

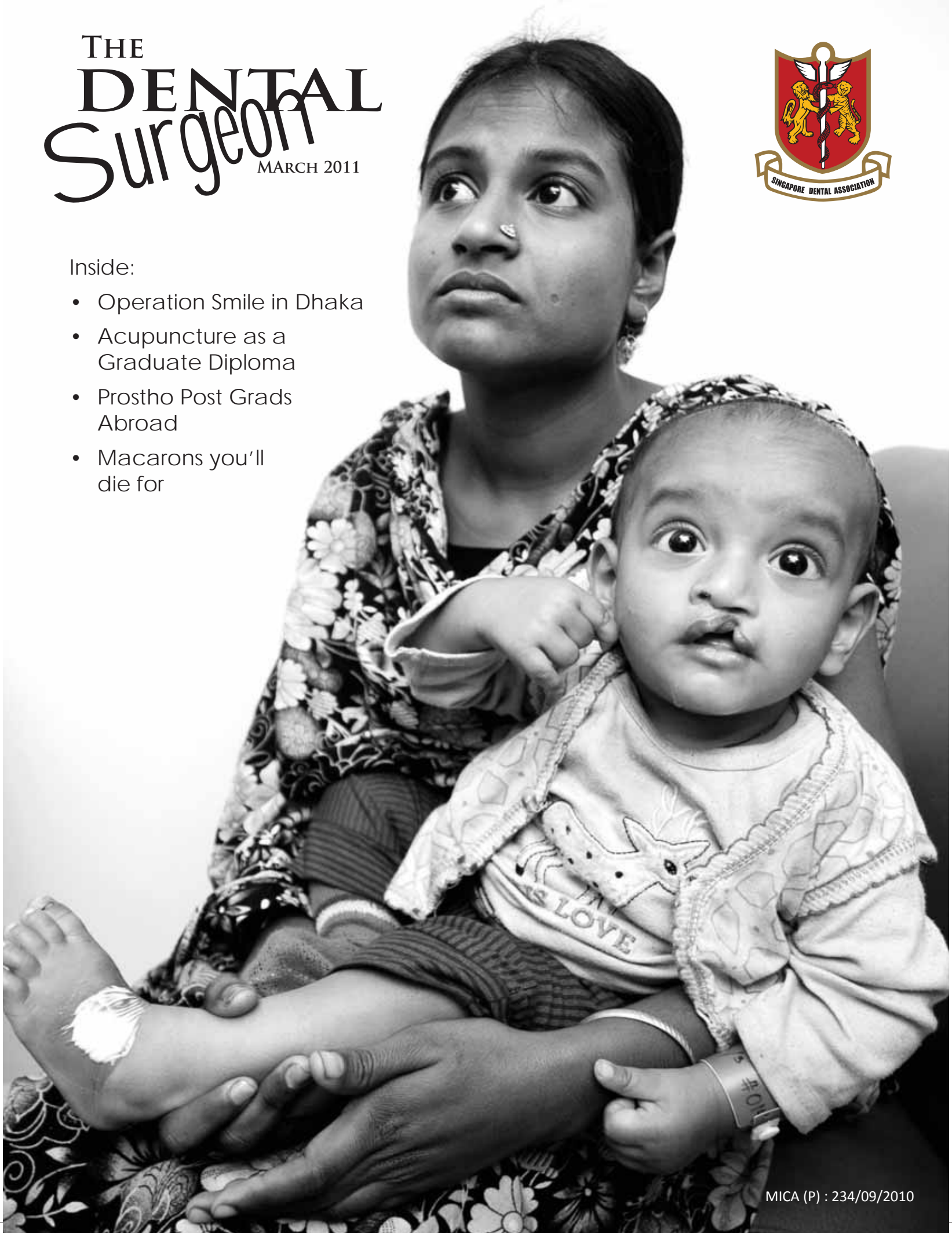
THE DENTAL Surgeon

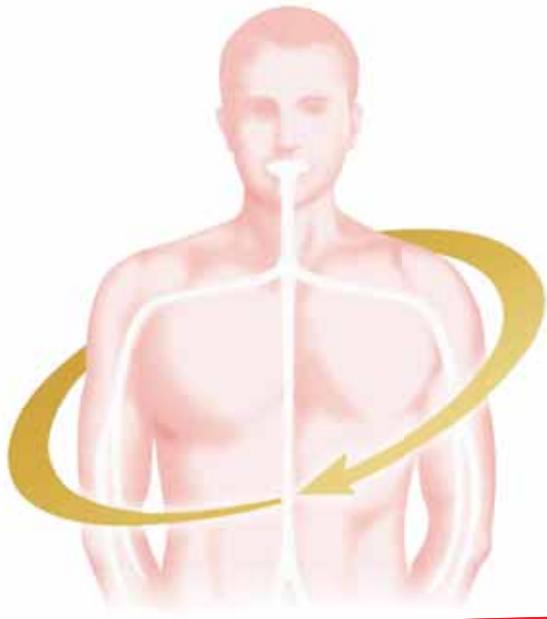
MARCH 2011



Inside:

- Operation Smile in Dhaka
- Acupuncture as a Graduate Diploma
- Prosthodontic Post Grads Abroad
- Macarons you'll die for





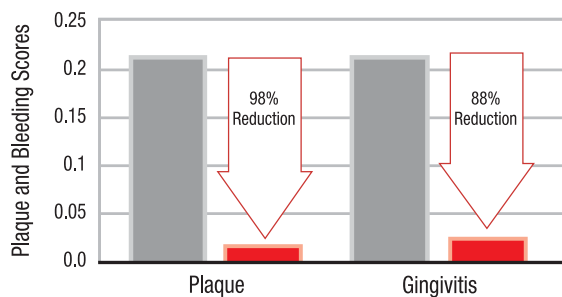
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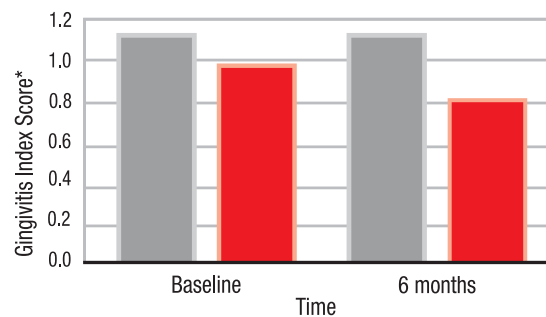
Colgate Total® contains a Triclosan + Copolymer formula that helps fight gingival inflammation in two ways:^{1,2,4}

- 1.** Kills plaque bacteria for a full 12 hours² to help reduce plaque by up to 98% and gingivitis by up to 88%.³
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Reduction compared with control



Reduction of gingival inflammation at sites without visible plaque



*At sites with Plaque Index Score = 0



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**12-Hour Protection that Helps Prevent Gingival Inflammation.
Better Oral Health as Part of Better Overall Health.**

1. Panagakos F, et al. *J Clin Dent.* 2005; 16 (Suppl): S1-S20. 2. Amornchat C, et al. *Mahidol Dent J.* 2004; 24: 103-111. 3. Garcia-Godoy F, et al. *Am J Dent.* 1990; 3 (Special Issue): S15-S26. 4. Lindhe et al. *J Clin Periodontol.* 1993; 20: 323-334, supplemental report on file.

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Editor's note

Welcome to the 1st Issue of Dental Surgeon for 2011! We hope to bring you a vibrant issue of Dental Surgeon that promises to be both engaging and reader-friendly.

Apart from our new layout and Upsize! publication, look out for more articles that explore the working life of our fellow dental colleagues both locally and overseas.

In this issue, we have the honour of interviewing Dr Tan Peng Hui and gain insight into the exciting military dental career as well as his work and contribution in Forensic Dentistry which he was recently given an award from MOH.

Read about our special lifestyle editor, Dr Michael Lim's culinary experience in the City of Lights. In addition, understand the influence of the Parisian pastry – macaron, to the Japanese culture from our aspiring pâtissier, Dr Jonathan Liu.

We thank all our contributors for this issue of Dental Surgeon, and all who have helped in one way or another. If you would also like to help out or contribute to the making of our very own SDA in-house magazine, do not hesitate anymore! Send us your request and join our team of dedicated volunteers!

And FINALLY, but not in anyway the least, we would like to congratulate Dr Ong Hoe Boon for winning the OSIM massager in December 2010's lucky draw!

Dr Kelvin Chye & Dr Seow Yian San
Editors-In-Charge

Singapore Dental Association

2 College Road
Level 2 Alumni Medical Centre
Singapore 169850

Tel : (+65) 6220 2588
Fax : (+65) 6224 7967
Email : admin@sda.org.sg

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Japan's No. 1*

LONGER LASTING PROTECTION FOR SENSITIVE TEETH

Systema
Complete Sensitive Care



* Lion, Japan's No.1 Oral Care Company. Based on 2009, Japan's INTAGE retailer tracking data.



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Society for the Aged Sick

As part of SDA's continual effort to lend a hand to the less fortunate, and make a positive contribution to the social environment, we have adopted The Society for the Aged Sick for the next 2 years.



▲ Society for the Aged Sick is a non-profit organization that aims to provide quality care to the elderly so that they can lead a meaningful and enriching life in the last leg of their journey.

They have a total of 244 beds, offering residential care for the destitute and aged sick. Their vision is to add years of quality life to the elderly in their care, The Society for the Aged Sick started as a Welfare Home with 16 beds by founder Ms Teresa Hsu. As the number of residents increased over the years, the Home was shifted to a 3-storey building at the current location of 130 Hougang Avenue 1 in 1991 with a capacity of 192 beds. By 2006, an additional 4th storey was constructed, bringing the bed capacity to 244.

Currently, the Society houses 240 residents, mostly aged between 70 to 80 years old. They hail from low-income families and are referred to the Society by social workers from public healthcare institutions for care. The majority of these residents are wheelchair-bound or bedridden, and suffer from multiple medical problems like stroke, kidney problems, cancer, psychiatric and mental conditions.

Needless to say, an organization that provides quality care to elderly with critical illnesses requires a substantial amount of funding to run its daily operations. Besides receiving subsidies from the Ministry of



Health—which makes up the bulk of funding—The Society also rely on other sources of income including annual residents' fees and donations of cash or kind from the public. As one can imagine, these are not close to what they would need to cover their expenditure.

The Singapore Dental Association would like to invite our members to extend our helping hand to them! If you are interested in finding out more about how you can help The Society of The Aged Sick, please contact the SDA Office at 6220 2558. 🏥

Dr Kelvin Chye

Fate of the Conference Bag

I was spring-cleaning my house in preparation for the Chinese New Year when lo and behold, a pile of conference bags in an array of colours, style and sizes greeted me in the dark corner of my storeroom.

How did I accumulate so many? Did I really attend so many conferences, seminars? Of course, I am proud of this, a testament to my efforts to continually upgrade myself academically. But as I sorted through these bags and sent most of them to the junk bin, I recalled some photos Dr Myra Elliott sent me some months ago.

In 2009 when SDA hosted the FDI Annual World Dental Congress, surplus conference bags were donated to various charities. Some of these bags became the pride and joy of needy school children in lesser developed countries!



As a firm advocate for the 3 R's—Recycle, Reduce and Reuse—I decided to spearhead a project to “recycle” these conference bags. As part of SDA's Conference Management Committee initiative, a collection point for unused bags will be set up at all major SDA events. These bags will then be gathered and donated to various charities.

So look out for these collection points at the upcoming SDA Convention 2011 and IDEM 2012! †

Dr Lim Lii

Photographs by Dr Myra Elliot

Calling All Avid Photographers!



The Dental Surgeon Team is planning to put up a lifestyle/special interest page on photography and is looking for contributors to the article.

If you have a particular interest in photography (outside of taking photos of your patients), we invite you to write in/email/call the SDA office and join the Dental Surgeon as a columnist.

Here are the details!

Singapore Dental Association

2 College Road
Level 2 Alumni Medical Centre
Singapore 169850

Tel : (+65) 6220 2588
Fax : (+65) 6224 7967
Email : admin@sda.org.sg



Thank You Dinner 2010



2010 has been an exciting year for the Singaporean dental fraternity with events such as IDEM (Singapore) and AGM 2010/2011. Every year, hardworking volunteers and staff who make SDA 'tick', gather to celebrate the year. The annual gathering serves to recognize the efforts of each and every individual who has contributed to the achievements of SDA during any given year.

After much deliberation, the welfare committee was tasked to organize the SDA Thank You Dinner in 2010 chose to host the event at the Grand Hyatt Singapore. The hotel's poolside restaurant Oasis,

nestled amid lush greenery and serene tranquility was given the thumbs-up. The restaurant serves a BBQ buffet dinner inclusive of free flow beer, wine and soft drink. Skilled chefs prepared the meat and seafood on the open charcoal-fire grills, much to the delight of our attendees. The event saw a gathering of volunteers, SDA staff, sponsors and friends of SDA. As the evening proceeded, the guests indulged themselves in the great company of friends, colleagues and great food. Goodie bags were given to all present, courtesy of our generous sponsors.



Even though a slight downpour caused some inconvenience, the rain did not dampen the spirits of our guests. Younger members of the volunteer community mingled with veteran members, demonstrating the true spirit of fraternity beyond ages. Members of the newly-appointed council, including the President Dr Philip Goh, also went to all the tables to personally offer thanks to the volunteers for their hard work and dedication. As the evening drew to a close, the smiles and laughter of the guests, coupled with the wafting aroma of the sumptuous food, marked the end of another successful Thank You Dinner.

On behalf of the SDA council, we would like to thank everyone who contributed to the success of SDA. Let's look forward to Thank You Dinner 2011! †

Dr Xander Chua

Date	Topic	Venue	Contact
7 Apr 2011	Orofacial Lacerations: When Is The Optimal Time for Repair and Postoperative Care of Lacerations	Training Room Lv 8, National Dental Centre	Rose Seo 63248817 oms@ndc.com.sg
10 Apr 2011	9th NUS-SDA Distinguished Speaker Program	Sheraton Towers Singapore	CDE Administrator 62202588 cde@sda.org.sg
17 Apr 2011	Basic Cardiac Life Support (Certification) Course	Red Cross House, 15, Penang Lane, Level 3 RCTC, Singapore 238486	CDE Administrator 62202588 cde@sda.org.sg
19 Apr 2011	Surgical Management of Obstructive Sleep Apnoea	Seminar Room, Level 2, Mount Elizabeth Hospital	Hwi Ling 67312021 hl_woo@parkway.sg
28 - 29 Apr 2011	2-Days Intensive Implant Course	132 East Coast Road Singapore 428817	Cindy Chan / Josephine Lim 64407321 le.mints.dental@gmail.com
10 May 2011	When Does Periodontics End and Implant Dentistry Begins	Seminar Room, Level 2, Mount Elizabeth Hospital	Hwi Ling 67312021 hl_woo@parkway.sg
13 - 15 May 2011	3rd Implant Symposium	Kent Ridge Guild House	Ms Devi 65356113 info@cgdp.org.sg
27 May 2011	Wisdom Tooth Management Course	132 East Coast Road Singapore 428817	Cindy Chan / Josephine Lim 64407321 le.mints.dental@gmail.com
29 May 2011	Basic Cardiac Life Support (Certification) Course	Red Cross House, 15, Penang Lane, Level 3 RCTC, Singapore 238486	CDE Administrator 62202588 cde@sda.org.sg
29 May 2011	15th NUS Clinical Dentistry Symposium	Lt 28, National University of Singapore	Suriani Binte Rabu 67725258 densr@nus.edu.sg Cynthia Tay 67725343 dentimlc@nus.edu.sg

The above is a Continuing Dental Education (CDE) Calendar, from April 2011 to May 2011. Before attending any of these CDE activities, please confirm event details with the respective course organisers. Information is correct at the time of printing.

Oral Health Therapists

A Review of the Different Categories of Oral Health Therapists and Their Permitted Clinical Functions



Introduction

The dental profession in Singapore should be familiar with the allied members of our profession, also known as professions complementary to dentistry (PCDs). For example, I still remember the aura of the disinfectant that lingered around the dental clinic in my primary school and recall (with some trepidation) waiting next in line for my exfoliating baby teeth to be extracted by the dental therapist, known colloquially as the ‘school dental nurse’. Of course, my experience with the ‘school dental nurse’ was not always a negative one; dental health education talks together with regular tooth brushing sessions supervised by the ‘nurse’ were one of my earliest recollections of applied preventive dentistry. Perhaps among those of us, who grew up locally, an experience with the ‘school dental nurse’ was our first dental experience and what inspired us to enter the dental profession.

Modern dentistry has evolved to an extent that dentists can no longer afford to work in a silo but would need to work with PCDs as an oral healthcare team. The concept of a team approach to providing care is desirable and long overdue in our profession (compared with our medical colleagues with their array of allied healthcare professionals). By referring a considerable proportion of primary level care tasks that are fairly routine and basic to Oral Health Therapists, leaves dentists to “focus on more complex treatment” (Health Minister Khaw Boon Wan, July 2007) that only dentists are trained to perform.

A team can only function effectively and properly, if every team member understands their prescribe role(s) (to borrow an analogy from soccer – goalie, defender, mid-fielder, coach, etc) and boundaries (the so-called ‘rules of the game’). This timely article would therefore review the different categories of Oral Health Therapists (OHTs) registered with the Singapore Dental Council (SDC) and their respective clinical functions permitted by law.



Categories of OHTs Registered with the SDC

(A) Dental Hygienists help patients develop good oral health habits and manage simple gum problems of patients of all ages. Common procedures performed by hygienists include scaling, polishing, placement of dental sealants, administration of fluoride and providing instructions for oral hygiene. Dental hygienists currently registered in Singapore are trained abroad and must possess qualifications recognized by the SDC.

(B) Dental Therapists provide basic dental services such as scaling, polishing, fillings and simple extractions of primary teeth to school-going patients 18 years of age or younger. Locally trained dental therapists hold a Certificate in Dental Therapy (a 3 year programme) that was awarded by the Health Promotion Board up until 2002.

(C) Oral Health Therapists are dually qualified to practice both disciplines of dental hygiene and dental therapy and are registered with the SDC under the category of dental therapists/hygienists. Nanyang Polytechnic has been operating a 3 year Diploma in Dental Hygiene and Therapy since 2003, where clinical training is conducted at the Health Promotion Board and National Dental Centre. The graduates of the program are dually qualified to practice as Dental Therapists as well as Dental Hygienists. This is the only OHT training programme in Singapore.

Permitted Clinical Functions of OHTs

All Oral Health Therapists must work under the direct supervision of a dentist registered with the Division 1 of the SDC Dentist Register for at least 5 years. After the mandatory period of 5 years, direct supervision is not required but they must still work in collaboration with a Division 1 dentist (i.e. the dentist refers the patient to the OHT). In other words, all OHTs can only treat patients under the written prescription of a Division 1 registered dentist and are not legally permitted to carry out diagnoses and treatment planning or treat patients on a walk-in basis; unless they are employed by the public sector (Dental Registration Act, Chapter 76).

The permitted clinical functions that can be carried out by the different categories of OHTs are listed below:

(A) Dental Hygienists

- 1) Cleaning and polishing of teeth
- 2) Scaling of teeth
- 3) Root planing of teeth
- 4) Application to the teeth of solutions of sodium or stannous fluoride or such other similar prophylactic solutions as the Council may from time to time determine
- 5) Application of fissure sealants
- 6) Application of rubber dam
- 7) Exposure of radiographic films intraorally or extraorally for the investigation of lesions of the mouth, jaws, teeth and associated structures
- 8) Usage of infiltration anaesthesia in procedures such as scaling or root planning
- 9) Taking alginate impressions of the upper and lower dentition
- 10) Giving of advice on matters related to dental hygiene

(B) Dental Therapists

- 1) Cleaning and polishing of teeth
- 2) Scaling of teeth
- 3) Any application to the teeth of solutions of sodium or stannous fluoride or such other similar prophylactic solutions as the Council may from time to time determine
- 4) Application of fissure sealants
- 5) Application of rubber dam
- 6) Extraction of primary teeth
- 7) Restoration of teeth using direct restorative materials
- 8) Exposure of radiographic films intraorally or extraorally for the investigation of lesions of the mouth, jaws, teeth and associated structures
- 9) Usage of infiltration anaesthesia in procedures such as scaling or direct restorative procedure
- 10) Taking alginate impressions of the upper and lower dentition
- 11) Giving of advice on matters related to dental hygiene

(C) Dental Therapists/Hygienists (Oral Health Therapists)

- 1) Cleaning and polishing of teeth
- 2) Scaling of teeth
- 3) Root planing of teeth
- 4) Application to the teeth of solutions of sodium or stannous fluoride or such other similar prophylactic solutions as the Council may from time to time determine
- 5) Application of fissure sealants
- 6) Application of rubber dam
- 7) Extraction of primary teeth of persons of 18 years of age or younger
- 8) Restoration of teeth of persons of 18 years of age or younger using direct restorative materials
- 9) Exposure of radiographic films intraorally or extraorally for the investigation of lesions of the mouth, jaws, teeth and associated structures
- 10) Usage of infiltration anaesthesia in procedures such as scaling, root planing, direct restorative procedure and extraction
- 11) Taking alginate impressions of the upper and lower dentition
- 12) Giving of advice on matters related to dental hygiene



Dr Gabriel Chong



SDA Convention 2011

13th – 14th August 2011 Sat & Sun
9.00am – 5.00pm

Grand Copthorne Waterfront Hotel Singapore

Featuring Masterclass Speaker

Dr Terry Tanaka, DDS

Presenting on

TMD Treatment 2011:
What works.
What doesn't and Why

and

Esthetics and Occlusion:
New Guidelines for the Restorative Dentist

University of Maryland

Dr Tan Kian Meng 3 years in The University of Maryland, Baltimore



the National Aquarium and Maryland Science Center within the vicinity. It is hard to miss this place as it is “one of the most photographed and most visited areas” of the city. A visit to the world’s first dental school that houses US President George Washington’s dentures, may be a neat visit as well.

ONE thing not to miss:

Crack some crabs! Baltimore City is famous for its Chesapeake blue crabs. From early Spring to late Fall, you can find many eateries serving freshly steamed blue crabs topped with Old Bay seasoning. One can easily consume half-a-dozen of these crabs at a go.



Don't leave without trying...

Equally unique to Maryland, the crab cake is a must-try when you are in Baltimore. You can truly enjoy the huge serving of crab meats without needing to work through the hard shells. They are typically prepared in two styles. I prefer the deep-fried ones, but they can also be boiled for the more health-conscious consumers. †



Describe the course in your university:

The prosthodontic residency at the University of Maryland, Baltimore is a 3 year program that emphasizes on all clinical aspects of prosthodontics, which include implant rehabilitation, full-mouth reconstruction, conventional fixed and removable prostheses as well as maxillo-facial prosthodontics. Surgical training in implant placement and other minor pre-prosthetic procedures are also available throughout the residency. Prosthodontic residents are also expected to be familiar with the laboratory procedures. In addition to clinical training and didactics, the

residents are trained at research methodology and basic biostatistics, and are required to conduct an original research - the results of which are submitted for publication in peer reviewed journals. Each year, the residents have the opportunity to attend at least 3 prosthodontic meetings. The residents can also obtain a Master of Science degree during the residency. Upon graduation, the residents are encouraged to challenge the American Board of Prosthodontics.

The place to be:

Harbor East, Fells Point and Federal Hill are some of the places that come to my mind. Harbor East is an area which was recently transformed into a tourist attraction. There is a high concentration of hotels, restaurants, movie theatrewithin the area. Fells Point, on the other hand, is was originally a shipyard and was famous for its bars and nightlife. Atop the Federal Hill, one can get a spectacular view of the Baltimore’s inner harbor. Similar to Fells Point, Federal Hill is a quaint neighborhood filled with history. Interestingly, all these three areas border the Chesapeake Bay, which make the walk around the neighborhoods more pleasant.

The place to bring your friends:

Baltimore’s inner harbor is a must-see, must-visit location within the city. There are plenty of shops and restaurants lining the waterfront. You can also find

University of Texas

**Dr Loke Weiqiang
5 years in the
University of Texas
Health Science Centre
at San Antonio**



Describe the course in your university:

It is a 5 year combined specialty program that leads up to dual certification in Periodontics and Prosthodontics. It is one of the few ADA-recognised programs in the United States with a formal integrated curriculum in periodontics and prosthodontics. There are about 6 dual board-certified practising dentists in the States who are diplomates in both specialties (Periodontics and Prosthodontics)

Getting around:

San Antonio is a fairly sprawled city, so one usually needs a car to get around although public transport is pretty well-established.

The place to chill out:

Riverwalk in downtown San Antonio. The Riverwalk has some semblance of

clarke quay with its waterfront alfresco dining, and river cruises. It's a great place to chill out with my fellow residents during the weekends especially after a tough week in school.

The place to eat:

Pesca on the River, Riverwalk. It serves fantastic seafood (which is not an easy find in San Antonio) and offers an international selection of imported beers.

The place to visit:

The Alamo, in downtown San Antonio. It's a place that is steeped in rich history and which played a pivotal role in the Texas Revolution of 1836 (The battle of the Alamo).

The ONE thing to do:

Experience the rich culture from the exhilarating rodeo shows to the picturesque hill country wineries to the best-

known historic Spanish mission trails- there's something for everyone to enjoy!

Don't leave without trying...

The Texas-style barbecue beef brisket at the various steakhouses littered all over the city.

Advice to interested applicants for the course:

Be passionate in your chosen field of study. Shun the draw of instant gratification, temporal success and excessive preoccupation with material wealth, knowing that you are more than capable of achieving higher ideals. Spend time to pursue your interest, enrich yourself and perfect your art. Above all, consider all of life's meaningful opportunities that may come your way, perhaps only once in your lifetime- for me, it came in the form of an educational opportunity to pursue my dream and to eventually serve my profession in an impactful way. 🙌

University of Iowa

Dr Kelvin Khng 5 Years in the University of Iowa



20 largest college-owned stadiums in the nation. The stadium is always filled to capacity when there is a home football game and Hawkeye fans are amongst the most animated and patriotic when it comes to supporting their home team. Tailgating—selling BBQ food beside cars or trucks in the carpark—can start as early as 7am when there is a game in the afternoon or evening.



Don't leave without trying...

... the famous corn on the cob. Iowa is known for its cornfields as it is the nation's largest supplier of corn for ethanol as well as human consumption.

Corn on the cob is a grilled sweet corn on a satay stick. Typically, vendors prepare corn on the cob in 2 ways. Regular and Mexican. Regular-style corn is lightly glazed with butter and salt—my personal favourite. Mexican-style corn is coated with a dash of butter, mayonnaise and then sprinkled with cotija cheese. Definitely a must-try in the land of corn.

Advice to interested applicants for the course:

Submit your application early as most deadlines for the postgraduate prosthodontics courses are at the end of September. Missing it will mean missing the following year's admission. 🌽

Describe the course in your university:

As postgrads, we are exposed to a wide array of treatment modalities ranging from implant dentistry to removable prosthodontics and full mouth rehabilitations. The course is intensive and like any other prosthodontics residency, students need to spend a considerable amount of time in the laboratory.

Getting around the college and Iowa city:

Buses are convenient and free within the college. There are also buses that take you to the closest shopping mall. One advice I would give to students who are more adventurous or independent is to purchase a car for added mobility. Iowa city is 4 hours away from the closest metropolis by car Minneapolis lies in the north, St Louis in the south, Chicago to the east and Omaha to the west.

The place to chill:

Coral Ridge Mall is the premier shopping, dining and entertainment destination in the Midwest, featuring more than 120 great stores, a 1,000-seat food court, a 10-screen movie theatre, an NHL-regulation-size ice arena, the Iowa Children's Museum, and a unique, reproduction antique carousel.

The place to visit:

For shopaholics, Tanger outlet mall, a mere 30-minute drive away is a must-see spot. Big brand names like Coach, Abercrombie and Nike are favourites amongst Singaporean visitors.

The one *MUST DO*:

Watch a Hawkeyes match at the historical Kinnick stadium. Hawkeyes is the University of Iowa's football team. The Kinnick Stadium, named after 1939 Heisman Trophy winner Nile Kinnick has a capacity of 70,585 and ranks as one of the

COL (DR) Tan Peng Hui

Colonel (Dr) Tan Peng Hui, who is the Commanding Officer of the Singapore Armed Forces Military Medicine Institute (MMI), oversees the health services in the SAF. He is an endodontist and forensic dentist by training.

Dental SURGEON's Dr Christine Lee recently spoke with him on how he juggles career, family life and leisure.

Dr. Tan, congratulations on your recent MOH Award for your work in forensic dentistry. You have done the profession proud! What are your thoughts on receiving this award? And what is the most memorable forensic project that you have been to?

► Thank you; it's indeed a huge honour to receive the award. I am grateful to the Ministry of Health and the Health Sciences Authority (HSA). My most memorable forensic work is spending 5 weeks for the Disaster Victim Identification (DVI) operation in Phuket following the 2004 Boxing Day Tsunami.



Leading a DVI team to Khao Lak with teams from over 30 countries during the tsunami in Phuket must have been a very unique experience. Could you share some memorable anecdote during that time and the type of skills that became valuable?

► It was an unforgettable experience. The tsunami was nature at its worst but humanity at its best. In Khao Lak, expressions of human kindness abound, strangers were helping strangers. With many international DVI teams deployed there, diplomacy was the order of the day. Although Singapore is a small country, it clearly punched



above its weight. The Singapore DVI Team was deployed to the worst hit area of the disaster, working alongside the Australians and the Dutch. Although our team comprised members of the SAF, Police and HSA, we saw ourselves as a whole-of-Singapore team, flying the national flag together.

You are trained in the field of endodontics and forensic dentistry. How are you able to juggle your family time with work?

► You know, we have more training to be a dentist than to be a parent or a spouse. Parenting is probably the most important job in the world yet no one taught us how to do it. We learn on the job and figure out things along the way. I juggle my work-family time in the best way I know how. Most of my time outside of work goes to the family.





What are the challenges you face as the Commanding Officer of MMI and as a dental specialist? Having to work in more than one discipline of dentistry, is this a challenging task?

► It is a daunting task with wide-ranging challenges. You deal not only with the current issues but also need to envision the future. It has been a formative experience for me. I acquired new skill sets and learned a great deal including how your capacity is sometimes more than what you imagined. I am thankful for the opportunity.

What are your advice for young graduates who are considering a career with the Singapore Armed Forces? Is there any pre-requisite (other than hard work) for anyone to be a Dental Officer?

► Go for it! I encourage applicants who have been accepted into dentistry to consider the SAF Local Dentistry Award Scholarship. The Dental Officers in the SAF are more than just dentists. Besides caring for their patients, they will get to hold a variety of appointments that will stretch them to the fullest. They will lead the men under their charge, inspiring and coaching them. Over the years, I have learned that well done is better than well said. And no one can make you feel inferior without your permission. Sometimes, the uniformed dental officers have to endure discomfort and hardship but they will find the military career an exciting adventure.

For leisure, what do you do in your free time? I know many dentists have special talents and hobby, so what are yours?

► I am a military buff. In my free time, I like to read military non-fiction books. If you like, bring a pin or military coin, we can exchange ☺.

In keeping fit and a clear mind, what are your strategies for maintaining lean and healthy? What do you do to de-stress (eg karaoke or kick boxing etc)?

► Like many of us, I need to take the IPPT (Individual Physical Proficiency Test) every year. I run as regularly as possible to ensure that I pass the test. I watch CSI to de-stress and attend church and Sunday School every week.

Have you ever regretted becoming a dentist and that route that you have chosen so far? If you are not a dentist now and you are given a chance to turn back time, what path would you have chosen and why?

► Regret? Nothing doing! They say choose work you love and you will never have to work a day in your life. How true. I am happy being a dentist. But if I have to do something else, I may become a writer, I like to connect with people through the written word. ✍



The Royal Australasian College of Dental Surgeons

Level 13/37 York St, Sydney
NSW 2000 AUSTRALIA
Tel: +61 2 9262 6044
Fax: +61 2 9292 1974
Email registrar@racds.org
Web: www.racds.org

ABOUT THE RACDS

The College provides an opportunity for new graduates or experienced dentists to improve their skills, knowledge and understanding.

Participation in College programs is suited to all career paths in Dentistry including private practice, government health service, academia, armed service and university postgraduate study.

Recognition of the College is widening as closer links and alliances are developed with agencies and institutions within Australia, New Zealand, Asia, the U.K, and the Middle East.

GENERAL STREAM FELLOWSHIP

The examination pathway in the General Stream comprises a Primary and a Final Examination.

The Primary program covers six areas of study and examination including areas of anatomy, biochemistry, histology, microbiology, pathology and physiology. The aim of the program is to enable candidates to demonstrate an understanding of fundamental principles of the basic sciences and their relationship to clinical practice.

The Final Examination is clinically oriented and requires demonstration of broad experience in the general practice of dentistry, maturity of clinical judgment, familiarity with the current literature, and clinical application of that knowledge.

MRACDS

The Membership program in the general stream leads to the award of MRACDS. It is a two to three year structured educational

Learn Gain
Achieve Improve
Add Network

learning program for qualified General Dental Practitioners which is based on the successful completion of appropriate CPD courses and related RACDS assessment components. Assessment throughout the program is conducted via web and email. Candidates present for a *viva voce* examination at the conclusion of the program. Candidates from all regions are welcome to apply. Holders of the award of MRACDS may present directly for the Final Examination.

SPECIAL FIELD STREAM

The Special Field Stream provides a pathway to Membership and Fellowship in the specialist fields of Dental Public Health, Endodontics, Oral Medicine, Orthodontics, Paediatric Dentistry, Periodontics, Prosthodontics and Special Needs Dentistry.

Membership is a pre-requisite to Fellowship in the above fields. Membership can be achieved through examination by the College, or conjointly with institutions with which the College has an MOU. It can also be awarded to specialists who completed postgraduate programs prior to 30 June 2009 and satisfy the criteria. Following a period of independent specialist practice a member can apply for assessment of eligibility to present for Final Examination for Fellowship in that field.

The College training program in Oral and Maxillofacial Surgery is accredited by the Australian Medical Council, the Australian Dental Council and the Medical Council of New Zealand and is the registerable qualification in that Special Field in those jurisdictions.

LOCATION OF ACTIVITIES

It is possible to sit written paper components of some examinations at a number of centres including Hong Kong, Perth, Sydney, Melbourne, Brisbane and Auckland. Clinical examinations are held in Sydney or rotated through other regional centres.

The 21st **College Convocation** will be held in late March 2012 in Queenstown, New Zealand.

CURRENT TIMETABLE FOR CANDIDATES

January

- Final Examination General Stream

April

- Registrations close for MRACDS *viva voce* examination
- Registrations close for Assessment of Eligibility for Examination in a Special Field (except OMS and under MOU).

May

- Registrations close for Final Exam Workshop
- Registrations close for Assessment of eligibility for Final Examination in OMS.

June

- Final Examination Workshop
- Registrations close for Special Field Examinations (except MOU and OMS)
- Registrations close for Primary Examination Orientation Course

June/July

- Orientation Course for Primary Examination

August

- Registrations close for overseas Primary Exam venues (*viva voce* – HK, Malaysia, Jordan TBC)
- Applications close for Assessment of Eligibility for Special Field Exams held conjointly.
- Registrations close for Web Based Education Program for Final Exam preparation.

August/September

- Web based education program Part I
- Special Field Examinations

September

- Registrations close for Assessment of Eligibility and Examination in Special Fields where held conjointly with another institution under MOU

October

- Web based education program Part II
- Registrations close for Primary Examination
- Registrations close for MRACDS General Stream *viva voce* examination.

November

- Special Field conjoint examinations
- Registrations close for Final Examination

November/December

- Primary Examination

Operation Smile in Dhaka

Operation Smile is an international charity organisation dedicated to providing free dental treatment to children and adults suffering from cleft lip, cleft palate and other facial deformities. Their mission statement states “We believe that all children deserve to live their lives with dignity. And for those suffering from dental-related deformities, dignity begins with a smile.”

In January this year, I joined a team of international volunteers for an Operation Smile mission trip to Dhaka, Bangladesh. The team, led by Dr Vincent Yeow, Director of the Cleft & Craniofacial Centre at KKSH, included volunteers from Singapore, Malaysia, Philippines, India, USA, Canada, Italy and Peru. Each Operation Smile team will generally include one dental surgeon. As the team dentist, my role is to support the surgical team by extracting teeth which interfere with surgical repair of cleft lip and/or palate, as well as to construct obturators for patients on whom cleft palate closure cannot be performed, either due to medical or anatomic considerations.

The weather in Dhaka was surprisingly cool though there was a constant plague of mosquitoes. Thankfully, mosquitoes seem to prefer feeding on my team-mates from temperate countries. The city of Dhaka suffered from the typical traffic congestion of an Asian metropolis, with a wanton disregard of traffic lights, signage and right of way. Facilities at the hospital we were working in were fairly modern, and not as run-down as many of us had imagined. Local Operation Smile partners also took excellent care of us, moving us from our original bedbug-infested hotel, arranging a constant flow of Bangladeshi snacks and refreshments, planning dinners and events.

Over six days, we screened 148 patients of which 98 ultimately received surgery. While younger patients were often too small to comprehend the impact of the operations they have gone through, their parents were always overjoyed to see them post-surgery. Older patients--who may go through their procedures under local anaesthesia--were also elated at their new smiles. One young gentleman even told me via an interpreter that he'd be able to get a girlfriend now!



All in all, volunteering for Operation Smile was an excellent experience. In addition to contributing to a worthy cause, I got to meet some wonderful and dedicated people from all over the world. I also had an opportunity to visit a fascinating country I would otherwise never have considered as a travel destination. A big thank you to all who made it possible!

For more information, please visit <http://www.operationssmile.org.sg>

Dr Tan Junda



Photos courtesy of Mr Edmund Koh for Operation Smile
<http://momentsbyedmund.blogspot.com/>

Graduate Diploma in Acupuncture



Chinese sinsehs were often portrayed in old Hollywood movies as the typical Oriental old men with slit-like eyes and mouths full of gold crowns, sitting in poorly-lit shops filled with strange looking concoctions of herbs and dried up reptiles located in some back alleys in Chinatown. Since young, I have always been intrigued by the whole array of Chinese herbs whenever I walked past a Chinese medical shop, and the sight of an acupuncturist inserting several needles on his patient often left me wondering whether he was performing some ancient black magic to drive the “evil” out of the patient.

The mysterious facade of traditional Chinese medicine (TCM) was slowly unveiled as I decided to find out more from books and PubMed during my postgraduate days. Through my interactions with my dental patients, I came to realise that quite a sizable proportion of them were frequent visitors to Chinese physicians and some of them swore by the effectiveness of acuapunctures in relieving their chronic ailments. “So how does it

work?” I frequently asked myself. When I chanced upon a brochure from Singapore College of Traditional Chinese Medicine in 2009 on Graduate Diploma course in Acupuncture (GDA) which was opened to dental surgeons for the first time, I decided to go for it to learn more about this ancient medical practice since 770 B.C.



The TCM Practitioners Act was passed in 2000 to reinforce the professional standards of TCM practitioners in Singapore. Since 2006, GDA had been set up to impart the knowledge of acupuncture to western medical physicians in a systematic way. The course is divided into 3 modules. The 1st module covers the basic theory as well as the diagnostics of TCM. The 2nd module covers in detail the basis of acupuncture and the various channels and acupoints located all over the body. The 3rd module covers the management of different medical conditions using acupuncture. Lectures were conducted on Sunday afternoons while clinical sessions involving real patients were held on weekday or Saturday evenings. At the end of the course, I need to pass the SARE (Singapore Acupuncturist Registration Examination) before I can be registered under the Ministry of Health (MOH) to practise acupuncture.

My class is made up of 25 students, out of which 6 are dental practitioners. The medical colleagues came from both the private sectors and hospitals, with some from the anaesthetic department. The course is conducted in English, which removes the language barrier for some of my non-Chinese classmates. Almost two-third into the course now, I must say that the past 1 year had been a rather enriching experience. We learnt about the fundamentals of TCM, the concept of Yin and Yang and the philosophy of treating

the patient in a holistic way. Learning the complex interconnections of the meridians running all over the body as well as memorising the name of all the acupoints is never a stroll in the park. However, it does make learning a little more interesting if one understands the origin of the names. For example, ST6 jia che 頰車, is an acupoint along the stomach meridian located near the angle of the mandible, at the prominence of the masseter when the teeth are clenched. The origin of the name comes from the mandible, which resembles a cart housing an assembly of teeth.

The practical lesson involved learning how to insert the needle correctly at specific acupoints to achieve therapeutic effect, also known as 得氣 (arrival of qi). My first needle insertion on myself reminded me of my first inferior alveolar nerve block performed during undergraduate years! The rest of the medical classmates had been really helpful whenever I needed some clarification to locate certain anatomical landmarks, and it had been great to have the company of my other dental classmates who shared a common passion in learning acupuncture. One of them is our class rep, Dr Chan Joon Yee, who decided to sign up for the 2-year course despite running a busy private practice. “I used to regard TCM as the stuff of folklore as the knowledge was usually acquired at the wet markets and other areas of gossip,” said Dr Chan. “But as TCM gained recognition and received



positive publicity, I began to see that it’s actually a highly complex and effective form of medicine when applied correctly. I initially wanted to sign up for the 7-year basic degree course, but realised that I couldn’t afford the time. This course is something I have been waiting for, so I wasted no time in signing up.”

A relevant question to ask myself is “What’s next after the course?” While dentistry, in particular, periodontic would still be my mainstay of practice, the possibility of applying TCM knowledge

and the administration of acupuncture to manage certain dental conditions presents an exciting new frontier. According to a survey by NUH COFM Department in 2005 on the Singapore population, there was a high prevalence of 76% in the subject population who used complementary and alternative medicine (CAM), interestingly, 74% did not discuss the use of CAM with their western-trained doctors. Having a basic knowledge of TCM, especially possible western drug-TCM herbs interactions and the willingness to have an open discussion with the patient who is seeking CAM elsewhere would allow the practitioner to have a more holistic approach towards the patient needs and treatment. The recognition of TCM and acupuncture and their possible application in the local medical scene is slowly gaining grounds, with acupuncture departments run by western-trained physicians already set up in some hospitals in Singapore. The development of acupuncture in dentistry in Singapore is currently still in uncharted water, but I am hopeful that with more trained dental acupuncturists in future, its application and contribution to the dental field would no longer remain as mysterious and illusive as what some may perceive it to be: an ancient black magic in the back alley. †

Dr Wong Li Beng



Macarons in Japan



Standing in the basement of Takashimaya Shinjuku with three bags in one hand, and a fourth on the way, it did not take me long to sense that this was going to be a problem. A mere 20 minutes in the store and there were more shopping bags attached to my arm than I was used to. The situation was going to solicit an unplanned trip back to the hotel, unless... I had eaten them all.

“Please come again!” the girl behind the marble counter exclaimed, with the characteristic Japanese enthusiasm, as she handed me my bag of macarons, a very big bag of macarons. I reached into the bag and fished out the first box my hand came into contact with. An elegant black box with a bow and shiny embossed lettering “Pierre Hermé”; I felt almost guilty as I tore off the ribbon and reached for what I have been missing for a whole year. There it was two domes with ruffled feet, dusted with cocoa powder, dark ganache sandwiched in between. “Chocolat Pure Origine Venezuela Porcelana”, according to the label. A smooth outer shell which yields to the teeth at the slightest pressure, giving way to a moist, light, yet chewy body, just a split second before rich ganache brings it all together in a luscious mélange of divine texture and exquisite flavours.

My little logistical problem seemed a very distant memory. It was total bliss.

At that moment, three other things happened. First, my mind wandered off in search of the next gratification, “Infiniment Caramel - Caramel au Buerre Salé”, a macaron with salted caramel buttercream. Next, my mind pulling itself back, it occurred to me that after kilos and kilos of ground almonds and egg whites, months of piping and drying, I am nowhere even close to the “Macaron King”, as Pierre Hermé is sometimes known.



Third, I felt a slap on my shoulder. “The good doctor, good to see you,” was quickly followed by a disapproving glance at my bags of pastry.

In my state, I had to be reminded that grown men do not go drinking with shopping bags, especially the ones hanging from my fingers.

In my own defence, how else could a baking Francophile behave in that basement? Every turn of the head reveals another familiar name. Look left, Jean-Paul Hévin. Look right, there’s Fauchon. Dalloyau. Henri Charpentier.

It is known that the Japanese have a deep appreciation of all things French, but nothing conveys this more than the extraordinary variety of French pastries available and the long lines that form from the stores selling them. And of them all, nothing more quintessentially Parisian than the macaron. Rows and rows of brightly-coloured discs fill long glass showcases, as Japanese women point and service staff pick with silver tongs.

But the macaron did not always enjoy such celebrity. Years ago they would sit in Parisian store windows, always in the same flavours, waiting to be bought. Since then, macaroons have received a makeover, gotten sexy, and have taken Paris by storm. Tokyo soon followed. Much of the credit goes to Hermé. The story has it that when 14-year-old Hermé started his training at Lenôtre, macarons came only in vanilla, chocolate, raspberry

and coffee. Later, as Head Pâtissier at Fauchon, he began experimenting with new flavours like rose and pistachio. He now delights macaron-lovers all around the world with exotic flavours like olive oil and vanilla, fig and foie gras, and saffron-scented apricot. In Japan, we can even find macarons filled with yuzu with a hint of candied grapefruit and wasabi. Two ‘catwalk’ shows are held in Paris each year to showcase his latest creations. It is no wonder they call it ‘Haute patisserie’.

These days, haute patisserie is no longer limited to big Parisian names with appointed boutiques in Tokyo. Once Iron Chef Hironobu Tsujiguchi enjoys parallel celebrity status in Japan and is no stranger to perpetual queues at his boutique, Le Chocolat de H in Roppongi. Just as popular are Sadaharu Aoki and Madame Setsuko, both of whom have boutiques in Paris. Their use of Japanese flavours in classic French creations have made them as sought after as any other name in the city. Think of black sesame eclairs and green tea shells with azuki filling.

Waking up with a beer/hoppy/sake/highball induced hangover from our great izakaya crawl, I stared bewildered at the row of bags on the table. I wondered how I had planned on eating all the macarons without engaging the help of my friends. I made the necessary phone calls. Two espressos, one pork ramen and twelve macarons later, I deemed myself nursed back to health and ready to take on the city for another day. Yes, twelve. My earlier thought was not impossible, it seems. As my fate would have it, those phone calls led, instead, to sitting in a plush armchair in a dark tea room. It was the quieter lounge of Ladurée, in the Nihonbashi Mitsukoshi. Treatment prescribed by concerned friends, in anticipation of another big night out. This could only mean one thing - more macarons. I wasn't complaining. †



- Pierre Hermé: Shibuya-ku, Jingumae 5-51-8, La Porte Aoyama. Tel: (03) 5485 -7766.
- Jean-Paul Hévin: Shinjuku-ku, Shinjuku 3-14-1, B1F Shinjuku Isetan. Tel: (03) 3351-7882.
- Le Chocolat de H: Minato-ku, Roppongi 6-12-4. Tel: (03) 5772-0075.
- Ladurée: 2F, Ginza Mitsukoshi, 4-6-16 Ginza Chuo-ku. Tel: (03) 3563-2120.

Dr Jonathan Liu

Culinary Adventure in the City of Lights

MARVELLOUS cuisine revolutionized by Catherine de Medici from Florence in Italy who in 1547 became Queen of France, has made France a magnet for food & wine lovers. Catherine brought along her retinue of Master Chefs as well as Italian delights like Zabaglione and milk-fed veal, when she went to France to marry the Duc d'Orleans, who became King Henry II of France. Recently, I made a Gastronomic Safari to France where I discovered some culinary gems & other treasures to share with you. As a gastronomic capital, Paris has a constellation of Michelin-starred restaurants, and renowned Chefs abound to tempt gourmets.

Le Cordon Bleu



After my daily morning jog along the romantic River Seine, I took the Metro to Vaugirard Station in a residential area. A short walk past flower and grocery shops, brought me to No. 8, rue Leon Delhomme...mouthwatering smells of roast chicken greeted me. This is Le Cordon Bleu founded in 1895, where former OSS spy Julia Childs learned the French culinary arts just after WW2. I have trained at CIA (Culinary Institute of America) but it's always good to upgrade one's epicurean skills at Le Cordon Bleu. On that day, I learned how to make all manner of delicious delights like Pot au Feu, Consomme Clarite, Cauliflower & Watercress Soup, Classique Bouillon avec Croutons, and the piece de resistance of Crab Bisque! It was hard work, especially cracking the crab shells, but very Fun! From time to time, the Chef Instructor would ask sternly, "D'accord?" and we students would

answer loudly in military style, "Oui, Chef!"



Le Cordon Bleu
8, rue Leon Delhomme
75015 Paris
T: +33 (0)1 53 68 22 50
F: +33 (0)1 48 56 03 96

Le Grand Colbert

After slaving over the hot stoves of Le Cordon Bleu, it was time to indulge in what makes Paris an epicurean capital - Food & Wine! MY favourite grand brasserie de 'la ville lumiere' (the City of Light) is undoubtedly Le Grand Colbert near the Palais Royale. I caught the Metro to Bourse station (stock market) & took a leisurely stroll there along ancient cobbled streets to the historic Galerie Colbert built in 1637. With the 1830s décor of fabulous gilding, Café de Paris style lamps & gleaming brassware & attentive service, this is as French as you'll ever get. Mostly locals come here, plus some movie fans who like charming, craggy faced Jack (Something's gotta give) Nicholson. Yes, you're right, the pivotal scene in the hit movie was filmed here with Diane Keaton & Keanu Reeves. I like to sit where Jack sat, and dine on such delights as plump Gillaudeau Oysters No.5 au naturel, bursting with the blue steel flavours of the ocean, aromatic, gooey Goat Cheese and fleshy figs, fragrant Soupe a la Oignon, tasty Calf's Liver and...yum-mie Poulet de Nicholson (chicken) which was created for the movie. Oh my God! I

LOVE the La Bombe Alaska flambe at table-side with Rum!!! Bring someone you



love here and when dessert is served, sing "La vie en rose" to her just like Edith Piaf "La mome"... The Moelleux au Chocolat is excellent too. Dig in to see the molten chocolate lava flow out sensuously. Moelleux is what gastronomically challenged New Yorkers call "chocolate meltdown". I always come here if only to see mon bon ami (my good friend), le Patron. Do not leave Paris until you have dined here. I can't wait to visit soon...hungry for more delicious food with loved ones... ENJOY!



Le Grand Colbert
2, rue Vivienne
75002
Paris
Tel: 33 (0) 142 86 8788

As that Cole Porter song goes: "I love Paris in the Springtime, I love Paris in the Fall..."

Please check out these places on your next visit. You owe it to yourself after slaving over a hot high speed handpiece and dealing with demanding patients...

ENJOY! 🌿



Dr Michael Lim

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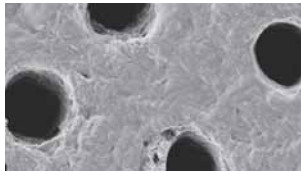
TREATMENT PROGRAM



Finally, instant* sensitivity relief patients can take home.

A breakthrough: Pro-Argin™ Technology

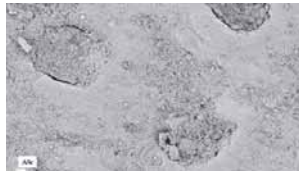
BEFORE¹



In Vitro SEM photograph of untreated dentin surface.

The tubules that lead to sensitivity are open

AFTER¹



In Vitro SEM photograph of dentin surface after application.

The tubules are plugged for instant, lasting relief

With Pro-Argin™ Technology, you can finally provide instant* and lasting relief from dentin hypersensitivity using the Colgate® Sensitive Pro-Relief™ Treatment Program:

- In-office desensitizing paste
- At-home everyday toothpaste*

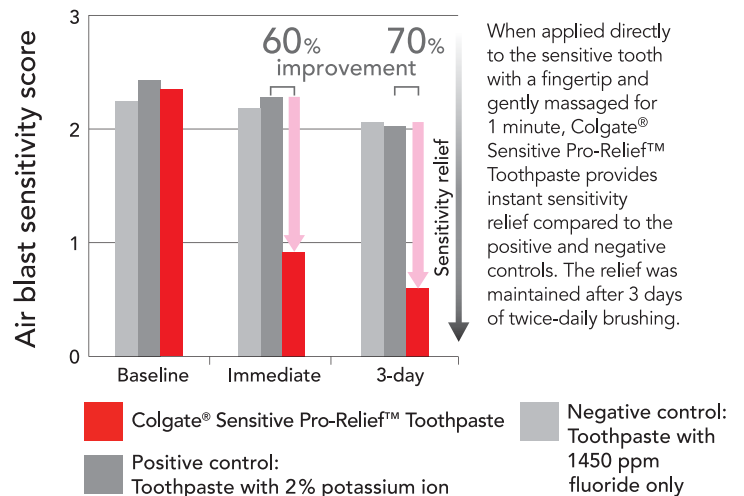
Pro-Argin™ Technology works through a natural process of dentin tubule occlusion that attracts arginine and calcium carbonate to the dentin surface to form a protective seal that provides instant relief.²

*Instant relief is achieved with direct application of toothpaste massaged on sensitive tooth for 1 minute.

Scientific works cited: 1. Petrou I et al. *J Clin Dent.* 2009;20(Spec Iss):23-31. 2. Cummins D et al. *J Clin Dent.* 2009;20(Spec Iss):1-9. 3. Nathoo S et al. *J Clin Dent.* 2009;20(Spec Iss):123-130.

The results are revolutionary

Instant relief achieved with direct application of toothpaste massaged on sensitive tooth for one minute and continued relief with subsequent twice-daily brushing³



Visit www.colgateprofessional.com.sg to learn more about how instant relief from dentin hypersensitivity can impact your practice.

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