

CURRICULUM VITAE

Simon J Littlewood

BDS FDS(Orth)RCPS MOrthRCS MDSc FDSRCS

Summary

Simon J Littlewood is a Consultant Orthodontist from the UK and Specialty Lead in his hospital department at Bradford Hospitals. He is Honorary Secretary of the British Orthodontic Society, Chair of Membership Examination for Royal College of Surgeons of England, Co-Course Director of the Yorkshire Orthodontic Therapy Course, best-selling author and well-known lecturer. He has a specialist interest in orthodontic retention, randomised controlled clinical trials and evidence-based dentistry. He has a reputation as a highly sought-after speaker who has the ability to translate high-quality research into clinical relevant information, while entertaining the audience.

Personal Details

Surname: Littlewood
First Names: Simon John
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Present Consultant Appointment (since June 2001)

Orthodontic Department
St Luke's Hospital
Little Horton Lane
Bradford, BD5 ONA
UK
Tel: 00441274 365646

Honorary Senior Clinical Lecturer
Orthodontic Department
Leeds Dental Institute
Clarendon Way
Leeds, LS2 9LU
UK

Professional Qualifications

2006 Fellowship in Dental Surgery *ad eudnem*
(Royal College of Surgeons of England)
2000 Intercollegiate Specialty Fellowship in Orthodontics
1998 Membership in Orthodontics
(Royal College of Surgeons of Edinburgh)
1998 Master of Dental Science
(University of Leeds)
1995 Fellowship in Dental Surgery
(Royal College of Physicians and Surgeons of Glasgow)
1991 Bachelor of Dental Surgery
(University of Newcastle of Tyne)

Positions of Responsibility

- Honorary Secretary of British Orthodontic Society (2022 – ongoing)
- Clinical Lead, St Luke's Hospital, Bradford (2010 – ongoing)
- Chair of MFDS Exam, Membership of Faculty of Dental Surgery, Royal College of Surgeons of England (2019-ongoing)
- Course Director of The Yorkshire Orthodontic Therapy Course (2007- ongoing)
- Chair of Examiners ISFE (intercollegiate specialty fellowship exam) in Orthodontics (2018 – 2021)
- Elected Board Member, Faculty of Dental Surgery, Royal College of Surgeons (2014-2020)
- Jan Taylor Visiting Lecturership, Australia (2019)
- Visiting Professor University of Malaya, Malaysia (2017)
- National Director of Professional Development, British Orthodontic Society (2013-15)
- Visiting Professor University of Sydney, Australia (2015)
- Exhibition Chairman, 8th International Orthodontic Congress, London 2011-2015
- Chairman of British Orthodontic Conference, 2013 and 2014
- Training Programme Director for Leeds University Orthodontic Postgraduate Programme 2006-2013
- Academic lead in orthodontics for Leeds University 2010-11
- Visiting teacher at University of Cork, Ireland, and University of Bristol, UK

Examiner Experience

- Chair of Membership of Faculty of Dental Surgery Exam (2019-ongoing)
- Chair of Examiners Intercollegiate Fellowship Exam in Orthodontics (2018 – 2021)
- External examiner Manchester University Orthodontic postgraduate course (2020-ongoing)
- External examiner Dublin Orthodontic Therapy Course (2019 – ongoing)
- ISFE (post-specialist consultant exam) Examiner Royal College of Surgeons (2013 – ongoing)
- Internal Examiner for Doctorate and Masters Exams, University of Leeds (ongoing)
- External Examiner Orthodontic Therapy Course, Dublin (2019-21)
- External Examiner for Doctorate Exams, University of Sydney, Australia 2015
- Previous Intercollegiate MOrth Examiner, Royal College of Surgeons (2007-2013)
- External Examiner for BDS Undergraduate Exams, University of Glasgow (2003-5)

Professional Prizes & Awards

- British Orthodontic Society Special Service Award (2016)
- Co-Author Best Research Poster 8th International Orthodontic Conference (2015)
- Co-Author European Federation of Orthodontics Best Clinical Paper Award (2012)
- Co-Author Journal of Orthodontics Paper of the Year (2012)
- Finalist in the DDU Dental Teacher of the year competition (2009)
- Co-Author Journal of Orthodontic Paper of the Year (2008)
- Awarded honorary Fellowship from Royal College of Surgeons of England (2006)
- BOTLA prize for best research protocol nationally (1996)
- Award for the most outstanding performance in the Fellowship in Dental Surgery (1995)

Academic Interests

Co-Author of best-selling textbook

I co-authored the best-selling textbook “An Introduction to Orthodontics” 5th Edition with Laura Mitchell.

Cochrane Collaboration Oral Health Group

I lead the team that has published a systematic review of orthodontic retention, and have acted as a referee for new reviews.

Co-founded UK’s first orthodontic therapy course

With Trevor Hodge I set up the UK’s first orthodontic therapy course in 2007, a course that has become a trailblazer both in the UK and internationally. In 2019 I chaired the national committee producing Guidelines for Supervising Orthodontic Therapists,

Contributing Author to Interactive Orthodontic Postgraduate Website

I wrote a module on the VLE national postgraduate website

Journal Referee

I act as a referee for the Angle Orthodontist, European Journal of Orthodontics, Cochrane Collaboration, the International Journal of Paediatric Dentistry, the Journal of Clinical Periodontology, the European Journal of Paediatric Dentistry, Progress in Orthodontics, British Dental Journal and the clinical section of the Journal of Orthodontics.

Previous Sub-Editor of the Journal of Orthodontics

I was responsible for editing the Cutting-Edge Section of the Journal of Orthodontics.

Research Interests

My research interests are randomised controlled clinical trials and systematic reviews.

I am currently part of a multi-centre national randomised controlled clinical trials co-ordinated from Manchester University on Bone Anchored Maxillary Protraction and Timing of Functional Appliance Treatment and Different types of Bonded Retainers

I also supervise postgraduate research MSc and DDS projects at Leeds University and University of Malaya. Also supervise undergraduate research projects and previously sat on the Research Board for our specialty at Leeds Dental Institute.

Lecturing Experience

I lecture regularly locally, regionally, nationally and internationally. I lecture on the topics of retention and stability, early Class III treatment, functional appliances, evidence-based orthodontics, aesthetics, orthognathic surgery, orthodontic therapists, training & teaching, and examining. On average I give over 40 lectures a year. Some recent highlights of lectures at major meetings include:

- Invited speaker, Portuguese Dental Association Congress, 2021
- Keynote speaker, Saudi Orthodontic Society, 2021
- Invited speaker, British Orthodontic Conference, 2021
- Keynote Lecture, Egyptian Orthodontic Society 2020
- Invited speaker, Consultant Orthodontist Group, Bristol 2020
- Invited speaker, Royal College Joint Orthodontic-Paediatric Day, London 2020
- Invited speaker, American Association of Orthodontics 2019
- Keynote Lecturer, Australian Orthodontic Society 2019
- Keynote speaker, Swiss Orthodontics Bern Section, 2018
- Invited speaker, British Orthodontic Conference 2018
- Invited speaker, Dental Society of Finland 2018
- Invited speaker, American Association of Orthodontics 2018
- Keynote speaker, University of Malaya, 2017
- Invited speaker, Czech Orthodontic Society, 2017
- Keynote speaker, Norwegian Orthodontic Society, 2017
- Invited speaker, British Orthodontic Society 2017
- Invited speaker, American Association of Orthodontics 2017
- Invited speaker, Singapore Orthodontic Conference, 2017
- Invited speaker Asian-Pacific Orthodontic Congress, Bali 2016
- Invited speaker, Turkish Orthodontic Congress, 2016
- Keynote speaker Danish Orthodontic Society, Copenhagen, 2016
- Keynote speaker University of Leuven, Belgium, 2016
- Keynote speaker as Keith Godfrey Visiting Professor, Uni of Sydney Alumni, Australia, 2015
- Invited speaker 8th International Orthodontic Congress, London 2015
- Invited speaker American Association of Orthodontics 2015
- Invited speaker Finnish Orthodontic Society, 2014
- Invited speaker American Association of Orthodontics 2014
- Keynote speaker Irish Orthodontic Conference 2013
- Invited speaker Biennial Symposium of Surgical Orthodontics, Netherlands 2013
- Keynote speaker at British Orthodontic Society Orthodontic Practitioner Group 2011
- Keynote speaker at Flemish Dental Society, Bruges, 2011
- Invited speaker at European Paediatric Society, Harrogate, 2010
- Invited speaker at 7th International Orthodontic Congress, Sydney 2010
- Invited speaker at British Orthodontic Society national conference 2008
- Keynote speaker Swedish Orthodontic Society national conference 2007
- Invited speaker at British Orthodontic Society Spring meeting 2006
- Invited speaker at British Orthodontic Society Orthodontic Specialist Group 2005
- Keynote speaker at British Orthodontic Society Orthodontic Practitioner Group 2005

- Invited speaker British Orthodontic Conference 2004
- Keynote speaker Jordanian Orthodontic Conference 2004
- Keynote speaker Northern Ireland Orthodontic Conference 2003
- Invited speaker British Orthodontic Spring conference 2003

List of Publications

Lead author for 5th Edition of best-selling orthodontic textbook “An Introduction to Orthodontics” by **SJ Littlewood & L Mitchell** (Published by Oxford University Press, published March 2019)

- Kucera J, Marek I, **Littlewood SJ** (2021). The effect of different bonded retainer wires on tooth mobility immediately after orthodontic treatment. *European Journal of Orthodontics*, 2021, 1–9 doi:10.1093/ejo/cjab038
- Fleming PS, **Littlewood SJ** (2021). Orthodontic retention: a final frontier? *British Dental Journal* 230 (11): 685
- Kucera J, **Littlewood SJ**, Marek I (2021). Fixed retention: pitfalls and complications. *British Dental Journal* 230 (11): 703-716
- Kirschen R, **Littlewood SJ**, Blazewska-Amin A, Fleming PS (2021). Bonded orthodontic retention: a practical guide. *British Dental Journal* 230 (11): 709-716
- Dogramaci EJ, **Littlewood SJ** (2021). Removable orthodontic retainers: practical considerations. *British Dental Journal* 230 (11): 723-730
- **Littlewood SJ**, Dalci O, Dolce C, Holliday LS, Naraghi S (2021). Orthodontic retention: what’s on the horizon? *British Dental Journal* 230 (11): 760-764
- Al-Moghrabi D, **Littlewood SJ**, Fleming PS (2021). Orthodontic retention protocols: an evidence-based overview. *British Dental Journal* 230 (11): 770-776
- Sandler C, Tumadher Al-Musfir T, Barry S, Duggal MS, Kindelan S, Kindelan J, **Littlewood SJ**, Nazzal H (2021). Guidelines for the orthodontic management of the traumatised tooth. *Journal of Orthodontics* 48 (1), 74-81.
- **Littlewood SJ** (2020). Clear plastic appliances as retainers (chapter in textbook). In: Orthodontic Aligner Treatment: A review of materials, clinical management, and evidence. Publishers Thieme, Stuttgart, Germany.
- **Littlewood SJ**, Rozenzweig S (2020). La contention : un véritable défi Entretien avec Simon J. Littlewood. *L'Orthodontie Française* 91(3):173-178. doi:10.1684/orthodfr.2020.18
- **Littlewood SJ**, Marsden P, Harvey C, Landau A and Voerman K (2020). The new MFDS examination: making an inspired choice. *Faculty Dental Journal*; 11 (3): 1-4. DOI: 10.1308/rcsfdj.2020.1
- Shargill I, **Littlewood SJ** (2020). An usual presentation of dental transposition caused by digit-sucking. *Ortho Update*; 13:20-24
- **Littlewood SJ** & Mitchell L (2019). An Introduction to Orthodontics (5th Edition) Published by Oxford University Press. <https://global.oup.com/academic/product/an-introduction-to-orthodontics-9780198808664>
- Sandler C, Barry S, **Littlewood SJ** et al (2019) Orthodontic management of traumatised teeth: a national survey of UK orthodontists. *Dental Traumatology* doi: 10.1111/edt.12476
- Ainsworth S, Roberts-Harry D, **Littlewood SJ**, Hodge T (2018). How orthodontic therapists have changed the provision of orthodontic treatment. *Dental update*; 48: 947-951
- **Littlewood SJ**, Millett DT, Bearn DR, Doubleday B, Worthington HV (2018) Retention procedures for stabilizing tooth position after treatment with orthodontic braces (Systematic Review 43 – page 176-77 in textbook) Evidence-based orthodontics Second Edition (edited by Huang, Richmond & Vig) Published by Wiley-Blackwell.
- **Littlewood SJ** (2018) BOS response to article on ‘Hold that smile’ campaign. *British Dental Journal*; 224: 925-6.
- Ainsworth S, Roberts-Harry D, **Littlewood SJ**, Hodge T (2018). How orthodontic therapists have changed the provision of orthodontic treatment. *Dental update*; 48: 947-951
- **Littlewood SJ** (2017) Hold that smile: Orthodontic Retention for Patients. Educational Video for Patients. <https://www.bos.org.uk/Public-Patients/Orthodontic-Retention-for-Patients>
- Forde K, Storey M, **Littlewood SJ**, Scott P, Luther F, Kang J (2017). Bonded versus vacuum-formed retainers: a randomized controlled trial. Part 1: stability, retainer survival, and patient satisfaction outcomes after 12 months. *European Journal of Orthodontics*, cjsx058, <https://doi.org/10.1093/ejo/cjsx058>
- Storey M, Forde K, **Littlewood SJ**, Scott P, Luther F, Kang J (2017). Bonded versus vacuum-formed retainers: a randomized controlled trial. Part 2: Periodontal health outcomes after 12 months. *European Journal of Orthodontics*, *European Journal of Orthodontics*, cjsx059, <https://doi.org/10.1093/ejo/cjsx059>
- **Littlewood SJ** (2017). Orthodontic retention – finding the answer? <http://kevinobrienorthoblog.com/orthodontic-retention/>
- **Littlewood SJ** (2017). Responsibilities and retention. *APOS Trends Orthod* 2017;7:211-4.
- **Littlewood SJ** (2017). Class III malocclusion (chapter in textbook). *Orthodontic Management of the Developing Occlusion: An evidence-based guide* (chapter 10). Springer International Publishing 2017.
- **Littlewood SJ**, Kandasamy S, Huang G. (2017). Retention and relapse in clinical practice. *Australian Dental Journal* 2017; 62:(1 Suppl): 51–57
- **Littlewood SJ** (2017). Evidence-based retention – where are we now? *Seminars in Orthodontics*; 23: 229-236
- **Littlewood SJ** (2016). Containir la correction des béances squelettiques. Comment améliorer la stabilité de nos résultats? (Retaining corrected skeletal open bites. How can we increase the stability of our results?). *Orthod Fr* 2016; 87:457–465
- Mandall N, Cousley R, DiBiase A, Dyer F, **Littlewood SJ**, Mattick CR, Nute SJ, Doherty B, Stivaros N, McDowall R, Shargill I & Worthington HV (2016). Early class III protraction facemask treatment reduces the need for orthognathic surgery: a multi-centre, two-arm parallel randomized, controlled trial. *Journal of Orthodontics*, 43:3, 164-175
- Saed SM, **Littlewood SJ**, Hodge TM (2016). Orthodontic Therapy is a wonderful career. *BDJ Team* 2016 www.nature.com/BDJTeam
- **Littlewood SJ**, Millett DT, Doubleday B, Bearn DR, Worthington HV (2016). Retention procedures for stabilising tooth position after treatment with orthodontic braces. *Cochrane Database of Systematic Reviews* 2016, Issue 1. Art. No.: CD002283. DOI: 10.1002/14651858.CD002283.pub4.
- O'Dwyer L, **Littlewood SJ**, Rahman S, Spencer RJ, Barber SK, Russell JS (2015).

A multi-center randomized controlled trial to compare a self-ligating bracket with a conventional bracket in a UK population: Part 1: treatment efficiency.

The Angle Orthodontist 04/2015; DOI:10.2319/112414837.1

- Rahman S, Spencer RJ, **Littlewood SJ**, O'Dwyer L, Barber SK, Russell JS (2015)
A multicenter randomized controlled trial to compare a self-ligating bracket with a conventional bracket in a UK population: Part 2: Pain perception.
The Angle Orthodontist 03/2015; DOI:10.2319/112414-838.1
- Johnston CD, **Littlewood SJ** (2015). Retention in orthodontics. *British Dental Journal*; 218: 119-122.
- Nazzal H, Dhaliwal HK, **Littlewood SJ**, Spencer RS, Day PF (2014). Interdisciplinary management of severe intrusion injuries in permanent incisors: a case series. *British Dental Journal*. 11/2014; 217(9):517-23
- Nandhra SS, **Littlewood SJ**, Houghton N, Luther F, Prabhu, J, Munyombwe T, Wood SR (2014) Do we need primer for orthodontic bonding: A randomized controlled trial. *European Journal of Orthodontics* 1-9 doi:10.1093/ejo/cju024
- Raja TA, **Littlewood SJ**, Munyombwe M, and Bubb NL (2014) Wear resistance of four types of vacuum-formed retainer materials: A laboratory study. *The Angle Orthodontist*; 84: 656-664
- **Littlewood SJ (2013)**
Orthodontic Assessment (chapter in textbook)
Introduction to Orthodontics 4th Edition (chapter 5). Publisher: Oxford University Press.
- **Littlewood SJ (2013)**
Treatment Planning (chapter in textbook)
Introduction to Orthodontics 4th Edition (chapter 7). Publisher: Oxford University Press.
- **Littlewood SJ (2013)**
Retention (chapter in textbook)
Introduction to Orthodontics 4th Edition (chapter 16). Publisher: Oxford University Press.
- **Littlewood SJ (2013)**
Functional Appliances (chapter in textbook)
Introduction to Orthodontics 4th Edition (chapter 19). Publisher: Oxford University Press.
- **Littlewood SJ (2013)**
Adult orthodontics (chapter in textbook)
Introduction to Orthodontics 4th Edition (chapter 20). Publisher: Oxford University Press.
- **Littlewood SJ (2013)**
Orthodontics and Orthognathic Surgery (chapter in textbook)
Introduction to Orthodontics 4th Edition (chapter 21). Publisher: Oxford University Press.
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- Mandall N, Cousley R, Dibiasi A, Dyer F, **Littlewood SJ**, Mattick R, Nute S, Doherty B, Stivaros N, McDowell R, Shargill I, Worthington H (2012)
Is early Class III protraction facemask treatment effective? A multicentre, randomized, controlled trial: 3 year follow-up
Journal of Orthodontics, **39**, 176-185
- **Littlewood SJ (2012)**
Opening doors
DH & T April 2012, Page 48-9
- **Littlewood SJ (2012)**
Stability and Retention (chapter in textbook)
Orthodontic: Principles and Practice (edited by Dalgit Gill, Publisher Wiley-Blackwell)
- Abudiak H, Shelton A, Spencer RJ, Burns L, **Littlewood SJ** (2011). A complication with orthodontic fixed retainers: A case report *Ortho Update*; 4(4): 112-117.
- **Littlewood SJ**, Millett DT, Bearn DR, Doubleday B, Worthington HV (2011)
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Evidence-based orthodontics (edited by Huang et al, Publisher Wiley-Blackwell)
- Mandall N, Cousley R, Dibiasi A, Dyer F, **Littlewood SJ**, Mattick R, Nute S, Doherty B, Stivaros N, McDowell R, Shargill I, Worthington H (2010)
Is early Class III protraction facemask treatment effective? A multicentre, randomized, controlled trial: 15-month follow-up
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- **Littlewood SJ**, JS Russell, RJ Spencer (2009)
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Orthodontic Update, **2**, 43-49
- Amos MJ, Day P, **Littlewood SJ** (2009)
Autotransplantation of Teeth: An Overview
Dental Update, **36**, 102-113
- O'Brien KD, Wright J, Conboy F, Appelbe P, Davies L, Connolly I, Mitchell L, **Littlewood SJ** et al (2009)
Early treatment for Class II Division 1 malocclusion with the Twin-block appliance: A multi-center, randomized, controlled trial
American Journal of Orthodontics and Dentofacial Orthopedics, 135, 573-579
- O'Brien KD, Wright J, Conboy J, Appelbe P, Bearn D, Caldwell S, Harrison J, Hussain J, Lewis D, **Littlewood SJ** et al (2009)

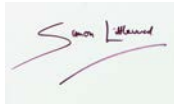
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American Journal of Orthodontics and Dentofacial Orthopedics, **135**, 709-714

- O'Brien KD, Macfarlane T, Wright J, Conboy J, Appelbe P, Birnie D, Chadwick S, Connolly I, Hammond M, Harradine N, Lewis D, **Littlewood SJ** et al (2009)
Early treatment for Class II Division 1 malocclusion with the Twin-block appliance: a multi-center, randomized, controlled trial
American Journal of Orthodontics and Dentofacial Orthopedics, **135**, 580-585
- Russell JS, **Littlewood SJ**, Blance A, Mitchell L (2008)
The efficacy of a plasma arc light in orthodontic bonding: a randomized controlled clinical trial
Journal of Orthodontics, **35**, 202-209
- **Littlewood SJ** (2007)
Treatment Planning (chapter in textbook)
- Introduction to Orthodontics 3rd Edition (chapter 7). Publisher: Oxford University Press.
- **Littlewood SJ** (2007)
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- **Littlewood SJ**, Millett DT, Doubleday B, Bearn DR, Worthington HV (2006)
Orthodontic Retention: A Systematic Review
Journal of Orthodontics, **33**, 205-212
- **Littlewood SJ**, Millett DT, Doubleday B, Bearn DR, Worthington HV (2006).
Retention procedures for stabilising tooth position after treatment with orthodontic braces (Review).
The Cochrane Database of Systematic Reviews 2006, Issue 1. Art No.: CD002283.pub3.
DOI:10.1002/14651858.CD002283.pub3.
- Brennan J and **Littlewood SJ** (2006)
Twin block reactivation – a simple chairside approach
Journal of Orthodontics, **33**, 3-6.
- **Littlewood, S.J.**, Tait, A.J., Mandall, N.A. and Lewis, D.H. (2001)
The Role of Removable Appliances in Contemporary Orthodontics
British Dental Journal, **191**, 304-310.
- **Littlewood S.J.**, Mitchell L., Greenwood, D.C. (2001)
A randomised controlled trial to investigate brackets bonded with a hydrophilic primer
Journal of Orthodontics, **28**, 301-305.
- **Littlewood, S.J.**, Mitchell, L., Greenwood, D.C. *et al.* (2000)
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British Journal of Orthodontics, **27**, 181-186.
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British Journal of Orthodontics, **26**, 1-4 (suppl).
- **Littlewood, S.J.** and Mitchell, L. (1998)
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International Journal of Paediatric Dentistry, **8**, 47-50.
- Edwards, M, Ashwood, R, **Littlewood, SJ**, Brocklebank, L and Fung, DE (1998)
A videofluoroscopic comparison of straw and cup drinking: the potential influence on dental erosion
British Dental Journal, **185**, 244-249.
- **Littlewood, S.J.** and Redhead, A. (1998)
Use of jigs to standardise orthodontic bond testing
Journal of Dentistry, **26**, 539-545.

Simon Littlewood has also written and appeared in educational videos about interviewing, work-based assessments and retention.

This curriculum vitae is true and correct as at 2 Nov 2021.

Signature:

A small rectangular image showing a handwritten signature in black ink on a light green background. The signature appears to be 'Simon J Littlewood' written in a cursive style.

Date: 2 Nov 2021

Simon J Littlewood