



The Delegate Brochure

BDSA CONFERENCE LEEDS 2025





I SUPPORT GENDER EQUALITY

ATHENA SWAN CHARTER: ENCOURAGING & RECOGNISING COMMITMENT TO ADVANCING GENDER EQUALITY

Athena SWAN Charter Awards

University of Leeds, School of Dentistry - SILVER AWARD
University of Bristol, Bristol Dental School - SILVER AWARD
University of Sheffield, School of Clinical Dentistry - BRONZE AWARD
University of Aberdeen, Institute of Dentistry - BRONZE AWARD
Cardiff University, School of Dentistry - SILVER AWARD
Queen Mary University of London, Institute of Dentistry - SILVER AWARD
University of Portsmouth, School of Dental, Health and Care Professions - BRONZE AWARD
King's College London, Faculty of Dentistry, Oral & Craniofacial Sciences - SILVER AWARD

University of Birmingham, College of Medical and Dental Sciences - SILVER AWARD
University of Glasgow, School of Medicine, Dentistry and Nursing - SILVER AWARD
Newcastle University, School of Medicine - SILVER AWARD
University of Dundee, School of Medicine - BRONZE AWARD
University of Liverpool, School of Medicine - SILVER AWARD
University of Manchester, Faculty of Biology, Medicine and Health - SILVER AWARD
Queen's University Belfast, School of Medicine, Dentistry and Biomedical Sciences - GOLD AWARD
University of Plymouth, Peninsula Medical School - SILVER AWARD

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Co-Presidents' Welcome



Leena Soltan

King's College London, BDS4



Youssef El-Wahab

King's College London, BDS5

Dear Attendees,

It is with great excitement and honour that we welcome you to the city of Leeds for the annual British Dental Students' Association Conference 2025.

On behalf of the Association, we would like to thank Parsa Sabet and the entire Leeds Local Organising Committee for all of their relentless dedication and meticulous efforts to bring this incredible weekend to life. Our profound gratitude is extended to the Dean and staff members of Leeds Dental School, without whom this weekend could not have taken place. We would also like to thank all the speakers and collaborators who have helped make this event a reality.

Our Association is built upon the pillars of community, communication, collaboration, charity and certification. The annual conference encompasses all of these in one as we welcome students from all 16 dental schools across the UK to promote unity within our profession. It is truly an honour to announce our BDSA Chosen Charity 2024-2025, The Canmore Trust, to which 30% of the association profits will be donated.

We are also proud to present the highly beneficial BDSA Annual Research Summit. Through the hard work of Aman Aziz, Aoife Lordan and Hira Chaudhry, this summit provides an excellent opportunity for UK dental students to present their research to peers and professionals.

As you participate in a range of educational lectures, interactive workshops, and networking opportunities, we encourage you to embrace the experience and challenge yourself to step beyond your comfort zone. This weekend is made not only to expand your knowledge and skills but also to provide a platform for meeting new people and building lasting friendships and connections. For us, these events have played a key role in our dental school experience, and we hope they will be just as memorable for all of you.

Thank you for joining us in Leeds, we look forward to meeting many of you over the weekend.

Wishing you all an enjoyable weekend,

Leena Soltan & Youssef El-Wahab
BDSA Co-Presidents 2024-2025

Conference Organiser's Welcome



Parsa Sabet
University of Leeds, BDS4

Dear delegates,

It is my absolute pleasure to welcome each and every one of you to the Annual BDSA Conference, proudly hosted by the University of Leeds for 2025.

In less than four months, our outstanding committee have organised a weekend beyond the limits of your imagination, and elevated the standard for BDSA events to a whole new level.

Leading the development of this project, and bringing the ideas of our team to life has been one of the greatest honours of my dental school journey to date.

I owe huge thanks to all our speakers, sponsors, the BDSA committee and Dr Alan Mighell, Dean of the School of Dentistry at the University of Leeds, for supporting us in delivering an exceptional weekend of education and entertainment.

I hope you all enjoy the show, just as much as we enjoyed creating it!

A handwritten signature in dark green ink, appearing to read 'Parsa Sabet', located at the bottom of the page.

Meet the Conference Committee



Parsa Sabet
Chief Organiser



Karina Sodha
Deputy Organiser



Bashar Alturk
DentSoc President



Gaurav Midha
Secretary



Simran Sandhu
Treasurer



Arjan Barard
Sponsorship Lead



Jasmine Gurung
Sponsorship Rep



Tawhid Hussain
Sponsorship Rep



Farah Zubair
Marketing Lead



Hafsa Syed
Marketing Rep



Umayr Yaqub
Marketing Rep



Kirat Panesar
Ball Lead



Warishah Hussain
Ball Rep



Amber Sikham
Ball Rep



Mayur Patel
Administrator



Sahar Tariq
Administrator



Ana Abadian
Administrator



Himani Nakum
Events Rep



Aashna Khilosia
Events Rep



Stephanie Spiby
Welfare Lead



Sona John
Welfare Rep



Alex Wilkinson
Welfare Rep



Cameron Bradbury
Social Media Lead



Georgina Mar
Social Media Rep



Tahiyah Zaman
Social Media Rep

Meet the BDSA Committee



Leena Soltan
Co-President



Youssef El-Wahab
Co-President



Afra Rahim
Immediate Past President



Parsa Sabet
Conference Organiser



Zoravar Singh Thind
Sports Day Organiser



Dayyan Ali
Communications Co-Lead



Chloe Leung
General Secretary



Abigail Cheong
Treasurer



Emma Ross
Communications Officer



Aman Aziz
Sponsorship Officer



Hira Chaudry
Publicity Officer



Aoife Lordan
Research Officer



Silver Gerogiannis
University of Central Lancashire



Sunil Panchal
University of Central Lancashire



Yasmin England
Newcastle University



James Hare
Newcastle University



Sania Khokhar
University of Sheffield



Grace Gregory-Pike
University of Sheffield



Preet Bhamra
University of Birmingham



Pakeeza Umer
University of Birmingham



Orla O'Brien
University of Dundee



Harry Connor
University of Dundee



Nyah Patel
University of Glasgow



Flora Waters
University of Glasgow



Nicole Lee
University of Bristol



Fatima Alkadhimi
University of Bristol



Max McAllan
University of Aberdeen



Alkistis Kesidi
University of Aberdeen



Maria Lotus
Cardiff University



Dillan Punit Shah
Cardiff University



Bethany Norton
University of Liverpool



Isabel Lawson-Jackson
University of Liverpool



Maria Hussain
Queen's University Belfast



Lucy Mulholland
Queen's University Belfast



Madeleine Tomlin
University of Manchester



Jaspreet Sanghera
University of Manchester



Kush Ruparellia
Queen Mary University of London



Hilary Cecilia Leung
Queen Mary University of London



Jamie Leong
University of Plymouth



Hafsa Syed
University of Leeds

The Venues

T-SHIRT PARTY

The Warehouse

19-21 Somers St, LS1 2RG

CAR PARKING

CitiPark - Leeds Dock

Armouries Dr, LS10 1LE

CONFERENCE

GALA DINNER

Royal Armouries - New Dock Hall

Armouries Dr, LS10 1LT

TRADE FAYRE

Royal Armouries - Royal Armouries Hall

Armouries Dr, LS10 1LT



PLEASE ENSURE YOUR ID AND LANYARD IS READILY ON DISPLAY FOR SECURITY UPON ENTRY TO ALL VENUES

The Schedule

Saturday 8th February

- 08:00** Registration Opens
- 08:30** Registration Closes
- 08:40** Conference Day One Opens
- 16:00** Conference Day One Closes
- 19:00** Gala Dinner Opens
- 19:30** Gala Dinner Last Entry

Sunday 9th February

- 08:00** Trade Fayre Opens
- 10:00** Trade Fayre Closes
- 10:15** Conference Day Two Opens
- 17:00** Conference Day Two Closes
- 22:30** T-Shirt Party Opens
- 23:30** T-Shirt Party Closes

The Speaker Line-Up

DR REENA WADIA

Mastering the Perio Patient Journey:
From Initial Diagnostics to Optimal Long-Term Treatment Options

DR SIMON CHARD

Unlocking a More Fulfilling, Resilient and Productive Career in Dentistry:
Evidence-based Strategies for Personal and Professional Wellbeing

DR ELENA SHAHIR

From Leeds to Harley Street: My Journey to Specialising in Prosthodontics

MR RICHARD MOORE

Surgical Insights: Building Your Confidence in Oral Surgery

DR RHONA ESKANDER DR PAYMAN LANGROUDI

Dental Leaders LIVE: Empowerment, Mental Well-being and Personal Growth

DR ANNI SEABORNE

Introduction to Sports Dentistry: More Than Just Mouthguards

DR PAUL MIDHA

Journey to The Apprentice: My Pathway to Practice Ownership

DR DIPTI MEHTA

“It’s a Beautiful Day to Save Teeth!”: How to Achieve Predictability in Endodontics

DR GEORGE CHEETHAM DR SHIVAM KOTECHA

The Secrets to Success: An Exclusive, Deep Dive Interview with ‘George the Dentist’

MR TIM ZOLTIE

Dental Photography LIVE: An Introduction and On-Stage Demonstration

MR JOE LOVETT DR RAABIHA MAAN DR YEWANDE ODUWOLE

Fact or Fiction?: Join the conversation!

DR ASMAA AL-TAIE

Occlusion Matters: From Single Restorations, to Full Mouth Rehabilitations

DR HASSAN MAGHAIREH

A Gen Z’s Guide to Implants: Navigating Implant Dentistry in the Digital Age

DR JIGNESH PANCHAL

‘Super GDP’: The Story So Far

DR ZAINAB AL-MUKHTAR

Facial Aesthetics LIVE: An Introduction and On-Stage Demonstration

The T-Shirt Party

SMILE[®]
DENTAL ACADEMY



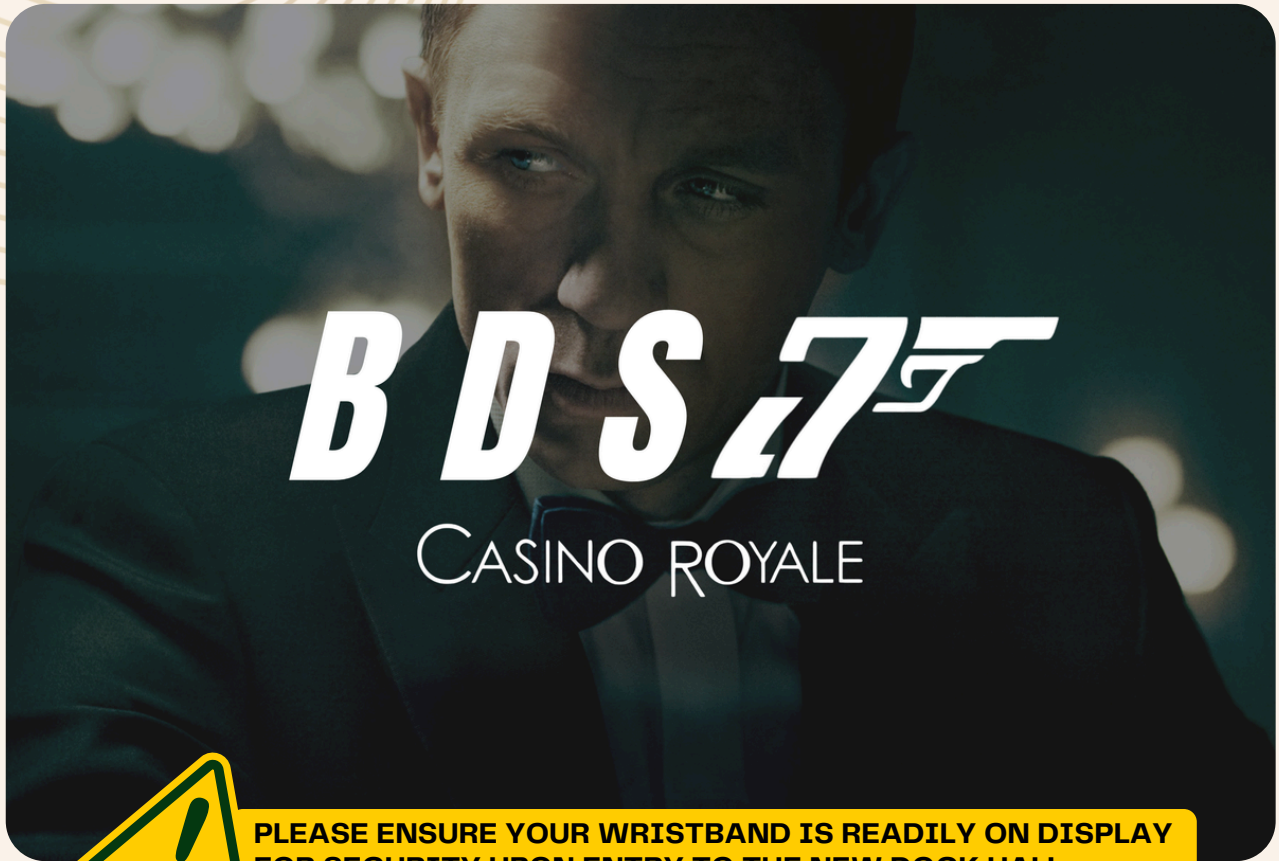
Take a photo with someone from every uni, collate them into a Reel, share on Instagram and tag **@bdsaleeds**

One entry chosen at random will win a **£250 Amazon voucher!**



PLEASE ENSURE YOUR ID AND T-SHIRT IS READILY ON DISPLAY FOR SECURITY UPON ENTRY TO THE WAREHOUSE

The Gala Dinner



PLEASE ENSURE YOUR WRISTBAND IS READILY ON DISPLAY
FOR SECURITY UPON ENTRY TO THE NEW DOCK HALL



The
Canmore
Trust

Buy your charity raffle tickets on
Society for **£5 per entry**
(Deadline 08/02 17:00)

There are **over £5000** worth of
prizes up for grabs, including an
iPad Air 11" 128GB 2024

100% of proceeds will go to BDSA
2024/25 chosen charity:
The Canmore Trust - Suicide
Prevention



The Trade Fayre



Complete your sticker chart for the chance to win
PureVu Voucher (£1000) or UKLoupes (£499)

You'll have until the end of the afternoon
break to hand it in at the Help Desk!



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- ✓ In-house CPD events
- ✓ Career development support
- ✓ Large clinical support network
- ✓ The latest equipment and technology



Access to Bupa Healthcare

- ✓ Subsidised health insurance with medical history disregarded
- ✓ Preferred rates to Bupa Menopause plan

Register your details for future
career opportunities



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Registered office: Bupa Dental Care, Vantage Office Park, Old Gloucester Road, Hambrook, Bristol, United Kingdom, BS16 1GW

Hear from our people



Brandy Mosedale, Dental Hygienist

"Bupa Dental Care has a fantastic reputation. When I joined, I realised that not only do they provide the best care for patients, but also for me as an associate and the employees who work here. There is a fantastic support team, and Bupa Dental Care hires great people. This is the best move I have made in my career."



Luca Nigrelli, Dentist

"Bupa Dental Care were very supportive of me as a young dentist starting out in a private practice. They were able to offer me the support I needed to grow and progress at a critical time in my career. It's a great environment to grow and learn, and there is a wealth of experienced clinicians who have been nothing but helpful when approached for advice."



Zara Doyle, Business Development Director

"At Bupa, we are always looking at our talent, and always try to improve possibilities for anyone who is committed, passionate and wants to go further. There are fantastic learning materials and internal and external courses, and the power of Bupa means we can also pave the way for a career outside of dental, yet still under the Bupa umbrella."

Our aim is simple: to deliver world-class care at a local level. We deliver quality dentistry at over 325 practices around the UK, offering both private and NHS services.

Always looking forward, our focus on the future means we continue to invest in our practices and the development of our teams. This ensures we can meet demand while remaining at the forefront of dentistry.

As part of this, we give you access to the latest digital technologies and innovations available within our sector, with you and your wellbeing at the heart of everything we do.

BAIRD

Implant Academy



We're proud to announce that BAIRD is the Platinum Sponsor of the BDSA in Leeds! As the leading Implant Academy in the UK, here's what we bring to the table:



Over 15 years of experience in training implant clinicians.



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Work®**

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FEB 2024-FEB 2025

UK

**"Since the start of
my career, both my
practice colleagues and
the company have been
incredibly supportive."**

**– Vijay Kakkar,
Associate Dentist**



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- ✓ Excellent onboarding programme and ongoing mentoring for early career dentists
- ✓ A world-class training academy for CPD and specialism development
- ✓ Personalised career plans
- ✓ Excellent pay and attractive working packages
- ✓ 80 busy practices in thriving communities across the UK
- ✓ Supportive, productive and collaborative practice teams
- ✓ A flexible approach to the NHS / Private mix
- ✓ Colosseum Dental is owned by a charity, The Jacobs Foundation
(funding academic research and development for children across the globe)



**Current
Opportunities
at Colosseum
Dental**

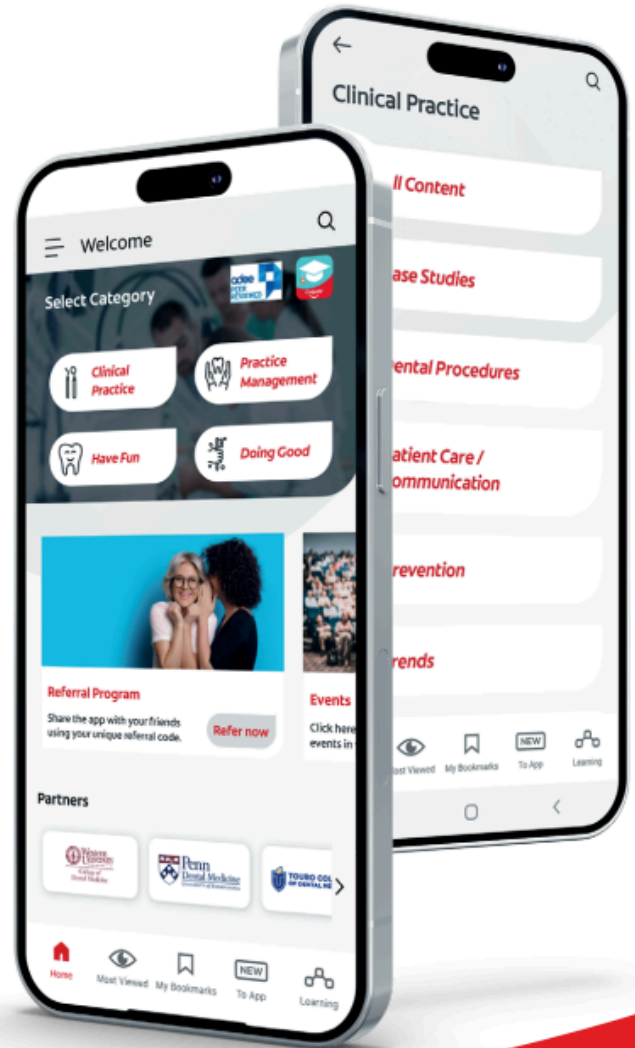
We're a clinically led organisation that places our people at the heart of everything we do. We're large enough to give you the career development, support and progression you want, but small enough to care for your own personal needs.

For impartial career advice, or to find out more about Colosseum Dental, get in touch with Lee Catlin on **07936 358 758**, email lee.catlin@colosseumdental.co.uk. Or visit the careers page on our website: colosseumdental.co.uk/careers



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WELCOME TO STRAUMANN



Straumann's legacy of excellence and innovation empowers us to transform the lives of our customers by delivering premium support and unparalleled educational opportunities.



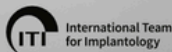
With decades of expertise, we provide end-to-end solutions tailored to every stage of their career journey, ensuring they thrive in an ever-evolving industry.



Our commitment to advancing knowledge and skills through comprehensive educational pathways equips professionals with the confidence and tools to achieve exceptional outcomes.



By combining cutting-edge technology, reliable solutions, and a dedication to fostering growth, Straumann not only drives success but also inspires a shared vision of improving patient care and shaping the future of dentistry.



SCAN HERE TO LEARN MORE

Empowering tomorrow's leaders with greater knowledge and better patient care opportunities

EMPOWERING TOMORROW'S LEADERS

Acteon believe in empowering the dental students of our industry! They are committed to offering educational workshops that ensure students have the best start and can unlock their potential early. Acteon help build the leaders of tomorrow.

REAL-EXPERIENCES WITH ACTEON

Acteon are passionate about supporting the next generation of dental professionals! From student discount to hands-on product demos, they ensure you have the tools and knowledge to excel in your studies and future practice. By being equipped with the most up to date technology and tools, you can focus on what matters most: learning and growing.

MENTORSHIP AND SUPPORT

Acteon's experienced team can guide you through every step of your journey. Whether it's advice on the latest dental products, hands-on training, or industry insights, they are committed to supporting your journey from the classroom to practice. Let Acteon help you build the foundation for a successful dental career!

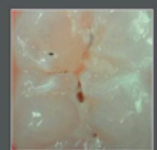


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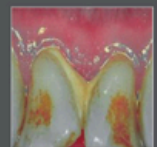
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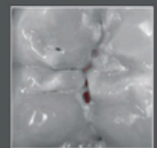
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Daylight view



Perio view



Caries view

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your workflows
through innovation



Join SAAD: Elevate Your Dental Career & Transform Patient Care

Dental Students – Do you want to stand out in your dental career?

The [Society for the Advancement of Anaesthesia in Dentistry \(SAAD\)](#) invites you to join a thriving network of professionals dedicated to excellence in [dental sedation & anxiety management](#) – A skill that will set you apart

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- [FREE Online teaching on dental sedation & anxiety management for final year exams](#)
- FREE Webinars delivered by leading experts, keeping you ahead in the field
- Priority access to the SAAD National Course, the gold standard in sedation training

Kickstart your dental career, network with experts, enhance your confidence & skills in dental sedation

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Unlock your potential in dental implant education with Megagen! As a leading provider in the UK, we partner with esteemed implant educators to enhance your skills and knowledge. Our collaborations include renowned institutions such as BAIRD Academy in Leeds, One to One Dental Education in London, ICE Hospital in Salford, Dental Iceberg in London, The Implant Diploma in London and others.

Whether you're starting your journey and are interested in a foundation or looking for Msc or Diploma, our supported comprehensive programs are designed to meet the needs of dental implant professionals. With expert instructors and hands-on training, you'll gain invaluable insights into the latest techniques and technologies in implant dentistry.

Join us at Megagen and elevate your career with the highest standard of dental implant education. Invest in your future and become a leader in dental implants. Email alga.zelda@megagen.co.uk today and take the first step towards transforming your career!



The **Association of Dental Implantology (ADI)** is the UK's leading independent network for implant dentistry, dedicated to supporting dental professionals at every stage of their career. We offer **free student membership**, providing access to expert education and resources to help you build a successful future in implant dentistry.

Our **NextGen network** is specifically designed for new professionals, offering tailored events, workshops, and opportunities to connect with peers and experienced clinicians.

Don't miss the **student programme** at the **2025 ADI Team Congress, 1st – 3rd May, Brighton**, featuring inspiring lectures and sessions focused on implantology. It's the perfect opportunity to expand your knowledge, develop essential skills, and explore the latest advancements in the field.

Visit our stand to find out more about our membership benefits, events, and how ADI can support your journey into implant dentistry. Develop, Network and Learn with ADI!



UKLoupes SurgiTel is a UK-based company committed to providing dental and surgical professionals with premium-quality magnification solutions. UKLoupes offers affordable loupes starting at £995, with up to 3x magnification, a guaranteed fit, lightweight design, hard case, and interest-free payment plans. SurgiTel specializes in superior, high-magnification ergonomic loupes designed for ultimate comfort and performance. Renowned for exceptional customer service, UKLoupes SurgiTel ensures every customer receives personalized support, from selection to post-purchase care. Whether you're looking for affordable precision or advanced ergonomic solutions, UKLoupes SurgiTel delivers excellence tailored to your needs.



Embark on your dental career with the support of the British Association of Private Dentistry (BAPD). As a student member, you'll receive regular updates, contribute to policy and research, and network with experienced private dentists. The BAPD champions young dentists, ensuring the next generation is equipped for success in private dentistry. As a student member for just £1 a year, you'll gain access to our Pathway to Private webinar series and more, as you lay the foundation for your future in dentistry.



Enlighten manufactures the only whitening system in the world to guarantee results, with a 98% success rate to B1 or whiter with no need to change diet. Get certified with free Enlighten Online training at EnlightenOnlineTraining.com

Enlighten also distributes Cosmedent's range of composite materials including Renamel Microfill, three times voted best overall dental product by Reality.

Mini Smile Makeover is an anterior composite hands-on course led by Dipesh Parmar covering all aspects of direct anterior dentistry. Course details at minismilemakeover.com



The family-run dental company VOCO located in Cuxhaven (Germany) is one of the leading manufacturers in the industry, both nationally and internationally. The product portfolio comprises more than 100 preparations, with a focus on preventive, restorative, prosthetic and digital dentistry. The products are manufactured at the headquarters and are therefore 100 percent "Made in Germany". 440 people are employed in the departments of research, production and administration in Germany. Another 400 employees are responsible for sales worldwide and take care of dentists and depots on site.

In addition to user-friendliness, the highest safety standards and product quality have top priority at VOCO: Since September 2021, VOCO has been one of the first German dental companies to be fully certified under the European Medical Device Regulation (MDR) in accordance with (EU) 2017/745. Meaning that medical products of class I and IIa manufactured at the Cuxhaven site are always produced and placed on the market in accordance with valid European guidelines.



Albert Waeschle has been supplying the Dentistry market with premium quality diagnostic equipment for over 50 years. By engaging with dental specialists we have been key contributors in developing products that improve patient care. Our brand OPTICLAR was created to signify premium quality and high performance whilst maintaining competitive prices. By developing technology enabling the communication of imagery via mobile phone, messaging or social media our versatile microscopes are challenging established brands.

Our unique insight gained from our extensive experience ensures features are incorporated to provide a superb user experience. With everyday pressures on time, resource and budgets Albert Waeschle has a solution for your needs. Our UK based technical sales, after sales, servicing and repairs enables fast response to any requirement or challenge faced by dental professionals.



Ortho-Care, established in 1982, has grown to be one of the UK's largest independent orthodontic suppliers. Since relocating in 2012 to our purpose-built headquarters next to Saltaire, a UNESCO World Heritage site by the Leeds/Liverpool canal, we've expanded our commitment to serving the orthodontic community.

With a team of over 40 professionals, we prioritise customer service and can fulfill next-day delivery on all in-stock items. Our extensive product lineup includes both UK-manufactured items and products sourced globally, all under the Ortho-Care brand. We also offer a wide range of oral hygiene products and, in 2024, launched our own Ortho-Care aligner and retainer cleaning tablets. Additionally, we are proud distributors for international brands such as Essix Dentsply, Hu Friedy, Task, HDC Spider Screw Implants, and TotalGard.

At Ortho-Care, we strive to provide more than just products – we aim to support all your orthodontic needs.



Royal Navy careers. A job in the Royal Navy means adventure, camaraderie, and lifelong prospects. Every day is different, whether you're policing oceans, delivering aid during disasters, or engaged in combat. Join us and be a key part of global operations. Ready for adventure?



Our programme is the UK's premier private FD like pathway designed to help you become a sought-after private dentist. We'll help you as an associate to increase your knowledge, experience and ability post-FD or DCT while enjoying reduced clinical hours and more satisfied patients.

We've assembled leaders in various fields of dentistry with our goal to mentor and equip you with a comprehensive understanding and superior knowledge, preparing you for a successful journey into the world of private dentistry to be amongst the top 1%.



We are a world-leading consumer health company with a clear purpose to deliver better everyday health with humanity. Our leading brands are built on science, innovation and human understanding and are trusted by millions of consumers globally. Haleon is positioned to play a vital role for people all around the world, in a sector that is growing and more relevant than ever.



By joining mydentist, your career can get off to a fantastic start. We are committed to providing exceptional dental and orthodontic treatment while delivering outstanding patient care. We invest in innovative technology and our practices. We offer career growth and earning opportunities for all – making us an excellent choice for those who are newly qualified or just starting out in their careers.

With over 530 modern practices across the UK, each supported by a friendly and experienced team, you will have access to the UK's largest clinical support network and the training you want to advance your career.

Whilst you're at dental school, if you'd like to gain invaluable on-the-job experience by observing experienced clinicians treating patients in surgery and understand how a modern dental practice operates along with exploring the wide range of dentistry you can practice at mydentist, get in touch with us and we can organise work experience for you early.careers@mydentist.co.uk



Waterpik™ waterflosser sets the gold standard in oral care with its PrecisionPulse™ technology, which combines water pressure and pulsations to clean deep between teeth and below the gumline. Clinically proven to be 50% more effective than traditional floss, Waterpik™ removes 99.9% of harmful plaque bacteria. Trusted by dentists worldwide and approved by the Oral Health Foundation, it's effortless, gentle, and ideal for braces or sensitive gums. Backed by 80+ studies and 60 years of innovation, its oral care made easy.

The Breath Co is a dentist-formulated mouthwash designed with purpose and honesty. Featuring a pH-balanced formula free from alcohol and artificial dyes, it's clinically shown to fight bad breath for 12 hours. Powered by oxygen, it works instantly to combat the bacteria that cause oral malodour. With intentionally selected, effective ingredients, The Breath Co offers a refreshing and reliable solution for oral health, redefining what a better mouth rinse should be.



Join our free student membership and get valuable support throughout your dental studies.

As a DDU member, you'll have access to event sponsorship opportunities, our student hub, [DDU journal](#), and a range of educational resources.

When it's time for your elective, you'll also receive free indemnity. And if you face criticism from patients during clinical training, you can turn to us for dento-legal advice and support.

Browse our latest articles for dental students and find out how the DDU can help you during your studies and throughout your career. If you're planning an event or looking for sponsorship, [submit a request](#) to your DDU student liaison manager. Studying [dentistry](#), [dental hygiene](#) or [therapy](#)? Student membership is free. [Graduate membership](#) starts from just £10. Apply before you graduate and get a free gift.

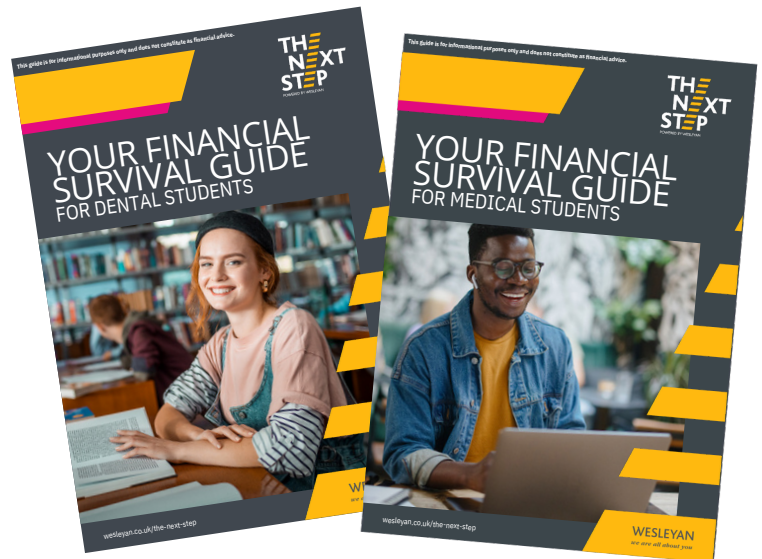
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