

# THE DENTAL SURGEON

MARCH 2012



## Inside:

- Gourmet Japanese Cuisine for the Discerning Palate
- The Fast Life - Luxury and Speed in an Environmentally Friendly Package

MICA (P) : 178/08/2011



“ In a world of evidence-based practice, this is the real deal. It delivers on the promise of reducing sensitivity ”<sup>1</sup>

-David Hamlin,  
Dentist, Principal Investigator, Clinical Research Facility

“ Instant relief and it lasts, unlike others ”  
- Ki Ok Edward - Yu  
Patient, Singapore

“ No more pain! I can now enjoy drinks without painful sensations ”  
- Celine Tan  
Patient, Malaysia

“ Instant relief from pain! I can see marked improvements before and after use ”  
- Noorliza Harun  
Patient, Malaysia

“ One minute, very quick. I will use it for long term ”  
- Rebecca Wong  
Patient, Hong Kong

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Chu CH, et al<sup>2</sup>, conducted a study with 722 teeth with hypersensitivity to investigate professional prophylaxis with Colgate® Sensitive Pro-Relief™, which contains 8% arginine-calcium carbonate, on adult patients.

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- For males and females, the pre-treatment (6.68 vs. 6.75) and post-treatment (3.20 vs. 3.24) SOS were similar.

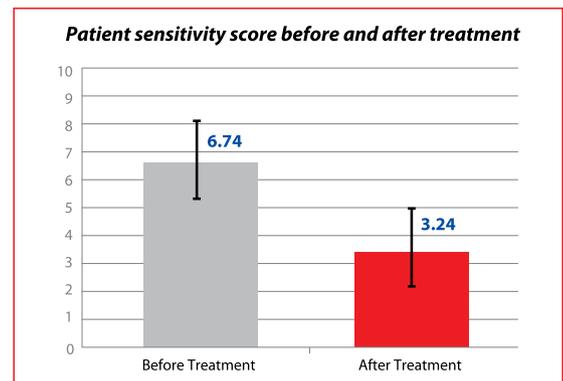
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### References

1. Actual quotes from market research data on file; Colgate-Palmolive, July 2009.
2. Chu CH, et al. Effects of 8% arginine desensitizing paste on teeth with hypersensitivity. J Dent Res 2010;89 (Spec Issue A). In press.

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



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## **Editor's note**

A very warm "Hello" to all readers of Dental Surgeon.

I received an urgent phone call from my pal Yanshan one night during my honeymoon in Las Vegas, urgently asking me to stand in for her in this March edition of Dental Surgeon. In a bid to get her quickly end the call, I hastily agreed! This almost slipped my mind after my return to Singapore as there were festivities such as the Lunar New Year and followed by Valentine Day. Fortunately I was reminded again and quickly started work on the articles, with the help of my VJC Intern, Judy who has been an excellent help to me.

This April most of us will be attending IDEM 2012 - the leading dental trade fair and scientific conference in Asia Pacific, featuring many world renowned speakers such as Dennis Tarnow and the Magne Brothers from USA. The organizing committee is encouraged with the very good response not only from dentists from Singapore, but also from Malaysia, New Zealand, Hong Kong, Thailand, Japan etc.

So while you are busy with your practice, please do remember to sign up for IDEM and hope to see you all at IDEM 2012 and then, the SDA AGM!

Dr Kelvin Chye  
Stand-In-Editor

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# eXperience

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# Calling All Avid Photographers!



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

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

Here are the details!

## **Singapore Dental Association**

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# SDA Annual Appreciation Dinner for Volunteers

Once again, it was the time of the year that everyone looks forward to. Nope, not just Christmas. On 16 December, the SDA Thank You Dinner was held at the flagship Italian restaurant of the Grand Copthorne Waterfront Hotel, steered by Sardinian chef Domenico Piras. Conveniently located, it is set at the intersection leading towards China Town and Orchard Road with a steady flow of residents, tourists and clubbers.



As the evening fell, groups of dental colleagues and friends from the various committees of the Singapore Dental Association, Singapore Dental Health Foundation, Singapore Dental Journal, and several sponsor representatives arrived at Pontini's lovely reception area beside the Veranda rooms reserved exclusively for this event. Champagne and wine were served as guests began catching up with one another. Soothing background music played throughout the event, subtly enhancing the comfortable atmosphere.

Very soon, guests were seated for the Italian buffet to commence. Granted that the variety was not great, but quality of the food was nonetheless uncompromised albeit in the face of mass production. The *antipasto*, an Italian term for "before the meal", included everything from Rock Melon with Parma Ham, to Smoked Salmon Platter, as well as Flaky Tuna salad and assorted soft and hard cheeses.

Pontini has a dedicated pizza oven which is gas-fired but complimented by burning a few sticks of wood to enhance the smokey aroma of their pizzas. The pizza crust was remarkably thin and crispy too, with the classic Italian addition of arugula leaves. Braised Beef, Cacciatora Style Chicken, Black Cod Fillet, Lasagne, and assorted Zucchini vegetable also added to the tantalising main course. Dessert was certainly an important affair. A satisfying variety of Tiramisu, Macaroon cake, Liquorice Pana Cotta, and Mixed Berries Gratin lured us into overloading those extra calories.

As the guests enjoyed the sumptuous meal while moving from table to table exchanging exciting tales and gossip, the event finally came to an end. Or did it? Perhaps some had remembered that Zouk was just next door. ✦



*Dr Qian Li*

# CNY Goodies Baking Workshop

As we usher in the year of the Dragon, fifteen of us found time to challenge ourselves in a hands-on baking class. On a sunny Saturday afternoon, amidst all the festive spring cleaning and shopping, we showed up at class. Tucked away in an inconspicuous corner at One Sims Lane, Phoon Huat was surprisingly well-visited with many bakers, some aspiring like ourselves, streaming in to gather ingredients for their own CNY baking! Hidden behind rows and rows of what seemed like a million varieties of baking necessities and ingredients was a classroom equipped with many baking utensils and heavy duty baking machinery, and of course, the Chef.

We were all initially rather flustered as we bustled along weighing and gathering our own portion of ingredients needed to make our cookies. However, once we started sifting, kneading, mixing and creaming, it was easy to see who had been secretly hiding their talents at home! Lab work must have been a breeze for them back in school!

Along the way, there were many hilarious moments, such as when a group measured out 3 tablespoons full of vanilla essence instead of 3 teaspoons (imagine how lovely the cookie dough smelled though!). Another group had been too enthusiastic with beating the eggs that their mixture actually started to curdle. But fret not, under the guidance of our maestro chef all problems were solved! We also learnt quite some tricks and techniques of baking as Chef divulged some well kept secrets not taught in books or recipes.



At the end of the 3-hour session, I would say all of us were truly pleased with our creations – Fruit & Nut cookies, and Chocolate and Orange Marble Swirl Cake! Not only were they pretty and delicious, but they were packed with the joy of the festive season and the warmth of camaraderie among friends and buddies. On behalf of the SDA Welfare Committee, we would like to thank all those who joined us, and here's wishing everyone a blessed Lunar New Year! *Huat ah!* 🍀

*Dr Lim Wenyi*

Date	Topic	Venue	Contact
12 Apr 2012 15 May 2012	Dental Journal Club	Seminar Room, Level 2, Mt Elizabeth Hospital	Hwi Ling, Shahirah, 67312021 hl_ wee@parkway.sg shahirah_niza@parkway.sg
12 and 26 Apr 2012 10 May 2012	Mastering Adverse Outcomes (Dental Protection, London)	Grand Copthorne Waterfront Hotel Singapore	Lyn Greenfield, 61735115055 lyn.greenfield@mps.org.uk
13/5, 20/5, 1/7, 22/7, 26/8, 2/9, 23/9, 7/10, 14/10	Basic Cardiac Life Support (Refresher) Course	Red Cross House, 15, Penang Lane, Level 3 RCTC, Singapore 238486	CDE Administrator 62202588 cde@sda.org.sg
17 May 2012	Managing Your Risk	Grand Copthorne Waterfront Hotel Singapore	Lyn Greenfield, 61735115055 lyn.greenfield@mps.org.uk
7 May 2012	Press-Fit and Cold-Welded Abutments - Current Trends	132 East Coast Road Singapore 428817	Stacey Phua/Shu Jaun 64407321/64409360 le.minis.dental@gmail.com
20 - 23 Apr 2012	IDEM Singapore 2012 See website for programme details and workshops <a href="http://www.idem-singapore.com/">http://www.idem-singapore.com/</a>	Suntec Singapore International Convention and Exhibition Centre	IDEM Singapore 2012 Registration Secretariat 65006700 idem-singapore@koelnmesse.com.sg
18 May 2012	Wisdom Tooth Management Course	132 East Coast Road Singapore 428817	Stacey Phua/Shu Jaun 64407321/64409360 le.minis.dental@gmail.com
9 Nov 2012	Light Activated Disinfection in Everyday Dentistry	NDC	Dr Benny Goh 67347790 bengoh@yahoo.com
27 May 2011	16th NUS Clinical Dentistry Symposium	Lt 28, National University of Singapore	Suriani Binte Rabu 67725258 densr@nus.edu.sg Cynthia Tay 67725343 dentmlc@nus.edu.sg

The above is a Continuing Dental Education (CDE) Calendar, from April 2012 to November 2012. Before attending any of these CDE activities, please confirm event details with the respective course organisers.  
Information is correct at the time of printing.

# 4th MDASZ-SDA Joint Scientific Convention & Trade Exhibition

19 - 20 November 2011:

Theme: "Forging Ahead"

Guest of Honour: Professor Chew Chong Lin

Key Note Speaker: A/Prof Jennifer Neo (NUS)

It is indeed a unique occasion for the dentists from both Singapore and Malaysia, linked by a causeway, to come together for this conference and exchange programme. The general theme of this conference is "Forging Ahead", reflecting the very good relations and friendship established by Singapore Dental Association and Malaysia Dental Association.

The event, organised by the Malaysian Dental Association and Singapore Dental Association, shows the sign of close friendship and support between dentistry professionals in the two neighbouring countries. It is the 4th such conference since its inauguration in 2008 and retains its atmosphere as a bilateral exchange between professionals.

Dentists, practitioners and academic professors alike agreed that the improved awareness of dental health has increased demand for dental services. In response, the quality of dental health practices in the region must grow correspondingly. Furthermore, it was agreed that patients are more informed about various dental treatments, using the Internet as a source of information.

However, there was caution in that while aesthetic dentistry like bleaching and veneering were profitable, practitioners had to remain on top of their game by undergoing training to stay competent and in touch with the latest developments and technology in the field.

The scientific convention and trade exhibition saw the greatest number of participants from Singapore since past years, a precedent for the great success of the event and of those in the years to come.



Singapore and Malaysia has all along enjoyed a long-standing, friendly and multi-faceted relationship. We are bound by common history as well as deep and abiding ties. Since we became two countries, both sides have over the years accepted the differences in our two societies, and built a constructive and mutually beneficial relationship. Our bilateral ties are close, and relations between leaders and officials are good. Equally important is the warmth and friendship that exists between our two peoples, and of course between SDA and MDA. †

*Dr Kelvin Chye*



# New York

## Dr Charlene Goh 2 years in Columbia University

### Describe the course in your university:

The Mailman School of Public Health has a large Masters of Public Health program comprising 500 students in each year and 5 departments: Epidemiology, Family and Population Health, Sociomedical Sciences, Biostatistics, Health Policy and Management and Environmental Health Sciences. The student body has diverse background with 19% non-U.S. citizens and representatives from 46 countries. From supermodel Christy Turlington to political celebrity Chelsea Clinton, Columbia University draws an eclectic mix of students.

Everyone in the MPH program takes the core introductory courses of Epidemiology, Biostatistics, Sociomedical Science, Health Policy and Environmental Health. Each department has their own requirements, but there is enough flexibility to tailor your educational experience to your interests. For example, in addition to my Sociomedical Science requirements like Intervention Design and Qualitative Research, I have also taken almost all of the Epidemiology department's requirements such as Applied Regression and Advanced Epidemiology. A key component of the program is the practicum, where all students have to intern for at least

280 hours. The work we do during this time is varied and many of my classmates have run interventions in Nairobi or helped to write guidelines for the Department of Health here in New York.

Therein lies one of the biggest advantages of studying in Columbia: the wealth of resources and opportunities available to you by virtue of proximity. Columbia is home to the Earth Institute, International Center for AIDS care and Treatment Prevention (ICAP). Being in New York gives you access to the UN headquarters, WHO Regional Center and several other consulting, pharmaceutical companies and NGOs based here.

### Getting around:

They say that real New Yorkers don't have a driver license! Everyone uses the subway and it's a great way to see the people that make up this city- the talented buskers, stylish city dwellers and homeless people. You may even see one of the illegal



buskers who breakdance in the train, swinging from pole to pole! However, if you are feeling lazy, there are the ubiquitous yellow cabs as seen in the movies.

## The place to chill:

The HighLine Park takes you out of the mad rush, if just for a second. It is a great example of thoughtful architecture and urban planning. Williamsburg, Brooklyn is great for lazy afternoons of browsing small boutiques and stores. Stop for tea and coffee at a neighborhood café or NYC coffee chain like Joe's (no Starbucks allowed). For a night out, you can't go wrong with St Mark's and East Village.



## The place to visit:

Shake Shack! The East Coast equivalent of In 'N' Out of the West Coast, there is always a line out the door. The ShackStack has a beef patty AND a cheese-filled Portobello mushroom that oozes goodness. Wash it down with one of the milkshakes (I like the Fairtrade coffee shake.) My favorite outlet is the original one in Madison Square Park located in a park with twinkling lights and squirrels. Follow that up with one of the city's many speakeasies. These hidden bars have secret entrances or discrete doorbells and half the fun



is in finding it and getting in. P.D.T and Angel Share are my usual crowd pleasers.

## Advice to interested applicants for the course:

The MPH degree broadens your perspective on health and gives you fundamental research skills that can be applied to Dentistry, or any other field. Public health takes you out of your comfort zone of drilling and forces you to read and write essays on the impact of socioeconomic status on health and other pertinent issues. It has been an invaluable learning experience, and of course there's New York City at your doorstep. However, unlike other specialty degrees, a MPH degree does not add to your clinical expertise or income – so know what you are getting into before you make the choice! †

## The one MUST DO:

One?! Go to all the museums, see Van Gogh's Starry Night, watch Broadway plays, have a picnic in Central Park, catch a \$5 comedy show at the Upright Citizen's Brigade, experience old New York at Grand Central Station and the New York Public Library, and in between all the sightseeing, EAT! Other than Michelin-starred restaurants like Peter Luger (which though expensive is still cheaper than eating in any of the MBS restaurants in Singapore), go on a food tour in the Lower East Side (Katz's Deli!) and look for the great food trucks (Korilla's bulgogi kimchi tacos!) that move all over the city.



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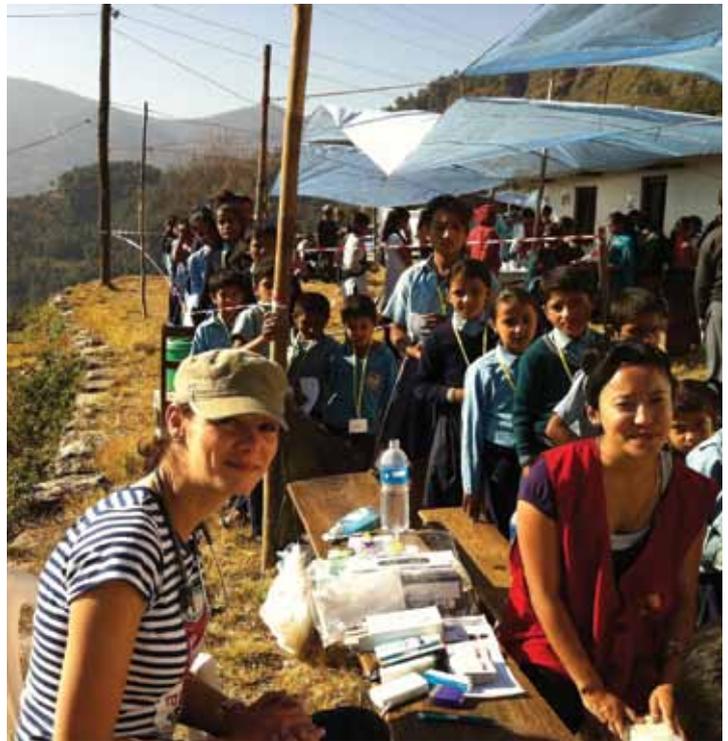
# Mission Possible: Nepal 2011

On 18 November 2011, our group of volunteers set off for a 9-day medical and dental mission to Nepal. One of the poorest countries in the world (measured by GDP per capita at PPP), Nepal is home to 8 out of the 10 highest mountains in the world, including the tallest, Mount Everest.

To get to our destination, we had to take two international flights into Kathmandu, layover for a night, fly a domestic route to Pokhara, take a one-hour bus ride and then transfer to a 45-minute bone-rattling jeep ride. Our target was a little village called Depur situated at the mid-slope of a ridge which sits near the foot of the Annapurna Himalayan Range. Arriving in the mid-afternoon, we were warmly greeted by the villagers, who had assembled a traditional Nepali ensemble to welcome us.

After the pleasantries were exchanged and the mission officially begun, the team quickly got down to setting up shop in the village school. The medical team quickly completed this task. The dental team, however, took significantly longer simply because we had more instruments to deal with.

Our dental team included four Singaporean dentists, a Nepalese dentist and two lay volunteers. We were joined by a team of volunteers and monks from Kathmandu, who helped with the running of dental clinic such as sterilization, crowd control, and translation.



The clinics started in earnest on our second day in the village. Because of the lack of good lighting indoors, we had decided to work outdoors in the schoolyard. This also meant that we literally had to work from dawn to dusk as staying past sunset would mean working by the light of LED torches. On the other hand, our clinic boasted panoramic views of the surrounding hills and valleys. The temperature in the day was also comfortably in the high tens. The only drawback was the short daylight hours at this time of the year.

We ran the clinic for three full days, seeing more than 500 patients. What struck many of us was the stoicism with which most of the children accepted dental treatment. There was nary a scream or tear as we performed extractions on the children, even though one could see the fear and anxiety in their eyes. Some of the patients, both adults and children, trudged hours through mountainous terrain to reach the school.



During our four nights in the village, we were housed in the home of a local official which gave us the rare chance to live as the locals did. There was no heating, and the room was dimly lit by a couple of light bulbs. All of us slept in sleeping bags on the wooden floor. At night, a few would wake up shivering from the cold. Meals were cooked in an outdoor kitchen by Nepali volunteers. Time after dinner was spent around a bonfire, where we bonded over home-brewed Nepali rice wine. In this rural landscape, perhaps the biggest surprise was the presence of full mobile network coverage, even though no one really found the need to use it. Our stay was a rare opportunity to live the simple life, without the distraction of modern technology and the luxuries we were used to (such as hot water and flush toilets).

After five days “up in the mountains”, we took the same tortuous journey back to Pokhara and then to Kathmandu. Along the way we had time to take in the sights in both cities, as well as do some shopping. Our final two days were spent exploring Kathmandu, which to me was a hothouse of dusty streets and crazy vehicular and human traffic. Even our flight back offered a rare sight – for most of the first hour, the majesty of the Himalayan range could be seen from the plane window. Throughout our stay in Nepal, we have been surprised again and again.

*The dental group would like to thank all sponsors and well wishers who have kindly supported this trip in one way or another. Dhanyabad! 🙏*

*Dr Matthew Sng*





# The Royal Australasian College of Dental Surgeons

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. The program is self-directed and modular.

### Fellowship

The FRACDS General Stream comprises of 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

Whether you are an existing Member or Fellow in the General Stream or if you are considering Fellowship in a Special Field, this pathway provides an opportunity to become a Member 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. Examination is in the form of a peer review assessment based on cases submitted by the candidate.

The College also conducts the training program leading to Fellowship in Oral and Maxillofacial Surgery. This program comprises four years of training following completion of Medicine and Dentistry and is accredited by the Australian Medical and Dental Councils and the Medical Council of New Zealand.

For more information about any College programs, please visit the website or contact the College office.

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# Gourmet JPN in SGP

## *SENSATIONAL SEKI!*

The inspiring Travelling Gourmet tries the cuisine of Singapore's newest Japanese restaurant...

Many love Japanese food and cheerful Chef Takuma Seki serves up authentic Japanese delights in his restaurant which only opened on 1 January 2012!

I savoured fruity Momo Peach Sake as my aperitif before embarking on the Grand Omakase Menu. With only 11% alcohol by volume it is a light tippie to whet your appetite.

### *Russian Roulette*

The 1st course was like playing Japanese style 'Russian Roulette' because Fugu (puffer fish) Skin sprinkled with appealing orange globes



of Salmon roe was placed before me, as well as Roast Duck "Pastrami" and chewy abalone-like Jelly Fish. Fugu is very deadly if not prepared well. Fortunately I survived!

Chef Seki has worked in LA in the Beverley Hilton and also in Bound

on Avenue George V in Paris, which explained the nuances of French and American cuisine found in his dishes. Almost all the ingredients here are air-flown in from Japan twice a week.

A clear glass ice cream coupe appeared but inside was not gelati, but Sashimi of Blue Fin Tuna and Salmon. I wrapped the fish in the fresh Shiso (Japanese Basil) leaf and popped it into my mouth. Yummy! It goes nicely with Kaiun Iwai Sake ("Kaiun" means to welcome luck in Japanese).

and also in Bound

### *Aphrodisiac Tempura*

The exotic 3rd course was Tempura. However, it was no ordinary Tempura... succulent & sensuous Fish-sperm in a light batter plus See Yang Meo was an aphrodisiac treat fit for gourmets.

### *Appetising "pas de deux"*

The meat course was served... fork tender flavour-packed Tajima Wagyu Beef from Kyushu, so succulent and juicy with Ponzu sauce plus Lamb from the UK with Pommery whole grain French mustard. Chef grates some Yuzu skin on top before serving for that lovely aroma. An epicurean 'pas de deux' of tasty flavours and textures! I recommend Chateau Lafite Rothschild 1999 with these meats.

### *SAS – Sushi & Sashimi*

Chef Seki also made Sashimi of Japanese Flounder & Geoduck. He cautioned, "Do not add soy, I have already seasoned *neh!*"





The sexy Sushi is also nice with Otoro, Kimmedai, Amberjack, Ikura and “melting” Anago. It is noteworthy that the Japanese enjoy sushi and sashimi with soy plus a little dab of wasabi. Singaporeans, on the other hand dunk huge amounts of wasabi in the soy to put on their sushi. Too much wasabi actually overpowers the flavours of the fish and vinegared rice. I recommend you try too the Hokkaido Octopus Sushi marinated in Mirin, Soy & Sake. Perfect with a glass or two of effervescent Gosset Grande Rose Brut Champagne!

#### *Unique Sweets*

I loved the trio of desserts. This is the only restaurant that has them. Others serve mundane green tea ice cream.

Smooth as silk Soya Pudding with a dollop of red bean is the Japanese answer to “Tau Huay”. Tofu Cheesecake tastes very different from New York Cheesecake & Yuzu (Japanese citrus) Umeshu Gelee is refreshingly good! As dapper Chef Takama Seki says, “I want to bring the freshness of Japan to YOU!”



*Itadakimasu!* 🍴

*Dr Michael Lim  
The Travelling Gourmet*

## **SEKI**

Rendezvous Hotel Gallery  
9 Bras Basah Road #01-02  
Singapore 189559  
Tel: 63363806

# Save the World, Drive a Panamera

When the Porsche Panamera was first launched in 2009, like most purists I found its overextended rear unappealing to the eye. But after more than 2 years, I must say that its appearance has grown on me.

The Panamera S hybrid is one of the newer models introduced to the line-up. With a 333 HP V6 supercharged petrol engine and 34kW electric motor, mated to an 8 speed gearbox, it is a green and mean machine.

With acceleration figures of 0-100km/h in only six seconds and fuel consumption of only 8.3 litres/100km, the Porsche Panamera is probably the most you can ask out of a sports car.

The car handles like what you would expect from a Porsche. The SPORT setting is fantastic for spirited driving along b-roads and occasional track sessions. The suspension at sport plus setting is lovely and gives real confidence in fast cornering. The rear wing can be extended to give more down force but although it looks more aesthetically pleasing, I doubt you will ever need it. The car is a rear drive only instead of all-wheel drive so as to save weight and improve fuel efficiency. This is actually not a bad thing as you can slide the tail out at corners. (Disclaimer: - Please do not try this at home.)

The car seats four people comfortably, with great rear legroom and individual passenger climate control. The ride in the comfort mode is amazing, feeling more like a proper luxury sedan than a sports car. The interior of the car is exquisitely crafted with a flawless fit and finish – Porsche style. Practicality-wise, child seats can be easily fitted without any major hassle and the boot is big enough for a pram or golf bag.

The parallel full hybrid technology in the Panamera is slightly different from others in the market. The electric motor can be activated at high speed during cruising or what Porsche terms “sailing”, therefore maximising the efficiency of the car. The car can run fully on electric motor if the E-power switch is selected. The small electric motor is fitted under the boot space which also means no spare tire, but this is becoming the norm with new cars.

The first problem that I noticed was that the braking is affected by the switch be-



tween friction and recharging the electric motor, but only the most sensitive people will notice. The second problem that I encountered was that the switch from the electric engine to the normal petrol engine sometimes feels like an extra gear shift. However, just activate the SPORT button and problem is solved as the engine is running concurrently with the electric motor to utilise all available horsepower. So I suggest that the only way to drive a Porsche properly is to spend the rest of the day on SPORT setting.

Furthermore, we get a 40% OMV rebate in Singapore for driving a green vehicle, a substantial amount. 🌿

Retail price of the Porsche Panamera S Hybrid: \$352888 (w/o COE)

For more information: [www.porsche.com.sg](http://www.porsche.com.sg)

*Dr Kevin Co*



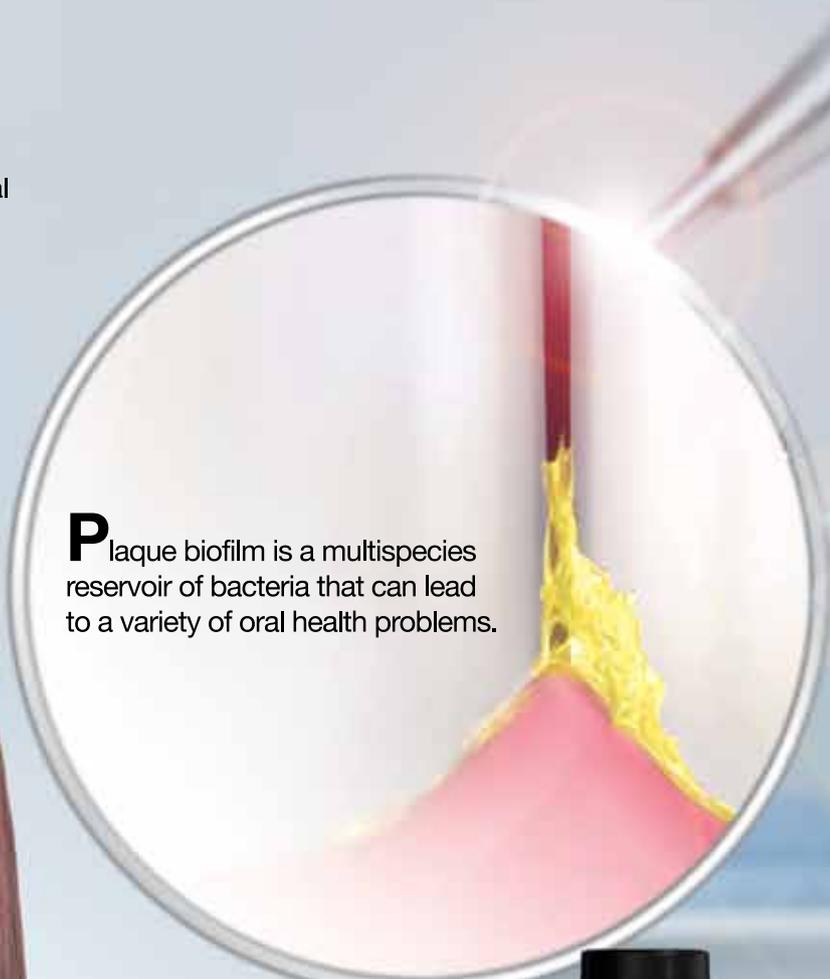
# LISTERINE<sup>®</sup> PENETRATES BIOFILM TO REDUCE PLAQUE AND GINGIVITIS.

Bacteria in biofilm are more resistant to antimicrobial agents than free floating bacteria. Therefore, a mouthwash's ability to penetrate biofilm is an important part of its clinical efficacy<sup>1,2</sup>

**LISTERINE<sup>®</sup> reduces plaque and gingivitis by**

- Penetrating plaque biofilm<sup>3</sup>
- Nonselective killing bacteria by disrupting bacterial cell walls and inhibiting their enzyme activity<sup>4</sup>
- Preventing bacterial aggregation, slowing multiplication and extracting endotoxins<sup>4</sup>

**Recommend LISTERINE<sup>®</sup> after brushing and flossing - A powerful addition to any patient's routine**



**P**laque biofilm is a multispecies reservoir of bacteria that can lead to a variety of oral health problems.



**References:**

1. Ouhayoun JP. *J Clin Periodontol.* 2003;30: 10-12.
2. Pan P, et al. *J Clin Periodontol.* 2000;27: 256-261.
3. Foster JS, Pan PC, Kolenbrander PE. *Biofilms.* 2004;2:5-12.
4. Ouhayoun J-P. *J Clin Periodontol.* 2003;30:10-12.

**THE PROOF**  
IS IN  
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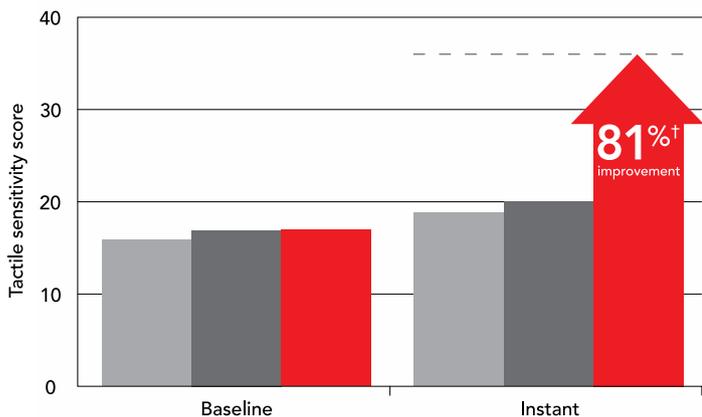
## Colgate® Sensitive Pro-Relief™

### Clinically proven to provide instant\* sensitivity relief

IN A RANDOMIZED, DOUBLE-BLIND, PARALLEL-GROUP STUDY (n=150)

Colgate® Sensitive Pro-Relief™ provided instant relief vs leading competitor's brand<sup>1</sup>

- There was no statistically significant difference between leading competitor's brand and regular fluoride toothpaste



- Positive control: Colgate® Sensitive Pro-Relief™ toothpaste (8.0% arginine, calcium carbonate, 1450 ppm fluoride)
- Test product: Leading competitor's brand (8.0% strontium acetate, 1040ppm fluoride)
- Negative control: Regular fluoride toothpaste (1100 ppm fluoride as NaF)

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

<sup>†</sup>In a direct-application study, Colgate® Sensitive Pro-Relief™ significantly ( $p < 0.05$ ) reduced dentin hypersensitivity vs leading competitor's brand by 81%.

Scientific works cited: 1. Li Y et al. Data on file, Colgate-Palmolive Company 2010. 2. Nathoo S et al. *J Clin Dent.* 2009;20(Spec Iss):123-130.

IN A RANDOMIZED, DOUBLE-BLIND, PARALLEL-GROUP STUDY (n=125)

Colgate® Sensitive Pro-Relief™ provided instant relief vs 2% potassium ion toothpaste<sup>2</sup>

- Significant ( $p < 0.05$ ) reduction in dentin hypersensitivity was achieved instantly after direct application

**161%**

improved instant relief in tactile sensitivity test

**60%**

improved instant relief in air blast sensitivity test

**Prove it to yourself—  
and your patients**



**Colgate®**

YOUR PARTNER IN ORAL HEALTH