

Eve Bessent

CJ Littlejohns Health Prize winner 2024



My name is Eve Bessent, I am currently coming to the end of year 12 studying A-level Chemistry, Biology and Psychology. I made my A-level choices based on my ambition to become a Dentist. I am often asked why I have chosen this path, particularly at a time when the sector is experiencing so much bad publicity around DIY dentistry, access to appointments and long NHS waiting times, but these challenges only serve to feed my ambition and desire to help people and become part of the next generation of dentists to support reform and bring dentists back into people's communities. There is a sense of satisfaction to be had from being part of the solution to such a critical problem.

Our mouths and teeth are fascinating, it's a gateway into the body and can be used for a multitude of functional actions but they are also critical for our social health and well-being, they can display our emotions and give us confidence as well as provide insight into the health of the rest of our body allowing more serious diseases to be caught and treated early.

My interest in dentistry has been fuelled through my work experience with local dentists, observing the range of treatments and surgeries they provide and how they resolve complex problems through understanding, care and compassion combined with medical knowledge, manual skill and patience. I'm also a member of the Dental Mentor Programme, the UK's largest dental community where I can speak to dentists, dental students and other students like me excited to embark on their dental pathway.

While appreciating the content may be shocking or surprising, hopefully, my essay will inspire readers to improve their oral health and take more preventative steps in their dental routines.