

# MY WEEK

## ANDREW EDER



● My week starts with a long day in my Wimpole Street practice, which hosts the London Tooth Wear Centre. The centre was launched in response to growing numbers

of patients coming in with “worn out teeth” — a result of us living longer and so keeping our teeth for rather more years than our predecessors. Today we start recreating the smile and improving the chewing ability of one such patient, who has travelled from Sri Lanka for a month-long course of treatment. He had cared for a close relative for years, and the stress of it partly manifested itself as tooth-grinding, which resulted in worn down, broken and wobbly teeth. As part of my academic role, I meet colleagues from the British Dental Association and the UCL Eastman Dental Institute at lunch-time to review the annual career opportunities conference, which took place three weeks ago. Being heavily involved in my local Jewish community, I attend our monthly Stanmore and Canons Park United Synagogue’s board of management meeting in the evening.

● On Tuesday, I have another lunch-time meeting at UCL regarding the development of online education. Since January, and following 10 years as director of education at the Eastman, I am now associate vice-provost and director of continuing professional development and short-course development at UCL. I have responsibilities across all disciplines, so it’s new and very exciting. In the evening, one of our referring dentists comes to the practice to discuss a couple of challenging cases, both related to tooth wear.

● Wednesday is an academic day for me at UCL. In the morning, I meet a retired colleague who during my early career was one of my mentors. We brainstorm ideas for “recreational” courses that UCL can offer to maintain intellectual stimulation later in life. The rest of the day is occupied with a wide range of meetings relating to educational governance, e-learning, marketing plans and website development. The day ends with a shift in focus — on Wednesday nights, we regularly have a family shiur. This week is no different; we are currently studying *Pirkei Avot* (Ethics of the Fathers).

● Eating Disorders Awareness Week took place in February. More than one-and-a-half million people in the UK suffer from an eating disorder and many have significant dental problems due to the damaging effects of acids on the teeth. So, I sit down with my team on Thursday to consider how awareness week has heightened understanding of the problem and how we can pro-actively advise and support both patients and colleagues on the subject.

● Friday morning is spent teaching a group of newly qualified dentists about my clinical area of restorative dentistry, and offering my students careers advice. I am grateful for the professional standing that I enjoy, thanks in no small part to the many wonderful colleagues who taught and mentored me over the years. With this in mind, I like to give something back to younger dentists just starting out on their careers.

● So, that is my week — varied and hectic, but I wouldn’t have it any other way. Thank goodness for Shabbat and some quality family time at home. But first, it’s off to shul where I am one of the wardens — not always the most restful part of my week...

*Professor Andrew Eder is associate vice-provost at UCL*