

# victorian dentist

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VICTORIA

# eviDent Adventurers Reach The Peak For Vital Research

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Rain, hail, thunder, lightning, wind, snow, river crossings, leeches, snakes, dodgy knees and a chest infection...the eviDent Australian Alpine Walking Track Challenge was gruelling, but incredibly rewarding!



On 28 October, seven eviDent Charity Challenge Trekkers stepped out of the warm bus at Loch car park at Mt Hotham, wondering what they had gotten themselves into, as they shivered and scrambled to put on hats, gloves and jackets. Five of the seven were about to walk 87km of the Australian Alpine Walking Track in 4 days, whilst the remaining two would pick up three others and continue on to walk a total of 230km in 10 days – that’s the equivalent of walking up and down Eureka Tower 34 times for the

four day trekkers, while the 10 day trekkers did it the equivalent of 92 times!

Their inspiring efforts have so far raised over \$40,000 to help fund vital research through eviDent’s Dental Practice Based Research Network.

eviDent aims to improve the oral and dental health of Australians through clinical research and we have a range of exciting research projects underway. The money raised by our eviDent trekkers supports eviDent’s important research. One current project involves the assessment of a simple test that can diagnose early oral cancer, the 8th most common cancer in the world which kills 50% of those who acquire it.

Other areas of research include preventive dental interventions for children with heart disease, an innovative approach for identifying type 2 diabetes in the dental clinic and children most vulnerable to dental disease. It was an incredible trek; a wonderful group of trekkers, motivated to survive the rigours of considerable distance to raise money for such a worthy cause.

We could not have asked for a better bunch of trekkers doing their utmost to raise vital funds for the eviDent Foundation. Try to imagine dodgy knees, infected toes, chest infections, blisters, the rapid approach towards hypothermia on a day of constant rain, plague-proportion of leeches (possibly a slight exaggeration) that had to be burnt or flicked off when full, snakes, numerous unexpected river and creek crossings, an unfathomable number of trees across the track that had to be climbed over or under and one too many freeze-dried meals for dinner. It was a great testament to good humour, gutsy determination and a belief that Dr Sternson was right when he insisted that it was ‘just 50 metres...’ despite



the incline looking impossible toward the end of very long days.



Those whom we met along the way were so inspired by the efforts of our trekkers, knowing the enormity of the challenge first hand, and even more impressed that it was all for charity!

On completing the trek, the sense of accomplishment was paramount. The eviDent Foundation Alpine Walking Track Charity Challenge was tough and a significant challenge for everyone. With your support, our trekkers have achieved great heights!

Thank you to those who cheered them on and helped to raise vital funds for the eviDent Foundation. It's not too late, you can still show your support by donating to the team at: <https://personalchallenge.gofundraise.com.au/page/teameviDent>



## International Award For Melbourne-Based Children's Dental Program

The eviDent Foundation has continued to support the work of the pilot Children's Dental Program completed in 2013.

Early results show that an outreach school-based dental check-up program could improve access to dental services for children with public dental services. Following an economic evaluation completed in 2015, the project outcomes have demonstrated that the outreach program was less costly and more clinically effective than standard care.

The research was presented at the recent International Association for Dental Research General Session and Exhibition held in Seoul, South Korea, and was awarded one of six Colgate Research in Prevention Travel Awards.

To date, the Children's Dental Program expanded research project has progressed to the implementation phase after ethics approval obtained this year. It was successful in obtaining the Wrigley Company Foundation and the Australian Dental Association Foundation Community Service Grant of \$US10,000.

Plenty Valley Community Health is the lead community dental agency, and has recruited one primary school and two pre-schools in the northern metropolitan Melbourne. Another project site will be implemented at Peninsula Health in early 2017.

Private dental practices will also be invited to

participate in this project as part of a prospective cohort economic evaluation to assess the effectiveness of the Child Dental Benefits Schedule. Interested private dental practices working in the City of Whittlesea or the Frankston and Mornington Peninsula Regions can contact me as the Research Collaborator for additional information on participation at [tan.nguyen@dexcl.net.au](mailto:tan.nguyen@dexcl.net.au)

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