

Oral Surgery Club of Great Britain

Old Trafford meeting

14th November 2025

The Autumn meeting of the Club was held in Old Trafford, Manchester, under the Presidency of Geoff Chiu. Local speakers gave an interesting series of presentations during the all-day Scientific Meeting. A trial of holding the AGM at the start of the day began this year. The AGM was well attended and a break for refreshments preceded the start of the scientific meeting.

The first presentation was on **fitness and nutrition** by Funmi Oluwajana a fitness instructor, body builder, competitor and...Consultant in Restorative Dentistry. She highlighted the stresses of the life of a surgeon which can lead to musculoskeletal problems, Type 2 diabetes and coronary artery disease. Left unaddressed, these can increase the levels of morbidity in the latter part of the surgeon's lifespan. Healthy longevity is promoted by aerobic exercise, maintaining muscle strength and maintaining balance and coordination. In addition, good quality nutrition and hydration; promoting quality and quantity of sleep; and being aware of emotional health, especially maintaining social connections, all play key roles.

The next presentation was by Professor Chris Brookes, after a long career as a Club and National team medical officer he was appointed Chairman of Wigan Warriors Rugby League team in 2023 and talked about **leadership in professional sport**. The main thrust of his presentation was his long-term role in researching brain trauma and concussion in sport and his leading role in implementing safer protocols within sport. He demonstrated the dose related link between contact in sport, particularly to the head and neck, and brain injury. The initial challenges were associated in changing the macho culture in sport and increasing awareness in players, coaches, commentators and fans. Research and convincing evidence played a key role here. This eased the introduction of enhanced cognitive testing and standardised assessment of concussion. Video review and scrutiny of graduated return to play after concussion together with rule changes have all helped mitigate the effects of contact in sport.

After lunch and a guided tour of the Old Trafford Pavilion, members returned refreshed for a **guide to training a commercial pilot** by Captain Thomas Moezer. Initial training focuses on the acquisition of the general skills required. First is gaining a Private Pilots License, studying theory and undergoing flight training. Next is gaining a Commercial Pilots License and Instrument Rating with more extensive theory and flight time requirements. Next is multi-engine training and a multi-crew course – procedure training in a flight simulator. Airline training, specific to the type of aircraft to be flown, follows. Next up is procedure training; both normal procedures, which make up 98% of commercial flying, and non-normal procedures such as dealing with weather conditions and de-icing. This all occurs in simulators. Now comes base training, flying a

real aircraft, practising take-offs and landings... without passengers. Assuming that you are still with the program there follows line training, 86 commercial flights with a training captain. Having gained command of your own aircraft, you embark on recurrent training to maintain your skills. These are a mainly simulator training and checks, every six months. Overall safety management systems are run by all airlines and include flight data monitoring, significant event reporting and investigation and adjustment of training as required. All of this has resulted in the average airline passenger having a 1 in 85 million chance of dying in a plane crash.

Next, Bhavin Visavadia, Consultant Oral and Maxillofacial Surgeon, introduced us to **coaching and changing culture** in the surgical world. Now, Bhavin is a hardworking, ambitious, well-respected surgeon and leader who did his best with this 'latest new thing' project to be produced by the surgical colleges. The problem is that talking to a set of slides that had been compiled by someone else is rarely successful. Coaching by seniors, mentoring guided by mentees needs, DEI, burnout, ESSWL... I've been through the slides several times, but they are the usual aspirational guff without a structural theme typical of all these new project presentations. 27 slides, 212 bullet points. Say no more.

Understanding the wellbeing of victims of crime was the topic addressed by Mr Ian Critchley, retired Deputy Chief Constable Merseyside Police and National Police Chiefs Council (NPCC) Lead for Child Protection and Abuse Investigation. This is a serious topic, and the underlying theme was that breaking down silo working and promoting multi-disciplinary team working may be starting to improve the wellbeing of victims, although their experience of contact with the police varies. However, talking to 29 slides produced by the NPCC with the busiest slide containing 195 words and 13 acronyms is a big ask. Come on guys, keep it simple. At least there was a discernible theme running through this presentation.

Mr Zahir Baber, a retired Consultant Plastic Surgeon, discussed **carving out a surgeon**, an account of his engagement with art; drawing, painting, sculpting, ceramics, textiles and digital works – especially since retiring. This was a warm and interesting presentation, scattered with witty slides to reinforce points about the life affirming role that various means of artistic expression can make to our lives, if we let them. Is he a great artist? No. But if you browse his website; www.babar-art.com you get drawn into his engaging world where his pride and pleasure at producing art is evident.

Finally, our President Geoff Chiu, introduced his plans for the spring meeting in Budapest, the home of Semmelweis whose portrait adorns the Presidents badge of office. It should be good.

After this varied day, members gathered for pre-dinner drinks prior to the formal dinner in the 1864 Suite of the Old Trafford Cricket Club.

Jon Hayter
Honorary Secretary