



# THE DENTAL *Surgeon*

A SINGAPORE DENTAL ASSOCIATION PUBLICATION

NOVEMBER 2011



## IDEM SINGAPORE 2010

WINNER OF "TRADE CONFERENCE OF THE YEAR"

### DR CHOO TECK CHUAN

1ST SINGAPOREAN TO BE HONOURED BY ADA

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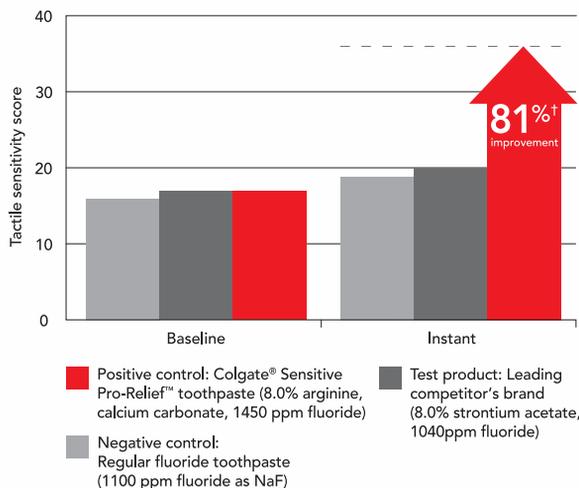
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<sup>1</sup>In a direct-application study, Colgate® Sensitive Pro-Relief™ significantly ( $p < 0.05$ ) reduced dentin hypersensitivity vs leading competitor's brand by 81%.

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)

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**161%**

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# EDITOR'S NOTE

Yuletide greetings!

With the blink of an eye, a year has passed since both Kelvin and I took on the role as co-editors. We were new on this job then and we are thankful for all the support we received from our colleagues who have helped make the past issues of *The Dental Surgeon* possible.

Sadly, Kelvin had to leave us as he is getting busy with too many commitments on hand, as well as working towards the next phase of his family life. I would like to take this opportunity to thank my co-editor who had been such a great help when I am overwhelmed with my postgraduate work. I wish him success in the rest of his endeavours.

At the same time, I would like to welcome Irene Leong on board with us as our layout designer, together with Ivan Koh.

There has also been a great extent of media coverage, highlighting the work and commitment of our fellow colleagues in our community; the SDA Ethics Committee was featured in the Straits Times for their team of volunteer mediators in helping both patients and dentists in coming to amicable resolution, Singapore IDEM 2010 being awarded the Winner of "Trade Conference of the Year" by the Singapore Tourism Board, and of course Dr Choo Teck Chuan being the first Singaporean to be honored by the ADA for his great contributions to the dental community.

Indeed, I hope more colleagues and friends can volunteer in any possible way to foster closer bonds amongst us, and raise the profile of Dentistry in Singapore to the international platform.

Merry Christmas and wishing everyone a better 2012!!!

- Yian San

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By:  
Dr Sharlene Low &  
Dr Gabriel Chong

# INTERVIEW WITH EMPLOYERS ON ORAL HEALTH THERAPISTS WORKING IN PRIVATE AND PUBLIC SECTORS

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The objectives of the article are twofold:

- (i) To advise dental professionals in Singapore of the clinical workscope of Oral Health Therapists (OHTs)
- (ii) To raise awareness among OHTs and potential applicants to the Diploma in Dental Hygiene and Therapy course at Nanyang Polytechnic about job prospects after graduation

It is our hope that with this article, future employers will have a more realistic expectation of OHTs and future OHTs will realise that they have a promising and bright career.

We have approached two private dental practitioners, Dr Jerry Lim (Orchard Scotts Dental) and Dr Victor Lee (Lee and Ong Dental Surgeons) who have experience in hiring OHTs. Dr Koh Chu Guan (Senior Consultant Periodontist) who is in-charge of OHTs at the National Dental Centre was our NDC spokesperson.

The article is a verbatim transcription of the interviewees' responses except where names have been mentioned. The interview was done via e-mail and for the interests of keeping the article short and readable, only 5-6 questions were asked of each interviewee.

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# INTERVIEW WITH EMPLOYERS ON ORAL HEALTH THERAPISTS

## Question 1:

*How long have you had OHT's working in your clinic?*

### **Dr Jerry Lim:**

1 year 8 months but wished we could have incorporated an OHT into our practice model much earlier.

### **Dr Victor Lee:**

For about 3 years now. We started in 1988 with Miss CC. She worked for about a year, then she left for Australia to pursue a Degree in Dental Hygiene. Then we had Miss AL who left after 8 months to join her boyfriend in Korea. Now we work with 2 Hygienists - YK and RL.

### **Dr Koh Chu Guan:**

We presently have 5 full-time OHT's.

*(Unfortunately, there is no information available on how long these OHTs have been employed by NDC).*

## Question 2:

*What kind of procedures do the OHTs carry out in your clinic?*

### **Dr Jerry Lim:**

When we engaged our OHT, we wanted her to provide a periodontal based therapy for our patients. Thus, she effectively became a Dental Hygienist. Essentially she handles all our prophylaxis, root planing procedures, periodontal management including caries risk management. On top of that, she takes excellent alginate primary impressions for many of my cases in preparation for all aspects of dentistry. She also has good communication skills which is an added bonus making it easy for her to educate and show patients the dental problems present in their oral cavities. Other duties that she does occasionally are listed on the OHT job scope on the Singapore Dental Council's website which includes taking X-rays (bitewings) and giving LA infiltrations for periodontal therapy.

### **Dr Victor Lee:**

We prefer to call them Hygienists because it defines their job scope better. They do mainly scaling and polishing, giving oral hygiene instructions and motivating our patients to come regularly for the bi-annual check-ups and procedures to enhance their dental health. Occasionally they also do simple fillings for children.

### **Dr Koh Chu Guan:**

- a) Dental Hygiene procedures: periodontal examination, scaling, root planing, polishing, oral hygiene instructions.
- b) Dental Therapy procedures: restorations for children up to 18 years of age.
- c) Orthodontics related procedures: taking impressions, debonding, removal of cement, and prophylaxis.

## INTERVIEW WITH EMPLOYERS ON ORAL HEALTH THERAPISTS

### *Question 3:*

*From your experience, how useful are OHT's to your practice?*

#### **Dr Jerry Lim:**

From my experience of working with my OHT's, they have become critical team members to have in our dental office. Personally I find that comprehensive periodontal management is often lacking in private practice. This could be due to several factors, such as lack of time to explain to patients the effects of periodontal disease and its impact and poor patient attitude towards periodontal treatment especially in the early stages of the disease. The fact that periodontal therapy does not yield instant results, the subsequent motivation for patient to take up treatment is low. In this respect, the OHT's role becomes extremely important. They can spend more time with the patient, explaining the damaging results of leaving the existing periodontal disease. Often times, I find the patients become more receptive to treatment. "With knowledge comes understanding, and then acceptance."

If OHTs are successfully implemented within the practice, the dentists will definitely have more time to perform more comprehensive and complex treatment plans.

One of the best thing that my OHT performs is to explain the etiology of dental problems that we see in our patients and discuss the treatment plans that were presented to the patients. She often encourages and motivates the patients to do something worth-while dentally for themselves.

#### **Dr Victor Lee:**

Extremely useful. They have become an indispensable part of our team. They allow us to concentrate on doing the more demanding and complex procedures. Before they came, we were struggling to fit our patients for their bi-annual checkups and hygiene appointments into our tight schedules. Most of the time they were unable to get an appointment, so as a result, that area was not well taken care of. Other procedures deemed more urgent often took precedence over the hygiene appointments.

Now our patients are delighted that they are able to get their appointments on time. Their oral hygiene has improved, and we are able to offer more complex procedures to enhance their dental health. I tell our patients that they now have 2 pairs of eyes examining their teeth, which makes us twice as thorough. Indeed they are often able to identify carious lesions during the scaling procedure which we have missed during our initial examinations.

## INTERVIEW WITH EMPLOYERS ON ORAL HEALTH THERAPISTS

### **Dr Koh Chu Guan:**

VERY useful!

- a) They support the periodontists with the simpler and more routine jobs:
  - perform initial periodontal therapy (scaling and root planing) for mild-to-moderate chronic periodontitis cases.
  - maintenance for patients requiring long-term periodontal follow-up.
- b) They support the other specialists by taking care of cases that require hygiene therapy prior to, or during their complex treatment.
- c) They support the orthodontists during the debanding stage.

All these will free up the specialists as well as the Dental Officers to dedicate more time to patients who require more specialized work. Often the OHT's contribute to educating patients concerning their oral health and certain conditions that the patients may have. The OHT's are also often able to detect oral diseases/conditions that require further management by the dentists.

### *Question 4:*

*What advice do you have for other employers who would want to hire OHT's in their clinics?*

### **Dr Jerry Lim:**

Become a leader. Be ready to change and innovate. Share and teach the team. They will become your ambassadors.

### **Dr Victor Lee:**

Jump right in, you won't regret it! However, you must make sure you define their job scope clearly. Make them a part of your team, so that the work flows seamlessly from one room to another. In our clinic, we have 2 separate Hygiene Rooms which further clarifies the different roles of the Dentist and the Hygienist.

### **Dr Koh Chu Guan:**

- a) Know the accepted job scope of the OHT's. Several OHT's claim that some employers do not know the official job scope of the OHT and thus expect them to perform procedures outside the scope.
- b) Have proper work flows in the clinic. For example, OHT's can only perform prescribed work, meaning that the dentist should see the patient before referring to the OHT.
- c) OHT's can certainly be an asset to the practice. Have close working relationships with them. Most of them are eager to learn new things.
- d) Educate them on your own procedures so that they are able to educate and clarify things to your patients when necessary.
- e) Ensure that the OHT's are updated with CPE.
- f) Understand their role in the practice and make sure that they feel part of the practice - that they too have a part in building the practice.

## INTERVIEW WITH EMPLOYERS ON ORAL HEALTH THERAPISTS

### *Question 5:*

*What are some misconceptions or unrealistic expectations that employers have regarding the hiring of OHT's?*



### **Dr Jerry Lim:**

Expecting them to know everything there is about dentistry. Requiring them to work outside their boundaries will make the OHT's uncomfortable and worried. You have to spend some time thinking how you want the OHT's to function within your organisation and to harness their potential to be an excellent team member. Set up the place for a OHT and do not let things happen by chance.

### **Dr Victor Lee:**

A common myth is that they take work away from us. Nothing could be further away from the truth! Ever since we had our Hygienists, we have been busier, as our patient turnover is higher. They also indicate more cavities, crowns, bridges, etc. for us.

It is unrealistic to expect them to do procedures which they are not trained for. You may give them additional responsibilities like managing staff and clinic administration, but ultimately, the direction must come from the dentist.

### **Dr Koh Chu Guan:**

OHT's are not 'mini' or 'cheap' dentists. They have a specific role in the management of our dental patients. Utilize them well and correctly, as they can certainly be practice builders.

## INTERVIEW WITH EMPLOYERS ON ORAL HEALTH THERAPISTS

### Question 6:

*What kind of advice would you give an OHT who would like to work in the private sector? How would this be different from working in the public sector?*

#### **Dr Jerry Lim:**

OHT's need to assess the working principles of the practice. Speak to the principal dentist and find out the system of work. Understand the aspirations of the dentist. Having leadership traits and an ability to work with others would be a great asset. In the private sector, your rapport-building with patients becomes a critical aspect of your practice. Establishing trust quickly ought to become a primary focus of any OHT.

#### **Dr Victor Lee:**

Find a good boss with a forward-looking and patient-centric clinic. If you always have the patients' welfare at heart, then whatever you do will not go wrong.

Get involved in dental organizations like SDA and SDHF. Also, do your part in community work, as many welfare homes are short of volunteers to run their clinics. By and large, residents in many charity homes do not have good dental health because they do not go for regular checkups and hygiene procedures. Our OHT's can certainly play an important part in addressing this need. By working with dentists and other health care providers, you will feel that you are part of a team working together to improve the dental health of Singaporeans.

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via fax, email or this coupon to SDA by **25th DECEMBER 2011**.

## Primary Care Partnership Scheme (PCPS) and enhancements from 1st Quarter 2012



Enhancements to the Primary Care Partnership Scheme (PCPS) will be introduced in 2012. The Agency for Integrated Care (AIC), which was set up by MOH to oversee healthcare integration in Singapore will serve as the contact point for Dentists and General Practitioners (GPs) for the Scheme from 2012.

With the expansion of PCPS, patients who qualify can now rely on one dentist or GP for their chronic care needs.

### ***What are the changes to PCPS from 2012?***

The current PCPS will be enhanced to reach out to a wider group of patients. The qualifying income will be raised from to \$1,500 per capita monthly household income. At the same time, the age criteria for eligibility will be lowered to 40 years old. This new group of patients will be covered for selected dental procedures as well.

### ***How many Singaporeans will be eligible for enhanced PCPS?***

Over 700,000 Singaporeans stand to benefit from the enhancements if they sign up for the Scheme. The changes are aimed at helping more Singaporeans detect and manage their chronic conditions early.

### ***How do the enhancements benefit dentists?***

- Become the primary dentist to even more patients in the community as the minimum age has been lowered to 40 years old.
- Potentially higher patient retention as chronic ailments become more prevalent among patients aged 40 years and above.

### ***What are the steps taken to address the needs of dentists and GPs for PCPS?***

To help provide greater ease in processing claims, we will be conducting briefing sessions later on this year. GPs and dentists will also soon be able contact the GP/Dentist PCPS helpdesk for all PCPS related queries.

### ***When and how can dentists sign up?***

We welcome all clinics to sign up for CDMP/PCPS now even before the enhancements roll out in early 2012. Clinics that are not currently under the Chronic Disease Management Programme (CDMP) can register to be accredited under the Medisave for CDMP framework at the same time.

Log on to [www.mediclaim.moh.gov.sg/mmae/pcpsoverview.aspx](http://www.mediclaim.moh.gov.sg/mmae/pcpsoverview.aspx) to sign up for CDMP/PCPS.



# DENTAL MISSION TRIP TO CAMBODIA: FROM THE PERSPECTIVE OF 3 FINAL YEAR STUDENTS

## VOLUNTEERS' CORNER

By:  
Lee Bingwen, Lee Qi Qi  
& Benjamin Ng  
*Dental Undergraduates*



On 3rd September 2011 a small dental team consisting of 9 dentists, 2 dental therapists, 1 volunteer and 3 dental students undertook a dental mission to the outskirts of Siem Reap, Cambodia. The mission lasted a total of 7 days, 4 of which were spent treating 488 patients. We had the good fortune to be the 3 students tagging along.

We arrived at Ballang Commune, a collection of 8 villages located 45 minutes from Siem Reap, where we took over a school compound. This was where we had our first eye-opener as we witnessed the transformation of a rugged classroom into a serviceable dental centre. Used to the settings of the ideal clinic, it was fascinating to see how the dentists were able to make do with simple wooden tables in place of our 'Kavo Chairs' and fully utilising the sunlight by setting up chairs along the corridor. In contrast, we suddenly realised how sheltered and pampered we were back in the faculty and that has made us appreciate more of what the faculty has provided us. A learning point to take home was the ability of the dentists to adapt to their environment and the way they fully utilised their limited equipment.

## DENTAL MISSION TRIP TO CAMBODIA



Simple extraction and restoration services were the main services provided. Due to the poor oral health standard in Cambodia, most Cambodians have teeth that are badly decayed. As fortunate Singaporeans, we have a wide variety of options to restore our dentition, whereas these villagers had to live with their toothache due to limited resources and knowledge. Although our presence certainly relieved some villagers of their suffering, we had to limit each patient to either an extraction or a restoration due to the large crowd which turned up. At the end of the trip, we left knowing that there were still work not done and more help is needed.

Students from the Republic Polytechnic also accompanied us on this trip as part of their service learning programme. They served as assistants to the dentists and also played an active role in teaching OHI to the patients together with the help of the local translators. It was heartening to have a Cambodian doctor who volunteered his service to help us screen the patients for their medical conditions. This allowed us the chance to interact with non-dental volunteers, and from their feedback we gathered that there are many non-health professionals who feel that being able to help out in such medical/dental mission is particularly fulfilling and enriching, more so than simply donating money or building homes and

## DENTAL MISSION TRIP TO CAMBODIA

VOLUNTEERS'  
CORNER

toilets as other voluntary work goes. We, as dental professionals, are able to act as a platform to enable the volunteers to have more of a direct impact on someone's life and in doing so, inspire the volunteers to commit themselves further; a snowballing effect.

We came back from this trip deeply enriched both as dental students and also as volunteers. Graduation is but another milestone in the holistic journey of life-long learning. There is so much in life that we have yet to experience. This trip has certainly injected a sense of vigour in these very tough times as Year 4 dental students. We are indeed very glad to be future dentists, assured in our abilities to contribute to the society.

Special thanks to:

Dr Loganathan Vijayan - for being the best mentor anyone can wish for.

Dr Peter and Victoria Yu, Dr Mervyn Phng - for sponsoring our trip and allowing us to gain valuable insights

The rest of the team - for being so patient and making us students feel very much part of the team.

Thank you.



By:  
Dr Loh Kai Woh

*King's Scout, 1971*



# SERVICE TO OTHERS

What drives people on? It could be ambition, money, happiness, fulfilment, family, success, service to others or a combination. When I entered secondary school, I joined the Boy Scout movement and what I learned from the Boy Scout movement changed my life. As a scout, among other things, we were taught to help others in need. We were taught to do a good deed a day. I remembered clearly, there was a drawing in the scout handbook showing a scout helping an old lady crossing the road. Later on in my life, I joined the Rotary movement and its motto is "Service above Self". This reinforced my belief that we should all contribute to society in whatever ways we can.

It is very fulfilling to see my dental colleagues providing free dental treatment to the less fortunate people in Singapore and in countries nearby. We must compliment and support them for their good work. So I asked myself, how can I contribute? I wrote in to volunteer in one of the dental missions but was told that there was no more vacancy. From information gathered, I found that vacancies to such mission trips were usually filled up very quickly. An orthodontist, who is not efficient in doing filings, is not hot on their list.

*No electricity and no running water.*



*All instruments were packed in Singapore.*



In 2005, when a church member asked me to go to Sabah to check the teeth of villagers in a remote village 3 hours drive from Kota Kinabalu, I accepted the invitation without hesitation. The village could only be accessed by a four-wheel drive as the road was unpaved and we had to cross a shallow river. If there was rain and the water level rose, we could not cross the river. There was also no electricity and running water in the village. I brought one of my staff, two of my daughters and all the equipment and medication needed for extractions and treatment of infection. In 2 days, all the residents who needed extractions were seen and 85 teeth were removed. It was a fulfilling mission but I was frustrated as no filings could be done. I could not even plan for a second trip to this settlement to do filings as there was no electricity and I had lost my skill to fill teeth efficiently.

## SERVICE TO OTHERS

I felt there must be ways where I can contribute more effectively. Being passionate in teaching orthodontics, I realised that if I teach orthodontics to educators and others, it will be a more effective way to contribute. This will uplift the standard of care to the orthodontic patients. The orthodontic educators can transfer up-to-date orthodontic knowledge to their students. The first thing I did was to donate all the remuneration I received from NUS, back to NUS. I volunteered pro bono teaching in China. I was made a visiting Professor at Wenzhou Medical College, Department of Orthodontics. I have been going there once or twice a year and conducted 3 days lectures/clinical teaching every time I was there. In turn, they will provide meals and hotel accommodation, while I donated my time and airfare. I have also given pro bono lectures in places like Singapore, Xian, Macao, Beijing, Manila, Karachi, Mumbai, Bangkok, Taipei and Sydney. In the near future, I am planning to go teach in Bangladesh, Nepal and Tokyo.

## VOLUNTEERS' CORNER

*My first orthodontic course in Wenzhou.*



*Wenzhou Medical College library*



*Lecture in Taipei, November 2010*



## SERVICE TO OTHERS

*Elected as President of Asian Pacific Orthodontic Society, Sydney, 2010.*



I was elected as President of the Asian Pacific Orthodontic Society (APOS) in February 2010, in Sydney and my term will end in December 2012. This is another avenue of service. APOS comprises of members from 18 countries around the Asian-Pacific region. As the APOS president, one has to have a bird-eye view of the whole region. I did not realise that there were so much responsibility and troubleshooting when I accepted the position. Whatever any President does, he cannot please everyone. I believe that as long as the President acts with conviction and sincerity with the aim to benefit most of its members, he has fulfilled his duty. The President is also the Chief diplomat as he has to settle all problems diplomatically. As APOS president, I have to travel almost every 2 months, mostly at my own expense and at my own time to perform my duties. So far, I have travelled to Malaysia, Philippines, India, China, Macao, Taiwan, Pakistan, Indonesia, Japan, USA and Malaysia.

Why am I writing this article? I hope to inspire all my dental colleagues to look into their inner self and ask, "How can I contribute?" We must be talented in some ways or others. If you are a good musician, you can provide pro bono music education to the less privilege. If you like to teach like me, go ahead and give pro bono teaching. If you are good in sports, go and provide pro bono coaching. You can definitely provide pro bono dental treatment to the less fortunate. Finally, if you have no time, make monetary contribution.



# APPEAL FOR DONATIONS AND NEEDED SUPPLIES (MEDICAL AND DENTAL CHARITY TRIP NEPAL 2011)

**Dates: 18th to 26th November 2011**

**Venues: Villages off Pokhara, Nepal**

**Scope of work: Basic medical and dental treatment**

Dear Colleagues,

In response to an appeal by the Ka-Nying Shedrub Ling Monastery and Rangjung Yeshe Shenpen, we are organizing a medical and dental trip to the village off Pokhara. We thank all those who have supported us for the past years and hope that you would support us again this year. Basic medical and dental treatment will be given to the poor people of this region who have limited, if any, access to medical or dental care.

For donations of funds, please send a crossed cheque payable to "*Singapore Dental Association*". Please indicate "*Medical and Dental Charity Trip Nepal 2011*" and include your name and contact details on the reverse before sending to the following address:

**Singapore Dental Association**  
2 College Road  
Level 2 Alumni Medical Centre  
Singapore 169850

For further details, please contact Dr Sapphire Gan at [bluejewel8@gmail.com](mailto:bluejewel8@gmail.com) or +65 97234678.

Thank you.



## FEATURE

By:  
Dr Seow Yian San

# IDEM SINGAPORE 2010: “TRADE CONFERENCE OF THE YEAR” WINNER



Every year, Singapore Tourism Board (STB) recognizes the works of unofficial ambassadors at the Singapore Experience Awards 2011 who have helped to distinguish Singapore as a premier tourist destination by enhancing visitor experience through the products and service delivery. A total of 31 awards were presented to individuals and organizations across 6 categories: customer service, events, experience, marketing and media, outstanding contribution and special recognition on October 17th this year.

IDEM Singapore 2010 was proud to be awarded the winner of the “Trade Conference of the Year”. IDEM Singapore is a biennial leading dental show in Asia Pacific organized by the Singapore Dental Association with our

## IDEM 2010: "TRADE CONFERENCE OF THE YEAR"

FEATURE

conference organizer, Kolnmesse. IDEM Singapore aims to deliver the latest international technologies and techniques through the international trade exhibition and cutting-edge scientific conference, bringing over 350 exhibitors from more than 20 countries. IDEM Singapore is the region's top dentistry trade exhibition that has become a "must-attend" event for dental personnel.

The 6th biennial IDEM Singapore 2010 at the Suntec Singapore International Convention and Exhibition Centre has a registered participation from 6057 dental traders and practitioners including dentists and dental clinicians, 352 exhibitors from 55 countries.



Dr Philip Goh, the current SDA President and also the co-chairman of IDEM 2010 writes:

*"It came as a complete surprise when the result was announced that night at the Award ceremony as both Mr Adrian Sng from Koelnmesse and I did not expect the win and to go on stage to collect the award. This is the 3rd time IDEM has been nominated as the 3 finalists and this time, finally we won. I believe this win is the accumulation of all the excellent work done in the previous 5 editions of IDEM. It is an honour for SDA that the contribution of IDEM to tourism and Singapore has been recognised by the Singapore Tourism Board. This win is a tribute to all*

*who have contributed to the success of IDEM throughout those years, serving in the SDA councils, the organising committees, the chairpersons of the scientific sessions, the speakers, the SDA office staff, the traders, the sponsors, the student volunteers and of course, our partner and co-organiser Koelnmesse, who have played a major role. So let this win acts as an encouragement for SDA to build on and continue to strive for more successful IDEMs ahead."*



Dr Lewis Lee, co-chairman of IDEM 2010 comments:

*"The inception of IDEM especially after the inaugural event was difficult. There was scepticism all around from various quarters. Nevertheless, we believed that IDEM would be an eventual success. All we needed to do was to be consistent; keep going at it and make IDEM a permanent fixture on the Asia Pacific Dental Calendar. SDA was convinced with Koelnmesse that it will be a great dental event. The current success of IDEM is a testament to SDA/KM tenacity and partnership. It leaves us wanting to make it better."*

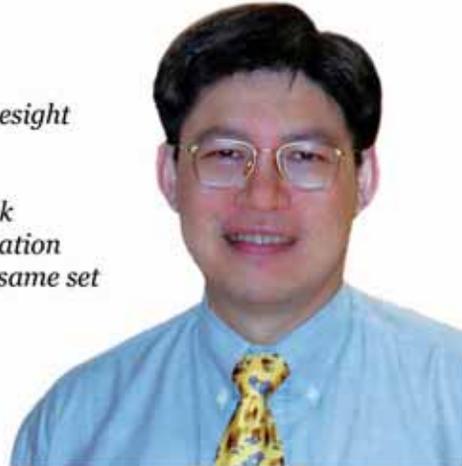
## IDEM 2010: "TRADE CONFERENCE OF THE YEAR"

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Looking forward to the next IDEM, Dr Benjamin Long, the co-chairman of IDEM 2012 notes:

*"This award signifies 3 things:*

- 1. That it is a testimony to the wisdom and foresight of the past leaders of SDA,*
- 2. That as an organisation, SDA is able to work cohesively with a distinctly different organisation (i.e. KM), as long as our partners share the same set of core values,*
- 3. That IDEM is a worthy dental meeting not only for the dental industry in Singapore but also the Asia-Pacific region.*



*Looking forward, with each successive and successful meeting, expectations will grow, and this award will serve as an impetus for the organizers to work even harder to make IDEM better."*

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*IDEM team at work in promotions.*



## IDEM 2010: "TRADE CONFERENCE OF THE YEAR"

FEATURE

We especially would like to congratulate the SDA and KM team for their effort that won IDEM Singapore 2010 the "Trade Conference of the Year", namely:

### **SDA team**

#### Chairpersons:

Dr Philip Goh Kong Hui

Dr Lewis Lee

#### Treasurer:

Dr Teo Hiow Hoong

#### Secretaries:

Dr Lim Lii

Dr Dephne Leong Jack Xin

#### Promotions and Scientific:

Dr Ong Kheng Kok

Dr Dennis Tiong King Wei

Dr Bran Chan Liang

#### Poster Competition:

Dr Kenny Poh Choon Chiow

#### Social Event:

Dr Seow Yian San

#### Public Relation:

Dr Kuan Chee Keong

#### Members:

Dr Daniel Chan Chin-Ching

Dr William Lim Tian Wei

Dr Myat Mon Thinn

Dr Peh Yew Jia

Dr Elizabeth Shen Shen

Dr Jason Su Jianxiang

Dr Tay Xue Li

Dr Daniel Teo Hee Hwa

Dr Elaine Wong

Dr Woo Fengyi

Dr Wu Siwen

*IDEM KM  
representatives.*

### **KM team**

Michael Dreyer

Adrian Sng

Sharon Ng

(Regional Sales and Management)

Ziqi Zielinski (Sales)

Katherine Lai (Operations)

Wyatt Lee (Operations)

Joyce Liong (Marketing)

Carsten Obliers (Project Admin)



# THE BUSINESS OF DENTISTRY



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### • A Continual Education Program that is Tailored to Your Needs

In four information-packed days of lectures and hands-on workshops, IDEM Singapore 2012 delivers a diverse range of topics and educational sessions, so you can tailor a valuable continuing education program that is relevant to your needs and take home academic points for accrual to your country's continuing education programme.

### • One – Stop Shopping

With more than 350 exhibitors from over 30 countries in one location, IDEM Singapore 2012 allows you to see, learn and shop for the latest and best deals in dental equipment.

### • Network with the Larger Dental Community

Meet and network with dental professionals from all over the Asia Pacific region. Establish contacts, exchange ideas and socialise with colleagues both familiar and new from the regional dental fraternity.

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Access to world-class speakers does not have to come at an exorbitant price! IDEM Singapore 2012 delivers a power-packed conference headlined by the industry's best minds and key thought leaders at a minimal conference registration fee.

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## Speaker Highlights:



### Nigel Pitts, United Kingdom

Evidence-Based Approaches for the Prevention and Control of Early Caries



### Paul L. Child Jr., USA

Supported by The Shaw Foundation Singapore  
New Technologies in Tooth Cutting and Digital Dentistry

A Comparative Study of Present Trends in Indirect Restoratives



### Robert Boyd, USA

What Types of Orthodontic Treatment can be Successfully Done with the New Invisalign Appliance?



### Kevin Lewis, United Kingdom

Legal and Ethical Pitfalls in Orthodontics



### Jane Merivale, United Kingdom

Legal and Ethical Pitfalls in Orthodontics



### Angus Walls, United Kingdom

Implication of Oral Health and Nutrition on Systemic Health in the Elderly



### Lyndon Cooper, USA

Multidisciplinary Approach to the Management of the Anterior Edentulous Segment



### Urs Belser, Switzerland *(left)*



### Pascal Magne, USA *(middle)*



### Michel Magne, USA *(right)*

A Full Day Programme



### Connie Drisko, USA

FDI Lecture

Pathogenesis and Management of Periodontal Disease – Changing Concepts



### Wilhelm J. Pertot, France

The Endodontic Success: How to Access, Shape, Clean and Pack



### Dennis Tarnow, USA

A SDA Masterclass Presentation

A Full Day Programme

Immediate vs. Delayed Socket Placement  
What We Know, What We Think We Know  
And What We Don't Know?

The Interdental Papilla Dilemma  
What We Know, What We Don't Know And  
Where We Have To Go From Here?



### Andrea Pilloni, Italy

Future Trends in the Non-Surgical Treatment of Periodontitis: From Hand-Instrumentation to Light Activated Disinfection



### Claudio Mongardini, Italy

Future Trends in the Non-Surgical Treatment of Periodontitis: From Hand-Instrumentation to Light Activated Disinfection



### Homa Zadeh, USA

Implant Therapy in the Esthetic Zone: Causes, Prevention and Management of Negative Outcomes



### Ellen Krajnc, Australia

Restorative Implant Programme for the Dental Team

Hands-on Workshop:  
For Dental Assistants

Update on Reconstructive Dentistry with Special Emphasis on the Rehabilitation of the Compromised Anterior Dentition (Part A)

Bonded Restorative in the Anterior Dentition: Operatory Laboratory Endeavor (Part B)

## FEATURE

By:  
Dr Seow Yian San

# INTERVIEW WITH DR CHOO TECK CHUAN: 1ST SINGAPOREAN HONOURED BY THE ADA

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Dr Choo Teck Chuan was bestowed an honorary membership by the American Dental Association (ADA) in their recent ADA Annual Session on 13th October 2011 at Las Vegas. Dr Choo has the distinct honour of being the only dentist in Singapore with this honour.

Every year, the ADA Board of Trustees recognises individuals who have made outstanding contributions to the advancement of the art and science of dentistry by making them honorary members.

As program director for the FDI World Dental Federation, Dr Choo Teck Chuan is credited with bringing global oral health and continuing dental educational (CDE) initiatives to more than 20 countries in the Asia-Pacific region where few opportunities for CDE existed more than a decade ago.

Dr Choo's contributions are not only recognised internationally but also back home where his relentless dedication to the development of Singapore's dental community, has been witnessed by many, particularly in the CDE and scientific programme of the bi-annual International Dental Exhibition and Meetings (IDEM).

Dr Choo is indeed an asset to the dental community, locally and internationally and it would be anyone's fortune to learn from this great man!

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## ABOUT DR CHOO TECK CHUAN:

BDS University of Malaya in Singapore 1955  
 FDSRCS Edinburg 1959  
 FDSRCS England 1960  
 Diploma in Orthodontics, RCS England 1961  
 Membership, Faculty of General Practice, Royal  
 College of Surgeons UK, 1998  
 Fellowship, Faculty of General Practice, Royal College  
 of Surgeons UK, 1999  
 Placed on Roll of Honour, Singapore Dental  
 Association (1994)  
 Honorary Member, Malaysian Dental Association  
 (1990)  
 Placed on List of Honour, FDI World Dental  
 Federation (2000)  
 Fellow, International College of Dentists; awarded  
 Mastership of ICD (1995)  
 Fellow, Academy of Dentistry International  
 Fellow, Pierre Fauchard Academy

Dr Choo Teck Chuan graduated from the University of  
 Malaya in 1955 and was awarded the Queen's Scholarship  
 by the Government of Singapore in 1958 to pursue his  
 post-graduate studies in the UK, where he obtained the  
 Fellowship in Dental Surgery of the Royal Colleges of  
 England and Edinburg. He was a visiting lecturer at the  
 University of Singapore from 1962-1999. He went into  
 private practice in 1962 and currently practises restorative  
 dentistry as a prosthodontist at Robertson Choo Oehlers  
 Lee & Lye Dental Surgeons at Paragon Medical Centre.

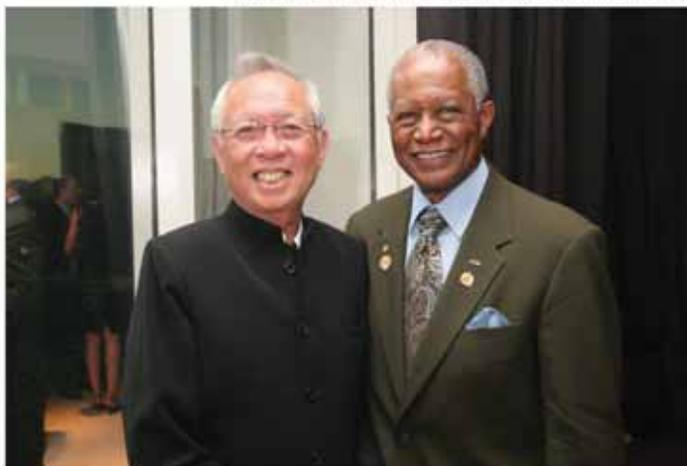
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*Congratulations Dr Choo for being bestowed the  
 honorary membership by the American Dental  
 Association Board of Trustees this year. What are your  
 feelings about this recognition?*

**Dr Choo:** I received this award with much humility - the  
 ADA is without doubt one of the oldest and most respected  
 organisation - and I try to make it annually to its  
 Convention which features top speakers from worldwide,  
 for obvious reasons. To this day I do not know how my  
 name came to the ears of the ADA, but so be it, as I had the  
 opportunity of addressing the House of Delegates, and  
 meeting many Americans who have heard about our  
 IDEM.

## INTERVIEW WITH DR CHOO TECK CHUAN

*Together with ADA's President Raymond Gist.*



*Being the pioneer who organised the FDI World Dental Congress Singapore in 1990, and also the one who successfully helped SDA to win the bid to host FDI World Dental Congress again in 2009, what are the changes in the dental community that you have seen throughout the years?*

**Dr Choo:** I feel encouraged when I see young dentists volunteering to help out - not only at SDA level but also through the many charity events they involve themselves in. There is hope.

*What has been your most significant achievement so far in your career?*

**Dr Choo:** I am particularly proud that I played a role in the success of the 1990 FDI World Dental Congress in Singapore - and indeed grateful that the then Executive Director recognised the efficiency of the Singapore team and offered me the post of FDI Programme Manager and thereafter Programme Director - with specific instruction to bring Continuing Education to underserved countries - raising my own funds for whatever projects I venture. This position I relished and was able to raise sufficient funds to bring CE to many countries - from Dubai in the Middle East to Fiji in the Pacific - and in between, Vietnam, Mongolia, India, Nepal, Myanmar, and so on.

## INTERVIEW WITH DR CHOO TECK CHUAN

FEATURE

I served for over ten years, and when I decided to resign from the position (as I had become involved in IDEM), I was able to accumulate \$500,000, which upon my leaving the position, I closed all the accounts and passed on all the funds to the National University of Singapore, floating several Travelling Awards for new graduates each year and several Bursaries for new dental students. This is most gratifying.

*What challenges do you expect for our dental profession in the future? Please also share with us your vision and expectations of Dentistry in both the local and international scene.*

**Dr Choo:** Sadly I am no visionary - but I have always encouraged Singapore graduates to get them involved not only in local dentistry but also in the international scene. As your President will recall, I expressed to him that there is now no one in any of the FDI committees at one time, Teo Choo Soo, Yip Wing Kong and myself played key roles at FDI levels. I look forward to the day when Singapore makes a comeback in the international scene.

*Dentistry aside, how do you cope and manage your time between your family and your dental practice?*

**Dr Choo:** Family is all important, and one realizes this more when one ages. As I travel a good deal to attend international meetings, I realise that I often neglect my family - but I do make it a point to have the whole family (numbering a whole dozen) to have at least one long vacation a year together.

*Lastly, your advice to inspire all young dentists out there.*

**Dr Choo:** Be grateful as we are in a great profession. Realise this and we will see that LIFE has been good to us.



By:  
Dr Chelsia Sim

# UNIVERSITY OF CALIFORNIA & UNIVERSITY OF IOWA



## **University and City**

University of California, San Francisco, USA  
(Oral Medicine)

University of Iowa, Iowa City, USA  
(Oral Maxillofacial Pathology)

## **Speciality Course**

Oral Medicine & Oral Maxillofacial Pathology

## **Length of Stay**

3 years + 3 years

## **Describe the Course in Your University**

The oral medicine residency in UCSF is a 36-month programme. Upon completion, residents will receive a certificate in Oral Medicine and a Master of Science degree in Oral and Craniofacial Sciences. During these three years, as an Oral Medicine resident, clinical rotations will be set up in various hospital departments such as rheumatology, infectious disease/HIV clinic, dermatology (especially in the autoimmune vesiculobullous diseases clinic), endocrinology, radiation oncology, medical oncology and transplant clinic. During these clinical rotations, I worked together with the medical residents and fellows to treat patients and also had the opportunity to manage the oral complications that developed in these patients.

## SAN FRANCISCO & IOWA, USA

POSTGRAD  
ABROAD

Other than attending clinical rotations in the UCSF Medical Center, I also spent a significant amount of time in the Oral Medicine Clinical Center, a referral center in the Bay area, managing patients with inflammatory oral mucosal disease, infectious diseases affecting the oral mucosa, salivary gland disorders, oral cancer and chronic orofacial pain syndromes. Attending weekly oral medicine seminars, oral biology seminars, journal club and patient management conferences were part of my training throughout the three years of my training. The weekly Head and Neck Tumor Board in the UCSF Head and Neck Cancer Center, formed by a team of ENT surgeons, oral surgeons, pathologists, radiologists and oncologists gather to discuss their treatment plans for patients with head and neck tumor is another interesting and effective way for me to keep abreast of the most current and advanced cancer treatment for head and neck tumours.

The oral maxillofacial pathology residency differs from the oral medicine residency in that significant amount of my time is spent in the pathology lab describing the gross appearance of the biopsy specimens and preparing these specimens for processing by the histology technician. Studying the gross appearance of these submitted specimens helps me understand the 3-dimensional structure of the tissue when viewing it under the microscope the next day. The day following the grossing of the oral biopsies, the slides are reviewed at the microscope with one of the faculty pathologists. This is extremely educational as it is during this time that I learn how to analyse the microscopic sections and subsequently generate a logical histopathological interpretation correlated with the clinical history and gross appearance of the lesion. This is usually done using a two-headed binocular microscope. Other than performing these duties in the Oral Pathology lab, at the end of my first year, I complete an autopsy rotation, surgical pathology rotation, dermatopathology rotation, cytopathology and immunopathology rotation in the University of Iowa Hospital Center. During my autopsy rotation, I learnt to independently perform a full post-mortem examination,



## SAN FRANCISCO & IOWA, USA

take organ, blood and body fluid cultures when appropriate and prepare tissue sections for fixation and processing. Once the tissue slides are prepared, these microscopic slides are interpreted to identify and diagnose pathologic tissue alterations and ultimately, together with the medical pathologists, based on all the available clinical and pathologic information, a meaningful differential diagnosis regarding the patient's clinical progress and cause of death is formulated. Once the cause of death is determined, a meeting with the decedent's physician is called to communicate the pathologic findings and conclusions. During the surgical pathology rotation, I work together with the pathology residents in grossing specimens received from the hospital surgical teams, preparing the specimens and interpreting the slides. This definitely helps me in improving my general and systemic pathology knowledge. Being an oral pathology resident, I also work in the clinical oral pathology clinic, managing patients with oral diseases, orofacial pain and temporomandibular disorders.

### **Getting Around the Place**

Within San Francisco city, public transportation is efficient, convenient and affordable. The Muni, like the SBS and SMRT system in Singapore, is the main public transportation company in San Francisco. Buses and light rail can take you to most places within the city. Driving in the city can be tremendously stressful for those who are not comfortable with maneuvering up and down the steep hills of San Francisco. Parking in the city can also be difficult, especially when performing parallel parking along a street with a steep gradient. This can be challenging but once you are able to accomplish such a feat, it is definitely self-rewarding!

### **Places to Chill Out + Your Favourite Eating Place**

A local bar, called the Yancy's Saloon in the Sunset district is a common hang out place for residents in UCSF. It is a casual and cool place to chill out after a long week at school. A classy and chic bar in the downtown area, the Bubble Lounge, is another favorite place of mine to chill out. There are also numerous bars and lounges in the Filmore district, Union Square and Mission district that are popular amongst the locals to chill out. San Francisco is a haven for food and there are endless options but one of my favorite restaurants is Zazie, a French bistro in a quaint neighborhood.

## SAN FRANCISCO & IOWA, USA

POSTGRAD  
ABROAD



### **The Places You Bring Your Visiting Friends to**

There are so many must-see places to visit when in San Francisco; the Fisherman's Wharf and the Golden Gate Bridge are must-go places for my friends when they come visit me.

### **The One Thing You Must Do in Your City**

Rent a bike and ride along Fort Mason and across the Golden Gate Bridge, and finally take the ferry from Sausalito back to the city.

### **Do Not Leave the City Without Trying....**

The fresh, juicy raw oysters and shrimp/crab cocktail at Swan Oyster Depot on Polk Street.

### **Your Advice to Interested Applicants**

It will definitely be helpful to go into a pathology lab and shadow an oral pathologist to understand better the job scope of an oral pathologist. I feel that throughout our undergraduate training, we have not been exposed to the real works of an oral pathologist. Also, make sure that before applying to the course, do a search for online resources that are readily available and it is definitely crucial to apply to accredited programmes. Every oral pathology and oral medicine programme differ in some ways and it is important that you speak with the programme directors to find out what is the strength and weaknesses of each programme before decide on one that will suit your wants and needs.

## REPORT

By:  
Dr Tan Junda

# GDG'S WINE PAIRING DINNER

*"Wine is the most civilized thing in the world."*

*- Ernest Hemingway*



24th of September 2011 was a warm and balmy night. A total of 24 food and wine lovers gathered at Magma; an authentic German restaurant serving modern German cuisine and excellent German wines. The guests enjoyed a night of good company and gastronomic delight at the Guild of Dental Graduate's annual wine pairing dinner.

The night started off with a welcome by Leonardo Noto, proprietor of the restaurant, which boasts one of the widest selection of German wine outside of Germany. He was followed by the restaurant's sommelier, who ran through the history and heritage of German wine production and the various wine producing regions of Germany.



After the brief introduction, dinner proper began. The first course was smoked duck breast with its dark, earthy tones counterpointed with a tart and fruity cumberland sauce. This course was served with an aromatic semi-dry Franconian Scheurebe white, singing with notes of apricot and peach. The second course was a smooth, blended cappuccino of pumpkins, with the rich flavour of the orange marrow accentuated by a semi-dry Reisling from Pfalz.

## GDG'S WINE PAIRING DINNER

REPORT

Next was a tender, beautifully-baked chicken swimming in a bath of tangy cider sauce, served with a side of creamy mashed potatoes. This dish was a winner with many of the guests who polished the plate clean. A dry white wine blend from the Johanninger winery in Rheinhessen opened up your palate to further appreciate the nuances of this dish.

The penultimate course, a classic German "Zwiebelrostbraten" - fried beef steak and onions in gravy with "Spaetzle" (swabian hand shaped noodles) and golden chanterelles, was the writer's favourite dish of the night. The flavourful panfried beef, nicely browned, caramelised golden onions, delicate dough noodles and enchanting, distinctive flavour of the chanterelles was a sight to behold and flamboyant to taste. This course was paired with a medium bodied Spätburgunder (pinot noir), also from Rheinhessen, and the fleshiness of the wine with its cherry bouquet was a match made in heaven.

Dessert was apple strudel with vanilla sauce, a well-executed classic crowd pleaser. The ladies in the house greatly enjoyed the Fritz Allendorf "Winkeler" from Rheingau, a sweet, delicious white wine blend which served as a nice cap to an enjoyable night.

The night was another successful dinner by the Guild of Dental Graduates (GDG). As Alexander Fleming once said, "Penicillin cures, but wine makes people happy." Do take a break from treating patients, and join us for our future events!



## REPORT

By:  
Dr Adrian Shi Hongyi

# SDA-GDG-UDDERS ICE-CREAM WORKSHOP



The Guild of Dental Graduates (GDG) and Singapore Dental Association (SDA) successfully organised an ice-cream making workshop cum ice-cream buffet on the 8th of October 2011. It was hosted at Udders @ Novena, which is one of Singaporeans' favourite ice-cream shops. About 30 dentists and friends attended despite it being held on a Saturday afternoon.



The event kicked off with a lecture on the theory of making ice-cream. We were given a brief introduction to the types of ice-cream, the making process and the different ingredients. The instructor for the day was Trudy. She was a young lady with a zest for making good ice-cream. She was excellent throughout and managed to break the ice (no pun intended) between the participants really fast. It was also because of her jokes and jibes at dentists that we did not doze off for this portion!

Next up was the ice-cream making session in which each pair of participants was given a chance to make one of the 3 flavours namely; chocolate, vanilla and coconut, with very simple ingredients. With our solid foundation built from the prior theory session, we set foot on to the unknown world of ice-cream making. Instructions were clear and simple: "Do not mistake salt for sugar! Do make the ziplocks tight! Do not chop the ice bag!"

## SDA-GDG-UDDERS ICE-CREAM WORKSHOP

REPORT



For the uninitiated, homemade ice-cream simply requires a ziplock bag of ingredients soaked in a bag of ice with ample amount of salt and about 5 minutes of vigorous shaking of the ice bag! It's that simple! I am sure all the participants were amazed to see that bag of watery stuff ended up as a bag of delicious homemade ice-cream.

Following the ice-cream making session, we were given close to an hour of for the ice-cream buffet. To be honest, many of us were there just for this reason! Indeed, what a treat that was! The selection available was wide and adventurous. There were the fruity ones, the milky ones, the alcoholic ones and the pungent ones like durian. I personally liked 'Mao Shan Wang' a lot and had 2 big scoops of this delightful flavour. This segment also allowed us to mingle around and make some new friends in a casual environment.

All In all, this ice-cream making workshop cum ice-cream buffet was a richly educational session and at the same time, a great pigging-out session for the many ice-cream lovers who attended. Kudos to Alvin of GDG and Terence of SDA and their teams for organising this successful event!



By:  
Dr Michael Lim

# BRAVO BARCELONA!

## The indomitable Travelling Gourmet visits the city of Gaudi, Picasso and Catalan Cuisine...

My Turkish Airline's A321-232 jet banked smoothly to starboard to begin its descent to Barcelona on the Mediterranean coast of Spain. Barcelona gleamed in the golden rays of the morning sun. It was a city bathed in glittering gold. The spotlessly clean modern airport was a joy to go through. Immigration was fuss-free and my luggage appeared in next to no time on the carousel.

### Airport to City

From Terminal 1, I took the complimentary green bus to Terminal 2. There, just outside the entrance, a convenient A2 bus cost only 5.30 Euros to bring me right to the city center near the Universitat de Barcelona in about 30 minutes. From the bus stop, it was a short stroll to the 4 star plus Hotel Petit Palace Museum at 250 C/Deputacio. I strongly recommend this high tech modern hotel when you visit Barcelona. The staff is very helpful and friendly with a cool reception that looks like a studio of modern art. My cheery room was very well-equipped with multi-coloured psychedelic furniture, and they even loan you a Dell laptop computer with complimentary internet access. As a bonus, the bathtub has a cool jacuzzi to soak away your jet lag. There is an exercise bicycle in the room for working out after your gourmet indulgences! The hotel also has a sauna and small gym in the basement.



Near the hotel are many small restaurants and Tapas bars. Tapas is the Spanish answer to Dim Sum. Some cater to the Barcelona University students so they are not expensive. For lunch, I went to the Piscalabis Tapas Restaurant. Adrian, the Manager made me welcome and in next to no time, I was feasting on L'Escala Anchovy & Bonito

## BRAVO BARCELONA!

Montadito, uber-crispy paper thin Tomato bread, potato Croquettes that looked like cute bolsters stuffed with Iberian Acorn Ham and Burrito filled with diced chicken, guacomole and melted cheese. Tomato bread is a Catalan speciality. Basically, it is ripe tomato rubbed on crisp toasted bread. Amazingly tasty and satisfying!

### **El Corazon de Barcelona**

Later in the afternoon, I took short walk to the Placa de Catalunya which is the Corazon (heart) of Barcelona. Here you will see splendid fountains and greedy, plump pigeons plus lots of people, not only tourists but locals too. From the Placa de Catalunya it only took 10 minutes to walk to La Rambla.

### **Rumble on!**

This famous pedestrian shopping center boasts many traditional stalls selling Spanish Turrón (nougat) with almonds and hazelnuts, flowers, souvenirs, waffles with chocolate sauce and ice-cream! Buy Chorizo (Spicy sausage), Queso de Macheo (cheese) and Bacalau (salted Cod). There are also many street performers dressed in outlandish costumes that stand so silent and still that they appear to be sculptures... until they suddenly move! There is also the Museo de l'Erotica Barcelona which is NOT for the prudish. The history and culture of this city impressed me greatly. Along the way, I also dropped in on the surreal Salvador Dali Museum, which showcases the eccentric Lothario Dali's works. From La Rambla, I ambled over to the renowned and very historic gothic Catedral de Barcelona.

### **Catedral de Barcelona**

This Gothic Cathedral is awesome! It stands on the boundary of the former Roman city. Yes, the ancient Romans were here too. From the 13th to the 19th Century, it took 600 years to build! Inside I marvelled at the high cross-vaulted ceilings and psychedelic stained glass windows. The facade is flanked by two statuesque octagonal towers.



## BRAVO BARCELONA!



### Gorgeous Gaudi

Barcelona is the city of Antoni Gaudi, her most famous son. Gaudi was an architect (1852-1926) and this genius drew inspiration for his avant-garde designs from flora and fauna like plants and sea creatures. The sun was shining in a turquoise sky when I went onboard Bus 24 from Passeig de Gracia to Park Güell. The Park is quite far away from the city center, high up on a hill. Here, you will enjoy panoramic views of Barcelona. Gaudi's splendid pink house, where he lived for almost 20 years is here. I went inside and saw his unique furniture and floor tiles with the forms of jellyfish, periwinkle and starfish in the design, plus many unique objets d'art. The air here is very fresh and clean, and I felt very serene to see the city shimmering in the distance.

### Magical MOMENTS in...

One of Barcelona's finest restaurants for Neo-Catalan cuisine was where I tasted the epicurean creations of celebrated Chef Carme Ruscadella, the only lady chef with 6 Michelin stars. Her cheerful son, Raul Balam is the talented Head Chef. The food is based on traditional Catalan specialities with international influences. Moments Restaurant is in the ultra luxurious Mandarin Oriental Hotel Barcelona which used to be a bank. In fact, you can see the safe deposit boxes (alas, they are empty of gold bars) decorating the Bar. The Appetizers of the Micro menu featured Quince Jelly & Lemon Thyme with fresh Cheese from raw goat's milk from Maresme, Almond Cookie and Olive Oili with Pierre Perce cow's milk Cheese, Aubergine with Porto Preserve with La Peral Blue cheese, Mango & Peanuts with Ossau Sheep's Cheese and Caaco & Mirabelle eau-de-vie Sponge Cake and Munster Fermier soft Cheese from Alsace! Every dainty dish was an edible piece of art! The Crayfish with Artichokes in 3 textures and flavoursome Iberian Pork with Apple, Pear and Arugula were also "superbe"! Excellent with Vi de la Vila Gratallops 2008, a red wine made with Grenache & Carignan grapes by famous winemaker Alvaro Palacios. Dessert was the EIGHT Pastry Divertimenti like luscious Millefeuille, Candied Pumpkin & Pine Nuts, to just name two. Words do not do justice to some gourmet delights... they have to be savoured to be understood.

## BRAVO BARCELONA!

LIFESTYLE



### **Pillow Fight!**

Making my way back to my hotel one evening, I arrived at the Placa de Catalunya. The clock struck 6pm... Suddenly, hordes of laughing teenagers and even older people started attacking each other merrily with all kinds of fluffy pillows until the feathers flew like clouds of snow flakes! It was a mass pillow fight! The action was very boisterous and good-natured as the pillow fighters shrieked and squealed with happy laughter.

Si, Senorita, there is never a dull moment in Barcelona! Life is like ice-cream... eat it before it melts! Salud! (cheers in Spanish).

### **The Travelling Gourmet recommends:**

#### **Where to stay:**

Hotel Petit Palace Museum  
C/Deputacion 250  
Barcelona 08007  
Tel: +34 933 040 087  
[www.hthoteles.com](http://www.hthoteles.com)

#### **Where to dine:**

Restaurant MOMENTS  
(1 Michelin Star)  
Mandarin Oriental, Barcelona  
Passeig de Gracia, 38-40  
08007 Barcelona  
Tel: +34 93 151 87 81



By:  
Dr Kevin Co

# DIESEL ENGINES REVISITED: WHY SHOULD WE BOTHER?

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Diesel engine has undergone a technical revolution over the last twenty years. In the past, diesel-powered vehicles have been considered by many to be noisy, dirty (with smelly black exhaust) and underpowered.

Today's diesel engines are more refined, responsive and emit dramatically reduced emissions. They have retained all of the long lasting, fuel-efficient, high torque qualities they are known for, while producing less noise and vibration.

A diesel engine is actually 20-30% more efficient than a petrol engine, because more power is produced as a result of the higher compression of the air/fuel mixture. The much higher compression ratio translates to heavier and more robust diesel engines.

They are more expensive to build, but the higher cost is offset by much longer lifetimes. Therefore, diesel models can cost as much as 20% more than equivalent petrol models.

Compared with petrol, emissions of the greenhouse gas, carbon dioxide, are also approximately 20% lower for diesel. In general, diesel-powered vehicles have significantly lower fuel consumption compared to petrol power vehicles of the same class.

Recent new diesel-powered vehicles are able to achieve almost similar fuel consumption as the hybrids. In Europe more than 50% of new car sold are diesel powered.

So forget all your pre-conceptions about diesel engines, because **DIESEL IS GREEN**.

## DIESEL ENGINES REVISITED

LIFESTYLE



In Singapore, the biggest obstacle is the special diesel tax, which explains why the uptake of diesel-powered cars is very slow. For example, a 2.4-litre diesel car (with at least Euro 4 standards) attracts annual taxes of \$4,680 compared to the \$1,680 that a 2.4-litre petrol car. That is quite a significant difference considering the government have already revised the tax amount in year 2008.

On the other hand, a hybrid car gets a green tax rebate. Therefore, diesel cars definitely got the short end of the stick here in Singapore.

The major European car brands have been campaigning for total removal of the diesel tax in Singapore, but with no luck yet.

I shall keep my fingers crossed.



By:  
Dr Kevin Co

# LAND ROVER HAS A NEW BABY!



I finally got time to spent one whole day alone with the new Range Rover Evoque, one of 2011's most eagerly anticipated new cars. It is the smallest, lightest, most fuel-efficient vehicle Land Rover has ever produced.

Finally, a Land Rover that actually looks good! Not like the typical old school Land Rover. It's bold, sexy and aggressive at the same time, wonderfully designed.

This radical new car pushes the Land Rover into the mainstream luxury SUV segment, which is already crowded with the big players like BMW, Audi and Mercedes.

The Evoque's build and quality is as solid as the full-size Range Rover. The interior feels luxurious, with high-grade leather and hand-finished stitching on panels and trims. The 8-inch touch screen display comes as standard. The driving position is excellent with nice supportive seats.

An obvious component missing in the cockpit is the normal gear shifter, instead replaced by a circular control that they name "rotary gear shifter". I am not exactly a huge fan of it.

## LAND ROVER HAS A NEW BABY!

LIFESTYLE

The cabin is quite spacious up front. The luggage is space decent. The car is smooth and well-behaved in town, providing a quiet and comfortable ride. It actually has the feel of a luxury car. The steering is sharp, you will feel that the handling is great and the grip is plentiful when you push through the corners.

If you are talking about proper off-road capability, this car is a sure winner among the SUVs, what less do you expect from a company that specializes in 4x4. You can still drive even if you are 50cm deep in water like any land rover, particularly useful during flash floods.

In Singapore, the 2.0-liter turbocharged petrol engine that produces 240bhp and 340Nm of torque powers the Evoque. It can go from 1-100 km/h in 7.6 seconds. The acceleration is quite fast and with no lag, the pedal response is almost immediate. The engine is mated with a 6-speed automatic gearbox with paddle shift, which is a joy when overtaking and great fun to drive with.

Although Evoque is the most fuel-efficient land rover ever built, petrol consumption of Evoque is still bearable compared to V8 engines of the big brothers. I would love to see the more fuel-efficient 2.2-litre turbodiesel engine Evoque in Singapore soon. There is a choice between the 3-door coupe and the 5-door version. In addition, there are 3 sub-models available: Pure, Dynamic and Prestige. Each has different options fitted.

In my opinion, the Range Rover Evoque is one the best midsize premium SUV in the market now. However, it is still going to be an uphill battle to lure buyers away from the big brands, especially with the high COE prices already putting a strain on the new car market.



# CDE CALENDAR

DATE	TOPIC	VENUE	ORGANISER	CDE POINTS	CONTACT
1 Dec 2011	Cementation Considerations of a Modular Endoprosthesis for Mandibular Reconstruction	NDC Training Room level 8, 5-45pm-6-45pm	National Dental Centre	1	Ms Rose Seo 632-48817 oms@ndc.com.sg
8-9 Dec 2011	Two Days Intensive Implant Course	132 EAST COAST ROAD SINGAPORE 428817	Le MinTs Dental Practice	7	Stacey Puah, Shu Juan 64407321 le.mints.dental@gmail.com
14 Dec 2011	Straumann Mentorship Program (Grafting In Everyday implant Dentistry)	Orchard Scotts Dental	de Pacific International Dental Services Pte Ltd	2	Stephanie, 64594901 stephanie@depacific.com
14 Dec 2011	MI Dentistry - What does it mean for both you and your patients	Arthur Lim Auditorium, 2 College Road Singapore 169850 (same level as SDA office)	Singapore Dental Association	3	CDE Administrator 62202588 cde@sda.org.sg
17 Dec 2011 & 11 Jan 2012	Straumann mentorship Program (Advances Reconstructive Dentistry)	Orchard Scotts Dental	de Pacific International Dental Services Pte Ltd	2	Stephanie, 64594901 stephanie@depacific.com
12 Jan 2012	Mastering Your Risk	Grand Copthorne Waterfront Hotel Singapore	Dental Protection (London)	3	Lyn Greenfield 61735115055 lyn.greenfield@mps.org.uk
14 Jan 2012	Mastering Adverse Outcomes	Grand Copthorne Waterfront Hotel Singapore	Dental Protection (London)	3	Lyn Greenfield 61735115055 lyn.greenfield@mps.org.uk
8 Feb 2012	WORKSHOP FOR DENTAL STUDY GROUP	Q&M Dental Centre @ Serangoon Road	Asia Implant Institute	3	Raymond Loh 96288765 raymond@implant.com.sg
9 Feb 2012	Latest Update & Advances in Endodontic Treatment for General Practitioners	Arthur Lim Auditorium, 2 College Road Singapore 169850 (same level as SDA office)	Singapore Dental Association	3	CDE Administrator 62202588 cde@sda.org.sg
20-22 Apr 2012	IDEM Singapore 2012	Suntec Singapore International Convention and Exhibition Centre	Koelnmesse, Singapore Dental Association	TBC	IDEM Singapore 2012 Registration Secretariat 65006700 idem-singapore @koelnmesse.com.sg

The table above is a Continuing Dental Education (CDE) Calendar, from December 2011 to April 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.

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Prof Ian Meyers

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