



Sir Winston Churchill painted under the alias Charles Morin

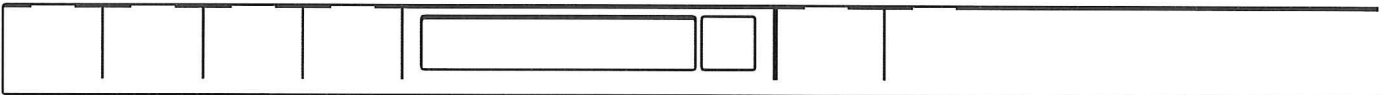
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Striking a healthy balance - Michael Sultan

Posted by [Erica Kilburn](#) on Sunday, 19 July 2015 in [Product Updates](#)

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When we offer endodontic treatment to patients it helps if they are, at least, a don't want them to be scared, but it is important for them to be concerned about condition of their teeth and, secondly, about the proposed treatment.

Similarly, in cosmetic dentistry, we need our patients to be a little bit vain, because if they weren't, treatment in the first place. Of course, in both of these cases, there has to be a balance. It would be in clinicians, to have an utterly terrified patient, or one that is so dysmorphic that their expectations have

What we are looking for, therefore, is a sense of equilibrium. Not too much, but just enough. My family *même dans la modération être modérée* - or, 'even in moderation be moderate.' I remember this idea who has not long ago turned 92. She always (somewhat ironically) insisted that she did not want to live wanted to live healthily. She made grand pronouncements in the kitchen about what we should and she that she was probably right about a lot of things. She understood how to live in moderation and she knew healthy eating and healthy living and that's why she has just had a cookbook published.

Of course, food is an important consideration when we're thinking about health. I recently read an article that by 2020 more liver transplants will be due to over-eating rather than alcoholism.[1] Indeed, by then at least a third of people in the UK will also be obese. As we all know, obesity can lead to any number of complications, including heart disease and diabetes.[2]

We are fortunate in our profession to be able to help with these concerns - we are all aware of the link between periodontal disease with both heart disease and diabetes and, as a result, we can be at the very forefront of treatments. And as we do so, we are in the perfect position to be able to help promote a moderate life that extends lives healthily.

We can apply this idea to all aspects of our lives - not just in health care and dietary considerations - a longer, happier and healthier life. It can help us be better clinicians and, in turn, make us better patients.

For further information please call EndoCare on 020 7224 0999

Or visit www.endocare.co.uk

Dr Michael Sultan BDS MSc DFO FICD is a Specialist in Endodontics and the Clinical Director of EndoCare. Michael qualified at Bristol University in 1986. He worked as a general dentist for 10 years before completing his specialist studies at Guy's hospital, London. He completed his MSc in Endodontics in 1993 and worked as an in-house Endodontist in various practices before setting up in his own specialist register in Endodontics in 1999 and has lectured extensively to postgraduate dental groups as well as lecturing on Endodontic courses at Eastman CPD, University of London dental groups and has been chairman of the Alpha Omega dental fraternity. In 2008 he became clinical director of EndoCare, a group of specialist practices.

[1] The Guardian News: *Liver transplants linked to over-eating not alcohol*. Published online: 3/5/15; link: [http://www.theguardian.com/society/2015/may/03/most-liver-transplants-linked-to-over-eating-not-](http://www.theguardian.com/society/2015/may/03/most-liver-transplants-linked-to-over-eating-not-alcohol)

[2] Eckel, R. Obesity and Heart Disease: A Statement for Healthcare Professionals From the Nutrition Council, 1997; link: <http://circ.ahajournals.org/content/96/9/3248.full> [accessed 15/5/15]

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Following an extensive and successful career within dental, medical and healthcare publishing, Erica