



DentalSURGEON

Newsletter of The Singapore Dental Association

MICA (P) 144/07/2007

JULY 2007

SDA Appreciation & Welcome Dinner



On 6th July 2007, the Citroën showroom was filled with approximately 80 dentists. No, there were no lectures or workshops going on. Rather, it was SDA's Thank You Dinner for volunteers as well as Welcome Dinner for the new graduates. From 3pm, streams of dentists began to arrive at the showroom. The place was flooded by 6pm as groups of dentists arrived after a busy day at work. Many test-drove the various models of Citroën cars whilst waiting for dinner to commence. The lucky first 5 SDA members who did a test-drive, received a Limited Edition Citroën C4 WRC model car.

Dr. Benjamin Long, the current SDA president, kicked off the event proper at 7pm with a welcome speech to the newest additions to the dental fraternity – graduates from the Class of 2007. Dr. Bertrand Chew, the Honorary Treasurer then introduced the SDA Council Members. He also explained the structure and functions of the organization and various subcommittees within SDA. On behalf of the Welfare Subcommittee, Dr. Chew gave a brief background of the subcommittee. This was followed by Dr. Raymond Ang for the Ethics Subcommittee and Dr. Ng Jet Wei for the IDEM subcommittee.

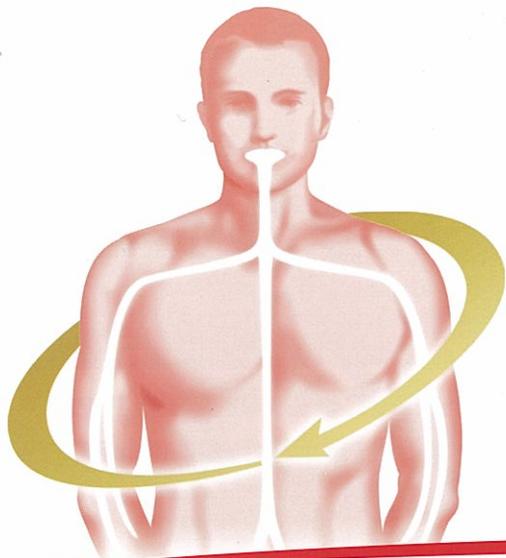
The crowd then happily tucked into the buffet spread provided by Citroën Singapore. With many satisfied tummies, the program continued with Dr. Benjamin Long thanking the many volunteers within SDA. Certificates of appreciation were handed out to every volunteer with a photo taken with the President for happy memories. There was also a special segment during which the awards for the Most Outstanding Male and Female Volunteers were announced. This special award was given in appreciation to the most active male and female volunteers. The award for the Most Outstanding Male Volunteer was presented to Dr. Terence Jee and that for the Most Outstanding Female Volunteer was presented to Dr. Cecilia Zheng, each receiving a trophy. A token of appreciation was also presented to Madam Jolyn Tay from Citroën.

Finally, there was a lucky draw for those who test-drove the Citroën cars. The lucky dentist was none other than Dr. Beh Yee Hao, the former president of NUS Dental Society. Dr. Beh won an exclusive one-night stay for two on the Business Floor at Conrad Hotel with full Executive benefits! That's one lucky man.

The crowd dispersed after the award presentation. A few lingered on to catch up with old friends or to admire the stylish cars. This event certainly left memories of good food, good company and great cars.

Dr Sapphire Gan





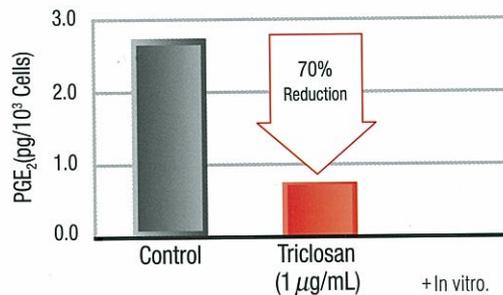
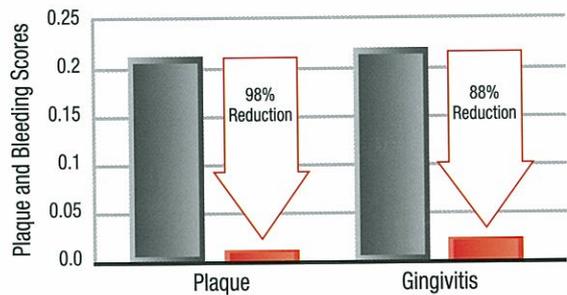
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1. Panagakos FS et al. J Clin Dent. 2005; 16 (Suppl): S1-S20. 2. Davies RM et al. J Clin Periodontol. 2004; 31: 1029-1033. 3. Amornchat C et al. Mahidol Dent J. 2004; 24: 103-111. 4. Garcia-Godoy F, et al. Am J Dent. 1990;3 (special issue): S15-S26. 5. Modéer T, et al. J Clin Periodontol. 1996;23: 927-933.

*Based on tracking by Colgate in 2003-2004 in 44 countries

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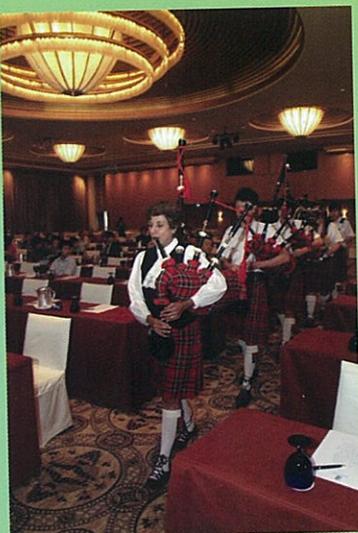
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SDA Convention 2007 – New Concepts and Strategies : Taking Dentistry to the Next Level



The Scottish bag-pipers marching in during the opening ceremony.



SDA president, Dr. Benjamin Long delivering the opening address.



SDA Convention Chairman, Dr. Ng Jet Wei delivering the welcome address.

Singapore Dental Association (SDA) concluded yet another successful annual SDA Convention at Ritz Carlton Hotel that took place on 7th and 8th April 2007. With an overwhelming attendance of more than 380 dental professionals for the seminars over the two days, the Convention was a triumphant collaboration between SDA, NUS Faculty of Dentistry and World Dental Society (WDS).

The speakers invited for the convention, Dr Martin Groten and Professor Monty Duggal (NUS-SDA Distinguished Speaker), were renowned for their expertise in their respective specialties and delivered an insightful and interesting seminar on updates and new concepts in the practice of dentistry.

SDA Convention 2007 was made possible with the kind contributions of our main sponsor, Colgate Palmolive (Eastern) Pte Ltd, as well as co-sponsors Procter & Gamble International Operations Pte Ltd and Johnson & Johnson Pte Ltd. SDA is grateful to the dental companies for their unwavering support over the years and participation in our events.

Under the leadership of Dr Ng Jet Wei, his team of capable volunteers planned several months ahead to make this convention successful. In view of the dental bill to be passed that requires all practicing dental professionals to attend continuing dental education (CDE) in order to keep current with advances in dental technology and clinical concepts, the SDA Convention is part of the association's initiatives to provide its members with CDE opportunities.

As SDA President, Dr Benjamin Long, rightfully put it, "I am confident that the participants of the Convention will not be disappointed by what the CDE committee has prepared for you. This will be a prelude to IDEM 2008 and FDI 2009". Dr Ng Jet Wei is also the Chairman of IDEM 2008 and work is already in progress in preparation for the big dental event next year.



Dr Martin Groten with the members of the SDA Council as well as the Deanery and staff of NUS Faculty of Dentistry.



Convention participants visiting the trade exhibition.

The grand opening ceremony for SDA Convention 2007 was officiated by members of the SDA Council, Deanery and Staff of NUS Faculty of Dentistry, with the march in by a 5 member team of Scottish bagpipers. This was a refreshing style of opening and certainly an entertaining treat for the participants.

To start off the Convention on the first day, Dr Martin Groten, a prosthodontist from the University Clinics of Tübingen, Germany, lectured on single tooth restorations to complex restorative treatment and the opportunities of using zirconia oxide and all ceramics in clinical prosthodontics. The lectures gave a critical review of his clinical experiences with zirconia oxide and all ceramics, as well as management of complications and failures.

Professor Monty Duggal, NUS-SDA Distinguished Speaker, is the Head of Child Dental Health from the Leeds Dental Institute, United Kingdom. He shared with the audience his passion in paediatric dentistry and his philosophy of care and management of the child patient. The lecture highlighted an update of evidence-based clinical concepts of pulp therapy as well as Molar Incisor Hypomineralization (MIH). It was overall a very well received lecture enjoyed by the audience.

There were a total of 31 booths in the exhibitors hall. The trade exhibition was a crowd-grabber in between breaks during the Convention. Lunch and coffee-breaks were lively networking sessions amongst dental professionals and product company representatives. A dinner was specially hosted by SDA for the distinguished speakers, VIPs and exhibitors, in appreciation for their support for SDA Convention at the Ritz Carlton Hotel.

Dr Anthony Tay, first time attending SDA Convention, said, "It was a very good convention. Well done! The contents of the lectures were relevant and I had a very good time browsing through the booths. I am looking forward to IDEM 2008 and FDI 2009!"

Dr. Chye Chuan Hee, Kelvin

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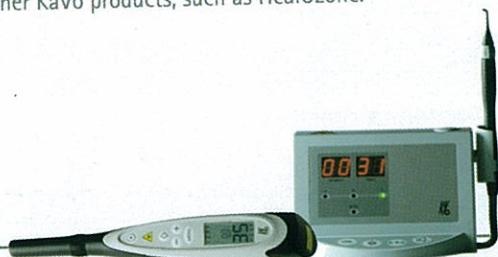
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DIAGNOdent: The non-corruptible caries detective

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Ozone is unparalleled in its disinfection properties

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- Minimal invasive caries treatment using HealOzone preserves the healthy tooth substance as well as your patient's nerves.
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Real case scenario of minimal invasive fissure sealing*



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Laser fluorescence measurement (using the DIAGNOdent pen); Then: Selective, minimal invasive fissure modification (RONDOflex, KEYlaser)



Modified fissures



Disinfection using HealOzone (Duration 40-60 secs) Then: Etching + conditioning of the tooth surfaces and fissures Light curing

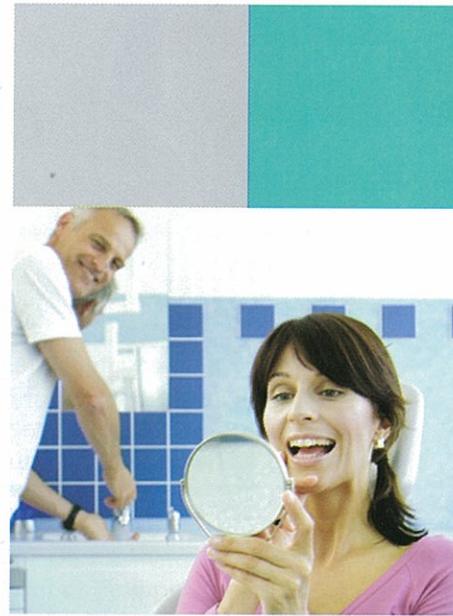


Treatment complete with fissure sealant (X flow, Dentsply)

* as per Dr. Boch, Ulm

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HEALTH AWARENESS

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- The effectiveness of targeted ozone therapy especially in respect of the below mentioned indications is well documented in countless clinical studies.
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Fissure Caries



Smooth surface caries



Cervical caries



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 - Reduces pain
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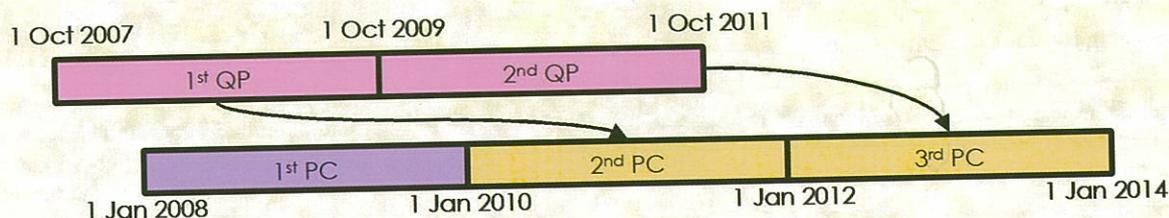


MOH Spotlight: Compulsory Continuing Professional Education (CPE)

The Dentists (Amendment) Bill was passed in Parliament in April 2007. The Bill makes way for the implementation of compulsory CPE for dentists. Compulsory CPE will enable dentists to upgrade their skills and knowledge in dentistry, and also stay current and in tandem with new developments internationally. Dentists should actively participate in CPE programmes as it will help them to improve their standard of professional practice.

Qualifying Period:

Dentists are required to fulfill their CPE requirements within the Qualifying Period (QP) of 2 years. The following diagram illustrates the relationship between QP and Practising Certificate (PC):



The January 2008 PC will be granted to all currently practising dentists who apply for renewal of practicing certificates.

CPE Qualifying Period will begin from 1st Oct 2007 till 30th September 2009 for the issuing of the Practising Certificates for January 2010 – December 2011.

Dentists are expected to accumulate sufficient points during the qualifying period and will be notified of their accumulated points and eligibility to renew their practicing certificates one month before the end of the qualifying period. A 3 month grace period up to December will be given to those who fail to accumulate sufficient points beyond the month of October.

CPE Requirements

Dentist	Required CPE (20% must be core)	Activities	
		Verifiable	Non-Verifiable
Division I	70	50	20
Division II	35	25	10

(Note: 1 CPE point is equivalent to 1 CPE hour)

Dentists who wish to attain all 70 (Div I) or 35 (Div II) CPE points through verifiable CPE activities can do so.

Division I and Division II dentists will also have to ensure that at least 20% of the total CPE points (i.e. 14 CPE points for Division I dentists and 7 CPE points for Division II dentists) is obtained by participating in core CPE programmes. The Dental Council will, via its web site, inform all dentists which CPE programmes could be considered as core CPE programmes for them.

Categorisation of CPE Activities

CPE activities will be categorised as follows:

Category Type	Activities Involved	Credit Points	Submitted by
1A (Max of 10 points for a QP of 2 years)	<ul style="list-style-type: none"> Grand Ward Round Teaching/ Tutorial Session (only those submitted by CPE providers) In house lectures/seminars 	1 point per 1 hour session Local speakers: 1 point per 1 hour session. No points awarded for clinical supervision or grand ward round activity.	Course Organiser
1B (Local)	Conference	1 point per 1 lecture hour	Course Organiser
1C (Overseas)	<ul style="list-style-type: none"> GDS Hands-on Courses/Series (applicable to Cat 1B only) Lecture Scientific Meeting Seminar Symposium Workshop 	Local speakers: 2 points can be claimed for each lecture hour. 1 point per hour session will be given for repeated activities.	Dental Practitioner
2 (Publications/ Editorial Work) (Max of 40 points for a QP of 2 years)	<ul style="list-style-type: none"> Original papers in health related journals/ Editorial Work Textbook/ Refereed Journal (original paper) E-Learning Programme [SDA] 	First Author/ Chief Editor 10 points per paper Subsidiary Author/ Subsidiary Editor 5 points per paper ELP Contributor/ Reviewer	Dental Practitioner
3A (Self-Study) (Max of 20 points for a QP of 2 years)	<ul style="list-style-type: none"> Reading of papers from Refereed Journals Self-study from audio-visual tapes Online education programmes (without assessment) 	1 point per tape/ paper/ online education (Non-Verifiable)	Dental Practitioner
3B (Distance Learning)	<ul style="list-style-type: none"> Through approved interactive structured CPE courses Online education (with Assessment) 	1 point per module or as recommended by CPE Committee	Dental Practitioner
			Course Organiser

CPE Events Calendar:

A wide array of events will be listed on the CPE Event Calendar throughout the year. These events will be constantly updated on the CPE Event Calendar in the SDC website

Dentists are advised to carry along their Practising Certificate cards for purposes of clocking in their CPE points during registration at CPE events. Dentists can check the number of points that they have accumulated through the SDC website and make good any shortfall before the end of the 2-year QP.

Appeals process

A grace period may be given to dentists to comply with the requirements under extenuating circumstances. A written application must first be made to SDC immediately after receipt of the reminder notice for the shortfall or at least 2 months before the expiry of their practising certificate. SDC will evaluate the merits of each case individually.

For more information on CPE, please visit www.sdc.gov.sg

www.idem-singapore.com

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- Edward J. Swift (Restorative Dentistry)
- Stephen Chen & Lisa Heitz-Mayfield (Guided Tissue Regeneration)
- Daniel Buser & Hans-Peter Weber (Modern Implant Dentistry)
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1

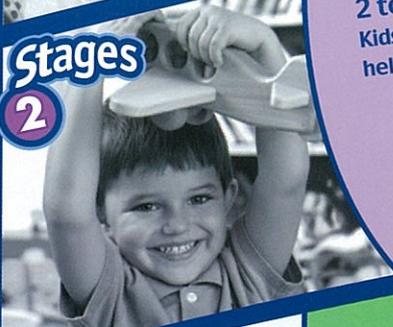


4 to 24 months
Brushing starts with the first tooth. Baby-soft bristles massage gums. Non-slip grip is easy for parents to handle.



Stages

2



2 to 4 year-olds
Kids' mouths can't open wide enough, so this brush head is narrow. Easy-to-hold handles help kids learn to brush. Features Winnie the Pooh.



Stages

3



5 to 7 year-olds
Kids tend to brush just one side of their teeth, so cup-shaped bristles surround each tooth. Power Tip® bristles target back teeth. Features Power Rangers or Disney Princesses.



Stages

4



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- Brush heads created for their changing teeth
- Grips created for their changing hands
- Designs created for their changing interests
- Loved by kids, trusted by parents and dentists

Oral-B®
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NOT VISITING THE DENTIST REGULARLY WILL MEAN HIGHER TREATMENT COSTS

The majority of Singapore adults do not visit the dentist regularly because they feel that dental visits are not needed if they do not have pain. This is cause for concern as many dental problems do not give pain in the initial stages. Waiting for pain before seeing a dentist will mean higher treatment costs to the individual.

This is the message that the Singapore Dental Health Foundation would like to put across to the public during the Oral Health Month of August.

Whole generations of Singaporeans have been told that visiting the dentist on a regular basis will help to prevent problems. Yet, a survey commissioned by the Singapore Dental Health Foundation found that only 4 in 10 Singaporeans above the age of 15 claim to visit the dentist regularly.

The survey carried out by Nielsen Singapore in November 2006* found that 77% of those surveyed do recognise the benefits of regular visits but only half of this group translate their belief into action.

Contrary to the popular belief that people don't visit the dentist because of fear, the study showed that the 59% of adults who do not visit the dentist regularly give the following top reasons for not seeing the dentist

"Don't feel any pain, hence no need to visit" (35%)

"Too busy" or "no time" (26%)

In fact, only a small 4% quoted fear of pain as the reason for not visiting the dentist.

(Refer to slide A)

On the other hand, among the 41% who claimed to visit the dentist regularly, the most common motivators were to maintain good oral health and to clean the teeth so that they will look nice. (Refer to slide B)

The fact that the majority of Singapore adults do not visit the dentist regularly would mean that these same people might end up paying for more complex – and expensive – treatment.

The most common dental disease in Singapore is gum disease. A survey carried out by the Health Promotion Board in 2003 found that about 85% of Singapore adults have some form of gum disease.

The Oral Health Awareness Month will be emphasising knowledge and prevention of gum disease – and an understanding that waiting for pain before visiting the dentist does not save money in the long term.

Dr. Asha Karunakaran
for
Singapore Dental



SLIDE A

Reasons for Not Regularly Visiting Dentists

Irregular visitors to the dentists stand by the principle that as long as there is no toothache, they do not see the need to regularly visit the dentist. Being too busy and deeming the visit as unnecessary spending are other reasons highlighted.



Base: All Adults 15+ ('000)
Actual Interviews 3371

Base: All who do not regularly visit dentists ('000)
Actual Interviews 2000

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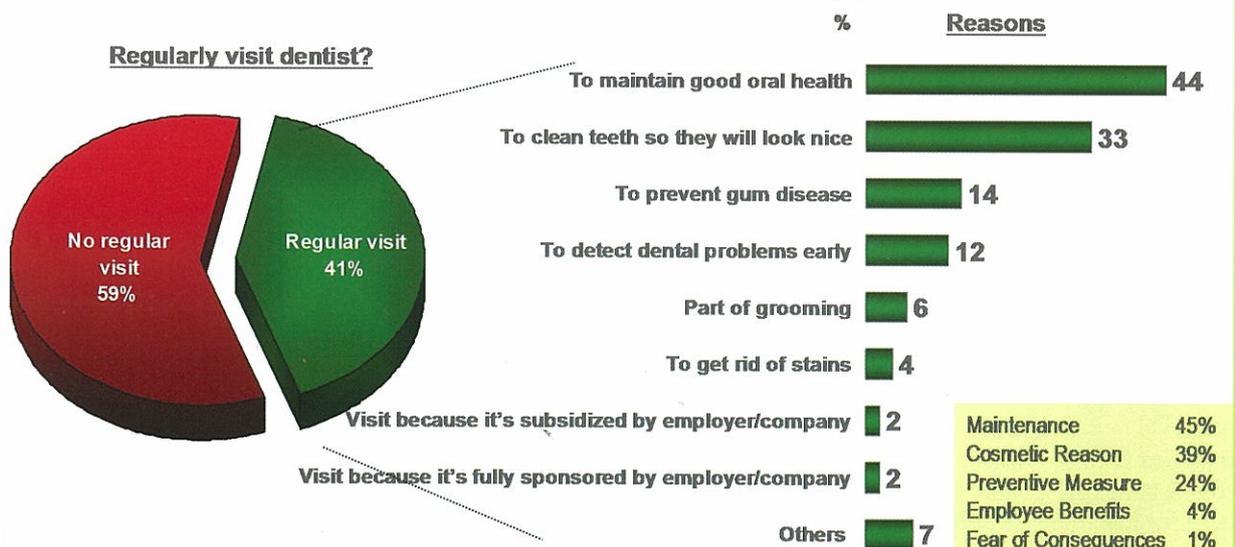
(Q16)



SLIDE B

Reasons for Regularly Visiting Dentists

Among the 41% who claimed to visit dentist regularly, the two major reasons cited are: to maintain good oral health (MAINTENANCE) and to clean teeth to make it look nice (COSMETIC).



Base: All Adults 15+ ('000)
Actual Interviews 3371

Base: All who regularly visit dentists ('000)
Actual Interviews 1372

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(Q15)



40th Singapore Dental Association AGM



The 40th Singapore Dental Association Annual General Meeting (AGM) was held on 22nd April 2007 at the Volvo Showroom.

Many members arrived early to take advantage of the opportunity to test-drive the Volvos at the show room and to partake the lunch provided by SM Motors. They also mingled around, chatting with friends and updating themselves on the latest happenings.

The AGM proper started at 1.30pm. The SDA president, Dr. Benjamin Long delivered the opening address, welcoming all present to the meeting, thanking SM Motors for hosting the AGM and thanking all volunteers for their valued contribution to SDA and its members.

The SDA members were overall appreciative of the efforts of the SDA council and the various committees. The minutes of the 39th AGM were confirmed with a few minor alterations before the attention was turned to the new matters arising.

The members were informed of the proposal to change the 'Seal of Approval' to the 'SDA Seal' and the rationale behind this suggestion.

The Chief Dental Officer, Dr. Patrick Tseng expressed his thanks to the Ethics Committee for their handling of complaint cases and noted that the Ministry of Health is looking at possibilities of implementing SDA's model for the medical side.

Dr Benjamin Long then introduced the new Public Relations and Strategic Communications Committee to be headed by Dr. Kelvin Chye to improve the public image of dentistry and to establish better communication with members and the public.

Dr Ng Chin Siau, the chairperson of the Nitec Committee urged all members to support the NITEC in Dental Assisting Course.

After further discussions on the Dental Surgeon newsletter, promotions, Oral Health awareness committee, welfare and membership, and Medical Protection Society issues, the annual report for 2006-2007 was adopted. The 2006 financial report was also discussed and the financial statements for 2006 then adopted.

Dr. Benjamin Long then addressed the SDA members on FDI 2009 and appealed for experienced members to come on board to guide the council. He also updated the members on the withdrawal of fee guidelines.

Members mingling around before the start of the AGM proper.



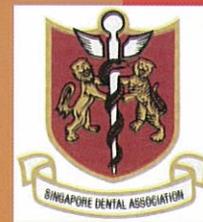
With that, the closing speech was delivered by Dr. Benjamin Long and the meeting ended at 3.00 pm. On the whole, everyone had an enjoyable time and the AGM next year will hopefully see the support and attendance of more of the SDA members.

SDA would like to thank SM Motors PTE LTD for graciously hosting the 40th Singapore Dental Association AGM.

Members enjoying a delicious buffet lunch.



Dr Selvajothi



Mind Your Language

SDA Ethics Committee Mediation Workshop, Supreme Court
29 – 30 March 2007

Over the course of two full days, the members of the SDA Ethics Committee attended a workshop entitled "Managing Conflict And Resolving Disputes Effectively Through Mediation", organized by The Singapore Mediation Centre.

The workshop was held at the new futuristic Supreme Court, which despite looking very clinical indeed, was still a welcome break from the monotony of clinical life. Not only were we provided a

constant flow of delectable cariogenic treats, but we were also suitably entertained and impressed by the razor-sharp wit of our course trainers, Christina and Joel, two ex-litigators who entered mediation full time because they wanted to "save their souls."

In light of this position, we learnt that the fundamental tenet of mediation is that it strives towards a peaceful win-win situation in conflict resolution for both parties, as opposed to litigation, where two parties duke it out in a win-lose legal battle. One might think that conflict resolution is preached a dime-a-dozen in every self-respecting communication course, but we learnt that the process of official mediation requires strict protocol, giving a sense of structure to an otherwise fluid process.

We were thus acquainted with the 7 elements of mediation, namely: Interests, Options, Criteria, Alternatives, Relationship, Communication and Commitment. Over the course of videos and role-play, we learnt how to apply these elements to the formal stages of the mediation process, from the introduction and mediator's opening statement down to the joint negotiation sessions and finally, the party agreement.

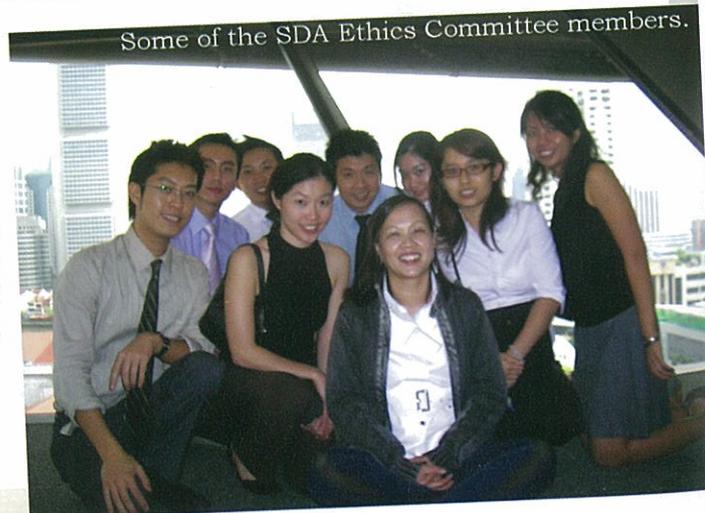
Specific skills to aid the communication process such as active listening, body language, and techniques to overcome impasse were touched upon to allow us to further refine our methods. Throughout all this, we were offered an insight into the workings of one of Singapore's formal conflict-resolution systems. More importantly, the information and exposure gleaned from this course has proven invaluable in allowing us to apply a tried and tested set of methods to aid the SDA Ethics Committee in its most challenging task: the effective management of the emotions and expectations of people, namely the patient and the dentist. This workshop has certainly proven useful to the Ethics Committee members who can apply these methods to the disputes brought forth to SDA. Although there is much more to learn about the mediation process, we are on to a good start to lessen the number of cases proceeding on to litigation.

Dr Terry Teo



Listening to a lecture on communication skills.

Some of the SDA Ethics Committee members.



Singapore Medical Association (SMA) Soccer Tournament 2007



The Singapore Dental Association (SDA) soccer team participated in the SMA soccer tournament on 1st May 2007.

We started off well by winning our first match by 2 to 0. Unfortunately, our lack of adequate training (and perhaps too much sitting at work) showed when we later succumbed to 2 losses and 1 draw. Nevertheless, our players showed much sportsmanship and fought on valiantly with the loud cheers from our many supporters spurring them on.

We would like to thank the soccer team for their efforts and our supporters for their encouragement and hope that more will come forth to participate in next year's tournament on the team or as supporters.

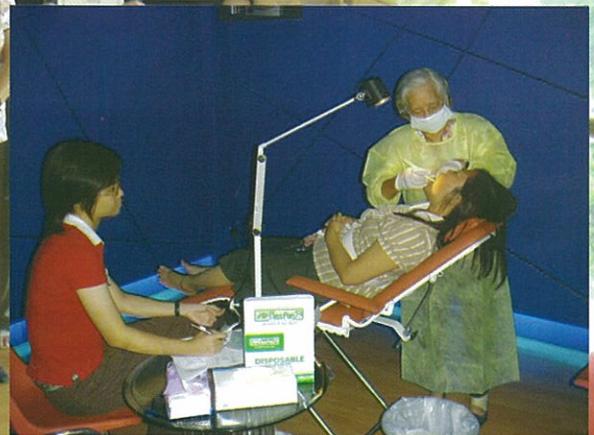
Dr Choy Keen Meng & Dr Chua Kian Wee

A Thank You note to SDHF from CISCO Security



Thank you for the opportunity to have a mobile screening conducted at the CISCO premises. We truly appreciate your effort in contacting and coordinating the volunteers who helped make the event a true success! My colleagues were very impressed by the level of professionalism shown by the dentists, as well as all the other volunteers during the screening. I would like to say a big THANK YOU to the Singapore Dental Health Foundation for making this event possible!

Isabella Ngui
Corporate Human Resources
CISCO Security Pte Ltd



Guild of Dental Graduates Charity Golf Event 2007

The Guild of Dental Graduates Charity Golf Event was held on 30th May 2007. It was hosted by 3 organizations, namely the Guild of Dental Graduates (GDG), the Singapore Dental Association (SDA) and the Singapore Dental Health Foundation (SDHF) with the objective of raising funds for SDHF.

The SDHF is a non-profit charitable organization whose main objectives are to organize, co-ordinate and promote activities for the improvement of dental health of the general public as well as to promote education and research relating to dental health in Singapore.

The golf game started off at about 12.30pm when the first flight teed off. Whilst it rained in the morning, leaving us wondering if the game was to be cancelled, the weather took a turn for the better as late morning came. In fact, the weather became hotter as the day went by. Even some of the seasoned golfers admitted that it was a hot day to play albeit the good weather.

The format of play for the day was stableford points with 100% handicap and the eventual winner for our charity golf game was Dr Wong Keng Mun, with the runner-up being Dr Koh Wei Kee. Dr Wong won for himself a crystal trophy and other prizes including a golf bag sponsored by the NUS Office of Alumni Relations.

There were many prizes to be won for the day. Associate professor Dr Teo Choo Soo, director of the Office of Alumni Relations sponsored many prizes including golf balls and bags. Other sponsored items included products from Elgydium and Lion Systema. There were lucky draw prizes to be won as well. Dr Victor Lee, president of SDHF gave out the 9th to 2nd prizes whilst past president, Dr Asha, handed out the top prize. The top prize was the most sought after, a brand-new Odyssey White-hot putter. The lucky winner of this prize was Mr Daniel Koh, a Siemens sales rep.

Dinner was held at the Canopy café, overlooking the golf course at Marina Bay. The view could not have been better. Coupled with the buffet dinner, which offered a marvelous spread, it ensured that all the guests were happy and filled at the end of the event. It was indeed a highly successful charity golf meet.

Dr. Alvin Lee



Removes over 96% more oral bacteria than an ordinary toothbrush¹

From the tongue

From the buccal mucosa

From the gingival margin

From interproximal spaces

From tooth surfaces

80% of oral bacteria are not found on the teeth²

Colgate 360°[®] was designed with a soft-textured **tongue and cheek cleaner**, to go beyond teeth to the whole mouth.

It is clinically proven to:

- Remove over 96% more oral bacteria than an ordinary manual toothbrush¹
- Reduce 45% more interproximal plaque³
- Reduce gingival bleeding by 34%⁴

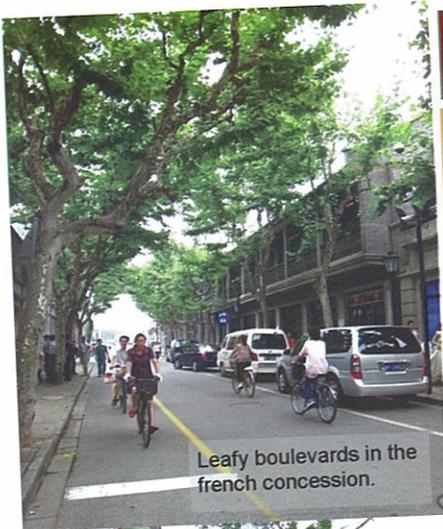
Colgate[®] **360°**[®]
WHOLE MOUTH CLEAN

Recommend Colgate 360°[®] for a healthier whole mouth clean

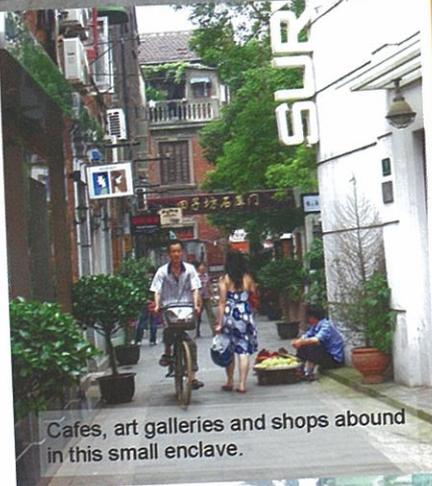
© 2006 Colgate-Palmolive Co. www.colgateprofessional.com

1. Versus brushing teeth alone with an ordinary manual toothbrush. Data on file, Colgate-Palmolive. 2. Data on file, Colgate-Palmolive.
3. Versus competitor's manual toothbrush Data on file, Colgate-Palmolive. 4. Versus baseline. Data on file, Colgate-Palmolive.

Visit to Shanghai



Leafy boulevards in the french concession.



Cafes, art galleries and shops abound in this small enclave.



alternatives to snacking on xiao long bao's - crispy pancake.

Da long bao's - xiao long bao's so big you have to drink the soup inside from a straw.

I personally have never been motivated to visit China. Despite the cheap knock-offs friends show off, or ministers who come back heralding the neck-breaking speed at which China is developing, China remained at the bottom half of my holiday destination list. So it was entirely based on the need for an inexpensive getaway that I left for Shanghai with a group of friends on a mission for cheap eats and even cheaper shopping.

Our driver, Mr Wu, started our trip with a word of advice, "Shanghai people know how to do business, so Shanghai shop owners will not cheat you." Of course this made no sense at all to my skeptical mind, but he went on to say, "It's the outsiders who cheat people." By outsiders, he did not mean foreigners, or 'kwai lo', but he was referring to Chinese not from Shanghai. Therein lies the fierce pride that Shanghai people feel for their city and heritage, which is understandable when you remember that Shanghai, before Communism swept the country in the 1940's, was once called the 'Paris of the East'.

In Shanghai, food is plentiful. There are stalls selling xiao long bao's (which you will soon swear off) at every turn, and prices range from 3 to 40 yuan for a basket of 10 dumplings. You can choose to eat at roadside stalls, family restaurants, or at trendy places where a main can cost 80 yuan. Peaches, baskets of lychees and other fruits can be had for a song, so load up on the antioxidants and fibre.

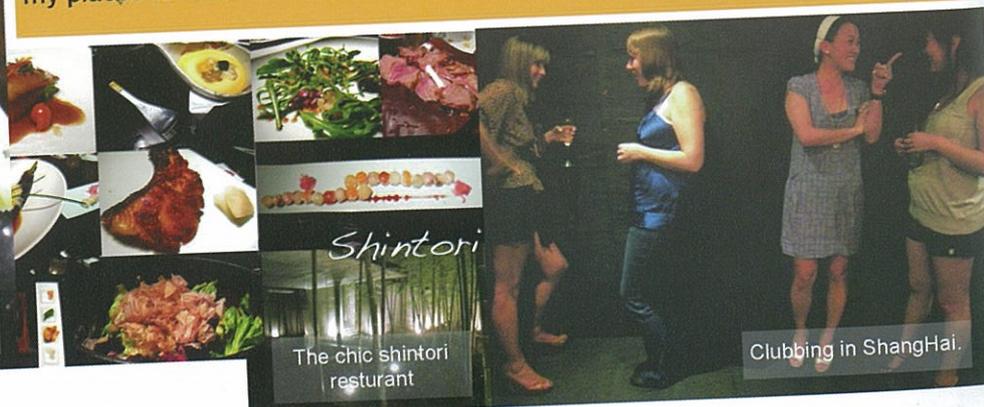
The shopping in Shanghai is, I dare say, better than Singapore. You have all the big labels like Chanel and Adidas Y3 and then there are the local designers and t-shirt shops. In addition, and this is what most tourists are after, entire buildings are dedicated to imitation goods.

Everywhere there is a juxtaposition of the old and new. On one side of the Huangpu River sits The Bund and its collection of hundred year old buildings, arguably Shanghai's most iconic attraction. Across the river, stand the modern Jinmao Tower and the gaudy but futuristic Oriental Pearl TV tower. Most skyscrapers have a tendency of being boring and just another glass monstrosity, but thankfully the authorities gave tourists flocking to the Bund a view and not an eyesore.

It is easy to dismiss Shanghai as just another cosmopolitan city, but there is a buzz in the air that is almost palpable. Go to Xintiandi or the Bund for dinner and drinks and you can feel the pulse of the city, the energy, and the vibrancy of the people and culture that makes a city stand out from the rest.

Over the next 5 days, I found myself falling in love with Shanghai. Perhaps it was the phoenix trees with their maple-like leaves that line the boulevards of the French Concession neighbourhood, set against a backdrop of the Art Deco buildings of yesteryear. Or maybe it was the narrow alleys and back lanes you can find in the Old Town area with old men sitting on stools smoking and chatting, where people brush their teeth by the roads and old shophouses hawking stationery and tyres covered in a layer of dust.

One thing is for sure though. Shanghai is now one of the top few on my places-to-revisit list.



Shintori

The chic shintori restaurant

Clubbing in ShangHai.

TOP 10 MUST DOs IN SHANGHAI

1. Walk the Bund – It is like New York and the Statue of Liberty or Paris and the Eiffel Tower. You just have to do it.
2. Dongtai Lu Antique Market – This street may be targeted at tourists, but they sell Mao memorabilia, treasure chests and antique typewriters and gramophones here as well. The important thing is to have an eye for detail and to separate the antiques from the replicas.
3. Have dinner or drinks at Xin Tian Di and feel the vibe Clarke Quay and the Singapore Tourism Board will kill for.
4. Buy 8 yuan DVDs. – I am not condoning piracy, only merely informing the public of their options. There is currently a price war between the two shops located on this street, 25, 25B Taikang Lu, near Sinan Lu.
5. Qi Pu Lu has all the Calvin Kleins, Chanel and Gucci you could ever desire. Just make sure you go to the right buildings in the area. If it is deadly quiet, get out, cross the road and go to another one.
6. Have brunch or tea at this maze of hidden art galleries, shops and charming cafes hidden in a back alley just a 2 min walk from the above DVD shops.
7. Tailoring (Shanghai South Bund Tailor 399 Lujiazang Lu). Admittedly the quality varies from shop to shop, but \$20 for a tailored shirt beats the mass produced G2000 range any day. Tip: go the moment you land so there is time for alteration, and its best to bring a sample for them to copy. I tried this big neat shop with magazine recommendations on the 3rd floor and was pleasantly surprised.
8. Massage! We all have those knots and pains from dentistry, so pamper yourself a little and have a massage everyday (even though it would all be wasted the moment we return and see 15 patients a day).
9. Eat at South Beauty (Shanghai Times Square) and Shintori (803 Julu Lu). South Beauty for the excellent Szechuan food (especially the oil fish and fried prawns and chillies). Shintori for the ambience of this stylish hip restaurant located in a warehouse (while you are there, figure out how to enter People 7, just next door, for drinks).
10. Live it up. This was my mantra for the 5 days. It is not often that a poor bonded Dental Officer can eat at the best restaurants and have drinks and cigars at the Hyatt's Piano Bar while taking in the view of the Bund. So take advantage of the exchange rate before it is too late.



Dr Goh Enhui Charlene

LEARN GAIN ACHIEVE IMPROVE ADD NETWORK

ABOUT THE RACDS

The College provides an opportunity for new graduates and 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 FRACDS General Stream comprises a Primary and a Final Examination.

The Primary program has 6 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 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 knowledge.

SPECIAL FIELD STREAM

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

The College training program in Oral and Maxillofacial Surgery is accredited by the Australian Medical and Dental Councils.

MRACDS

This new College program leads to the award of MRACDS. It is a two year structured educational learning program for qualified General Dental Practitioners which is based on the successful completion of appropriate CPD courses and related RACDS assessment components.

In 2007 this program is being piloted in Victoria.

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, although usually our clinical examinations are held in Sydney.

The next College Convocation will be held in 2008 in Hong Kong.

CURRENT TIMETABLE FOR CANDIDATES

January

Final Examination

May

Registrations close for Primary Examination Orientation Course

Registrations close for Final Exam Workshop

Applications close for Assessment of Eligibility for Examination in a Special Field

June

Workshop for Final Examination

Registrations close for Special Field Examinations

July

Orientation Course for Primary Examination

Registrations close for Web based program

August/September

Web based education program Part I
Special Field Examinations

September

Registrations close for Primary Examination

October

Web based education program Part II
Registrations close for Final Examination

December

Primary Examination

DENTALSURGEON



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SYDNEY, NSW 2000,
AUSTRALIA

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Facsimile: +61 (0)2 9221 8108
Email: registrar@racds.org
Web: www.racds.org

AUGUST 2007

Theme : "Discover the passion.
Witness the Spirit".

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 	9	10	11 
12	13	14	15	16	17	18 
19	20	21	22	23	24	25
26	27	28	29	30	31 	

Freshmen Orientation Programme 2007

- } 30th July - Float Building @ School of Computing Carpark
- } 8th Aug - Welcome Tea
- } 8th Aug - All Night Long
- } 9th Aug - National Day 2007
- } 11th Aug - Rag Day @ Padang 9am - 8pm
- } 18th Aug - Home Visit (tentatively)
- } 31st Aug - Buffet Night

Dentist Pledge Ceremony

The Dentist Pledge Ceremony will be held at the Ministry of Health, College of Medicine Building, on the 3rd of August 2007. Newly registered dentists will be initiated into the profession as they take the pledge.

This ceremony will be officiated by Guest of Honour, Minister of State for Health, Mr Heng Chee How. Members of the Singapore Dental Council, lecturers and employers, and the families of the graduates will also be present to witness the occasion.

FRACDS Part II Examinations (editorial note)

The following candidates have also passed the 2007 FRACDS Part II examinations:

- a. Dr Norhisham Mohamad
- b. Dr Ng Chee Hon

The Dental Surgeon editorial board apologises for any inconveniences caused with the exclusion of this information from the previous issue of the newsletter.

Oral Health Awareness Month: August 2007

The Oral Health Campaign will be launched during the whole month of August 2007. It will consist of programmes and activities to raise public awareness of the importance of good oral hygiene mainly on prevention of gum diseases. This Campaign is co-organised by Singapore Dental Association, Health Promotion Board and Colgate.

Apart from dental talks, there will be free dental checks provided at the public roadshows and some private dental clinics where the public can learn more on how to take care of their teeth.

Soft tissue of the cheek

Just below the gumline

Upper palate

Listerine® reaches everywhere for whole-mouth health

Soft tissue of the tongue

Under the tongue

- Listerine fights germs throughout the entire mouth—areas where brushing and flossing can't reach
- Listerine, added to any mechanical routine, can help patients reduce significantly more plaque
 - **52%** greater plaque reductions vs brushing and flossing alone*¹
 - **21%** greater reductions in gingivitis vs brushing and flossing alone*¹
- Listerine is safe and appropriate for long-term daily use

Recommend Listerine, twice a day, every day, for whole-mouth health.

*Based on a home-use test among subjects with mild-to-moderate gingivitis.

Reference: 1. Sharma N, Charles CH, Lynch MC, et al. Adjunctive benefit of an essential oil-containing mouthrinse in reducing plaque and gingivitis in patients who brush and floss regularly: a six-month study. J Am Dent Assoc. 2004;135:496-504.



for Life

GC TIMES

EXTRA

NO. 1, 2007

EXTRA! Read all about it here

extra translucency

Formulated to provide a more aesthetic restoration, the unique SmartGlass filler of GC Fuji IX GP EXTRA offers improved translucency for a more natural shade matching with the existing tooth structure.



Fuji IX GP EXTRA
clinical shot

Product K
clinical shot

extra fast

GC Fuji IX GP EXTRA is the fastest setting glass ionomer in the market. Ample working time of 1 1/4 minutes. Final finishing in only 2 1/2 minutes from start of mix.

extra fluoride

GC Fuji IX GP EXTRA offers six times more fluoride protection to promote remineralization. It works faster than ever before to arrest and prevent further development of caries.

The NEW Fuji IX GP EXTRA is AVAILABLE NOW!



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