Rye Mattick, who was invited to speak about the research for which she was awarded the 1997 Chapman Prize. She addressed the conundrum of 'Why posterior bonds fail' and spoke in detail about her own research, which was designed to inves-

tigate the quality and quantity of etch achieved under orthodontic brackets on different tooth types.

The main conference was united after coffee, for a session on Clinical Tips. This was a session which generated considerable interest from all clinicians, and there were many useful 'take home' points here. Six speakers each selected one area on which to disperse their words of wisdom.

Dr David Di Biase gave some extremely useful hints on 'The use of "piggy back" archwires with SWA'. He also demonstrated a very dextrous method of managing the piggy back wire during placement, which is often a most frustrating problem in the clinical setting! Dr Daryl Romer then explained how he achieved the best results with Twin block appliances. Following this, Dr Bob Nashed addressed 'Distal movement without headgear' and concentrated on his experience of the Jones Jig. The platform was then taken by Dr Chris Kettler who spoke about Tip Edge auxiliaries and challenged the delegates saying that the 'range of auxiliaries are only limited by your imagination'. The final clinical tip was presented by Dr David Penketh, who spoke about his own Penketh palatal pusher. (PPP) This is a simple device to aid the initial alignment of palatally positioned canines, using a soldered Z spring to a palatal arch.

The final speaker was Dr Howard Moseley, who was awarded the 1997 Forestadent Prize, an award for clinical excellence achieved in presented cases. Dr Moseley used two of the cases submitted to demonstrate the combined use of fixed and removable appliances to achieve a superb result, without extending treatment time. This was certainly an inspiring end to the morning.

The round table discussion lunches proved to be very popular with subjects ranging from 'Vertical dimension—the main culprit?' to 'The psychology of orthodontic treatment'. The informal atmosphere around each small table was most conducive to sharing the exploring clinical experiences.

After lunch there were once again parallel sessions. The Specialist Practitioners Group and the General Dental Services group met together to discuss 'Healthcare funding—the orthodontic perspective'. The scene was set by Dr Stephen Powell who spoke on international and national perspectives, illustrating a number of current methods of health care funding. This was followed by Dr

Tim Pollard who spoke about 'Orthodontics at the coal face'. Miss Naomi Delaney then explained how we could improve our own impact within the UK by targeted and intensive PR exercises. This may still feel very alien to many of us, but is certainly the inevitable way of the future. Finally, Dr Des Kavanagh spoke from personal experience on the situation of implementing a PR programme in Ireland.

Once again the University Teachers Group presentations attracted much interest. Professor Kevin O'Brien chaired the session and the papers were of an extremely high standard. The prize was awarded to Dr Adele Lees from Birmingham for her eloquent presentation 'Use of videotape for improving oral health during orthodontic treatment'.

The third day of the conference (Tuesday 29th September) was divided between the main conference and sessions running in parallel for the orthodontic nurses and orthodontic technicians. This year's main conference political session was that of 'Orthodontic auxiliaries' or 'Professions complementary to dentistry' (PCD). Positions were stated by members of the GDC, BDA, the salaried service and the specialist practitioners. Dr Margaret Seward, a well known face to us all, presented the General Dental Council's position on auxiliaries. Dr Gordon Watkins spoke on behalf of the British Dental Association and Dr Steve Jones gave his perspective on orthodontic auxiliaries representing the hospital and salaried services. The next opinion in the debate was presented by Dr Jeremy Knox, specialist practitioner. He posed the question, 'Do we want and need auxiliaries?' Finally, the topic was opened to the floor for an exciting discussion.

This year's Northcroft Memorial Lecture saw the return of Dr Kitty Tulloch, who was introduced by Dr Maurice Berman, President of the BOS. Dr Tulloch's subject was 'Early treatment for Class II malocclusions: a 10 year randomised trial'. It has become well accepted that a randomized controlled trial (RCT) is the most appropriate way to test and compare the efficacy of different treatment modalities and Dr Tulloch's presentation illustrated the considerable work that is required to plan and execute such a trial. An interesting finding was that neither the severity of the start malocclusion or the duration of treatment correlated with the final occlusal result. The Northcroft Memorial Lecture was followed by the investiture of Professor Barry Leighton, who received the title from the outgoing president, Dr Maurice Berman, after a resume of Professor Leighton's distinguished career.

The Nurses' Programme was held at the Grand Hotel and was attended by over 270 nurses from around the country, the session was chaired by Mrs Alex Moss. The programme consisted of presentations by Dr Olly Keith on 'Orthodontic auxiliaries'; Dr Jay Kindelan spoke on 'Orthodontic management of the anterior open bite' and Dr Jonathon Sandy discussed his research on 'The biology of tooth movement'. The winning presentation of the nurses 3M prize was Sandra Graham from Peterborough District Hospital who presented 'Orthodontic oral hygiene'. The final lecture of the day was given by Dr David Whittaker a forensic odontologist at the University of Wales Dental School, Cardiff. This rounded off a very interesting and informative day, and was well received by all those present.



FIG. 2 Participants in the Clinical Tips Session, BOC '98, Torquay.



FIG. 3 Trade—BOC '98, Torquay.

The technicians programme was well attended, and the delegates were rewarded by a varied, entertaining, and informative series of lectures. The session was chaired by Mr Chris Bridle who introduced the first speaker Dr Peter L'Estrange who spoke about 'The role of the dentist in the treatment of patients with snoring and sleep apnoea'. The theme continued with the second speaker, Mr Graham Hudson, who described a method of producing an appliance for the above patients, and spoke on 'An injection moulding technique for the production of sleep apnoea appliances'. Mr Hudson eloquently described his technique for producing such appliances, which are currently used to great effect at the Dental Institute in Leeds.

Professor Kevin O'Brien then continued the session with his amusing talk on 'Twin block vs Herbst for Class II corrections—who will be the winner?'. The final speaker before lunch was Joanna Vernon, a senior lecturer in microbiology at Manchester Metropolitan University. Her talk 'Micro organisms and materials: surface finish, cross-infection and cross-contamination' was very topical, given the current interest in cross infection control. This was a most interesting lecture, which provide food for thought without putting delegates off their lunch!

The main session of the afternoon was a Retention Symposium chaired by Dr Frank Haines and commenced with Dr Leslie Joffe presenting a historical overview of retention which served to highlight the changing attitudes towards retention. This was followed by Dr John Muir's presentation 'Upper retainers are forever' in which he discussed the types of retainer currently used, and the indications for each. Dr David Bearn's talk 'Retainers are forever' echoed many orthodontists' advice to their patients. The final speaker of the afternoon, Dr Brian Selwyn-Barnett, discussed the 'Role of approximal stripping in retention'. A panel discussion ended the session.

The parallel session, chaired by Mr Stephen Robinson, commenced with Dr Nigel Harradine's excellent presentation looking at 'Basics of treatment planning'. Dr Harradine stressed that treatment must not be planned around the cephalograph alone, and that our treatments must be designed around evidence based research.

The second speaker was Dr Charles Cole who illustrated his use of the 'Synchronous straight wire technique'. He compared the use of Begg and straight wire mechanics, and

the limitations of each before outlining his synchronous straight wire technique.

The final speaker was Dr Dai Roberts Harry, whose talk encompassed 'Orthodontic treatment without headgear'. After reviewing the possible risks of using headgear, he felt a major problem was still that of compliance and addressed the problem of how to gain space without headgear.

There was unprecedented demand for tickets for the Conference Reception and Banquet at the Grand Hotel this year and resulted in the need for an additional room. Ann Wright and the other members of the conference and meetings deserve great credit for the organisation of a very successful evening and coping with those without tickets! Thanks must also go to Mr George Hamlyn, the after-dinner speaker, and to OMG Entertainments Disco Show who kept the dance floor full.

The final day began with Dr David Lawton presenting three awards on behalf of the BOS. Dr Margaret Seward was awarded honorary membership of the BOS, which is given to those distinguished in the field of medicine or dentistry. Dr John K. Williams and Dr Elizabeth Horrocks received life membership in recognition of their outstanding contribution to the society. The 1998 Belle Maudseley lecture 'The relationship between obstructive sleep apnoea and dentistry' was given by Dr Amandeep Johal.

This was followed by the prize presentations. The Forestadent Travel Award was given to Dr Joyce Russell (Liverpool). The Chapman Prize to Dr Charles Daniels (Cardiff). The BOS research and audit prize to Dr Philip Banks (Burnley). The BOTLA prize (sponsored by Forestadent, J. J. Thompson and Orthocare) to Dr Anita Corry (Glasgow) and to her department, which was accepted by Dr Declan Millett. A commendation was also awarded to Dr John Kerrigan (Bristol). The Optident-Ormco and 'A' company award was presented to Dr Adrian O'Malley (Liverpool), with certificates of commendation to Dr Nicky Henderson (Eastman) and Dr Alison Ferris (Eastman). The Houston prize was awarded to Dr Joanna Battagel and Dr Amandeep Johal (Royal London and Guy's), with second prize to Dr Jay Kindelan (Leeds) and third prize to Dr Philip Benington (Glasgow). The Laurence Usiskin Elective prize was awarded to Dr Sarah Nackasha.

The final session of the conference was chaired by Dr Ian Hathorn and discussed Class II treatment. Professor Kevin O'Brien started the final session of the day by asking the perennial question 'What are we going to do about Goofy?' He gave an enthusiastic presentation of his ongoing randomized controlled clinical trial (RCT) into the efficacy of the Herbst and Twin block appliances. For evidence-based results, we will have to wait until the end of the trial!

This was followed appropriately by 'Efficiency of the Herbst appliance with special reference to treatment timing' by Dr Hans Pancherz. He advocated use of the Herbst appliance during peak or post-peak growth periods to favour occlusal stability and reduce retention time.

The final speaker at the conference was Dr Jonathan Sander, who spoke on his 'Twin Block experiences'. Dr Sandler provided some extremely useful tips on the use of the Twin Block and also demonstrated a simple yet effective method of advancing the appliance by prefabricated acrylic tablets to the buccal blocks.

The 1998 Torquay conference was closed by Dr Paul

Cook, the conference chairman, who invited everyone to the 1999 conference, which is to be held in Glasgow. The thirteenth conference was a great success and Dr Paul Cook certainly achieved his goal of providing a superb choice of presentations for every sector of the society.

DR C RYE MATTICK  
DR HELEN TIPPETT  
MISS JAN COOK  
MR ED PAYNE