

# THE DENTAL *Surgeon*

MICA (P) 027/01/2010

MARCH 2010

OHTS FEATURE -  
HOW ARE WE DOING?

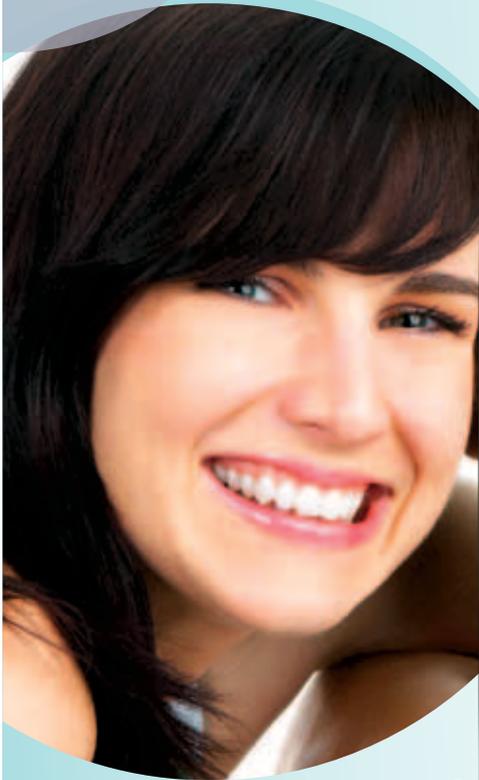
AGM ANNOUNCEMENT

CONSTITUTION  
AMENDMENTS

SDA COUNCIL SPEAKS

LIFESTYLE TRAVELS:  
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### Editor's note

Welcome to our first issue for 2010. I love the start of a new year and the promise it brings of carving something out of this game we call life.

Very often we fear change and the consequences it may leave. Be it the constitution amendments (pg 19), the development of OHTs (pg 27) or even the challenge of joining the SDA council (pg 13), sometimes we rather things remain status quo. (We worried too when making the layout changes you have in your hands. So please give us some feedback!)

But as we all know, stagnant water breeds mosquitos, so here's wishing you that no matter what changes in your life, love doesn't.

A VERY BIG THANK YOU TO OUR CONTRIBUTORS FOR THIS ISSUE  
*Without your contributions, this newsletter would be very thin indeed.*

DR KUAN CHEE KEONG	SOH SHEAN HAN
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And all those who helped in one way or the other, you know who you are!

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## MESSAGE FROM THE SDA PRESIDENT DR LEWIS LEE

**2009** has passed and we are now into the new year 2010. Let me on behalf of SDA Council wish one and all a blessed 2010. May the 2010 be fruitful for everyone of us in the dental profession!

2009 saw SDA hosting the World Dental Congress in September. A big thank-you to all who have participated and contributed to the success of this meeting, especially to the LOC led by A/P Teo Choo Soo. Now it leaves us to look forward to IDEM in April 2010 where we expect at least 6,000 registrants for the exhibition and scientific programme.

My term is coming to the end in April 2010. It has been a good two years and I enjoyed myself in the SDA Council. We are united in our role and purpose to serve our SDA members well. My gratitude goes to council members who have made the job of SDA President easier than I envisaged. I am also grateful to the many volunteers who have participated in the various SDA Subcommittees. They are doing a fine job in various committees like Ethics, CPE, Welfare, IDEM, FDI LOC, Accreditation, Dental Surgeon Newsletter, etc. We are indeed thankful.

Going ahead, I feel SDA needs more talent and volunteers. We need talented people in order for SDA to remain relevant to the profession and Singapore at large. Other regional dental bodies are moving ahead with organisations and programmes that can rival ours. SDA has to continue to remain a voice in Dentistry within the region. We need people to move SDA ahead; committed, dedicated and talented.

The next thing SDA needs to do is to restore honor and prestige to office bearers in SDA. For all of us who volunteer, especially those in Council, it can be a thankless job. The opportunity costs for

us in institutional/private practice can temper the desire to contribute to our profession. Travelling overseas for a few days to a week at the expense of practice and family is common. SDA remains a force together with SDC/MOH/NUS/NDC for the betterment of the dental profession in Singapore. Our dental colleagues in overseas countries receive tremendous recognition in contributing to the profession. I lament that this is not so in Singapore. Well, we should work on it. Professional organisations like SDA have a role to play in a civil society.

We need to work on these things and I trust the incoming President and SDA Council will give it due consideration.

Best Wishes,

A handwritten signature in black ink, appearing to read 'Lewis Lee'.

## 43RD SDA ANNUAL GENERAL MEETING

### 43<sup>rd</sup> SDA Annual General Meeting

**Date: Sunday, 25<sup>th</sup> April 2010**

**Venue: NUSS Kent Ridge Guild House**

**Registration will start at 12 noon and lunch will be served from 12.00pm - 1.30pm**



MEMBERS are strongly urged to attend the upcoming Annual General Meeting. Many AGMs have gone by without the quorum of at least 50 members needed for the Constitution Amendment to be tabled for discussion and approval.

To sweeten the deal, SDA is giving away specially commissioned SDA golf umbrellas and mouse pads for all attendees, while stocks lasts! In addition, all participants stand a chance to win attractive prizes from the lucky draw. 🍀



### SDA PRESIDENT MEDALLION

Participants at FDI 2009 might have noticed the necklace worn by the FDI President. Older SDA members remember the existence of a SDA necklace too, but its whereabouts are unknown.

SDA is bringing back the President's Medallion!

Specially commissioned and designed by SDA, this medallion will be worn by the SDA President at official functions.

The President's Medallion will be officially unveiled at the AGM. But look out for it as SDA President Dr Lewis Lee will wear it to this year's IDEM Opening Ceremony and SDA Night!

### SDA AWARDS

The purpose of the Roll of Honour, SDA Meritorious Award and the SDA Commendation Award (collectively known as the SDA Awards) is to show gratitude and appreciation to those who have made selfless contributions to our Association, profession and the community.

Thank you for submitting your nominees.

The inaugural SDA awards will be presented during IDEM 2010 and the recipients announced at the AGM.

For more information on the guidelines, please see the SDA website.

## 2ND SDA-MDASZ JOINT SCIENTIFIC CONVENTION AND TRADE EXHIBITION

5-6 DEC 2009, THE GRAND PARAGON HOTEL, JOHOR BAHRU

By Dr Charlene Goh

**BUILDING** on the success of the 1<sup>st</sup> convention held last year at Palm Resort, Johor, this annual event has grown in stature. We had the honour of having Dr Robia binti Dato' Kosai, Chairperson of the Johor State Committee for Women and Family Development, Community Affairs and Health, and Associate Professor Patrick Tseng, Chief Dental Officer of Singapore, as our Guests of Honour.



SDA & MDA group photo with Guests of Honour

Prof Tseng announced the invitation from SDC to MDA to be an accredited CPE provider, allowing automatic upload of CPE points when Singapore dentists attend MDA organised events. Should this come into effect, MDA will be the first overseas accredited CPE provider for the Singapore Dental Council!!

SDA looks forward to your continued support in fostering close ties with our neighbouring dental associations. ✦



CDO Clinical Prof Patrick Tseng with Co-Chairman of organising committee Dr. Hong Yong Huat at press conference; explaining the invitation to MDA to receive MOH accreditation to be a CDE provider



Dr. Hong Yong Huat and Dr Lee Soon Boon, President of MDA, escorting the Guest of Honour, Dr. Robia binti Dato' Kosai, a Johor State Executive Councillor, to the Gala Dinner

## NUS FOD 80TH ANNIVERSARY GALA DINNER

7 Nov 2009, SHANGRI-LA HOTEL ISLAND BALLROOM

### By Soh Shean Han

**THE** 80<sup>th</sup> Anniversary Gala Dinner was held on 7 November 2009 (Saturday), at the Shangri-La Hotel, the Island Ballroom. Everyone- the Deanery, Faculty Staff, Alumni and undergraduates- had gathered to celebrate this joyous occasion.

'Reconnect!' was the theme of the cocktail reception this year. At the Photo Gallery, guests walked through memory lane as they viewed photos depicting their student days, the dental line genealogy, faculty academic staff, dental couples, and the various school buildings since the beginning of our faculty. While many busied themselves reminiscing with long-lost friends or old schoolmates, others took the opportunity to pose for a photo at the Photo Opportunity Corner, against a backdrop of the 2009 Dentistry float.

At 7pm, the doors to the ballroom finally opened! As a prelude to the night's programme, '2013', an aspiring first year musical band, began by playing a 10 minute opening musical set. Our emcees for the night were Dr Andy Lim and Dr Geraldine Lee. Gracing the event as the Guest-of-Honour, was Dr Ng Eng Hen, the Minister of Education.

Undisputedly, the night's programme was to be a thrilling and entertaining one! Upon the arrival of the Guest-of-Honour, the dinner commenced with an adrenaline pumping Welcome Dance Performance by a dance group comprising six Year One students, collectively known as 'So Crisp', the champion team of the QuintFac dance competition. To kick-start the night's programme, welcoming and opening addresses were given by the Chairman of the Organizing Committee, A/P Kelvin Foong; our Dean, A/P Keson Tan; and the NUS President, Prof Tan Chor Chuan.





Cutting the birthday cake



Cheque presentation from  
Lee Foundation

As an official commemoration of our faculty's 80<sup>th</sup> birthday, the cake cutting ceremony was also not to be missed. Leading the dental students in the Dental Anthem with much gusto and pride was the President of the Dental Society, Syazwan Lim, and his DENSOC committee. This was followed by the ceremonious toast to the faculty by the Dean and all VIP guests.

To complement the great food, ambience and company, a host of exciting performances had been prepared for the guests. First up, we had a solo violin repertoire by Dr Wilson Goh. Accompanying him on the piano was Stephanie Yap, a third year undergraduate. Both are renowned in the fraternity for their musical passion and talents. Next, Nick Sin Tong, a final year undergraduate, took the stage and enthralled the crowd with his magical performance.

This was followed by a Rock and Roll performance by our very own Alumni Band. Dressed in funky costumes, wigs and sunglasses, the OrthoBand rocked the crowd with their songs of 'The Shadows', 'Game of Love' and many others. Performing with the OrthoBand as a special guest was our very own Dean, A/P Keson Tan, amidst gasps of surprise, cheer and applause. Finally, Ruckus, a group of final year undergraduates, took the stage and serenaded the crowd with their rendition of modern pop songs, 'I want it that way' and 'Don't Dream. It's over'.

Besides performances, video montages of the Faculty academic staff, student days, dental couples, the old, present and new school buildings, too brought back waves of nostalgia. It was indeed heartwarming to see many Alumni members and dental students collaborating and coming together

**Buzz**  
FOD Gala

to commemorate the faculty's 80<sup>th</sup> birthday. Each speech and performance ended in resounding applause, the emcees too did a great job in hosting the dinner. Everyone was in high spirits and great mirth. As the night progressed on, guests could be seen moving across the room and socializing with old friends or fervently taking photos to capture the memories of the night. Amongst the mingling crowd and clicking camera shutters, one could definitely sense the feeling of reminiscence and excitement.

The night's programme finally drew to a close at 10.30pm. To conclude the evening, '2013' once again took the stage with their closing musical repertoire. Yet, the night was still young. Reluctant to leave, many guests stayed behind to take photos as mementoes or to exchange last words with old classmates, friends, seniors and juniors.

Although the night was over, it would no doubt be an unforgettable and nostalgic one for many of us.



*This article will also be published in the NUS Faculty of Dentistry's DentalMirror. We would like to thank the author and editor for sharing the article with us.*



## NUS 80TH ANNIVERSARY GOLF EVENT 6TH NOVEMBER 2009, LAGUNA NATIONAL GOLF & COUNTRY CLUB

By Dr Alvin Lee

**THE** Faculty of Dentistry of the National University of Singapore celebrated its 80th anniversary in 2009. A key event of this celebration was the golf event which attracted 7 flights of dental alumni and friends. The first flight out was at 8am but unfortunately, due to bad weather, there were 2 flights which did not finish their game.

Lunch was gamely sponsored by Fondaco, which also sent a team of golfers to support the golf event. Our Dean, A/P Keson Tan graced the event as Guest-of-Honour, together with the Organising Chairman of the 80th anniversary celebrations A/P Kelvin Foong.

There were many faculty staff as well as dental students joining us in for an afternoon of networking and get-together.

Mr Lim Swee Kee emerged as champion for this event and our very own A/P Teo Choo Soo was the runner-up. The golf game was played at 80% handicap Stableford points and Mr Lim won with a score of 37 while A/P Teo lost on count-back with a similar score of 37.

As they say, the event was good but the company was greater. The celebrations allowed many generations of dentists to come together and many present agreed it was a marvelous afternoon spent. Needless to say we are all looking forward for the next big celebration of our Faculty. 🙏



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\*Sources:

(1) Periodontology 2000, Vol. 44, 2007, David, W. P. Nadine, B & Timothy C. N, 113-126;

Bryan S. M & Robert, D, 103-112; Brian L. M & Gloria L. O, 127-153

(2) <http://www.ridental.com/periointc/gumdisease.pdf>

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## FROM US TO YOU...

*Read what your glorified servants in the SDA Council have to say after serving you for 2 years!*

**By Dr Kuan Chee Keong**

### *Lewis*

**FIRSTLY** I like to thank everyone for their support for SDA these past years. I am especially grateful to the SDA Council and SDA Secretariat Staff for all their hard work and co-operation this past year.

My holding office as President SDA was totally unexpected. I thought my days were over when I last served the Association from 1996 to 2001. Nevertheless I responded to the need to fill the vacant position. I must say that although the Council Members were not chosen by me, I really fully respect them for their loyalty; commitment and dedication. They responded so well to the needs of the profession and the demands of hosting of the World Dental Congress 2009. They all made my job easier and I really enjoyed myself working with them.

The other thing I noticed is that we have a lot of talented young people in the various SDA Committees. It is indeed a privilege to see young dentists contributing to the Singapore Dental Profession. We should encourage even greater participation. We need people willing to serve in SDA Council. The Singapore Dental Association is a good platform to effectively do something for the profession. As we volunteer and serve we are able to help move dentistry in Singapore forward. I sincerely believe it will be a rewarding experience as it has been for me. 🌿



Dr and Mrs. Lewis Lee



Dr Lewis Lee congratulates FDI President-Elect Dr Orlando Monteiro da Silva after his election victory

**Q.** Why did you join the Council?  
I don't know! :)

**Q.** In what ways has your life been affected by your work in the Council?  
I do not think my life has changed much.

**Q.** Has the experience been rewarding or frustrating?  
Yes, definitely rewarding.

**Q.** What sacrifices have you made in order to serve?  
Time.

**Q.** What is your most memorable experience as a SDA Council member?  
Organizing FDI was very special.

**Q.** What is your advice for someone interested to serve the Association as a member of the Council?  
Expect nothing in return. 🙏

## Hiow Hoong



## Chee Keong

**Q.** Why did you join the Council?  
I was encouraged to run for SDA Council by my colleagues at work... though they may just be trying to keep me occupied elsewhere.

**Q.** In what ways has your life been affected by your work in the Council?  
Yes, a big part of my life is affected as I have to bear in mind I am representing SDA.

**Q.** Has the experience been rewarding or frustrating?  
Rewarding and I am truly grateful to the Council for their trust in me.

**Q.** What sacrifices have you made in order to serve?  
The worst is reduced family time. Secondly, my personal health as I have more pressure and less

time for gym. Lastly, as I am in private practice, my income suffered as I have to reduce my clinical work.

**Q.** What is your most memorable experience as a SDA Council member?  
Sharing the Winnie the Pooh ride with the SDA

President at Hongkong Disneyland.

**Q.** What is your advice for someone interested to serve the Association as a member of the Council?  
"If not now, when?" 🙏



Accompanying Dr Conrod Burton and his family: (L-R) Dental Undergraduates Ms Lydia Yong Chiwei & Ms Chua Yee Leng, LOC Chairman Prof Teo Choo Soo and Dr Kuan

## Onn Choong

I have been an interested member of the Singapore Dental Council. If I stood for election as a council member I doubt I will get voted in. However when my good friend Dr Lewis Lee called me for help, I know I will be involved with SDA once again. Two years ago, the call came again when there was a crisis in the council elections.

To most ordinary members SDA means very little to them. It comes into their mind when they receive a



bill for their annual subscriptions and this also notifies them it is time to pay for their professional insurance. With the recent compulsory professional education schemes, there are more connections with SDA. Members don't realise that their subscriptions are grossly insufficient for the day-to-day management of the organisation. We are very fortunate to be able to organise conferences such as IDEM, FDI WDC that bring substantial income to our coffers. Also our dental suppliers and partners make major contributions to fund our education programs such as sponsoring speakers and venues.



Behind the scenes there is a tremendous amount of negotiation both with the dental partners and most importantly world and regional dental bodies that sanction all these events. Thus the support from SDA members given to the association is very important as they would want to deal with a national body that is well supported by its members.

Obviously most members would like to see government action to increase our opportunities to improve our incomes. Unfortunately the government feels we should be able to handle such issues ourselves. Thus it is more important that SDA help market dentistry to the public and create the necessary demand for our members services.

My parting call to all younger members is to come forward to help your organisation to achieve your goals. It is a worthwhile experience for you will have the opportunity to learn from your seniors who may be able to point you to success in your career. †

## Lim Lii



**Q.** Why did you join the Council?

I wanted to serve SDA and our members from a bigger angle, after having worked in numerous subcommittees since 2003.

**Q.** In what ways has your life been affected by your work in the Council?

In a good way, my life has been filled with many rewarding experiences. It has given me an opportunity to do work outside of the clinic and yet related to Dentistry! The camaraderie of Council (having served in 2 consecutive councils) has been truly wonderful.

**Q.** Has the experience been rewarding or frustrating?

Both, but more rewarding.

**Q.** What sacrifices have you made in order to serve?

I have to plan my work schedule around Council's needs and sacrifice family time for Council's overseas' engagements.

**Q.** What is your most memorable experience as a SDA Council member?

Representing SDA during the FDI 2009.

**Q.** What is your advice for someone interested to serve the

Association as a member of the Council?

Have a sincere heart to serve without expecting returns. I found it helpful to have served in subcommittees prior to council - it gave me a good picture of what SDA is all about.

Lastly, you must have support from your family before embarking on this.†



Dr Lim Lii at FDI Shenzhen with Drs Ng Jet Wei, Bertrand Chew, Benjamin Long and Raymond Ang

**Q.** Why did you join the Council?

I was asked to help out with the CDE Committee in 2004 and have been in it till presently. In 2008, I was asked to chair the committee and also to join the council. So I did.

**Q.** In what ways has your life been affected by your work in the Council?

Not much except that there are more e-mails to reply and a few trips to make representing SDA.

**Q.** Has the experience been rewarding or frustrating?

Rewarding by helping do things that have benefited the profession.

Not so much frustrating, but I have been challenged to move out of my comfort zone to write and make speeches, chair meetings, go on promotional trips and meeting with members of other dental associations

**Q.** What sacrifices have you made in order to serve?

To trade my clinical and free time for SDA work

## Philip



Dr Philip Goh chatting with MDA President Dr Lee Soon Boon and Dr Ong Kheng Kok

**Q.** What is your most memorable experience as a SDA Council member?

Too many but the recent 2nd Joint MDA(SZ)/SDA event in December 2009 being the latest one.

**Q.** What is your advice for someone interested to serve the Association as a member of the Council?

Step forward with a sincere attitude to learn and serve.†

## Edwin

**Q.** Why did you join the Council?

I had been “dragged” in by some members of the previous SDA Council 2006-2008. They said my “expertise” would be much needed in the Association, so being a naive person back then, I got “conned” into joining and I cannot turn back since ;-)

**Q.** In what ways has your life been affected by your work in the Council?

Thinking back, there have been both good and bad effects. Good in the sense that Council work has made me grow as a person, widened my perspectives and horizons in the dental field. Bad in the sense that immense time is needed to do the work, which means that I have to compromise on after office hours.

**Q.** Has the experience been rewarding or frustrating?

It has been both.



**Q.** What sacrifices have you made in order to serve?

The main sacrifice was private time with my own family. Fortunately, I am really blessed to have my wife Sachika who understands my commitments in SDA.

**Q.** What is your most memorable experience as a SDA Council member?

Being a SDA Council Member for the last 4 years, my focus is to ensure that SDA’s CPE events are not just top-notch in quality but yet also made affordable for all our members. The key and memorable challenge for me is to proactively create a myriad of topics so that members will have the range of events they want to attend and not get bored. Through proper networking during my time in SDA Council, I am also glad to make the acquaintances of people both locally and globally (especially in dental related fields), who can help boost up the quality of our CPE events.

**Q.** What is your advice for someone interested to serve the Association as a member of the Council?

Do it for the good of the profession, be objective neutral and logical.†

## Michael

**Q.** Why did you join the Council?

I joined the council as I wanted to contribute back to the profession which has rewarded me with a fulfilling career.

**Q.** In what ways has your life been affected by your work in the Council?

In carrying out my duties in the council, I have had the opportunity to learn from many of the senior members and this has expanded my horizons as a dentist tremendously.

**Q.** Has the experience been rewarding or frustrating?



The experience has definitely been rewarding!

**Q.** What sacrifices have you made in order to serve?

Occasional nagging from the missus for unintentional neglect, but its ok because absence makes the heart fonder...

**Q.** What is your most memorable experience as a SDA Council member?

Meeting with exco members from other national dental associations at the FDI Annual World Dental Congresses around the world has endeared me to be a part of a global family of dentists looking out for the common interests of dentists and the community worldwide.

**Q.** What is your worst experience if any?

None!

## *Yanshan*

**Q.** Why did you join the Council?

I've been active in the SDA subcommittees since my undergraduate days and I guess my colleagues think I can continue to contribute to the dental fraternity from a bigger angle.

**Q.** In what ways has your life been affected by your work in the Council?

I've learnt a lot from the opportunities I get from SDA work. These experiences have helped in my daily clinical management, organization of events and interpersonal communication.

Provision of dental services pro bono in a few mission trips also serves as a reminder of humanity, contentment and fulfilment beyond the comfort that life offers.

**Q.** Has the experience been rewarding or frustrating?

Rewarding certainly as the Council and my colleagues are easy to work with.

Have yet to encounter any unreasonable situations and hopefully will not!

The solidarity among Council members and its volunteers has given new breadth to friendships that were forged.

**Q.** What sacrifices have you made in order to serve?

Being the only single, unmarried member on the current Council, I'm glad that I don't have a family to juggle. However, I do have to balance my time between my postgraduate course and Council work; and I'm grateful that both my course director and the Council have been supportive of my commitments.

**Q.** What is your most memorable experience as a SDA Council member?

Representing SDA in the promotion of FDI Singapore 2009 in various cities especially in Perth, where we had to don the luminous orange safety jacket to set up the Singapore booth right from scratch.

**Q.** What is your advice for someone interested to serve the Association as a member of the Council?

Come and make a difference!✿



# CONSTITUTIONAL AMENDMENT

**By Dr Kuan Chee Keong**  
**Acting Honorary General Secretary**  
**Singapore Dental Association**

## Introduction

THE process of updating the SDA Constitution has been started many years ago and it is finally ready to be presented at the upcoming AGM for approval by the general body. This article serves to keep members updated on the proposed changes and to invite feedback so that the discussion at the AGM will be more productive.

We encourage members to visit our website as we have put up the current Constitution alongside the Draft Amended Constitution for your scrutiny. I will highlight several important proposed amendments in this article.

### Tweaking Memberships Classifications

In Article IV, the types of membership have been tweaked firstly, in updating the definition of 'Associate Member' and secondly, in changing 'Corresponding Member' to 'Overseas Member'. This proposal is timely to reflect the changing landscape of our profession.

Under the proposed Article IV (Membership), subsection 4(f), the clause will state that Associate Membership shall be open to "any other class of persons connected with the practice of dentistry that the Council may from time to time determine." This clause allows for flexibility in accepting membership for our allied dental health providers like Oral Health Therapists, Dental Therapists, Dental Nurses and Dental Technologists as determined by the SDA Council. Currently, membership eligibility for our allied personnel is already provided for in the Article IV (Membership), item 1(b) 'Associate Membership' clause. This amendment will serve to further refine

this definition.

'Corresponding Membership' has been changed to 'Overseas Membership' with a more in-depth definition. One important thing to note is, Ordinary members who go overseas for postgraduate training will not be eligible for 'Overseas Membership' unless they concurrently take up "permanent residency outside Singapore". However, a subcategory of absentee Ordinary Member will be created to cater for such a group.

## What is at stake for Life Membership

At present, Life Membership will automatically be applicable to any Ordinary Member who has remained an Ordinary Member for a continuous period of 20 years and attained the age of 55 years. There is a strong need to amend the qualifying age to 62, in line with the Government's retirement age. Also, our Association is supporting an expanding group of Life members; with increasing life expectancy this problem will continue to grow.

The Council has thus decided to support this proposal but this amendment will apply to new members only. All existing Ordinary members will still be eligible for Life membership at 55 years of age.

## Participation at General Meetings

As enshrined in both current and the proposed Constitution, Honorary, Associate and Overseas (Corresponding in current Constitution) members are ineligible to take part in election in any way. However, the current Constitution is silent on their privileges other than election. For instance, can

they exercise their rights to attend and participate in General Meetings? The amendments would therefore remove the rights for Associate and Overseas Members to attend and speak at General Meetings.

### Revoking Membership

As for termination of Membership, the Amendment will give the Council full power to expel Associate & Overseas Members at any time and without giving reasons. For Ordinary & Life Members, the Amendment will refine the process of termination and reinstatement while deleting ambiguity. As an example, a current clause states that “upon representation by any ten or more ordinary or life members, and after due inquiry” a member may be expelled (Article IV (Membership), item 6: Cessation of Membership; (c) Expulsion).

Article V (Subscriptions) was refined and simplified to be easily understood. On many occasions, Article V Clause 3 (c) has attracted much criticism with “... any member whose subscription remains unpaid for a period of 6 months, and 14 days have lapsed after a written reminder has been given at the member’s last known address, that member’s rights and privileges...shall be automatically withdrawn...”

### Composition of Council

In the proposed Article V, the Council will be streamlined from 5 Council Members to 4 Council Members. The role of Immediate Past President is further defined in the Amendments. There was a suggestion to change the latter to President-Elect as in MDA, FDI, APDF/APRO among others. Our worry is the apathy among our members. This President-Elect proposal will work only if there is a keen interest to run for Presidency. It was decided that we should concentrate on passing this Amendment which has been long overdue and leave the issue of President-Elect for future consideration.

Another significant change to the Council is the

President will be barred from re-election to the same office after serving more than 2 consecutive terms. The term for the Treasurer remains unchanged and is limited to only a single term.

### Standing Committees

In the Amendment, the entire Article VIII (Standing Committees) was deleted. The current Constitution listed 3 committees – Ethics and Dental Practice, Dental Health Education and Research and Editorial Board – and their specific duties and responsibilities. These rigid definitions in the Constitution are simply impractical. Over the years, these 3 committees have evolved into many different committees and some are operating fairly independently and successfully.

However, the Council feel it is important to set up an ‘Internal Audit Committee’ to strengthen our internal controls. It will mainly be used to oversee financial matters like expenses claims and payments. It can also serve to avoid financial misuse as well as to mediate financial disputes and other related issues. Opponents to this will raise the same issues which led to the deletion of Article VIII (Standing Committees) itself. The counter argument is that financial irregularities, intentional or otherwise, are such a common problem in many organizations that ‘Internal Audit’ will always be relevant.

The Council debated at length and finally decided like the other committees, this Internal Audit Committee will not be enshrined in the Constitution but will be formed under the auspices of the Council.

### Other changes

Under Article VI relating to the duties and powers of the Council, subsection 3 (e) “to authorize a maximum expenditure of \$15,000/- per annum from the Association’s Fund” will be entirely deleted. This clause is totally unrealistic with expenditures associated with hosting events like IDEM or FDI. Although it is possible to increase the limit, it is more practical to remove this restriction in total.

Another deletion is the need to publish the Annual Report with a list of members' names and addresses. For privacy reasons, we do not publish the home addresses and anyone can get the names or practicing addresses from the SDC website. SDA is also exploring creating a members' database in our website in the future. In any case, removing this clause will give us flexibility and the Council has proposed publishing just the names of all members in future Annual Reports.

Voting at General Meetings, in the current Constitution, is only possible by a show of hand which is very restrictive. Thus, the amendment would include the possibility of a secret ballot.

## Conclusion

Members are invited to send their feedback and comments regarding this issue. Also, members are strongly urged to attend the upcoming Annual General Meeting scheduled on 25th April 2010. If there is a quorum of at least 50 members, the Constitution Amendment will be tabled for discussion and approval at the upcoming AGM in April 2010. If the motion is carried, the new Council will proceed to seek approval from the Registry of Society for the amendment to be officially ratified. ✈

## CEI ARTICLE- ORCHID-THEMED GALA DINNER

**Event Focus**

### FDI Singapore goes hi-tech for unique orchid-themed gala dinner

It is traditional at FDI world annual congresses for the gala dinner to be held in a venue unique to the host country. As the 2009 congress theme and logo used Singapore's national flower, the orchid, the Singapore Dental Association (SDA) local organising committee (LOC) chose the Forrest restaurant at Orchidville, Mandai, as the venue for the gala dinner for about 650 participants on September 4.

**What made the event unique?**  
LOC secretary, Dr Lim Lii, says: "We wanted delegates to see the 'green' part of Singapore. An 'ambassador' on each coach explained the different landscapes on the half-hour



**FDI...Orchidville event**

journey from Suntec Singapore to Mandai, where the Forrest restaurant had been transformed into an orchid paradise." To commemorate the Singapore congress, a new

species of orchid was named *Dendrobium FDI Singapore* and officially presented to FDI with the registration certificate.

**What about the special effects?**  
Jed Mok, general manager of corporate events at Pico Art International, says: "We took advantage of the natural flora environment. Through specially arranged pieces and strategic placement of LED lights, the venue was converted into an enchanted orchid garden with different moods at different points of the programme."

**What were the challenges?**  
As the venue is a functioning nursery by day, the décor had

to be set-up in a short time period without disrupting business operations. "Through a specially designed lighted fabric that enhanced the theme and precise lighting, we were able to create an exclusive experience for guests," says Mok.

"The Chinese dinner menu was carefully crafted to fit the eating culture and palettes of our foreign guests. Each received a preserved orchid; it was a challenge to produce quality blooms for the memento within such a short timeframe."

Adds Lim: "The PR director of the Russian Dental Association said it was the most well-organised gala dinner she had attended in over 10 years."

*The above article first appeared in CEI Asia. We would like to thank Gerardine Donough-Tan and CEI Asia for allowing us to reprint the article.*

# 100 S PROJECT

## BY Dr Goh Siew Hor

IN May last year, we had an exciting visitor to our regular committee meeting. He was none other than Mr Arthur Teo, Chairman for the SingHealth President's Challenge effort. As part of the President's Challenge 10th anniversary, National Dental Centre was looking to make a positive impact to the oral health of a marginalised or special needs group. This resounded with SDHF's mission to promote access to sustainable oral health care, in particular to the less privileged in our society. With complementary objectives, we were off to a good start!

For our joint collaboration, we opted to work within the framework of our current BDS (Bringing Dentalcare to Singaporeans) project by providing free dentures for nursing home residents. The BDS project is an initiative by SDHF aimed at promoting volunteerism amongst dental surgeons and oral health care partners, with the hope that residents in welfare homes will have equal opportunities for access to oral health care. At present, many of the dental clinics at welfare homes do not fabricate dentures. For some of the welfare homes that do, patients are required to pay for the laboratory fees which they may not be able to afford.

We were fortunate to have partners such as Vertex Dental and Faith Dental Laboratories willing to contribute resources and free laboratory work. At Bethany Nursing Home, nine residents were selected for the initial round of denture fabrication for this "100 Smiles Project". Together with Dr Joanna Ngo (NDC dental officer, SDHF volunteer), the dentures were made for the residents within a month! After another month of adapting to the new dentures, 8 out of 9 patients were thoroughly satisfied with their new smiles. When I was at the Home recently, the staff nurse was complaining that one of the residents was so delighted with his new set of teeth

he refused to allow anyone to remove them even at night!

More than the challenge and excitement of pioneering new projects with support from the SDHF and its corporate partners, the opportunity to make a positive impact on the lives of others is deeply gratifying and humbling. We are reminded of the many blessings that we have and our social responsibility to help others less fortunate than ourselves. For just a few hours of our time and dental skill to bring pain relief and put back smiles that restore self esteem and confidence - is truly an honour. As we contribute back to the community, our lives are enriched in the process, enabling us to see dentistry as a privilege to enter and touch the lives of others. ✚



## SDA ENDOWMENT FUND

*Do you have a research idea that you always wished someone would do? Or a novel program to improve the oral health awareness of Singaporeans? Then read on.*

**THE** SDA Endowment Fund was started in 1974 with an initial capital of \$5,100 (which included a personal donation of \$4,100 by Dr Lau Kieng Hiong) with the objective that “the fund will be available to the profession as a whole and applications for funds for any project which will benefit the dental profession in S’pore and perhaps, subsequently, the region around”.

**By the end of 2009, the Fund has grown to \$155,880.49!**

The Fund is administered by the National University of Singapore and was the first large public fund of its kind to be set up by an association within NUS. NUS as a tax-exempt institution provides the security for donation and growth. Furthermore, it safeguards funds and its legal and administrative staff ensure the continuity of management of the Fund.

The guidelines states that:

“the income of the Fund shall be used for the following purposes :

- a) to provide funds for approved research projects in the science and art of dentistry and in interdisciplinary research;
- b) to promote and support dental health programmes; and
- c) to disseminate information regarding all aspects of dentistry to the public including dentistry as a career.”

Application forms are available from the Office of Finance of the University.

For more information, please contact Ms Ng at [bee\\_wee\\_ng@nuhs.edu.sg](mailto:bee_wee_ng@nuhs.edu.sg) ✉



## WHAT'S IN A NAME? - PART II

By Dr Charlene Goh

Singaporean dentists are a talented bunch (or so we like to think), and we often hear of dentists taking on a MBA, becoming a yoga instructor, or even a gourmet writer.

In the dental field, we often get recognition from overseas institutions, which confer us honorary titles such as “distinguished visting fellow” and “honorary professor”.

But as much as we like being multi-hyphenates on our business cards, this may be in violation of the SDC regulations!

In other words, most of us will be carrying more than one namecard.

And as someone asked, no, you may not print

the business credentials

on the flipside of your clinic card!

For more information,

please visit [www.sdc.gov.sg](http://www.sdc.gov.sg)



The Council states “For additional qualifications that are not related to patient-care, Council recommends that they will not be accepted as displayable qualifications and should not be listed on their clinic stationery. Dentists, however, can include non-patient care qualification or titles on their own business (not clinic) cards or stationery.”



Designations such as “ Registrar, Senior Registrar, Associate Consultant, Consultant, Senior Consultant” are hospital or institution appointments and can only be used by registered hospital or institution appointed staff. These designations are also not linked to any specialty of Dentistry eg. “ Consultant Prosthodontist”. Instead, these designations should relate to the departments, hospitals or institutions awarding the appointments eg. “Prosthodontist, Consultant, Restorative Department, National Dental Centre”.

Forever Dental Clinic  
123 Eternity Road  
Singapore 456789



**Dr Heng Hao Le**

**B.D.S (Singapore), M.D.S (Singapore)** ✓

**FRACDS, Cert(Periodontics)(Southern California)** ✓

**M.B.A ( London)** ✗

**CEO of White Teeth Dental Company** ✗

**Periodontist, Consultant, National Dental Centre** ✓

**Honorary Professor, University of New Guinea** ✗



The Singapore Dental Council advises that “dentists, who have been conferred titles and appointments by overseas institutions, should not display such titles and appointments on their local clinic stationery. Dentists, however, can list such titles or appointments on their conferring university’s or institution’s name cards, stationery or any other business cards (not local clinic stationery).”

Therefore, in the above case, the dentist should only put his appointment on his University of New Guinea namecard and not his local clinic stationery.

PLEASE NOTE THAT THIS DOES NOT REFER TO REGISTRABLE OVERSEAS QUALIFICATIONS AND DEGREES.

Thus Dr Heng Hao Le can print his “FRACDS” & “Cert(Periodontics)(Southern California)” qualifications as they are on the “LIST OF DISPLAYABLE QUALIFICATIONS”. Please visit the SDC website for the full list.

# PROVEN FACTS

ACTION	RECALDENT™ CPP-ACP EVIDENCE	OTHER CALCIUM PHOSPHATE SYSTEMS
Inhibition of caries in an animal model	✓ Reynolds et al., 1995 ( <i>J Dent Res</i> , 74, 1272-1279)	?
Inhibition of dentine demineralisation <i>in vitro</i>	✓ Yamaguchi et al., 2007 ( <i>Caries Res</i> , 41, 204-207) Rahiotis & Vougiouklakis, 2007 ( <i>J Dent</i> , 35, 695-698)	?
Promotion of dentine remineralisation <i>in vitro</i>	✓ Rahiotis & Vougiouklakis, 2007 ( <i>J Dent</i> , 35, 695-698)	?
Inhibition of plaque formation <i>in situ</i>	✓ Rahiotis et al., 2008 ( <i>J Dent</i> , 36, 272-280)	?
Inhibition of enamel demineralisation <i>in situ</i>	✓ Reynolds, 1987 ( <i>J Dent Res</i> , 66, 1120-1127) Reynolds, 1998 ( <i>Spec Care Dentist</i> , 18, 8-16)	?
Promotion of enamel subsurface lesion remineralisation <i>in situ</i>	✓ 11 publications including Shen et al., 2001 ( <i>J Dent Res</i> , 80:2066-2070) Iijima et al., 2004 ( <i>Caries Res</i> , 38, 551-556) Manton et al., 2008 ( <i>Int J Paediatr Dent</i> , 18, 284-290)	?
Inhibition of caries progression and promotion of regression of caries in a randomised controlled clinical trial	✓ Morgan et al., 2008 ( <i>Caries Res</i> , 42,171-184)	?
Promotion of enamel subsurface lesion remineralisation in a randomised controlled clinical trial	✓ Bailey et al., 2009 ( <i>J Dent Res</i> , Submitted)	?



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- Be a dental graduate with significant post-graduate experience
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- Be based in Hong Kong, Malaysia or Singapore.

Both local (overnight) and international travel may be required.

### Dentists who are interested in applying should review the Position Description on [www.dentalprotection.org/careers](http://www.dentalprotection.org/careers)

All applications must include a letter detailing how they meet the minimum requirements, necessary experience and profile description outlined in the Position Description. Applicants must also complete the Availability Form which can be found within the Position Description.

### Applications should be forwarded by email to [sarah.white@mps.org.uk](mailto:sarah.white@mps.org.uk) or mail to:

Faculty and Education Support Coordinator, DPL Educational Services Asia Pacific,  
P.O. Box 1013, Milton, Queensland Australia 4064

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INVESTOR IN PEOPLE

# ORAL HEALTH THERAPISTS – HOW ARE WE DOING SO FAR?

By Dr Charlene Goh

**I**T has been 2 years since the amendment to the Dentists Act in 2007 that allowed OHTs to seek employment in the private sector and even work without direct supervision of a dentist after 5 years experience.

The initial fears of a shrunken ricebowl for dentists have been abated, and most dentists now see OHTs as a valuable member of the dental team, increasing the capacity and earnings of the practice. However, questions regarding the career pathway and future development of the regulations still remain. Also with most OHTs working in the private sector, the public sector still faces a shortage of oral health professionals.

DentalSurgeon spoke to 1 OHT and 2 dentists who collaborate with OHTs to find out how this move has changed the face of dentistry in Singapore and what they feel should be done moving forward.



**Ding Yuting**  
**Oral Health Therapist**  
**National University Hospital**

## TELL US A LITTLE ABOUT YOURSELF.

I graduated from Nanyang Polytechnic in 2006, as a pioneer batch, with the Diploma in Dental Hygiene and Therapy. Upon graduation, I worked in Health Promotion Board, School Dental Service for the next three years providing basic dental healthcare for school children. After which, I joined National University Hospital in October 2009, as I relished the opportunity to work with more adult patients.

## WHY DID YOU CHOOSE TO BE AN OHT?

I have a passion in healthcare, and now dentistry. I feel that as an OHT, our main job scope, aside from the patient education and motivation, is to specialize in doing a very good scaling and polishing, as well as working with children, both of which I enjoy doing.

## DO YOU FEEL THE COURSE AT NYP PREPARED YOU ADEQUATELY FOR PRACTICE?

In terms of clinical work, I think NYP has prepared us sufficiently for practice. Our course was divided into two main aspects; dental hygiene and dental therapy. The “hygiene” portion covered what we needed to know to treat or manage periodontal diseases, while the “therapy” portion focused on pedodontic care. During our attachment at NDC (National Dental Centre) and HPB (Health Promotion Board), we were exposed to a wide range of patient groups. We covered elderly patients with periodontal diseases, and young patients with rampant caries.

However, the attachment period was rather short,

and concentrated on the competency of our hand skills. We also mostly worked alone, with only our classmate as an assistant. Therefore, in terms of the clinical experience in working as a close-knit unit, where we need to work well with specialists, dental officers, dental assistants, receptionists/ administrative staff, and also patients, where there is often a need to refer patients to-and-fro for management, I would say we lack that experience in communication.

**WHAT ARE THE PATIENTS' ATTITUDES TOWARDS YOU? WHAT ARE THE PROBLEMS YOU FACE AND HOW DO YOU OVERCOME THEM?**

There are patients with positive and negative attitude towards us. Patients with a positive attitude feel that being treated by an OHT is another option they can choose besides seeing a dental officer. They feel more secure and satisfied being treated by us since we specialize in doing scaling and polishing. Patients with a negative attitude find it a hassle being treated by us. For instance, we do not do restorations for adults, so if they end up not being able to solve all of their dental problems in one visit, they feel that they made a wasted trip, or find it troublesome that they have to come back again. One other major problem faced is that some patients do not have confidence in us, as they do not even know what an OHT does. In order to overcome this, I will first inform the patient that I'm an OHT, explain to them what our job scope is and let them understand that an OHT is important as we can concentrate more on their oral hygiene, which is very important in prevention of other dental diseases, and eventually, quality of life; as compared to a dental officer, who, with their workload, will

be more focused on finding and solving existing problems instead of education on prevention.

**WHAT WOULD YOU LIKE TO SEE IN TERMS OF REGULATION, JOB SCOPE, CAREER DEVELOPMENT AND TRAINING?**

I wish our job scope could be better defined. For example, we are allowed to do restorations for patients below 18 years old. However, what difference will you see to a dentition between an 18 and 19 year old patient, to the extent that you can see one and not the other? It would be less confusing for referring DOs as well as patients if we could explain that.

I would eventually like to see an ideal situation where, the end result is that "training" can affect regulations, job scope and career development. With room for advancement training – and that it gets recognized and utilized in Singapore – the regulations should then be adjusted according to the level of training undergone. Following that, the job scope can then broaden, which is in itself a developmental step in our careers. Hence I would hope to have upgrading courses for OHTs, either specialized courses ( for exmple, a course on pulpotomy for children, which can then be included in our job scope) or degree courses (Bachelor in OHT), preferably in Singapore.

**“One other major problem faced is that some patients do not have confidence in us, as they do not even know what an OHT does! ”**

**Dr Victor Lee**  
Private Practitioner

**Dr Eu Oy Chu,**  
Senior Deputy Director,  
School Dental Services, HPB

### HOW HAVE OHTS HELPED?

Eu: Oral health therapists (especially the dental therapists) are specially trained to manage and look after the oral health of children. They have played a pivotal role in achieving a high standard of oral health among the children of Singapore.

Lee: My practice's two OHTs have been a great help to us because they free us to do the more demanding work.

Our patients now get their regular half-yearly scaling appointments on time, which has greatly improved their oral health.

The net result is shorter waiting time and more regular appointments for our patients.

### WHAT PROBLEMS DO YOU FACE AND HOW YOU OVERCOME THEM?

Eu: Young, fresh graduates are inexperienced, lacking in confidence and clinical skills. They are mentored by senior dental therapists and supervised by dental officers for at least 6 months to 1 year before they can work independently.

Lee: Initially our patients were reluctant to have the hygienist do the scaling because they were so used to us doing it.

However we assured them that the hygienists are well-trained and fully competent to perform this task and they would be referred back to us if they need other work. Our dentists would also do an examination before they see the hygienist.

### 3. HOW DO PATIENTS ACCEPT THERAPISTS?

Eu: The majority accept therapists in SDS.

Lee: Once they experience scaling done by our hygienist, they readily accept them.

Our hygienists are able to spend more time doing the scaling and giving oral hygiene instructions.

### 4. WHAT WOULD YOU LIKE TO SEE IMPROVE IN TERMS OF SDC REGULATIONS AND OHT TRAINING?

Eu: Impose a compulsory internship for the OHTs to work in institutions for 1 year. Upon graduation, SDC can issue temporary or conditional registration and only full registration after the internship.

Lee: I would like to see more publicity given to the dental hygienists so that the public would know that they are an important part of the dental team. Also there should be more opportunities for them to upgrade their skills.

### 5. ANY OTHER THOUGHTS?

Eu: There are 2 groups people in our population that we should engage OHTs to look after:

- 1) the children and
- 2) the elderly,

as the jobs involve early prevention for children and maintenance for the elderly.

Lee: Generally, our patients are not going for their regular 6 month checkups and scaling. I believe with more hygienists, patients would find it easier to get more frequent hygiene appointments and thus improve the oral health of our population significantly. †



**“We should engage OHTs to provide early prevention for children and maintenance for the elderly.....**

**Impose a compulsory internship for the OHTs to work in institutions for 1 year”**

**-Dr Eu Oy Chu**

## TRISHA O'HEHIR: ORAL HEALTH DETECTIVE

### THE MANY ROADS OF DENTAL HYGIENE



By Trisha E. O'Hehir, RDH, BS

**MY** dad was a police chief and I always wanted to be a policewoman. Solving mysteries, taking apart the evidence and finding all the clues sounded like the perfect job for me. However, that career choice did not sit well with dad, who felt I should pursue a more subdued line of work. So, I became a dental hygienist and over the year, an oral health detective, always looking for clues and solving oral health mysteries.

**WHILE** some find clinical practice a dead end, I've used those skills to pursue a variety of other roles: periodontal therapist, educator, researcher, international speaker, instrument designer, inventor, author, publisher and businesswoman. A career in dental hygiene can go in many directions. There's probably no one more surprised by my accomplishments than I am, considering I was in the other half of the class that made the top half possible. After graduating from the University of Minnesota, in Minneapolis, Minnesota, and working for one year in clinical practice, I took a clinical position in Zurich, Switzerland. Sure that my new Swiss employers would find out I had no idea what I was doing, I worked hard to improve my skills and helped patients achieve oral health. After four years in Switzerland, I was asked to teach at the first dental hygiene school in Zurich. Surprised and pleased to have been asked, I decided that before accepting the position I would return to Minnesota

and earn a teaching degree. While working on a degree in higher education and practicing as a clinical hygienist, I was asked to teach dental students in the periodontology clinic. This was a big step for the university, as I was the first hygienist on faculty teaching dental students. This was quite a revolutionary move back in 1973 and the position enticed me to forego the teaching position in Zurich and stay in Minnesota four years.

**FROM** Minnesota I moved to Arizona and took the first Periodontal Expanded Functions Program for Dental Hygienists. Years later, I became the director of that program in Tucson, Arizona, graduating several classes of hygienists who went back to practice with skills to administer local anesthesia, perform periodontal debridement, surgical curettage and suturing. It was the most advanced periodontal program for dental hygienists in the US for many years. Now, most of these skills are part of regular dental hygiene care and taught in undergraduate dental hygiene programs.

**WHAT** I learned about disease on a cellular level, I was able to apply clinically as a periodontal therapist, providing conservative periodontal therapy in several general dental practices. It was a challenging time and exciting to provide patients with an alternative to periodontal surgery. However, we all lived under a microscope of scrutiny. Three of us were eventually called before the state board of dental examiners and I was sanctioned for using the term "periodontal therapist" on my business cards. Twenty years and more research have changed that thinking.

**DURING** this time, I launched *Perio Reports*, now in its 22nd year of publication, providing periodontal research summaries to clinicians. Other hygienists knew I read the research and often called me for answers to their questions. Becoming a resource to the hygiene community happened

gradually and easily, but soon took a great deal of time each evening to answer phone calls and look up answers. The idea of a research newsletter was born of an attempt to share the research with other hygienists and free up my evenings!

**ON** a clinical level, I was having trouble reaching the bottom of deep, narrow pockets, so I often pinched the dentist's spoon excavators off the restorative trays. Tired of tracking down his instruments, the dentist told me to get my own spoon excavators. Giving that some thought, I went to the instrument company and designed a set of spoon excavators specifically for accessing subgingival areas. Two weeks later, the O'Hehir curettes were in my mailbox! It began as a set of three, with shanks similar to the Hirschfeld files, and has now grown with the help of the PDT Company to a variety of anterior and posterior instruments with shank designs to reach difficult posterior areas. The round, scoop blade is like working with the toe of the curette without the rest of the instrument getting in the way.

**DURING** this time I also wrote regularly for dental and dental hygiene publications, integrating scientific research into clinical practice with practical applications. Taking it beyond the clinical aspect, I published a cartoon book for consumers with research at its core. The *Toothpaste Secret* is based on a dry brushing pilot study published in the *Journal of the American Dental Association* in 1998 that showed a 63 percent reduction in calculus and a 55 percent reduction in bleeding on the lower lingual surfaces when patients were instructed to dry brush inside first, brush till the teeth feel and taste clean, and then add toothpaste. This research was conducted in clinical practice by readers of *Perio Reports*, with the findings presented in a poster in 1997 at the International Association for Dental Research.

**TODAY** I'm the Editorial Director of Hygienetown magazine and [www.hygienetown.com](http://www.hygienetown.com), an online community for hygienists around the world to connect, ask questions and share ideas. Perio Reports is licensed to Farran Media and is now published inside the print edition of Dentaltown magazine and in the online version of *Hygienetown* magazine. In addition, I continue to give continuing education course around the world focusing on the

many preventive aspects of dental disease. My detective work never stops. I've recently graduated from a two-year energy healing course, completed oral myology training and am have embarked on the oral myology certification process. These skills will help us prevent dental disease. You too can be an oral health detective, learning new skills and looking for new and more effective ways to eliminate dental disease. You may find the answer on your current career path or by following any of the exciting career paths available to dental hygienists today.



***DENTALSURGEON** met Ms O'Heir at the 2009 ADA Annual Session in Hawaii, where she presented engaging lectures to many dental professionals. We thank her for sharing her story and trust that it will be a source of inspiration for our OHTs.*

## Primary Care Partnership Scheme

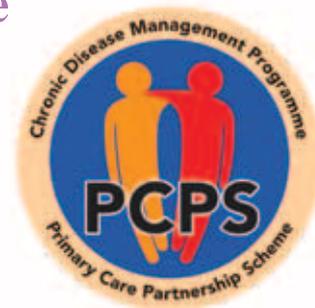
*What a little known scheme for the elderly and the disabled can do for your practice & neighbourhood*

By Dr Charlene Goh

A common grouse by the public about dental services is that it's unaffordable for the poor. They lament that the government does little to address the dental needs of the poor or handicapped. Polyclinics are seen as the only place to get subsidised dental care, and the needy often have to contend with travelling long distances to their nearest polyclinic. This is further aggravated by the fact that mobility for these elderly or handicapped individuals may already be restricted.

However not many, including dental professionals, know of the scheme already in place called the **Primary Care Partnership Scheme (PCPS)**.

The aim of the Primary Care Partnership Scheme (PCPS) is to provide needy elderly and/or disabled Singaporeans (with a per capita monthly household income of \$800 and below) with better access to primary healthcare by bringing affordable services closer to such residents. Under the PCPS, the Ministry of Health (MOH) engages private general practitioners and dentists to provide common outpatient medical and dental treatment to the needy elderly and/or disabled at subsidised charges.



MINISTRY OF HEALTH  
PROGRAMMES

This allows dentists to care for the poor elderly and handicapped without the fear of a loss in income. At the same time, the patients have better access to much needed basic oral healthcare.

There are currently about 170 participating dental clinics serving about 28,500 PCPS card holders.

To find out more about how you can join the scheme and help this underserved population, please find 'PCPS' under the 'Healthcare Financing' Section at [www.moh.gov.sg](http://www.moh.gov.sg)

### DENTAL SERVICES PROVIDED BY PCPS

- Cementation
- Curettage, infected socket
- Denture
- Extraction
- Filling
- Polishing
- Scaling
- Soft liner
- Topical fluoride
- X-ray
- Consultation



# The Royal Australasian College of Dental Surgeons

ABN 97 343 369 579

Please refer to  
website  
[www.racds.org](http://www.racds.org)  
for further  
details about  
the College  
and its  
programs

## ABOUT THE RACDS

The College provides opportunities 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 services, 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

### MEMBERSHIP

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

The MRACDS (Membership of the Royal Australasian College of Dental Surgeons) is a clinically relevant, educational program designed specifically for GDPs; a program which enables you to advance your practical GP clinical skills and develop a strong educational and financial base for your practice.

### FELLOWSHIP

The FRACDS General Stream comprises a Primary Examination and a Final Examination (holders of the award of MRACDS may present directly for the Final Examination).

The Primary Program has 6 areas of study and examination and the aim of the program is to enable candidates to demonstrate an understanding of fundamental principles of basic science and their relationship to clinical practice.

The Final Examination is clinically oriented requiring demonstration of a broad experience in general dentistry, a maturity of clinical judgement and application of knowledge based on current literature.

## Special Field Stream

### MEMBERSHIP

This pathway provides existing Fellows in the General Stream and potential Fellows in the Special Fields with the opportunity to become Members of the College in a specialist discipline.

Membership is open to specialists in the fields of Endodontics, Oral Medicine, Dental Public Health, Periodontics, Prosthodontics, Special Needs Dentistry, Paediatric Dentistry, and Orthodontics. Holders of the award of MRACDS in a Special Field may then apply for eligibility to present for the Final Examination in their Special Field following a period of independent practice.

### FELLOWSHIP

Examinations at an advanced level in the Special Field Stream provide a pathway to Fellowship in the above specialist fields in addition to Oral and Maxillofacial Surgery. The College training program in Oral and Maxillofacial Surgery is accredited by the Australian Medical and Dental Councils.

The College is very pleased to announce Membership and Fellowship in a new Special Field: Dental Public Health. Interested dentist professionals in the field are welcome to review the Appendix to the Regulations on the College website. Applications for the award of Membership are invited from 2010.

## Contact Us

### Royal Australasian College of Dental Surgeons

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Tel: +61 2 9262 6044 Fax: +61 2 9262 1974 Web: [www.racds.org](http://www.racds.org)

## CASTLES, AGRITURISMOS AND WINES!

By Dr. Michael Lim

*The Travelling Gourmet visits terrific Tuscany and unique Umbria...*

**MY** first stop on my recent gastronomic safari in sunny Italy was the Castello delle Regine in Umbria. After a long drive on the A1 Autostrada from Rome's Fiumicino bustling Airport I arrived to be warmly welcomed with a hug and two kisses in true Italian style.

Castello delle Regine translates to the Castle of the Queen, and the Queen here is my good friend, Livia Nodari, who is as charming and beautiful as her splendid range of wines. The amazingly comfortable Agriturismo called Podernovo where I was privileged to stay is owned by Livia and her husband Paolo. An Agriturismo is actually a Farm-Stay hotel with the wines and food like beef and cheeses produced on the farm, winery and vineyards. There is Cinghiale (wild boar) hunting too in the forests of the property but unfortunately it was not the hunting season during my sojourn.

### Chianina Beef!

In the afternoon Livia drove me around in her Mercedes 4WD SUV up-and-down the rugged hilly terrain. I saw close-up the unique mountainous terrain of this marvellous Agriturismo. She also brought me to see the Chianina cattle, including the huge male bull and his harem of many demure cows and calves. It was muddy in the corral and it had a distinctive pungent earthy smell, which most would find unbearable unless they have worked on a farm before. I found the experience most enjoyable, and Livia joked with me, laughing, "Yes, it would be nice for a man to have a harem like the bull!" The fierce looking bull turned to glare at us and snorted happily as if in agreement.



Chianina bull and cattle at Castello delle Regine

### Livia's lovely wines!

Our next stop was her winery and cellar where I tasted her whole range of wines. I must tell you her Selezione del Fondatore 2003 is a splendid SUPER-Sangiovese full of wild, powerful tannins and forest fruit flavours. Livia explained animatedly, 'There's a lot of wildness in Sangiovese but my winemaker, the famous Franco Bernabei is simply the best when it comes to working with the Sangiovese grape. He can tame it and make it taste fantastico!'

One of Livia's nicest wines is the Princeps 2002. This is made with 20% Sangiovese, 60% Cabernet Sauvignon and 20% Merlot. Absolutely 'superbo' with the gourmet food like here Chianina beef, specially bred on the Agriturismo, grilled to 'medium' so it is pink and juicy in the middle. Another winner is the Merlot 2002 with sweet cherries, spiced cloves & black pepper nuances which won the Gambero Rosso's Tre Bicchieri Award in 2005.

Then it was off to Livia's Castello for Prosecco sparkling wine and canapes, like Bruschetta with black olives & tomatoes and Prosciutto di Parma (air dried ham from Parma).



Wine tasting with Livia of Castello delle Regine



Chianina beef with polenta

The rustic castle has been here since the 1600s. Back at my spacious villa, there was just enough time for an invigorating swim in the pool before it was time for dinner.

On a cool summer evening we dined in typical Umbrian style, course by exquisite course. Chef Andrea at the Agriturismo's ristorante serves delicacies like Ravioli with Goat Cheese, Canneloni with Radicchio & Soffiato Freddo with Chocolate Salsa. After the main course of delightful Chianina Beef Fiorentina I checked my Breitling and it was 22:59.

"Dolce (dessert) is coming..." Livia told me with a smile. The night was cool and breezy as we dined elegantly, facing a romantic shimmering swimming pool in the heart of Umbria, while glittering stars sparkled like Cartier diamonds in the sky.

At 23:09, it was time for glorious Grappa which Livia also makes on her 900 acre estate surrounded by oak forests! These same oak forests actually moderate the micro-climate giving a unique Umbrian 'terroir' to her winsome wines.

It was close to midnight when Livia's husband, Paolo arrived after driving all the way from Milano. Paolo is a prominent lawyer and we chatted animatedly over Grappa and Espressos about a sport close to his heart.

"I have a Beretta shotgun which I use for hunting Cinghiale (wild boar). There is a lot of Cinghiale in the forest." It was very convivial just to have a tete a tete over Grappa and wine. The time passed most pleasantly...It was close to 1am when I returned to my spacious villa for a well earned happy and tranquil snooze in Podernovo in Umbria.

It's a tough job being The Travelling Gourmet...but somebody's got to do it! Ciao e Salute!

*Castello delle Regine, Amerino I-05022, Amelia  
www.castellodelleregine.com*

### Le Buche in Toscana

Morning broke and the golden sun rose gloriously against a powder blue sky with cute fluffy clouds. It was time to drive to Toscana (Tuscany) to visit Olivi Cantine Le Buche winery in Sarteano Siena. I checked my altimeter and I was 332m high. This young winery produced the first vintage in 2005. They are also experimenting with a very old indigenous grape variety called Pugnitello. I went to see the vineyard and helped to do some pruning to expose more of the grape berries to the sun. Then affable Riccardo and his papa Guiseppe showed me the gravity fed winery. In the cool cellar we tasted the 3 wines they currently produce. All are fermented with only natural yeast. The 2007 Memento blended from Sangiovese and Syrah was lovely with violet overtones and flavours of black fruits. The Tempore 2007 is made with Cabernet & Merlot grapes and has plum and wild berry nuances. Le Buche 2008 has Sangiovese & Cabernet Sauvignon grapes but was

**Lifestyle**  
Tuscany

a bit too young to drink. One day, their wines may become sought after by wine enthusiasts. After tasting, we adjourned to La Sovana Agriturismo near Montepulciano in the Chianti Classico DOCG region. This secret paradise surrounded by tall cypress trees is also owned by Guiseppe and his son Riccardo. I settled into a luxurious and very comfortable suite and then headed for a relaxing swim in the cool pool. I was pleased to meet Fyodor, Guiseppe's adorable Alsatian dog, named after Dostoyevsky, the Russian author. After swimming and chilling out with a glass of Martini Rosso on the rocks, I was ready for dinner. Dining al fresco on LaRibolitta (Tuscan salad of Borlotti beans, tomatoes, carrots & Extra Virgin Olive Oil), La Pasta fatta in Casa (home made pasta) and beef tenderloin with Balsamico and Rosemary lovingly cooked by Chef Giovannella had me in seventh heaven. The Extra Virgin Olive Oil is also made on the Agriturismo. There was a live band too and rambunctious dancing under the Tuscan moon...but that's another story. Buon appetito! 🍷

*Le Buche, via caselfava 25 oc. le Buche Sarteano  
53047 (SI) [www.lebuche.eu](http://www.lebuche.eu)*



Pruning the grapevines at Le Buche



Prosciutto con melone

# SURVIVOR'S GUIDE TO EGYPT

**Dr Bran Chan**

## Tip #1

Perhaps the best time to visit Egypt is during Winter (late November to January) when the weather is a comfortable 20 - 25 C° in the day. However, sunglasses and sunblock lotions are still essential as the sun can be quite glaring.

## Tip #2

Be prepared for Mediterranean cuisine for all meals - rice, naan (without curry), kebab, grilled meat and extremely sweet desserts. Bring instant noodles if these are not to your liking.



Mediterranean food, grilled meat

## Tip #3

Wear a pair of good, comfortable walking shoes as there will be a lot of walking and climbing over sandy and rocky terrains.

## Tip #4

Conservative clothing is preferred, as far as possible, for the ladies to avoid curious looks from locals although a shawl to cover the head is not necessary. A warm jacket is recommended when travelling during the winter season as temperatures may go as low as 12-14 C° at night and in the early morning.



Camel ride



Carvings on pillars of a scarab (beetle)



Alabaster Mosque of Mohamed Ali



Temple of Isis at Philae

**Tip #5**

Tap water is a no-no unless you want to be majorly ill. Most places (local merchants/restaurants/shops/toilets) only accept Egyptian Pounds and US dollars, and money changers do not accept Singapore dollars. 1USD = 5 Egyptian pound.

**Tip #6**

Do bring small change if possible as it comes in handy when you need the toilet and also to buy small items. 50 Piastres or 1 Egyptian pound is sufficient for a trip to the toilet. Egypt is a tipping (baksheesh) country and so the locals may expect tipping as well if they catch you taking their pictures.

**Tip #7**

Dust is unavoidable in Egypt so try to bring a good cleaning kit if you are bring a DSLR camera and avoid changing lenses in the open.



Our local tour guide Mr Essam explaining the history of the Pyramid of Djoser or the Step pyramid in Saqqara. The Step Pyramid is the oldest pyramid in Egypt.

**Tip #8**

Photography is not allowed at some sites such as the Egyptian Museum and The Valley of the Kings, and such rules are reinforced by security personnel. Buy postcards, guide books and maps instead to keep a memento of these places you had visited.

**Tip #9**

Personalized cartouches engraved in Egyptian hieroglyphics make nice souvenirs. Other personalized souvenirs include hieroglyphic written on Egyptian cotton t-shirts and paintings on papyrus paper. Handicrafts made from Egyptian alabasters and Egyptian perfumes in unique bottles are also ideal gifts. But beware of the poorly made souvenirs sold along the streets.

**Tip #10**

Bargain! Bargain! Bargain! Like all tourist spots in the world, items are usually overpriced. If diplomatic bargaining fails, use the “walk-away technique” at bazaars and souvenir shops.



Ankh, an Egyptian hieroglyphic character that symbolizes eternal life



Bazaar



Giza pyramid

**Tip 11**

When taking the Nile river cruise, remember to bring along games such as mini mahjong, card games, hand-held games and portable DVD players to kill time as there are limited choices for entertainment on board the cruise ship.



Temple of Queen Hatshepsut

**Tip 12**

It is always good to try to immerse yourself in the local culture and history. Learn to speak some simple phrases, and try out local teas and shisha at cafés. Buy a traditional costume – galabia for men and galabeya for ladies and take all the rides – from the camels in the desert, horse carriage rides in quaint countrysides, cruises down the Nile, to felucca rides along the river. 🌿



Temple of Horus (Edfu Temple)



Abu Simbel. It is part of the UNESCO World Heritage Site, famous for its relocation project. The temple was taken down piece by piece and carefully reassembled on higher grounds to avoid being submerged during the creation of Lake Nasser after the completion of Aswan High Dam on the Nile River.

## WEEKEND GATEAWAY: JAKARTA

By Dr Charlene Goh

**What** do you do when the travel bug itches and you spent last year's bonus on that trip to the USA? Travel to our neighbouring countries!

As any backpacker can tell you, Singapore is an excellent base for exploring our neighbouring countries. So, armed with \$72 return tickets to Jakarta on Tiger Airways, 2 friends and I made our way to Jakarta.

### DAY ONE (FRIDAY)

**8 pm:** Drop off your bags and head to the ever popular, affordable **Bandar Djarkata** (*Pintu Timur Impian Jaya Ancol, Jakarta Utara 14430, Indonesia Ancol*) for your 1st meal in Jakarta. Handpick your fish, prawns, clams, lobsters, squid and shellfish from the Pasar Ikan, choose the style and sauce you want it cooked in, then proceed to your table to wait for your pickings!

While in Indonesia, you have to eat gurame. Gurame is a local favourite fish and whether grilled, with sambal or ketchup manis, it will still taste good!



We had clams, sotong, gurame, prawns, kangkong and coconuts for under S\$50!

**10 pm:** For post dinner drinks, **Loewy** (*Oakwood Condiminions, Lingkar, Mega Kuningan, Jakarta 12950*), a hip bistro-bar described by Harper's Bazaar as "Asia meets Europe in a hub of social cool sophistication" where the cosmopolitan Jakartians gather should fulfill your need to people watch and wind down for the rest of the weekend.

### DAY TWO (SATURDAY)

**11 am:** We attempted to do some sightseeing at **Jakarta Old Town** and joined the locals gathering amidst the occasional tourists in the wide open **Fatahillah Square**. School children mulled around, eating authentic potong ice-cream (cut from a long tube of frozen ice (thus the name) and then stabbed with a stick, not the prepacked stuff we get in Singapore) or curling their hair in front of historic buildings from old Batavia (as Jakarta was called when it was a Dutch colony).

Have a mid-morning snack from the roadside stalls if you dare. We did and were rewarded with very yummy gado gado. Or play it safe and have a drink at the **Café Batavia** like most tourists.



Yummy road side gado gado



Schoolgirls hanging out with curlers in their hair

**1 pm:** What's a Singaporean holiday without shopping! For your fix of cheap buys and bargaining thrills, head down to **ITC Mangga Dua**. A gripe I have is that in this world of globalisation most cheap fashion comes from a central warehouse in China or Bangkok. My friend found the dress she bargained down to S\$10 in Orchard Central a week later for the same price!

Take a break at one of the food stalls in the shopping mall. A variety of Indonesian snacks are placed in red plastic trays packed tightly on a bar top counter. It's cleaner than the roadside stalls, so go wild and try everything!



Solve a game of chess and win a pack of cigarettes



Plastic tubs of food



Kids playing in Fatahillah Square

**5 pm:** Cream bath was invented in Indonesia in the 60's and is a staple for any tai-tai. Head down to the pinnacle of luxury shopping- **Plaza Indonesia**, and proceed to **Lu Vaze** hair salon to pamper your skull. For more than an hour, Keratase hair products are massaged into your skull and hair follicles, leaving your hair smooth and bouncy for days after! The price: about S\$80 for the decadence of a hair spa. Then with bouncy hair, take a stroll around the mall to see luxury brands unheard of in Singapore.

**9 pm:** Despite being a predominantly Muslim country, Jakarta has its fair share of bars and lounges,

testament to the wealth of the Indonesian Chinese. We went to the latest bar-restaurant **Potato Head** (*Pacific Place Mall G51A, SCBD Jl. Jend. Sudirman, Kav. 52-53, Jaksel 12190*) where the drinks were better mixed than most places in Singapore, and the food surprisingly satisfying.



Drinks at Potato Head

**12 pm: Blowfish** was up next, where the rich kids back for the holidays from schools in the USA party and get ridiculously drunk, and dancers strut on the tables.

Alcohol gets you hungry so we drove through the red light district selling all sorts of “supplements” for porridge and goreng pisang at the popular 24-hour **Kamseng Restaurant** (*Mangga Besar I No. 26 Jakarta Barat, DKI Jakarta*) where we finally called it a night.

### DAY THREE (SUNDAY)

**11 am: Taman Sari Royal Heritage Spa** is a institution in Indonesia. Even Miss Universe comes here for spas (as evident from the signed autograph at the reception) ! Though the furnishings may be slightly dated, the surroundings are clean and for less than S\$100, it was good value for 2.5 hr of facial, massage and body scrub.

**2 pm:** With our bodies limber and skin baby soft, we ended our trip with some shopping and eating (what else?!) at Plaza Senayan. We had traditional

Indonesian desserts and snacks at **Waroeng Pojok** for one last taste of Jakarta before heading home.



Delicious *kueh topi*

**Jakarta** has a lot to offer in terms of shopping and food, if you have the money. But the poverty and polluted air gets to me. Don't try to take the public transport or go on foot. We managed to go to some places out of the touristy areas because we had a reliable driver, otherwise, it may be dangerous. In short, spend your time in the shopping malls and hotels, venture out for a quick bite of the yummy local food and then rush back into air-conditioned comfort. And go only if you have cheap tickets or a friend there. I know I will be back for the local food, Javanese massage and hair spa! 🙏



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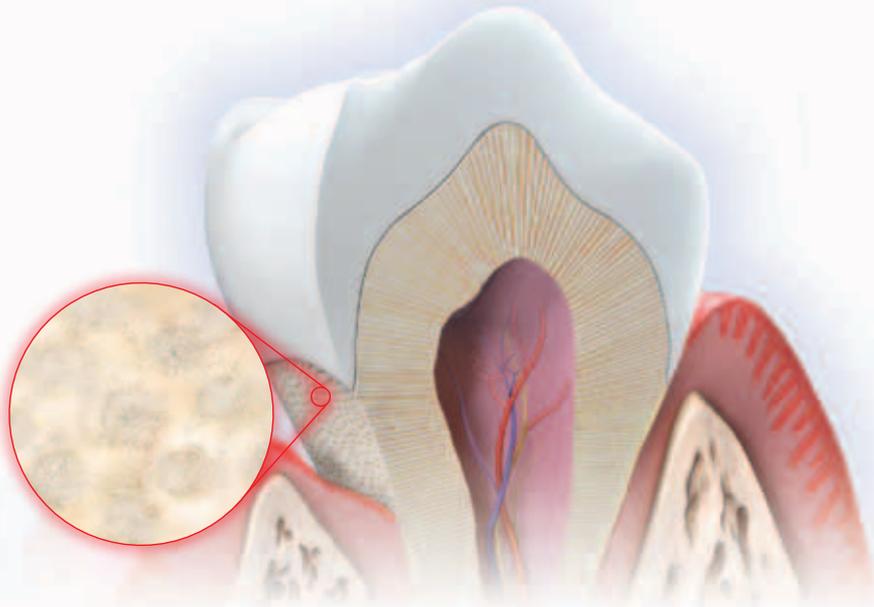
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1 Nathoo S et al J Clin Dent 2009; 20 (Spec Iss): 123-130

2 Ayad F et al J Clin Dent 2009; 20 (Spec Iss): 115-122

3 Schiff T et al J Clin Dent 2009; 20 (Spec Iss): 131-136

4 Docimo R et al J Clin Dent 2009; 20 (Spec Iss): 17-22

5 Ayad F et al J Clin Dent 2009; 20 (Spec Iss): 10-16

6 Docimo R et al J Clin Dent 2009; 20 (Spec Iss): 137-143

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