

the DENTAL SURGEON

DEC 2020 ISSUE



MADE IN
JAPAN

Toothbrush
Systema
SHIKKARI DUAL
(POWERFUL)

81%
Plaque Removal*

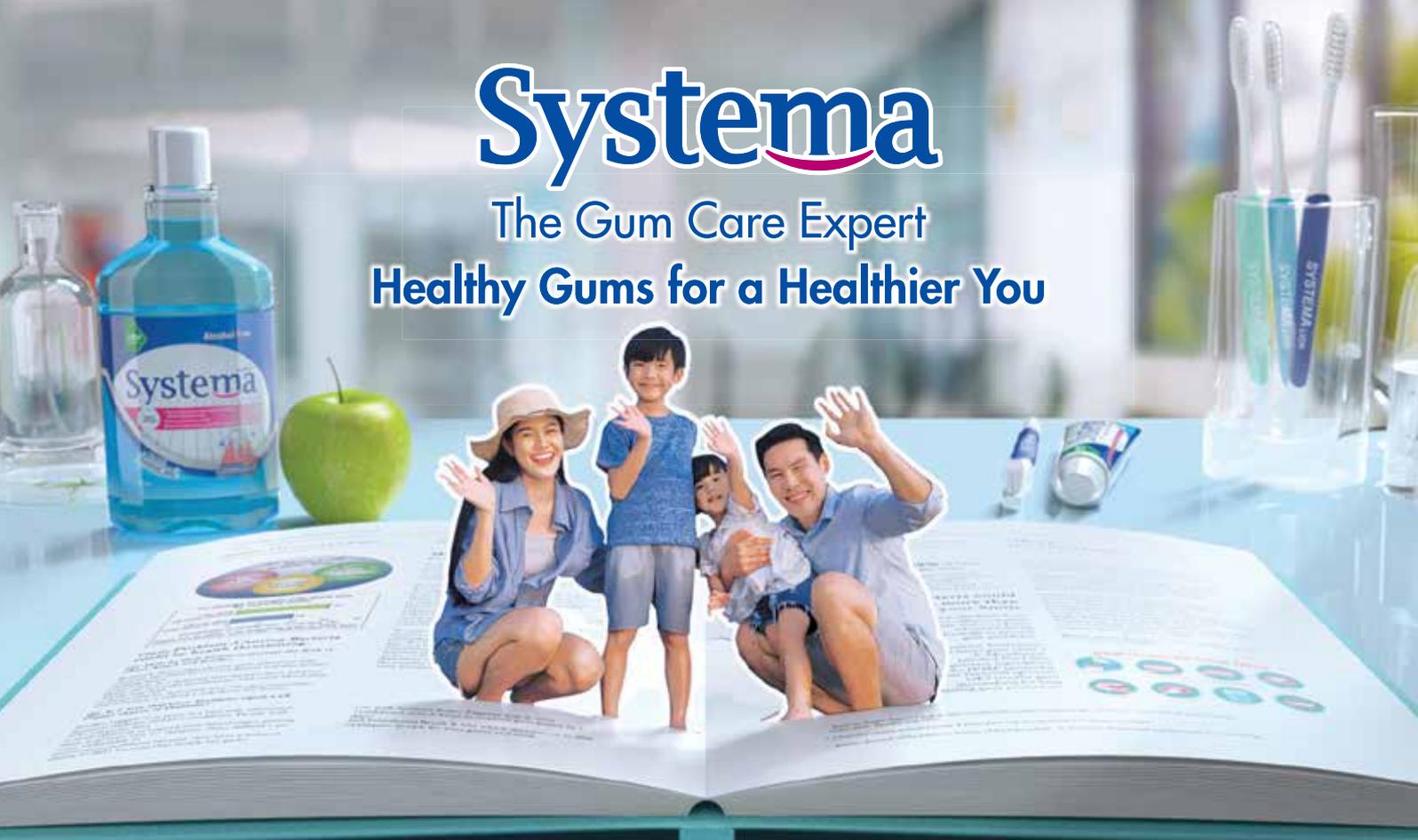
Try
attached
sample

LION

*along gumline based on Lion lab test.

Systema

The Gum Care Expert
Healthy Gums for a Healthier You



MADE IN JAPAN

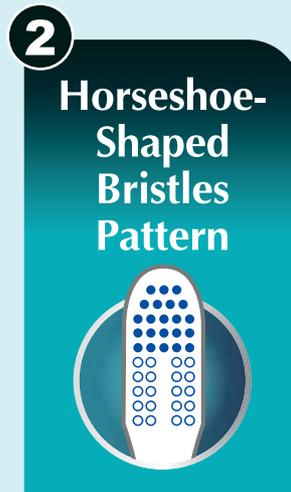
At Systema, we understand that gum care is essential to overall health. Developed by Lion - Japan's No.1 Oral Care Company*, Systema is devoted to improving your gum health. This year, Systema introduces the new Systema Shikkari Dual Toothbrush which helps **remove >81% of plaque⁺** with the combination of:



SUPER COMPACT



COMPACT



*along gumline based on Lion lab test ^as compared to ordinary toothbrush *INTAGE SRI, No. 1 Company in Oral Care Category, Value Sales, CY2019.

EDITOR'S NOTE



Dear Reader,

We are nearing the end of the most eventful year in recent memory. The team at ***The Dental Surgeon*** sincerely hope that all is well with you at work and at home.

As we wind down for the socially distanced holiday season, let us spend time on some mindful reflection. If you have not heard from a friend in a while, drop them a text and find out how they are doing. As more Singaporeans seek help for mental health issues amid this crisis, there are others who continue to suffer in silence. If you happen to be one of them, do not be afraid to seek the help that you need.

With that, let me leave you with a meaningful adage. Confucius once said, “He who falls asleep with itchy hole, wakes up with smelly finger.” A deeper analysis of the quote reveals that you should not yield to the beckoning draw of slumber with an irritated orifice; lest you desire to arise to a digit reeking of effluvia.

The TDS team wishes all of you a Merry Christmas and a Happy New Year. May 2021 be better.

Yours Sincerely
Jeremy Sim

A handwritten signature in black ink that reads "Jeremy Sim". The signature is stylized and written in a cursive-like font.

DR JEREMY SIM has emerged from his bond with the government and is currently fending for himself in the real world. He currently practices as a General Dentist in Orchard Scotts Dental. He is currently seated in front of his PC trying to write about himself in the third person to no avail.

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CONVENOR



DR GOH SIEW HOR graduated with a Bachelor of Dental Surgery from NUS in 2008. He is presently the Assistant Director at NTUC Health where he heads the Dental and Family Medicine services. He is a Visiting Consultant and Member of the Medical Advisory Committee at St Luke's Community Hospital and President of the Singapore Dental Health Foundation. He currently practises at Unity Denticare.

ASSISTANT EDITORS



DR ROBERT BURGESS is currently studying to be an endodontist. He hopes to continue to contribute to *The Dental Surgeon's* growth as a publication. Robert spends his free time trying to keep his pet corgi alive.



DR LEA TAN is currently serving the second year of her bond. She dreams of traveling the world and showing off her collection of lipstick. Outside of dentistry, she has many hobbies from knitting to learning Spanish. She is happily mediocre at them all, hopefully excluding writing.

The Dental Surgeon

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Correction

In the August 2020 issue of *The Dental Surgeon*, some of the statements in the Interviewee Profile for Dr Adeline Wong were wrongly presented.

We would like to correct that:

- Dr Adeline Wong is no longer a visiting specialist at the Health Promotion Board's School Dental Centre
- Dr Adeline Wong no longer serves on the advisory panel of Nanyang Polytechnic's School of Health Sciences

We would like to apologise for the error and any misrepresentation that arose from the errors.



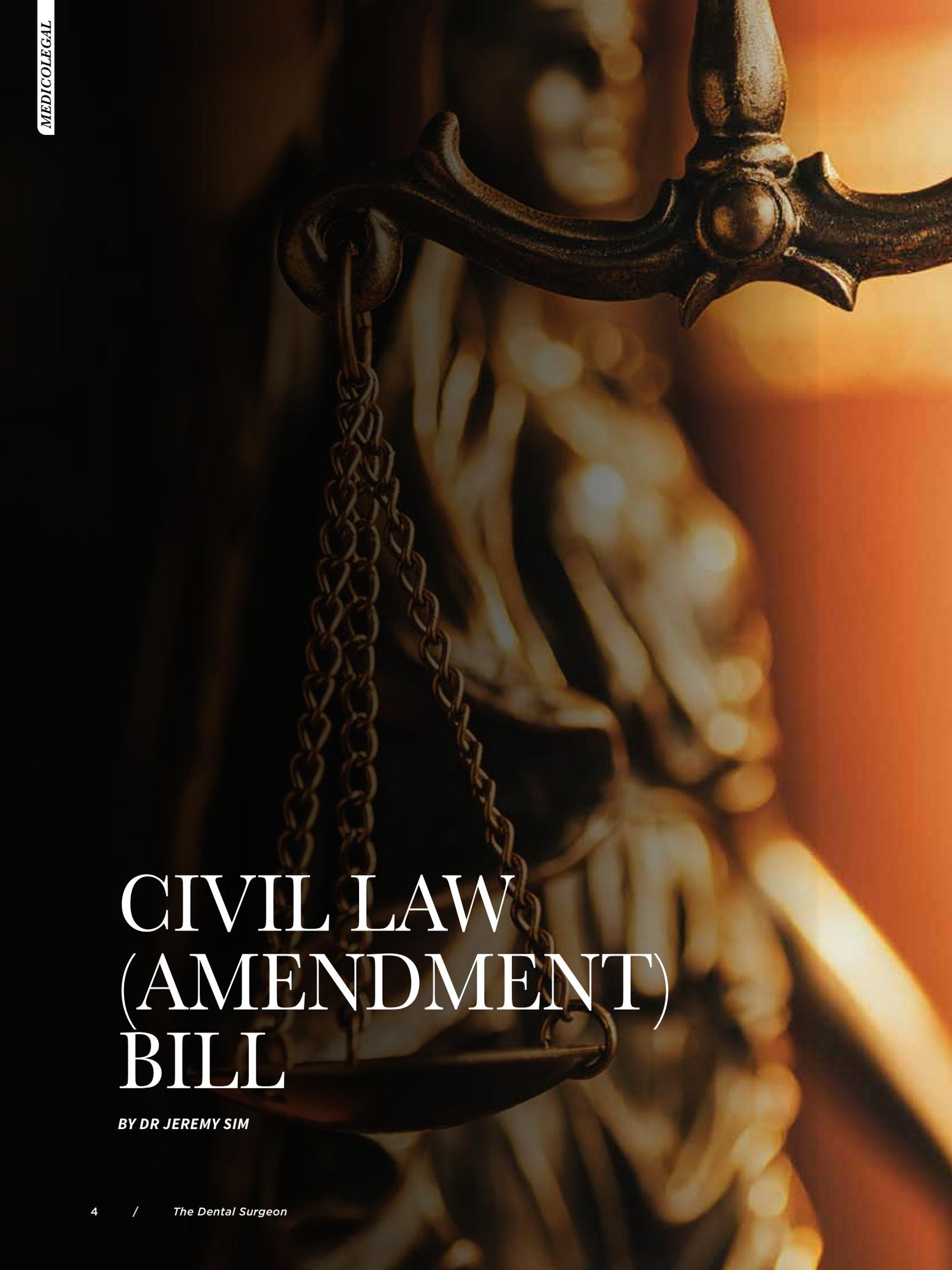
A Christmas Poem

It's the time of the year
To put up that tree
Let's dust it off
For all five friends to see!

A PSA to all children good or bad;
St Nick ain't coming,
He's stuck in bed!
He's got the sniffles, he's lost his taste;
Doesn't matter,
Travel restrictions are still in place.

Introverts rejoice!
Enjoy it while you can
At the rate things are going
The friendlies will have the upper hand.

As the millennia turns a legal age
May she cast away her adolescent rage.
Let's bring on the holiday cheer
As we bid adieu to this bizarro year.



CIVIL LAW (AMENDMENT) BILL

BY DR JEREMY SIM



The Civil Law (Amendment) Bill was passed on October 6 2020. It covers all healthcare professionals, including dentists. With the new Bill, it elucidates the information that has to be communicated to a patient in order for the said patient to make an informed decision.

In 2014, the Singapore Medical Council (SMC) imposed the maximum fine of \$100,000 on Dr Lim Lian Arn, a private orthopaedic specialist, for not informing a patient of the possible side effects of a steroid injection, which resulted in her suffering from increased pain and inflammation.

Though the case was eventually overturned by the Court of Three Judges, it led to much confusion in the medical fraternity. Some argued that defensive medicine would have to be practised, where a barrage of information would have to be provided to every patient in order to protect the practitioner from litigation. This would in turn lead to increased treatment costs and time. It may also overwhelm patients with information overload.

The new law says that doctors only need to tell patients what they “would reasonably require to make an informed decision”, said Second Minister for Law Edwin Tong.

Reasonableness: The Bottom Line

Essentially, the law sets out to provide a litmus test on the ‘reasonableness’ of the amount of information to be provided.

Firstly, the medical professional is required to perform his/her duties with sound logic. His/her actions should be deemed reasonable by a body of his/her peers.

Secondly, the information required to be provided to a patient should be within reasonable limits, in order for a patient to make an informed decision. This would also mean that every question related to treatment must be answered and that no question should be deemed too “stupid”.

Doctors should also review medical records and pre-emptively address any relevant concerns. However, it is not on the onus of the professional to review substantial volumes of medical records. Again, reasonableness, as determined by a body of their peers; is key.

Beneficial to the professional?

This law may potentially protect healthcare professionals from potential litigation, in situations where patients suffer from rare side effects that are not typically communicated to patients. However, it also sheds light on the necessity of arriving at a reasonable level of informed consent and the importance of record keeping.

This should not have any profound effect on the way Dentistry is already practised in Singapore. However, one should always be conscious of practising communication that is within reason and logic to ensure that all consent received is also reasonably and logically informed.

YOUR GUIDE TO STARTING A SIMPLE STRESS BUSTING PRACTICE

BY DR SURINDER ARORA





Inhale. Exhale. When was the last time you consciously focused on your breathing during your day to day activities? In today's world, we're lucky if we actively set some time aside to relax let alone breathe deep. This year has been one of uncertainty for most of us. In this together, living through a global pandemic and living through history. The unfolding of COVID-19 has brought us unexpected and abrupt changes and with it a load of anxiety.

Whilst the human species has been breathing since the dawn of time, meditation and mindfulness practices are becoming increasingly popular. Breathing well has never been more trendy. It's no secret that meditation and mindfulness can increase focus, improve productivity and decrease stress levels.

A step back in time

You may have a vague memory of your anatomy classes as a dental student. Our physiology has been hard wired with a 'fight or flight' sympathetic nervous system (SNS) mode and a 'rest and digest' parasympathetic nervous system (PNS) mode. In hunter-gatherer days the SNS response strategically prepared the body to face a threat or, run. As times have moved on these triggers have changed. The bears of the past now present as a waiting room full of patients, comparisons on social media, living in the midst of a viral pandemic or an argument with a loved one. This results in chronic stress which is detrimental to our health.

When we're over excited or feeling stressed our bodies respond with an elevated heart rate, raised adrenaline and raised cortisol levels as the sympathetic nervous system kicks in. This is useless when we're trying to manage a demanding patient's expectations or are trying to scoop out that fractured root. On the contrary when we're composed, our heart rate is slower and we enter a state of feeling relaxed as the parasympathetic nervous system takes over. This is not new news to us as dentists.

Stressors can be real or perceived. Try this. *Close your eyes and imagine a situation in which your body would usually start to give a stress response (increased heart rate, possibly sweaty palms). Stay in that place for a few moments.* How did you feel? If you managed to get into the scenario, your stress levels probably began to creep up. Real or imagined, when you perceive something as stressful, the body reacts in the same way.

It's important to understand that stress is not a bad thing. It has an essential function like making you move when you're crossing the road and there's a car heading your way. However, when stress becomes chronic, it can lead to muscle tension, increased or decreased appetite, hyperventilation, increased blood pressure, diabetes, weight gain and reproductive irregularities. Who needs those?

Enter mindfulness and meditation

Mindfulness is simply paying attention in the present moment and showing up where you are, as you are without judgement.

Meditation is more of an intentional practice and overlaps with mindfulness. Being in the moment helps you to go deep into meditation. A specific breathing technique, mantra or focal point may be used. It's hard to be sceptical when science supports both in the reduction of stress and anxiety. With practice, the neurones in our brains have the capacity to rewire and grey matter in the hippocampus and frontal areas of the brain increase allowing us to reap some of the rewards of our efforts.

We're bombarded by so much information every day. Hands up who watches the news? This advert, that e-mail, a social media feed or a stream of WhatsApp messages. All of this external 'stuff' can take its toll. Distractions are everywhere. If you're living in the same world as me, you may begin to realise that your attention span is not what it used to be. This is with good reason. Life is fast. Really fast. With increasing demands on our attention, time and pocket, when do we stop? Rarely.

Starting a daily practice

Now, more than ever before, getting down to a mindfulness or meditation practice can anchor us in this whirlwind we call life. **The breath has the capacity to turn things around, taking us from being reactive to responsive in a matter of seconds.** Deep breathing instantaneously moves the triggered sympathetic nervous system back to parasympathetic system - from anxious, angry, incoherent and reactive to calm, relaxed, coherent and responsive. Our breath is always with us and is the perfect tool to bring us back to a composed state when the world around us appears to be crashing down.

If you're still unsure where to start try this:

1. Sit in a comfortable position - on a chair, on the floor, whatever works for you.
2. **Breathe in** through the nose for **4 seconds**.
3. **Hold the breath for 4 seconds**.
4. **Breathe out** through the nose for **4 seconds**.

Repeat this cycle for 1 minute. When you're comfortable extend your time to 2 minutes, then 3 and so on. If the counting isn't working for you, simply inhale and exhale at a steady pace whilst focusing on your breath.

Start short and simple. You can easily extend the number of seconds you are inhaling, holding the breath and exhaling later on. The key here is to **focus on the breath**. Initially, you may start to feel physically uncomfortable. It's ok to adjust your position. A flood of thoughts may and will enter your mind. This is completely normal. Just allow the thoughts to come, take a mental step back, let them go and refocus on your breathing. Feeling a little light headed can happen in the initial stages due to the altered oxygen and carbon dioxide exchange in your body. Take a break and come back to it.

Overcoming obstacles

Obstacles come up whenever we are trying something new. Remember what happened when you pledged to start exercising daily? It's no different with a mindfulness or meditation practice.

Firstly, lack of focus and an overactive mind are normal. We're completely overstimulated on a daily basis and there's a common misconception that being mindful is about being free of thoughts. This is not necessarily true. It is more about **being in the present moment**. If thoughts arise in the moment, we can easily choose to shift our focus back to where we want it. We are not our thoughts and therefore, we can simply observe them and let them go. The mind loves to grab our attention. Ironically this is the reason many of us start a mindful practice - to overcome that 'monkey mind'. When a thought comes up, simply acknowledge it and let it pass by moving your attention back to your breath.

Secondly feeling restless when we're starting is normal. When starting, sitting still can take up most of our energy. Instead of focusing on the breath, our attention turns to our overstretched muscles which are causing discomfort.

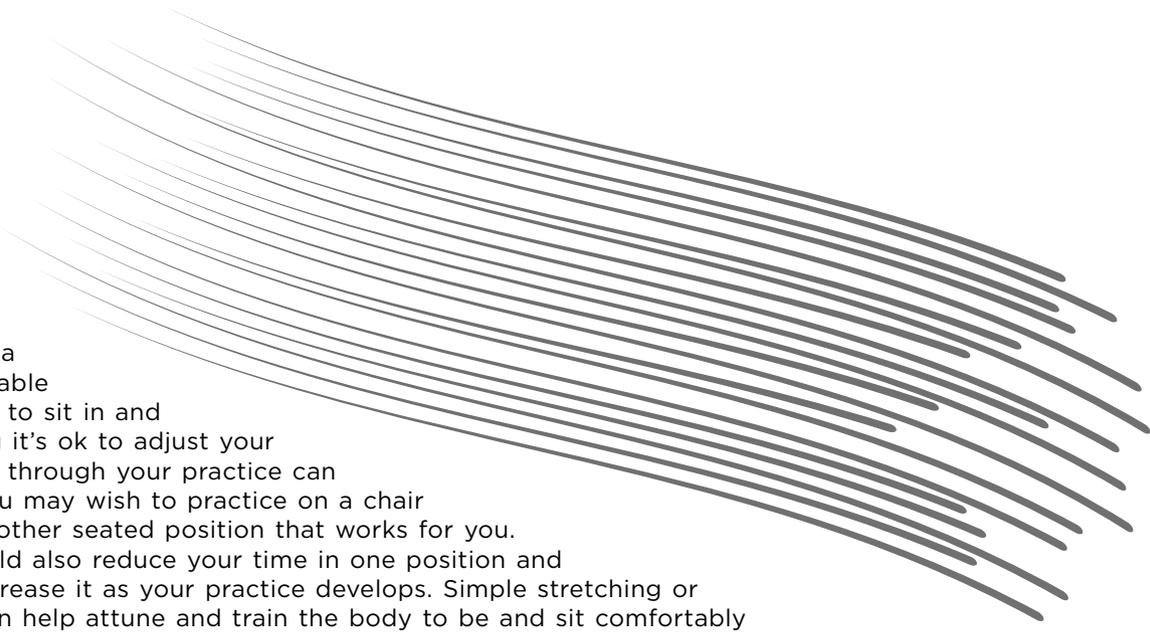
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Finding a comfortable position to sit in and knowing it's ok to adjust your position through your practice can help. You may wish to practice on a chair or in another seated position that works for you. You could also reduce your time in one position and then increase it as your practice develops. Simple stretching or yoga can help attune and train the body to be and sit comfortably for longer periods of time.

A common block with anything new is actually getting around to doing it.

Common comments I've heard over the years include

'I started but I couldn't keep it up.'

'It was going well but then I missed a day.'

'I stopped and now I've ruined everything.'

Go back to the reason you started this in the first place. Why? What was your motivation? Understand this. Be kind to yourself. It's easy to get frustrated if you miss a day but the incredible thing is that you noticed. Don't focus on what you've missed. We all fall from time to time. Simply get back up.

Cultivating a mindfulness or meditation practice can be a gamechanger when working in healthcare on both a personal and professional level. Why not have your own experience? Try it and see for yourself.



DR SURINDER ARORA is currently based in general practice and is a holistic health and wellness junkie. She's a qualified yoga teacher and is finishing up her MScPH with her research project on dentists and burnout in Singapore.

STRETCH YOUR WAY TO SUCCESS

BY DR LEROY KIANG

Back and neck pain killing you after a long day at work? You're not alone! A recent systematic review suggests up to 92% of dental practitioners have experienced some form of musculoskeletal disorder, with the most prevalent regions for pain being the neck (41-75.7%), lower back (35-73.5%) and shoulder (29-43.3%). (Sultana et al 2018)

This is hardly surprising; our work involves sitting down for prolonged periods of time, sometimes forced into awkward positions for procedures with difficult access and visibility. (#17dp cavity anyone?)

Some of these problems can be kept at bay with a few simple strategies, such as making time outside of work for regular physical exercise, and using equipment that allows us to work in a more ergonomic position (e.g. saddle chairs, prismatic loupes). In addition, we can make it a point to take breaks between appointments to get in a good stretch!

Here are a few useful stretches that you can do throughout the day, whether in the clinic or at home. It won't take longer than a few minutes and your body will thank you for it! Perform these stretches in a slow and controlled manner and hold for 5-10 seconds (or even longer if your next patient is late, AGAIN).



1

Side Neck Stretch

Place your right hand on top of your head and apply gentle pressure to tilt your head to the right, visualizing bringing your ear down towards your shoulder. Switch sides and repeat. This is also useful when you are trying to determine if your patient's occlusal plane is canted.

**2**

Seated Twist A

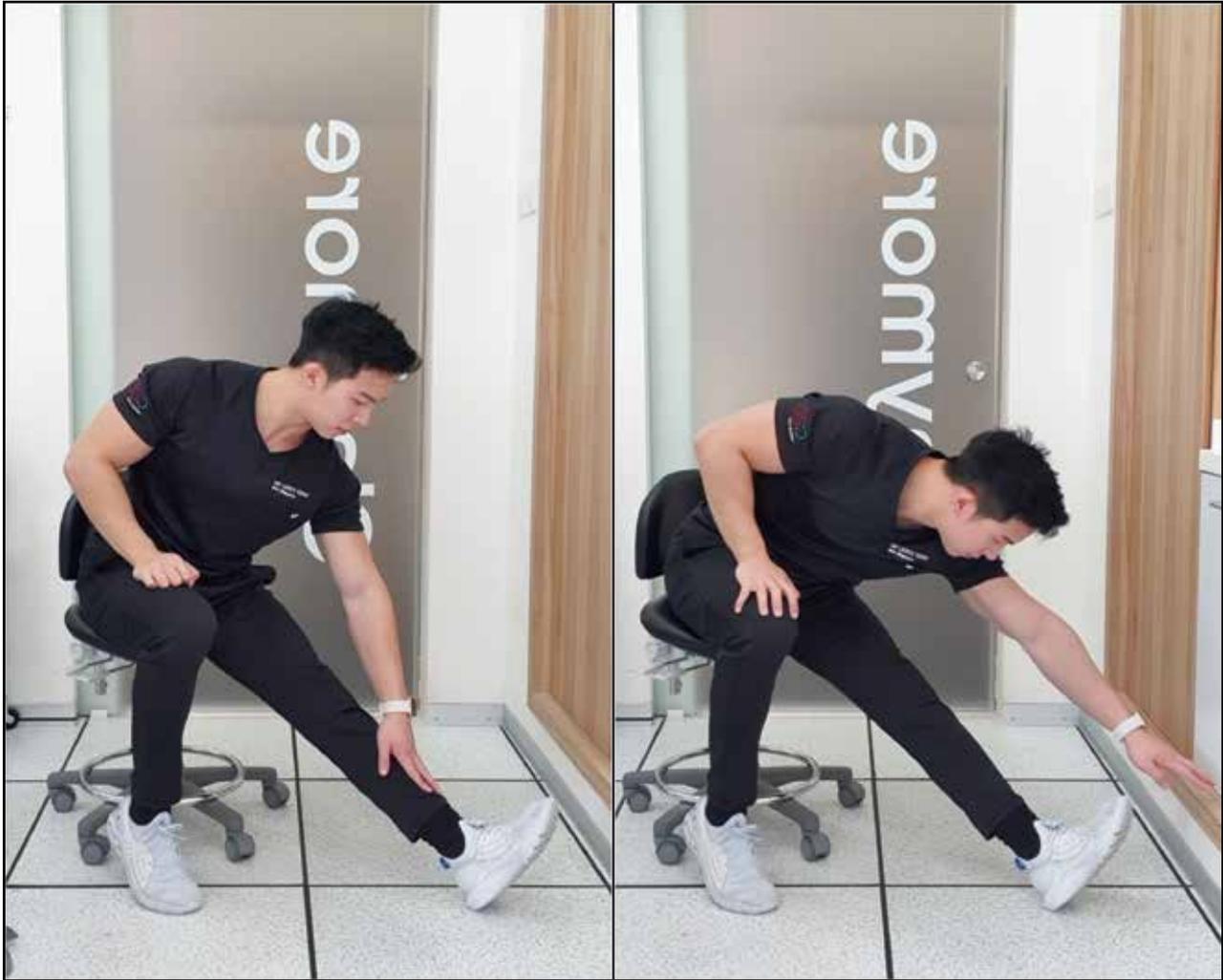
Sitting upright, place your left hand on the outer side of the right knee, then use this as leverage to rotate your torso gently to the right. Switch sides and repeat.



2

Seated Twist B

As a variation, try this while sitting with your right foot crossed over the left knee for an excellent glute stretch.



3

Seated Hamstring Stretch

Extend your left leg in front of you, then reach down and try to bring your left hand towards your toes while keeping the leg straight. Repeat for the right side. This stretch also comes in handy for when you've dropped your patient's crown on the floor while adjusting it.



4

Shoulder and Upper Back Opener

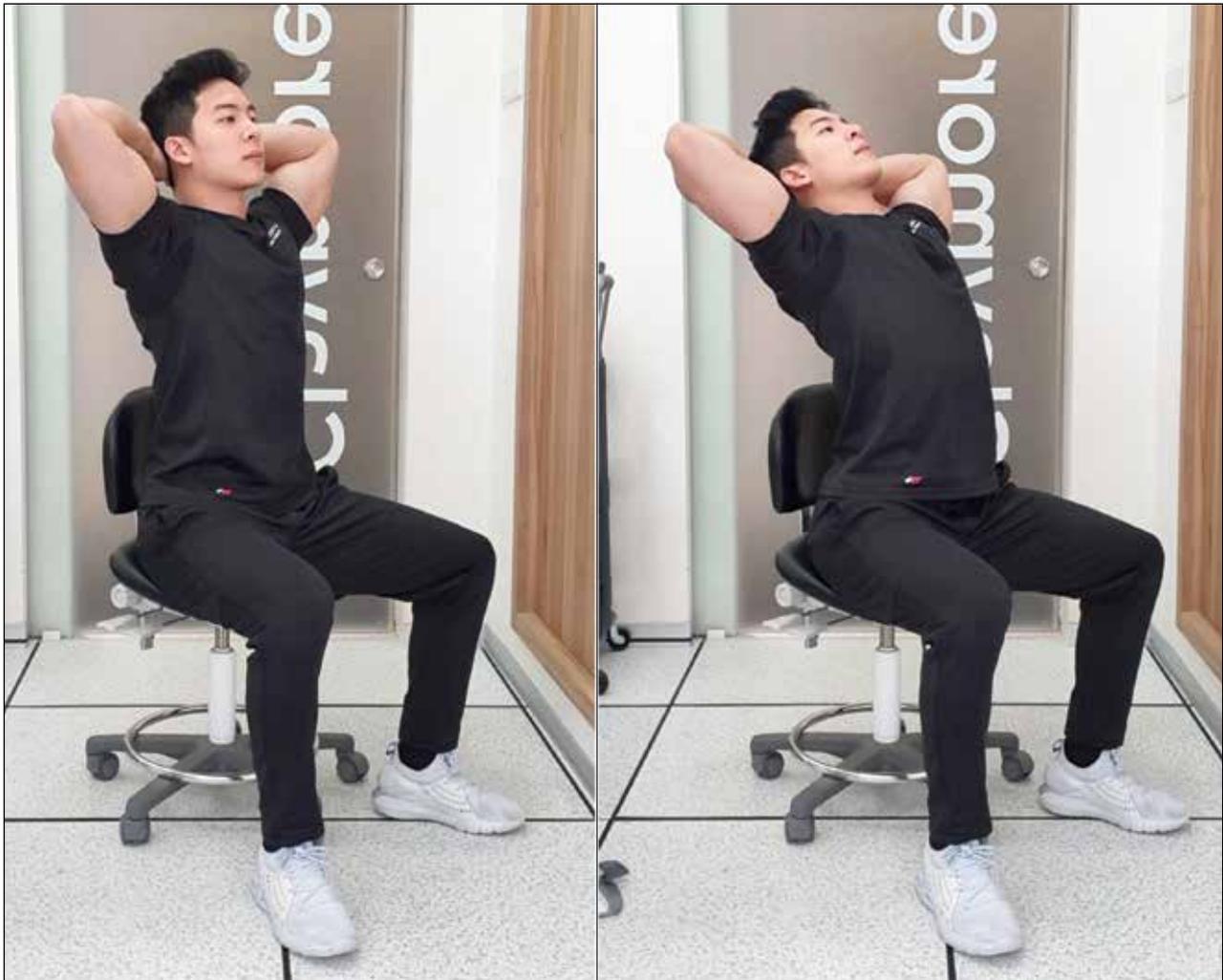
This one is a personal favourite. Place your hands on the workbench and keep both arms fully extended. Scoot your chair back and lower your torso, bringing your head down between your arms. Try to imagine getting your ears past your upper arms.



5

Tricep and Side Stretch

Interlace fingers behind head, then bring your right elbow up above your head by pulling downwards and outwards with the left arm. Keeping the hips square and feet planted, bend your torso to the left for a great combined stretch for your tricep, latissimus dorsi and oblique muscles on the right side. Switch sides and repeat.



6

Chest and Upper Back Opener

Interlace fingers behind head and sit upright. Flare your elbows out as wide as you can, arch your upper back and visualize pointing your sternum towards the sky. You may hear a crack or two from your upper or middle back! I often assume this position anyway when my Class II composite requires zero occlusal adjustment and I am feeling rather proud of myself.

Closing

I hope this article has provided you with a few good ideas for stretches that you can do in the clinic or at home. Alongside these simple exercises, you can also decrease your risk for developing musculoskeletal disorders by maintaining an active lifestyle and engaging in regular physical exercise. I am personally a huge advocate of strength training and believe that everyone stands to benefit from training with weights. Besides being a great outlet for stress, improving overall muscular strength makes us more resistant to work-related musculoskeletal injuries and improves proprioception, making us more conscious of our posture when we work. Taking care of our patients' dental health is a long term commitment, so let's not forget to take care of our own physical and mental health!



DR LEROY KIANG works at Orchard Scotts Dental. With a passion for both aesthetic dentistry and physical fitness, he aims to excel at both veneer prep and meal prep, and to have abs so defined some might indicate a fissure sealant.

Instagram: @dentabeast / @doctorleroy

INTERVIEW WITH ALIGN TECHNOLOGY'S JULIE TAY

BY DR JEREMY SIM

Since its inception in 1997, Align Technology, the company that brought us Invisalign clear aligners, has been at the forefront of clear aligner technology. It is a multi-billion dollar industry today. We had the opportunity to speak to Ms Julie Tay, Senior Vice President and Managing Director, Asia Pacific, Align Technology.

Digitization of medicine has been at the tip of the tongue of medical providers worldwide, especially with the onset of a global pandemic. Align is set to fully digitize from end to end, catalyzed by their iTero element intra-oral scanner that was featured in a previous edition of *The Dental Surgeon*.

Alignment In A Time Of Covid

Virtual consultations provide a continuum of care even in lockdown. Tracking of the treatment can also be monitored remotely with the My Invisalign App or third-party apps such as Dental Monitoring. The global pandemic had less of an impact on providers that had taken advantage of digital tools in their dental arsenal, thus bringing to light the importance of embracing a digital future.

Practitioners who monitored patients remotely were able to advise patients on the progress of their treatment. They were also able to confidently mail remaining aligners to patients without the fear of poor aligner fit. On the other hand, practitioners who relied on chairside orthodontic reviews had to halt reviews during Phase 1 of lockdown, thus delaying or even reversing the progress of orthodontic treatment.



Orthodontics - Embracing the Future

The pandemic forced the rapid progression and adaptation of technology. It is a scary thought that things would never go back to the way they were. Who even remembers what it feels like to be in public without a mask?

Invisalign clear aligners, widely accepted as the forerunners of the clear aligner industry; takes advantage of their treasure trove of data collected over decades to improve clear aligner therapy. They project to hit a million patients in Asia-Pacific.

With recent advancements in Artificial Intelligence and the importance of big data, Align's data repository is unlikely to be matched by any other clear aligner provider.

Making Orthodontics Simpler

They hope to secure their position by setting up 6 training centres in the region. They aim to provide mentorship, facilitate clinical discussions and provide case studies to aid clinicians in their orthodontic journeys.

Align also hopes to make orthodontic treatment more straightforward. Physical impressions may soon be a thing of the past and wirebending may only play an auxillary role.

Align currently has a program with the NUS Faculty of Dentistry that covers clear aligner treatment. They also expressed interest in providing a module to undergraduate students if given an opportunity.



Alternatives to Invisalign Treatment

Certain “DIY” clear aligner systems, such as Zenyum and SmileDirect-Club, have flooded the market. These still require diagnosis by a certified dentist. If certified suitable, a scan or impression will be performed. The patient will then receive the entire set of clear aligners in their mail at a fraction of the cost of Invisalign aligners.



These “DIY” aligner systems, however, do not provide provisions for space creation. They do not plan for interproximal reductions or extractions and rely on expansion within reasonable means of its clear aligner systems. They also do not have attachments.

Align responded that orthodontic treatment is a journey. Such systems do not provide corrections to treatment, should hiccups be faced halfway. Diagnosis and scanning would also only be one aspect to treatment, while Invisalign covers all bases from monitoring, mid-course corrections, to retention.

On the other hand, other clinic-based aligner systems have also begun to see some growth in our local market. Systems such as SLX Clear Aligners by Henry Schein and ClearCorrect by Straumann have made their forays into our stratosphere. They provide cost savings to the cost-conscious patient and clinician. These provide much needed competition to brands such as Invisalign clear aligners. From a consumer’s perspective, competition can only be a good thing.

Invisalign Go?

A relatively new addition to the Invisalign family of products, Invisalign Go is undergoing a pilot program. According to their official website, Invisalign Go aims to treat “mild to moderate malocclusion” with “up to 20 aligners”, while moving only “second premolar to second premolar”.

When asked how Invisalign Go complemented their already comprehensive range of Invisalign packages which includes Invisalign Moderate package (also providing up to 20 aligners), they responded that it was undergoing its pilot phase and declined further comment.

To our understanding, the Invisalign Go training course only certifies the clinician to provide Invisalign Go, and not their other packages.

It is also interesting to note that, on their official website, it is called “Invisalign Go Package Limited Movement (GP)”, while other packages do not include the “GP” specific denotation. It remains to be seen what Align has planned for Invisalign Go in Singapore.

The Invisalign Product Portfolio

A simplified view of Invisalign clear aligner solutions to facilitate ease of product selection. This view shows Invisalign products based on severity of malocclusion to help decide which treatment options make sense for your practice.

Patient type	Adult/teen						Growing children	
Malocclusion	Very mild to mild		Mild to moderate			Moderate to severe		
Product	Invisalign Express 5	Invisalign Express Package	Invisalign Go Package Limited Movement (GP)	Invisalign Lite Package	Invisalign Moderate Package	Invisalign Comprehensive Package	Invisalign First Comprehensive Package	Invisalign First Comprehensive Phase 2 Package
Maximum number of stages	5	7	20	14	20	Unlimited	Unlimited	Unlimited
Clinical scope	Relapse and very minor movement	Relapse and minor movement, anterior esthetic alignment	Class I, no AP correction, mild to moderate crowding/spacing, non-extraction, pre-restorative Tooth movement from second pre-molar to second pre-molar (5x5)	Class I, mild crowding/spacing, non-extraction, pre-restorative	Class I, mild Class II, mild to moderate crowding/spacing, mild AP and vertical discrepancies, pre-restorative	Class I, II, III, moderate to severe crowding/spacing, AP and vertical discrepancies, extractions, complex pre-restorative	Early interceptive Phase 1 treatment	Phase 2 treatment
Additional Aligner policy	1 set for purchase	1 set for 6 months*	1 set for 1 year*	1 set for 1 year*	1 set for 2 years*	Unlimited / 5 years	Unlimited sets included for 18 months	Unlimited sets included for 3 years*
Advantage discount	No	No	No	No	Yes	Yes	Yes	Yes
Advantage points	200 (trial)	250	500	500	1,000	1,000	500	500

Also available for adult and teen patients: Invisalign Express 10 and Invisalign Assist Package.

Trying to be Invisalign Trained?

When asked about the difficulties that clinicians faced in signing up for the regular Invisalign training course, Align responded that they were committed to provide training for all dentists. They reiterated that they fully supported the general practice of orthodontics.

Interested participants may go to <https://www.invisalign-doctor.com.sg/time-to-move-forward> or scan the QR code on the right if they wish to register for the Invisalign training course.



Align and the Future

Align aims to remain at the forefront of clear aligners by using technology to make treatment more predictable for doctors and their patients. With their on-going innovations, moving teeth will only get easier. They also offer to work together with individual practices to help practice owners better adapt to their specific circumstances. They hope to reduce chairside treatment time by introducing pandemic-proof solutions such as virtual consultations and remote aligner tracking.

Ultimately, clear aligners such as Invisalign treatment are merely tools in the hands of clinicians. It is critical that consumers understand that they are medical devices; and that treatment is being provided by the doctor and not the tool. Align simply hopes to streamline this process to make the lives of clinicians a little less painful than it used to be.



JULIE TAY

*Senior Vice President and Managing Director,
Asia Pacific Align Technology*

Julie Tay is Senior Vice President and Managing Director, Asia Pacific, responsible for Align Technology's market development and operational execution of all Align Technology products and services in the Asia Pacific region. She is also a member of the Executive Management Committee. She joined the company in March 2013 originally as Vice President and Managing Director, Asia Pacific.

Ms. Tay has more than 20 years' experience in international management of various segments including consumer healthcare, medical devices and chemical businesses across Asia.

Prior to joining Align Technology, Ms. Tay was regional head of Bayer Healthcare (Diabetes Care) overseeing operations across Asia where she grew the business into a sustainable and profitable operation in three years. Prior to Bayer, Ms. Tay spent 15 years with Johnson & Johnson Medical where she was instrumental in establishing the LifeScan franchise within Asia.

Ms. Tay holds an M.B.A. from Curtin University of Technology (Australia) and a B.A. degree from the National University of Singapore.



LUKE'S LOBSTER

BY DR JEREMY SIM



All of our rolls are made with a quarter pound chilled, wild caught lobster, crab, or shrimp, in a buttered bun with mayo, lemon butter, and seasoning.

THE ROLLS

- Lobster Roll (Lobsters from Maine, US)..... 25.50
- Crab Roll (Jonah Crabs from Massachusetts, US)..... 23.50
- Shrimp Roll (Shrimps from Quebec, CA)..... 21.50

LUKE'S TRIO

Try it all! Our Luke's Trio offers half a lobster roll, half a crab roll, and half a shrimp roll. The perfect sampler for you to decide which is your favourite. Personalise your meal by adding our soups!



33.50

SOUPS & CHIPS

- Clam Chowder 11.50
- Lobster Bisque 12.90
- Tyrrells Chips 2.90

DRINKS

- Beer**
- Hoegaarden Pint 15.90
 - Little Creatures IPA Pint 17.50
 - Little Creatures Dog Days Pint 16.50
- Wines**
Check with our crew for wine selection

- Non-Alcoholic**
- Luke's Homemade Lemonade 6.50
 - Garden of Eden Cold Brew Tea 7.00
 - Green Pomegranate Cold Brew Tea 7.00
 - Sprite 4.50
 - Coke 4.50
 - Still Water 4.50
 - Sparkling Water 4.50

Luke's Lobster made her foray into our local scene in September, to much fanfare. The seafood chain, heralding from East Village, NY, created a buzz amidst a Covid languished F&B scene and opened its doors at Shaw House.

The restaurant, like its menu, is simple and small. Specializing in lobster, crab and shrimp rolls from seafood sourced from North America, it keeps its selection succinct with a few other offerings of soups and drink.



Unfortunately, they had run out of crab on our fateful day of patronage. We ordered a Lobster Roll, a Shrimp Roll, Clam Chowder and Lobster Bisque.

The lobster roll consists of lobster in a bun. That's it. Perhaps simplicity is the name of the game, but when you simply have two parts to a dish, these individual components better taste like the bees knees. But alas; bees do not have knees. The lobster Mainely disappointed. Though fresh, it lacked flavour and zing. The crimson lobster meat was adorned by a seasoning that one may call, as the French say, *poopeé*.

The bun would have been impressive if it were sold at the mama shop down the street for \$4.50 per bag of ten. Remember how mother used to ply butter spread upon sliced bread, toast it a for a minute and tell you that we would get our hot water back by the end of the week? The bun tasted like home. A broken home. I may be exaggerating but it certainly lacked the buttery goodness that one may expect from Luke's Lobster.

The shrimp roll failed to impress as well. Ever gone to a fancy party, stolen the platter of cocktail shrimp, shoved it all haphazardly into a bun and sold it for \$21.50?

Seppuku was developed in the 12th century for samurai to die honourably. They believed that dying by their own sword was more honourable than dying by the enemies' hands. Often called "hara-kiri" in modern Western literature, the practice has since fallen out of favour due with the decline of the samurai.

If the inventor of the shrimp roll committed *seppuku*, it would still





not absolve him from the dishonour of coming up with the idea of stuffing shrimp into a bun and then selling it for \$21.50.

I was all ready to lose all hope in Luke's Lobster until I tried their lobster bisque and clam chowder soup. Then, I did. As a long-time lover of the classic Boston clam chowder, I had my heart shattered like an unsintered zirconia crown under occlusal load. It took me more time to find actual clam meat than to find an MB2 canal.

The lobster bisque was insultingly watery. Key ingredients to a good lobster bisque, namely butter and garlic, appeared to be severely lacking in Luke's Lobster's formula.

The soups also came with wooden spoons.

The spoons pictured are arranged from left to right, in descending levels of usage.

These spoons are provided with the purchase of any of Luke's Lobster's soups. The life of a spoon in Luke's Lobster begins with a gentle concavity that functions as a malnourished receptacle for a thick soup.





Despite its already lacklustre soup holding capacity, it further disappoints with usage and flattens out like a pita under a steam roller.

Eventually, it turns into a spatula. The transfer of any Newtonian fluid turns into a Herculean task. A combination of finesse, determination and sheer willpower is required to overcome the desire to break the spoon into four halves. That is not even a typo.

It is unclear if the de-concaving of the spoon would continue past the point of flatness, thus giving the spoon a new lease of life. Further research is required.

We also tried their signature drinks: Luke's Homemade Lemonade, Garden of Eden Cold Brew Tea and Green Pomegranate Cold Brew Tea. I shall not comment on these drinks as I may run the risk of making Luke's Lobster sound like a sub-par establishment.

Overall, we had a delightful experience at Luke's Lobster.



SWEET TOOTH EP 1

Henri Charpentier Dessert Review

BY DR LEA TAN





Nestled in the heart of Ion Orchard, Henri Charpentier has drawn many a sweet tooth who flock for their famous cakes and World Record-winning financiers. And now that Singapore is opening up and crowds are (occasionally) not back to the full crest of pre-Covid times, here's a casual-swanky dessert place to check out because let's face it - dentists enjoy our cariogenic indulgences too. We just floss better after.



AT A GLANCE

Expected damage: \$10-20 per pax

Best for: Groups, couples or individuals looking for a comfortable place to spend a couple of hours while enjoying classic desserts and high tea

Pros: Excellent service

Cons: Each cake won't be the Best You've Ever Had but you'll enjoy them well enough

If you could only get one thing on the menu: Financier (Original) or Double Cheesecake

Fun fact: the Henri Charpentier brand is actually Japanese in origin. Established in Ashiya, Japan in 1969, it has since expanded to over 80 outlets in Japan. Singapore is the only other country where Henri Charpentier has set up shop. Other outlets are located in VivoCity, Great World City and Orchard Central.





The cafe is 'aircon al fresco', a great place to people-watch on a quiet day to yourself or to bring a group of friends or a loved one for an intimate high tea.

The service is excellent as well. The service staff were still friendly and smiling after our fearless leader and editor Jeremy waltzed right up and asked, very earnestly, how to pronounce "Hairy Carpenter". We were spoilt for choice, and they gave pretty spot-on recommendations that provided enough variety without bursting our stomachs and wallets.

We tried five different cakes for this completely unbiased, sadly unsponsored review. Visually, each slice hit the mark and would be perfect as a gift. In fact, they looked so good that we were digging in before everything arrived and we could take our photos... so dug out some hidden interproximal lesions (that still looked perfect on camera).





Financing the brand with World-Record fame: Les Financiers

'Financier' is the French term for 'finance professional', and the story behind this pastry is that the original pastry chef invented bite-sized tea cakes for busy stockbrokers to grab-and-go in his shop near the Paris stock exchange.

The Henri Charpentier financiers are specially made with cultured butter from Hokkaido. Financiers are typically on the sweet side, but Henri Charpentier's financiers had a sweetness that was surprisingly enjoyable and almond-y without leaving a tacky taste at the back of your throat. Definitely worth a try.

That being said, chocolate financiers are unanimously Not Recommended by the TDS team. Stick to the original.

Is it a Cariogem?



Berry light, berry delicious: The Shortcake

Cue internal comparison to the Queen of shortcakes from Four Leaves (that costs about half the price for a slice).

Verdict: Great cake but still can't take the crown, and definitely not as much of a bang for your buck.

Light cream, a generous layer of sweet strawberries, and the cake itself was spongy and not too sweet.

Is it a Cariogem?



No cheesy pun for the: Double Cheesecake



A layer of baked cheesecake topped with a layer of mascarpone-cream cheese blend. Each layer was flavourful and distinct, yet they blended so well together. The rich bottom layer was balanced by the light top layer, and visually this cake is so much more good looking than your one-tone New York cheesecake.

Sole gripe: the crust is on the thin side, but flavour-wise that the thin crust puts all the limelight on the great cheese flavour.

I personally prefer my cheesecakes less sweet and more decadent so this was not Just Right for me, but all three of us really enjoyed it. The Double Cheesecake definitely has the potential to be a favourite.

Is it a Cariogem?



Total eclipse of the Tart: Lemon Tart



A tart that looks like a slice of cake! It was thick and tangy and had an awesome meringue layer. Great crust to filling to meringue ratio, a hefty portion... but all in all not the star of the show.

The Lemon Tart is a good companion to the richer

cakes if you're getting a spread, especially if you appreciate some acidity to cleanse your palate in between.

Is it a Cariogem?



Not a choco-lot to say about the: Chocolatine



Your standard chocolate layer cake. There was a crunch layer, the chocolate taste was rich, the buttercream was not too sweet. And, the cake passed the very important layer cake test of Will This Fall Apart Or Stay On My Fork Perfectly.

Not the best we've had, but pleasant enough to munch

on. If you'd like something to sip on, pair the Chocolatine cake with a light tea or a coffee without milk.

Is it a Cariogem?



DR LEA TAN is currently serving the second year of her bond. She dreams of traveling the world and showing off her collection of lipstick. Outside of dentistry, she has many hobbies from knitting to learning Spanish. She is happily mediocre at them all, hopefully excluding writing.

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FERRARI F8

BY DR KEVIN CO

Even though the electric vehicle revolution has begun, and in a few years, nobody will remember the roar of might engines feeding on fossil fuels. We cannot deny that there is something magical about the growl of thoroughbred V8. That being said, we are truly living in the golden age of performance and sports cars, and since there are so many fantastic machines to choose from! Today, we will review the gorgeous Ferrari F8 Spider and possibly steer you in that direction.

What is it?

To understand the Ferrari F8, you have to realize that this is the newest model in a long line of mid-engined sports cars dating back to the late '60s and the eponymous Dino 246 GT. Such a long evolution process ensured that the F8 is impeccably polished, thoroughly developed, and beautifully hand-crafted in every way. The design is based on previous models like the 488 GTB and, more notably, the Ferrari SF90 Stradale. But there is more than just an upgraded design. Ferrari F8 is more aerodynamically efficient (up to 15% compared to 488), more beautiful, and more aggressive. The F8 Spider we are concentrating on here is the convertible version with a folding roof, which only slightly alters the design. It retains the same mechanical components, engine, and drive train as the F8 Tributo (coupe).

Specifications

Whenever you are talking about Ferrari products, there are two things to concentrate on. One is the design, and we already told you that the F8 Spider is gorgeous, sleek, sexy, and dynamic-looking. The second is the specifications, and boy, are they impressive. Under the hood, or better said, rear









deck-lid lies a master-piece of modern Italian engineering in the form of an F154CD engine.

We know that this code doesn't mean a lot, but it designates the 3.9-liter twin-turbo V8 engine, which delivers 710 hp and 568 lb-ft of torque. Even though the output is impressive and the F8 Spider is the most powerful conventionally-powered V8 Ferrari on sale, let's take a moment and appreciate the fantastic engineering that is behind this power plant. The 3.9-liter V8 revs up to 9000 rpm and has F1-styled titanium connecting rods, flat-plane crankshaft, dry-sump lubrication, special intake manifold, turbo rev sensors, which help control the boost and achieve more power. Thanks to the use of lightweight materials, the whole unit is 18 kg (40 pounds) lighter than the engine in 488 GTB.

The old-school traditionalist would be disappointed, but Ferrari does not offer a manual gearbox on the F8 Spider. In fact, Ferrari basically abandoned the manual transmission several years now, and if you one of those car puritans, you better look somewhere else. The F8 Spider comes with a modern, 7-speed dual-clutch automatic with lightning-fast shifts and improved gear ratios.

Performance

As you might guess by now, F8 Spider is blisteringly fast. But just how fast? With 0 to 100 km/h in 2.9 seconds, quarter-mile in 10.7 seconds, and a top speed of 340 km/h, this open-top missile is one of the fastest sports cars on the planet. One of the key dynamic aspects is the 7-speed dual-clutch that makes shifts almost impossible to catch and efficiently use the engine's massive torque figure.

Driving Dynamics

However, the numbers are just half of the story. The real value of F8 Spider lies in its driving dynamics, perfect steering, double wishbone suspension, and strong brakes. When you sit behind the wheel, you get the immediate sense that you are not in a car but in the low-flying fighter jet. The multi-functional steering wheel with the "Manetto" switch is more like part of a plane cockpit rather than a part of the car interior.





Perfectly sculptured seats hold your body firmly and give a generous amount of lateral support. All of that provides the driver with a high level of confidence, but that level rises up even higher when you start driving. Precise steering, strong brakes, and an over-powerful engine make your every thought an instant reality by pressing the accelerator pedal. The only tricky thing is to keep yourself restrained so you don't end up in jail or by the side of the road.

Features

However, the insanely powerful engine and brutal acceleration don't complete the picture of the F8 Spider. That is why we have to present other, not so exciting but still relevant features of this car. First, there is a hard, folding roof and its 14-seconds opening top sequence. You can open and close it at lower speeds while the vehicle is moving. It is kind of funny of having a 710 hp convertible, so we can guess that the F8 Spider can be called the world's greatest hairdryer.

Like all sports and supercars, the F8 Spider struggles with usable space. While there is enough room in the interior, trunk space is scarce at just seven cubic feet. However, we are sure that nobody will buy this car for its practicality so even if you can fit like two shoeboxes and a bottle of water, it doesn't matter.

For tech geeks, there is an infotainment system with Android Auto and Apple Car Play, a premium audio system, a host of driving models, and a rear-facing camera, which is really helpful since the F8 Spider is a handful to reverse park with the roof up. Simply the design and the driving position limit the visibility out of the car.

Price

The standard Ferrari F8 Spider starts at \$1,098,000. That is, of course, if you don't have any particular requirements which cost extra. We cannot really think of anything that we might add to this automotive perfection. So for those who bought Tesla shares during Circuit Breaker, time to take profit.



DR KEVIN CO is a full-time private practitioner at his clinic TLC Dental Centre. Cars remain his lifelong passion.

US PRESIDENTIAL ELECTIONS 2020: WHO HAS THE BETTER SMILE?

DR JEREMY SIM



America has spoken and Joe Biden is now president-elect of the United States of America. However, what if America had voted solely based on how good their teeth looked? Could Trump have successfully defended his seat? Let us analyse their veneered smiles.

Colour and Shade

Both Biden and Trump have likely opted for low translucency, monolithic lithium disilicate ceramics. Both have no apparent difference in chroma, value throughout the surface of the veneers. This gives the impression of a flat, shapeless form that is telling of an artificial smile.

The classic bleached shade chosen by both the politician and the reality TV star complement their skin tones well. Though, in this photo, Trump has yet to receive his infamous spray tan. A darker skin tone may result in overly

contrasting veneers.

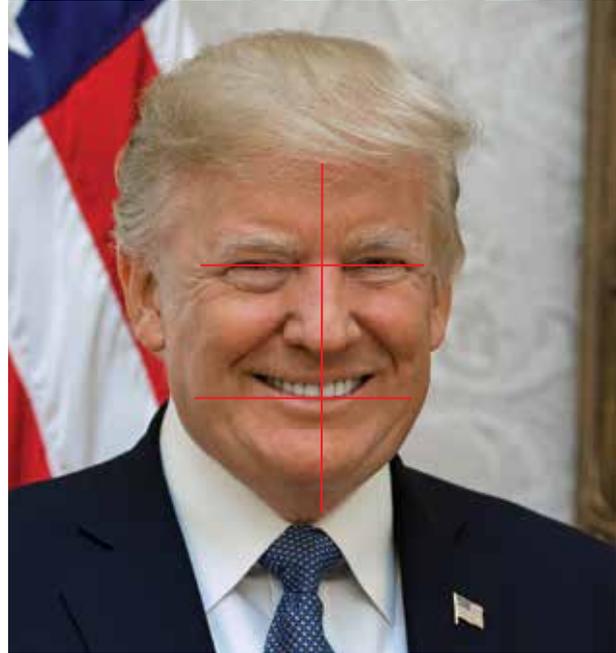
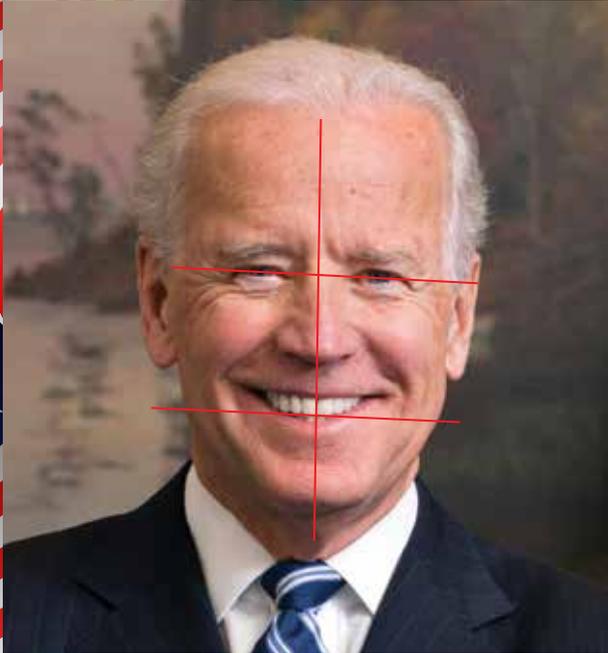
There is no clear winner in this category.

Alignment

Biden appears to have somewhat of a canted smile. This is apparent by an increased show of cervical margins on his right, which may be exacerbated by a higher lip line on his right. Just like his policies, Biden's dentition has an overall leftward tilt; like trees resisting a typhoon approaching from his right.

Trump's teeth, on the other hand, appear to be aligned more ideally. His facial and dental planes, as well as his facial and dental mid-lines, are coincident. His lower lip, however, angles more sharply upwards on his right. This, however, is not reproduced in other photographs of the incumbent and is likely unique to this photograph.

Trump takes the lead.



Contours

Trump's dental contours look better. His incisal lengths are varied as they should be. This is more apparent in other photographs, which are unfortunately copyrighted. His lateral incisors are a tad shorter than his central incisors and his canines. Trump's emergence profiles are also rounder and more natural. The well contoured line angles also help to overcome some of the shortcomings of low translucency monolithic ceramics. They provide a semblance of form and nature.

Biden's teeth, on the other hand, appear blockish. They are large, rectangular, and lack line angles. They lack variation of length and emerge like the Easter Island Heads of

Polynesia. However, they complement the rectangular framing of his face by his absurdly angular hairline.

Trump extends his lead.

The Winner

The incumbent Trump is the definitive winner of the election (by teeth). Every time he says "CHY-NA", he subliminally wins voters over by showing off his superior chompers. Biden needs to work on his dental game to come close to trumping Trump's terrific teeth.

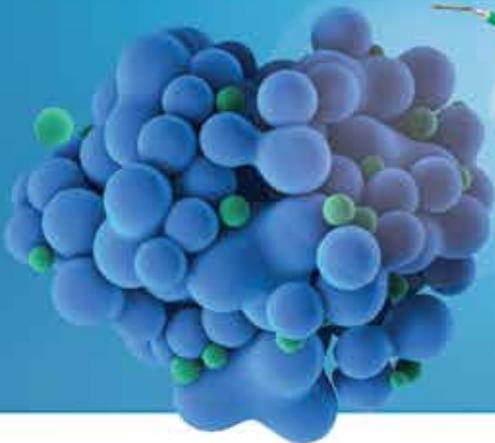
Trump wins the (Dental) Presidential Election of 2020. Make Amalgam Great Again.



DR JEREMY SIM has emerged from his bond with the government and is currently fending for himself in the real world. He currently practices as a General Dentist in Orchard Scotts Dental. He is currently seated in front of his PC trying to write about himself in the third person to no avail.

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References:

1. Ministry of Health Singapore, MOH CIRCULAR 153/2020

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