# Eastern Counties Branch Conference 2027

# Programme

**8:30** Registration

**9:00** Welcome address by Branch President **Marylene Cotta** and report by Branch Secretary **Nick Stolls**

**9:15** Lecture: Recreating nature through composite artistry - **Ahmed Hussain**

**10:45** Key note speaker Eddie Crouch, Chair, BDA Board

**11:00** Tea Break

**11:30** Hands on workshop: Recreating nature through composite artistry - **Ahmed Hussain**

**13:00** Lunch

**14:00** Hands on workshop: Recreating nature through composite artistry - **Ahmed Hussain**

**15:30** Tea break

**16:00** Lecture: TMD, Bruxism and 'Occlusal disease' - The Triple Threat **- Jaz Gulati**

**17:30** Thank you and Close

## Recreating nature through composite artistry - Composite Hands on **with Ahmed Hussain**

### Aim

By the end of the lecture, delegates will have the knowledge and understanding of tooth morphology, successful bonding techniques and predictable anterior restorations in general dental practice.

### Learning objectives

- Understand the importance of natural tooth form and morphology
- Understand when to layer vs single shade restorations
- Explore the use of different anterior matrices
- Discover a Step-by-step guide to class IV restorations
- Discuss how to restore worn down teeth using the Dahl principle.

### GDC development outcome C

## Biography

Ahmed is a restorative and aesthetic dentist, educator and international speaker with a passion for minimally invasive dentistry. A graduate of Bart's and The London, he holds an MSc in Restorative Dentistry with Distinction from the Eastman Dental Institute and is a Fellow of the College of General Dentistry. He is also a lecturer at the Royal College of Surgeons of England. He is co-author of *Masterclass in Anterior Composites* and founder of the Composite Artistry Masterclass, where he teaches clinicians the art and science of contemporary composite dentistry. Ahmed has lectured at universities and conferences across the UK, with a focus on delivering predictable, natural and ethical aesthetic dentistry.

## TMD, Bruxism and 'Occlusal disease' - The Triple Threat **with Jaz Gulati**

## Aim

To improve GDPs' understanding of the relationship between temporomandibular disorders (TMD), bruxism and occlusal/restorative risk, enabling clinicians to recognise relevant clinical signs, assess risk and make more informed restorative treatment decisions.

## Learning objectives

- Recognise common signs and symptoms of TMD and differentiate these from findings that may be present without requiring active treatment
- Identify clinical patterns associated with sleep and awake bruxism, including their potential implications for the dentition and restorative dentistry
- Recognise signs of occlusal instability and excessive loading, including patterns of tooth wear, fracture, mobility and restorative failure
- Explain the relationship—and important distinctions—between TMD, bruxism and occlusal factors, avoiding assumptions of simple cause-and-effect relationships
- Perform a practical risk assessment incorporating the patient, joints, muscles, dentition, occlusion and parafunctional behaviours before undertaking restorative treatment.

## GDC development Outcome: C

## Biography

Jaz is a self-confessed Occlusion Geek with a passion for bruxism, tooth wear and temporo-mandibular disorders. He is the host of the Protrusive Dental Podcast, a global Top 1% Podcast in any genre, where he loves to explore clinical dentistry through conversations with experts from around the world. Jaz also created Protrusive Guidance, a CPD resource and community for some of the nicest and geekiest Dentists in the world.