

## Lingual treatment

**Secrets behind smiles**

*Ugly Betty* is the modern heroine of lingual orthodontics, said orthodontic specialist Asif Chatoo, and the reason that many patients opt for lingual treatment. While *Ugly Betty* in the US television programme has the confidence to carry off labial braces, many patients could not or would not and opt for lingual braces instead. The founder of the London Lingual Orthodontic Clinic, the UK's first practice dedicated to the lingual technique, Asif Chatoo is an authority on the system.

In a presentation entitled *The secret behind the smile*, Asif Chatoo, took his audience at the British Dental Association conference in Liverpool through the history of lingual appliances.

Aesthetics was one of the drivers behind lingual braces and Hollywood orthodontist Craven Kurz who treated several Playboy Bunnies, was one of two people credited with pioneering the system. The other was Prof Kinya Fujita who simultaneously invented lingual braces in Japan for martial arts combatants who wanted to avoid the risk of mucosal lacerations from labial appliances.

When first introduced, the system was poorly understood and developed and not enough research was carried out beforehand, he said. It has taken another 30 years for the lingual technique to become more widely accepted.

He said lingual is the only real aesthetic alternative to fixed labial braces because

it provides full 3D control of tooth movement. While there are other options for mild cases they do not offer the kind of control which is essential for more complex cases.

Courses of treatment with lingual appliances took longer in the past than labial appliances but this is no longer true and the only real difference is that speech may still be affected at the outset of treatment.

He presented some of the impressive cases he has treated, including dentitions requiring an interdisciplinary approach. He described how much he enjoys working with colleagues and how he supports and interacts with referring dentists who want their patients' teeth moved prior to treatment. He is also passionate on the subject of retention and in addition to fitting retainers at the end of treatment he makes a set of Essix retainers in case the fixed version breaks.

More information from [www.londonlingualbraces.com](http://www.londonlingualbraces.com) ■



● Asif Chatoo.

## Rainbow Trust

**Charity Golf Day**

Paula Day, a partner in Scope Dental Professional Relations, is to tackle the 2,200 km Karma Enduro Rally challenge in India in November 2010 to raise funds for The Rainbow Trust children's charity and Adventure Ashram.

The Rainbow Trust is a UK charity providing practical and emotional support to families who have a child with life threatening or terminal illness. It supports over 1,000 families in the UK each year. The UK based Adventure Ashram charity provides medical and educational care and assistance to remote village communities in Southern India and supports the development of programmes for long term and self-fulfilling change.

As part of the fund raising programme, a Charity Golf Day has been arranged to which teams from the dental profession

and dental industry are invited. A Fourball Betterball Stableford team event is being held on Monday, October 4, 2010 at Bramshaw Golf Club in the New Forest. All handicaps are welcome. Entry is £220 per team (£55 per person) to include coffee and bacon roll on arrival and curry meal after the game.

For information see [www.palenduro2010.com](http://www.palenduro2010.com) and click on the golf event link.



● 18th green and club house.

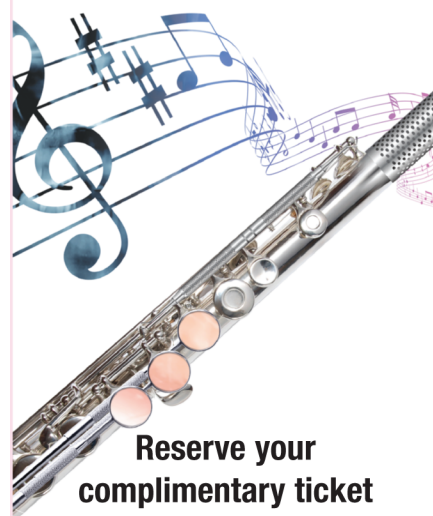
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A £10 on-the-day registration fee will be charged to visitors who do not register for tickets in advance. Advance registration closes 1 October 2010.

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