

# the **dental** surgeon

November 2012



## **UNDERSTAND HSA's**

Registration of medical devices

## **Dr Dominic Leung**

Recipient of National Day  
Awards 2012

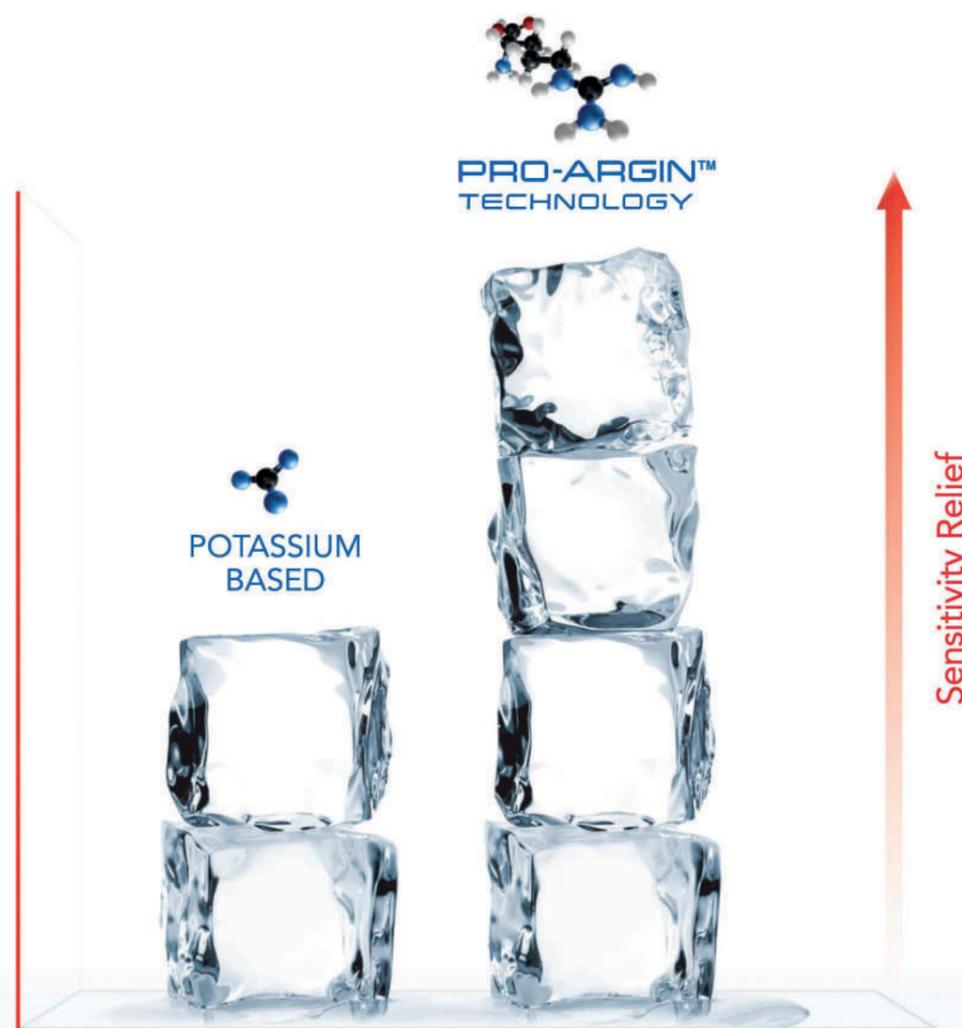
## **FIND OUT!**

The history and link between  
Dentistry and Cheong Chin Nam  
and Chun Tin Road

## **Savour**

the delights of Turkey and Venice  
with our Travelling Gourmet,  
Dr Michael Lim

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Time passes by as quickly as the blink of an eye. It has been two years since I took over the role of editor of *DentalSurgeon* when I was still in my second year of orthodontics residency.

Several attempts have been made over the past six issues to improve the newsletter in terms of content and quality of print. Despite our concerted efforts to produce a better publication, it is a shame to note that many colleagues have confessed to me that they hardly read the newsletters.

But of course, amidst the myriad of disheartening confessions, there were encouraging comments as well. Some expressed that the *DentalSurgeon* has come a long way and how we have evolved to the current issue, is indeed a noteworthy achievement.

Sadly, our layout designer, Ivan Koh, will be leaving us to pursue his postgraduate programme. On behalf of the editorial team at *DentalSurgeon*, I wish him all the best for his future endeavours and look forward to him joining us again.

Having recently graduated from my residency, I would like to kickstart this new phase in my stint at the *DentalSurgeon* with a fresh new outlook for this issue. I am grateful to all the volunteers who took time out from their busy schedules to pen articles for the newsletter as well as our advertisers whom have been supporting us. I hope that the contributions will keep coming in. I would also like to take the opportunity to thank my current and previous Council Members for being accommodating and understanding when I had to focus on my postgraduate course and could not be actively involved in SDA activities. In particular, I would like to express my heartfelt thanks to Dr Wu Loo Cheng for her Khoo Teck Puat sponsorship because without her support, my residency years would have been much tougher. I would also like to acknowledge the teachers, colleagues and friends who have been supporting me and helping me in every way, shape or form.

I hope you will enjoy this revamped edition of *DentalSurgeon*. Moving forward, I also wish that our newsletters will very soon end up as a sleek coffee table publication in your clinics and homes, to showcase the activities in the dental community to your patients as well as guests.

Seow Yian San

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the **dental** surgeon  
**committee**

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\*\* Cover photo by Dr Au Eong Kah Chuan



Dear Members,

The SDA Council 2012/14 has been hard at work and within the short few months. It is my pleasure to update members on our progress and direction so far.

At the Asia Pacific Dental Congress (APDC) Taipei held in June this year, we have made a successful bid to host APDC 2015. For your information, next year's APDC will be held in Kuala Lumpur, 2014 in Dubai and 2016 in Hong Kong.

We are excited to announce Dr Shahul Hameed as the Chairperson of APDC 2015. His experience in APDF will be invaluable for the success of this event. We are in the midst of forming the Local Organizing Committee for APDC 2015. If you are interested to volunteer, please let us know.

We have also just attended FDI Hong Kong in August and some alarming developments should be reported. Quoted from FDI President's report: "...there was an urgent need for FDI to focus on regaining the credibility it once enjoyed among its immediate stakeholders."

FDI also reported the precarious financial situation with most of the reserves being spent in the last few years. FDI Treasurer Dr Katrina Kell reported on the financial situation & the complications experienced in past FDI Annual World Dental Congresses. The FDI 2010 in Brazil, for example, incurred a provisional loss of over eight hundred thousands Swiss Francs. She promised streamlining of expenses and more transparency.

In Hong Kong, our team also met up with Dr Kevin Lewis to discuss issues related to DPL. In my personal opinion, the possibility of increase of our DPL subscriptions seemed likely. Hopefully I am wrong.

Unfortunately, the bad news kept pouring in. It was reported that the United Nation Environmental Programme Intergovernmental Negotiating Committee (UNEP INC)

on Mercury is currently working on a treaty to ban amalgam. An FDI Committee has been working to propose a phasing down rather than an outright ban. This treaty regarding the use of mercury is legally binding, as Singapore is a signatory. In January 2013, the UNEP INC will convene for a 5th (& last) meeting in Geneva and then by February 2013, the UNEP Treaty will be finalized.

In the local scene, we have been cooperating with Health Sciences Authority and have successfully organized a dialogue session. Some recent updates from HSA are available in the HSA website as well as in flyers included in our mailers. The most interesting development was the simplification of Class I (non-sterile) medical devices. More dialogue sessions will be organized as we expect more updates in the future.

Preparation for our 75th Anniversary is underway and we have scheduled a 2-day Scientific Congress and Trade Exhibition on 20th – 21st April 2013 at The Ritz-Carlton Hotel. There will be a Gala Dinner on 20th April (Saturday) and our Annual General Meeting will be held on Sunday afternoon.

The tentative program includes a wisdom tooth workshop, lectures featuring Imaging in Dentistry, Orthodontics, Pedodontics, Pharmacology in Dentistry, Oral Medicine and many other disciplines. Concurrently, there is a full day parallel program for Oral Health Therapists. In addition, we have also invited a non-dentist Ms Cecilia Tan who will speak on The Psyche of the Fearful Patient.

The Gala Dinner will be held on Saturday with the Minister for Health, Mr Gan Kim Yong, as our Guest of Honour. The Gala Dinner will mark several occasions in addition to our 75th Anniversary, namely: donation of \$75,000 towards the Faculty of Dentistry Building Fund; SDA & SDHF will be launching the 'Directory of Dental Services', a website for the public to learn about the various dental treatments and; presentation of the SDA Awards.

We are hoping to bring you more updates in this newly revamped newsletter. Hope you will enjoy it!

Yours truly,  
Chee Keong

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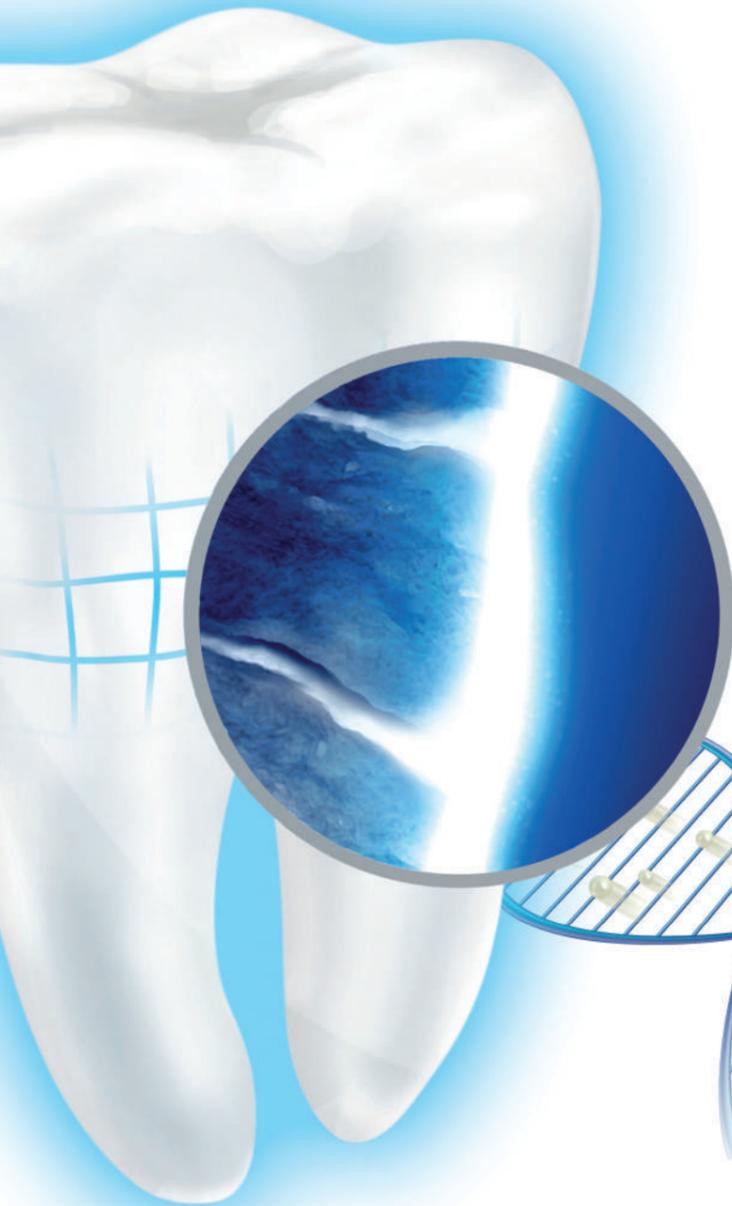
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## DR KUAN CHEE KEONG (President)

Chee Keong graduated from the National University of Singapore in 1993 and served as a Dental Officer for two years in the Government Dental Clinic, Alexandra Hospital & Institute of Dental Health. He then worked in the private dental sector and is currently a general dental practitioner with the Q&M Dental Group. He is also one of the principal shareholders.

Before being elected as President, Chee Keong served 3 terms in SDA as a Council Member in 2006/08, 2008/10 and 2010/12. He was also the Acting Honorary General Secretary for the 2009 – 2010 period.

Chee Keong served in various portfolios as:

Chairperson, Accreditation Committee  
(2006 – 2010)

Convenor, Accreditation Committee  
(2010 – 2012)

Chairperson, Media & Public Relation,  
IDEM 2010

Chairperson, Media & Public Relation,  
FDI 2009 Local Organizing Committee

He has also represented SDA at FDI 2006 Dubai, APDC 2008 HK, Commonwealth Dental Association 2009, APDC 2012 Taipei and many MDA events.

Chee Keong was responsible for SDA Constitution Review, which was passed at the 2010 AGM. He also created the SDA Meritorious & SDA Commendation awards and revamped the selection criteria, procedures for these awards as well as for the existing Roll of Honor. In 2010, he started the Internal Audit Committee to improve the check and balance procedures in the Association.

Chee Keong is married to Benita who works in SGH and they have 3 daughters. He likes to travel with his family and indulge in photography. He is also a cycling enthusiast.



## DR KELVIN CHYE CHUAN HEE (Vice President)

**Year of graduation:** 2005 BDS (Singapore)  
Professional experience:

Dr Chye graduated from the National University of Singapore (NUS) with a Bachelor of Dental Surgery in 2005. He was the recipient of the University Bronze Medal (For Second Best in Final BDS Examination), Singapore Dental Association Medal (For Best Student in Preventive Dentistry) and Dr Peter Tay & Partners Medal (For Best All Rounded Student). He was also the recipient of the BDS 71 Scholarship 2003-2004.

He was admitted as Fellow of the Australasian College of Dental Surgeons in 2009.

Dr Chye has undertaken several clinical postings in the institutions such as National Dental Centre, National University Hospital and the Singapore Armed Forces Dental Branch. He is currently the Clinic Director of Victoria Dentalcare Group.

**Personal info:** Married

**What I do in my free time:**

Travelling  
Spending quality time with family and catching up with close friends.  
Brisk walk and Swimming / Floating in the pool.  
Business Networking

### SDA experience:

Vice-President, SDA 2012- Present

Council Member, SDA 2006/08

Council Member, SDA 2010/12

Chairman, Public Relations & Strategic Communications 2006 - Present

Vice-Chairman, Oral Health Awareness Committee 2006-2008

Editor, Dental Surgeon 2010-2012

Convenor, Publications and Dental Surgeon 2012- Present

Chairman, Local Organizing Committee, 4th SDA-MDA (Southzone) Dental Exhibition and Meeting (2011)

Chairman, Local Organizing Committee, 5th SDA-MDA (Southzone) Dental Exhibition and Meeting (2012)

Member, Workplace Safety and Health Council (WSHC - Healthcare Committee), Ministry of Manpower, 2010- Present

### Reason for running for SDA Council:

Personally, I see my involvement with SDA as an extra-curricular activity outside my daily dose of dentistry work dealing with patients. I am very thankful to be given this opportunity to serve as the Vice President of SDA and I am enjoying my scope of work and duties at the management level of SDA. Learning from the many wise and experienced senior doctors, I hope to continue the good work and foundation laid by the predecessors in SDA.

I want to make a positive contribution to the Dentistry Profession in the area of Public Relations, especially in the branding of Dentistry as a Professional on the whole.

SDA is an excellent platform for me to connect with fellow dental colleagues (Seniors and Juniors; Local and Overseas Graduates).

I am absolutely grateful to be involved in the shaping and molding the future of Singapore Dental Association as we advance into a digital age where social media plays an important role and connectivity with regional and international dental communities become equally pivotal at positioning SDA in the global arena.



## DR SUSAN ANG (Treasurer)

Dr Susan Ang graduated from the National University of Singapore in 1997. After graduation, she served her bond with Ministry Of Health in Chua Chu Kang Polyclinic & Paya Lebar Airbase.

Susan joined the Q&M Dental Group in 1999 and has since been a senior dentist with the group till date. She is also an active supporter of the Yellow Ribbon Project.

Dr Ang was the VP and P of GDG in the yrs 2007 and 2008 to 2010. She served as the Assistant Hon Gen Sec in the SDA Council 2010 to 2012 before assuming the post of Treasurer this term. She has also served as a member of welfare committee in year 2006-2008 and the Convenor of the Welfare & Membership Committee for Council 2010-2012.

In her free time, Susan enjoys going to the gym and travelling.



## DR LIM LII (General Secretary)

Lim Lii graduated from the University of Western Australia (UWA) in 1995, and worked with the Western Australia Health Department, with a posting in scenic country town of Bunbury and at the Perth Dental Hospital. She returned to Singapore in 1997 and has since been in a private group practice. She is currently with the UWA Mentorship Programme where she mentors Singaporean UWA Dental Graduates in their final year and upon their return to Singapore.

Lim Lii has been involved in SDA since 2003, serving in regular subcommittees like Ethics & Practice Management, Oral Health Awareness and Welfare. In addition, she has been actively involved in ad-hoc committees like IDEM and FDI 2009. For the past 3 editions of IDEM, Lim Lii has held executive positions on the committee. In IDEM

2008, she was both the Registration as well as Treasurer. In IDEM 2010, she was the General Secretary and in IDEM 2012, she helmed the Registration Chair again.

Lim Lii will always be remembered for her contributions during FDI 2009, where she was initially the Treasurer and went on to become the General Secretary of the Local Organizing Committee.

Lim Lii was also in the SDA Council for 2006-2008, 2008-2010 where she was a Council Member and the Assistant Honorary General Secretary respectively. In recognition of her contributions, Lim Lii was awarded the SDA Meritorious Award in 2010. She was the Award's First recipient.

During her term in office, Lim Lii represented SDA in FDI 2006 Shenzhen, FDI 2007 Dubai, Indian Dental Conference 2007 India, FDI 2008 Stockholm, SIDEX Korea 2009, MDA Conferences 2008-2012, APDC Taipei 2012, FDI 2012 Hong Kong.

In 2010, Lim Lii started the Conference Management Committee to focus on SDA's events as well as to provide event management services for other allied dental societies. She saw the potential of the SDA's infrastructure as well as expertise to manage events without having to outsource these needs. This Committee has since been tasked with SDA's Convention as well as other events for our sister societies.

Lim Lii is also a staunch supporter of overseas dental missions lead by fellow SDA members and has participated in quite a few trips. But of late, due to her other commitments, she has not been actively involved. She hopes to be able to find time to participate more actively again soon.

Married to Desmond, Lim Lii has 2 boys. Her hobbies include travelling, reading and baking.



**DR SEOW YIAN SAN (Asst General Secretary)**

Yian San first graduated from the National University of Singapore (NUS) with a Bachelor of Science (with Merit) in 2000; double major in Biochemistry and Physiology, minor in Computer Programming.

It was her summer job as a dental assistant that inspired her to apply for a second degree in Dentistry. She was the first graduate to be accepted to pursue a second qualification in NUS Faculty of Dentistry.

Graduated in 2005 with a Bachelor in Dental Surgery, she was the recipient of the Faculty's Dental Society Bronze Award for her role as the Vice-chairperson (Local Organizing Committee) for the Asia Pacific Dental Students' Association (APDSA) Singapore 2004. Her research won the second prize in the Undergraduate Research Opportunities Programme (UROP), which she then represented Singapore at the 32nd APDSA Scientific Research Competition, Kuala Lumpur in 2005. Her research subsequently won the first prize at the International Dental

Exhibition and Meeting (IDEM) Research Poster Competition in 2006.

She was admitted as Fellow of the Australasian College of Dental Surgeons in 2009.

Seeking a life of continual learning, she pursued her interest and obtained her Master's degree in Orthodontics at NUS and Membership in Orthodontics from the Royal College of Surgeons of Edinburgh, United Kingdom in 2012.

Yian San has worked in polyclinics, National University Hospital and National Dental Centre, during her clinical postings and residency programme. She is currently working as an Orthodontic Registrar with Khoo Teck Puat Hospital.

Since undergraduate days, Yian San has been actively involved in SDA committees. She continues to serve in the Oral Health Awareness (Chairperson: 2006-2007; Convenor: 2008 till date), Ethics and Practice Management (Convenor: 2010 till date), Welfare (Convenor: 2009), IDEM 2006, 2008, 2010 and 2012 (Honorary Secretary), and FDI Singapore 2009 after her graduation. Currently serving her third office term in Council, as Assistant Secretary, Yian San is also the Chief Editor of DentalSurgeon since 2010.

Besides SDA, Yian San has also served as the Vice-president of the Guild of Dental Graduates from 2010 till date.

With her active involvement in these committees, Yian San has learnt a lot from her senior colleagues, especially with regards to the mediation cases from the Ethics and Practice Management committee. She hopes to continue these good works established from her predecessors, share her experiences with her colleagues and bring Singapore's Dentistry to the international level.

In her free time, Yian San loves hunting for good food across the island and catching up with friends over a cuppa. She would like to travel as much as she can to see the 'wonders' of the World. And ultimately, she hopes to translate that mental exercise to physical training to lose those lipids.



**DR WENDY WANG (Member)**

Wendy was born and raised in Taipei, trained and moulded in London, and now calls Singapore home.

Wendy graduated from King's College, University of London in 1998 and went on to complete her training in prosthodontics from Eastman Dental Hospital in 2012. Wendy then worked in a specialist practice on the prestigious Harley Street and as a clinical lecturer at Queen Mary, University of London until 2005. Since her return to Singapore, she has joined NUS, and is now a consultant at NUHS and an adjunct senior lecturer at FOD.

The infectious enthusiasm of her fellow council members got Wendy involved in the SDA. She was a welfare committee member before becoming a council member. Though a newbie to the council activities, she is keen to learn and serve the association.

Outside dentistry, Wendy is a gym yoga instructor and a zen yogi wannabe. She secretly wants to be an art historian and a pro tennis groupie. So many possibilities!



**DR SHAWN GOH (Member)**

Dr Shawn Goh is an Oral & Maxillofacial Surgeon in private practice at Mt Elizabeth Novena Hospital and a visiting specialist at Jurong General Hospital.

He graduated from the University of Singapore in 2001, winning the Pierre Fauchard Scholarship. He obtained his Masters degree in Oral & Maxillofacial Surgery at the University of Hong Kong and completed his advanced specialty training at the National Dental Centre Singapore and was subsequently admitted to the specialist board of the Singapore Dental Council.

He is a fellow of the Academy of Medicine Singapore, Royal

Australasian College of Dental Surgeons as well as both the International and Asian Associations of Oral & Maxillofacial Surgeons. He is also a member of the Royal College of Surgeons in Edinburgh.

Actively involved in the Association of Oral & Maxillofacial Surgeons Singapore, he was the honorary treasurer in 2008, honorary secretary in 2009 and president from 2010-2012, regularly organizing lectures and workshops for fellow member specialists. He was also on the scientific board of the inaugural edition of the Aesthetics Dentistry 2012 Congress held at Marina Bay Sands Convention Centre. Seeking to further serve the dental community, he joined the Singapore Dental Association as a member of their executive council, overseeing the Continuing Dental Education committee, with the aim of bringing the dental profession to greater heights of excellence through lifelong learning.



**DR TANG PANMEI (Member)**

Panmei graduated from the National University of Singapore in 2005 and served as a Dental Officer for two years in the National Healthcare Group Polyclinics and National University Hospital Dental Centre. She then went on to pursue her interest in Orthodontics at NUS and obtained her Master of Dental Surgery (Orthodontics) and a Membership in Orthodontics from the Royal College of Surgeons of Edinburgh, United Kingdom. She is currently working as an Orthodontic Registrar with Tan Tock Seng Hospital and Khoo Teck Puat Hospital.

Panmei is currently serving her 2nd term in SDA as a Council. Besides holding a position in SDA as a council member, she is also the

convenor for the Internal Audit committee. She is actively involved in other subcommittees like Ethics and Practice Management, IDEM, Accreditation, Investment and Property.

Panmei is happy to be able to give back to the dental community and contribute where she can. Although sometimes the involvement can be quite time consuming, it can be quite rewarding, be it in terms of a successful mediation for the Ethics and Practice Management, or an organization of a project. Moreover, the opportunities to work with many seniors outside of the clinical setting have widened her perspectives on other aspects of the profession.

In her free time, Panmei enjoys meeting up with friends to catch up and relax. She is also tries to go to the gym and driving range to practice her golf swing at least once a week.



**DR JEE SHIZHUAN, TERENCE (Member)**

Dr Terence Jee graduated from National University of Singapore (NUS) in 2006. During his undergraduate years, he won many accolades, which include the Dean's List in 2003, 2004 and 2006, NTUC Denticare Gold Medal, University Bronze Medal, Robert Lin Memorial Bronze Medal and the Q&M Dental Surgery Medal for Operative Dentistry. He completed his postgraduate specialist training in Endodontics from NUS in 2011 and in the same year, obtained Membership in Endodontics from the Royal College of Surgeons of Edinburgh. He is currently in private practice and restricts his practice to Endodontics. He is the Clinical Director of Q & M Dental Group. Terence is also a visiting clinician in the National Dental Centre.

Before being elected as a council member, Terence has been actively involved in the SDA since 2006. He served in various committees, including the Welfare Committee, Ethics Committee, Oral Health Awareness Committee and NITEC in Dental Assisting Committee. He also contributed as a member of the subcommittee in IDEM 2008 and FDI 2009. He was the most outstanding SDA volunteer in 2007 and was awarded the inaugural SDA Commendation Award in 2010.

He is currently the Chairperson of the Welfare committee (since 2008) and convenor for the Singapore Dental Journal and NITEC in Dental Assisting Committee. He also serves as lecturer, examiner, and is heavily involved in the setting and marking of exam scripts for NITEC. He has recently represented SDA at APDC 2012 Taipei.

Terence also served in other professional bodies including being the Honorary General Secretary of Singapore Dental Health Foundation (2007-2008), Board member of Medical Alumni Association (2008-2009) and the Treasurer of Guild of Dental Graduates (2010-2012). He is also a member of the Society of Endodontists Singapore.

In his free time, Terence loves to indulge himself in food and wine, having paid homage to various fine dining restaurants across the island. He is much adored for his singing, having been invited impromptu to croon a tune or two in social functions numerous times, and nothing gratifies him more than heartfelt applause from an appreciative audience.

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## DENTISTRY - THE FUTURE IS NOW



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The Management of Periodontal Disease Today • Making A New Tooth • The Future of Implants • Vital Pulp Therapy • Periimplantitis

**Featured Speakers:**

- **Ray Williams**, Dean, Stony Brook University School of Dental Medicine, New York (Periodontology)
- **Dean Morton**, Professor, University of Louisville School of Dentistry, USA (Prosthodontics; Implantology)
- **John O Burgess**, Professor, Asst. Dean of Clinical Research, University of Alabama at Birmingham, USA (Restorative Dentistry; Vital Pulp Therapy)

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# SDA Convention 2013

## 75 Years of Dentistry

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### 75th Anniversary Celebrations

#### Featured Speakers

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- Dr Myint Soe
- Dr Wong Keng Mun
- Dr Chen Nah Nah
- Ms Cecilia Chu
- Dr Chung Kong Mun
- Dr Myra Elliott
- A/Prof Kelvin Foong
- Dr Loh Fun Chee

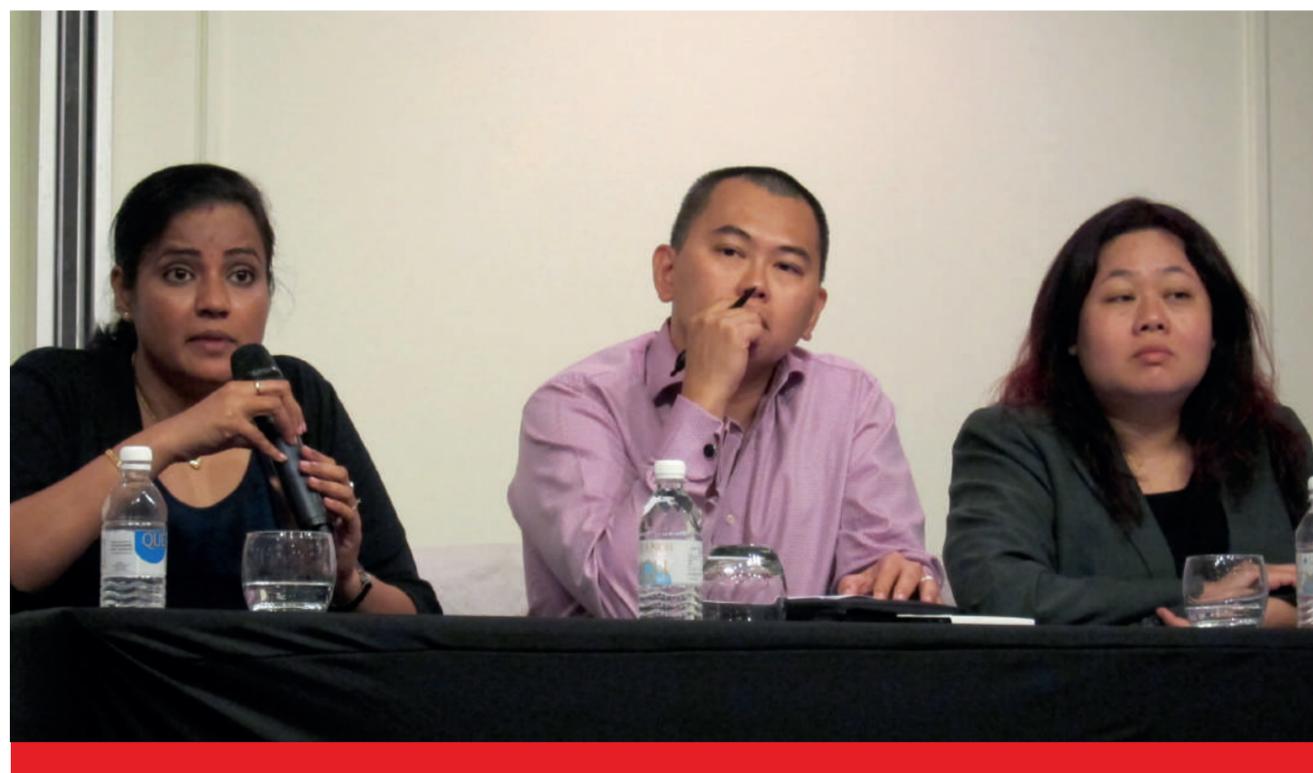
#### Sunday Parallel Sessions for OHT

- Dr Raymond Ang
- Dr Arunee Laiteerapong
- Dr Ng Jing Jing
- Prof Rahimah Abdul Kadir
- Dr George Soh

#### Pre-Congress Workshop – Friday, 19th April 2013

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# HSA DIALOGUE SESSION

By Dr Kelvin Chye

On 17 August 2012, about 100 SDA members signed up for a private SDA HSA Dialogue session to better understand the Regulatory Process for Medical Devices.

The venue was the Orchard Parade Hotel Ballroom and it was kindly sponsored by Far East Organization. Members were treated to a sumptuous dinner buffet before the session.

SDA President Dr Kuan Chee Keong started the proceedings by sharing the background and rationale of the Regulation of Medical Devices. He also gave an overview of the entire Medical Device Registration process in Singapore over the past 2 years and highlighted the challenges and difficulties faced by the Dental community as a whole. Dr Kuan said, "This episode highlights the importance of such engagement with regulatory bodies both at the national and international levels regarding issues that will have a significant impact on Dentistry."

Another critical development is the United Nations Environmental Program. FDI is currently working with the National Dental Associations (NDA) members to tackle the issue of mercury in amalgam and refining the concept of environmentally sustainable dentistry.

The rationale for the registration of medical device is for safe and effective medical devices to be used in patient care. This would translate into patient safety and allow us to become a hub for quality healthcare. It is important to note that the legislation provides for controls in the

1. manufacture
2. import
3. supply
4. Presentation and Advertisements
5. recalls of such medical devices should there be any faults or adverse reactions.

Dr Rama Setheraman, Senior Manager of the Medical Device Branch, presented a 20 minutes overview of the enhancements of the regulatory framework. One of the improvements in the regulation would facilitate access to the lower risk medical devices like the non-sterile Class A items which will be exempt from registration. Examples include dental chair, saliva ejectors, orthodontics pliers and other non-sterile reusable dental instruments. Other changes implemented include reduction of registration fees and expedited turnover time for registration approval.

Since the full implementation of Medical Device Registration on 1 Jan 2012, HSA has put in tremendous effort to engage the stakeholders like dental professionals, clinic owners and suppliers to fine tune the process and listening to feedback. This Dialogue session was one of the initiatives that HSA has undertaken to reach out to dentists so as to achieve mutual understanding..

Qualifying Criteria				
Routes for Product Registration				
Class B Registration	Expedited Class B Registration		Abridged	No Reference Agency
	EBR-1	EBR-2		
1 or 2 or more reference agency	-Registered in 1 reference agency	-Registered in 2 or more independent reference agencies*	Registered in 1 reference agency	No Reference Agency
the above 2 conditions for ≥ 3 countries globally	-Marketed in the above agency jurisdiction or in Singapore for ≥ 3 years			
withdrawal by reference agency in Singapore	- No safety issues globally			

\*Australia considered as one reference agency approval and abridged routes, the medical device submitted should have similar approval by reference agencies.

Possible Risk Classes of Dental Devices	
Class B	Class C
<ul style="list-style-type: none"> <li>• Dental drills/ hand-pieces</li> <li>• Ultrasonic scaler</li> <li>• Sulphide detection device</li> <li>• Root apex locator</li> <li>• Orthodontic appliances and accessories</li> <li>• Orthodontic brackets (plastic/metal)</li> <li>• Prefabricated crowns</li> <li>• Dental cement (e.g. glass ionomer restorative filling materials)</li> </ul>	<ul style="list-style-type: none"> <li>• Intraoral/extraoral x-ray imaging systems</li> <li>• Transgingival dental implants (dental abutments)</li> <li>• Endosseous dental implants</li> <li>• Fixtures for dental implants</li> </ul>



Dr Raymond Chua  
(Group Director, Health Products Regulation Group HPRG)

Dr Lou Huei-Xin  
(Division Director, Pre-Marketing Division, HPRG)

Dr Sethuraman Rama  
(Senior Manager, Medical Device Branch, Pre-Marketing Division, HPRG)

Now that members have clarification and a better understanding of the Registration Fees and Processes, SDA would like to caution our members who are clinic owners to monitor the prices of dental materials and devices, and compare the prices from a year ago. This is to safeguard against any opportunistic increase that the dental suppliers have incorporated into the price. It is also prudent for our members to be familiar with the Registration fees and processes to prevent being misled by sales representatives.

HSA recognized that the regulatory costs and access issues were important concerns raised by the dentists. Moving forward, HSA will try to work more closely with Singapore Dental Association and engage our members for feedback. SDA is committed to organizing future HSA Dialogue sessions when there are new updates. However, priority will be given to SDA members who have not attended before.

This initiative was proudly brought to you by the Council of Singapore Dental Association.

## A Second Visit to the **Society of the Aged Sick**

*On the 9th of September 2012, the Singapore Dental Association (SDA) paid a second visit to the Society of the Aged Sick (SOAS) after a successful trip in April. A brief recap on the SOAS; it is a non-profit, charitable organisation offering residential care for the destitute and aged sick. Their mission is to provide quality care and help their residents lead a meaningful and enriching life. With the aging population in Singapore, the SOAS is a very relevant charitable organisation that the SDA is delighted to work with.*



9th September 2012

On the 9th of September 2012, the Singapore Dental Association (SDA) paid a second visit to the Society of the Aged Sick (SOAS) after a successful trip in April. A brief recap on the SOAS; it is a non-profit, charitable organisation offering residential care for the destitute and aged sick. Their mission is to provide quality care and help their residents lead a meaningful and enriching life. With the aging population in Singapore, the SOAS is a very relevant charitable organisation that the SDA is delighted to work with.

The time was 2pm in the afternoon and possibly as a test of our resolve to bring cheers to the residents of the SOAS, it started to pour like cats and dogs. However the wet weather did not dampen our spirits and determination to make it another successful outing. With the support of the Dental Society from NUS, close to 30 year one undergraduates volunteered their precious time on a rainy Sunday afternoon to engage about 100 residents in a series of fun and entertaining activities.

The enthusiastic year 1 undergraduates started the event with a sing-along session, belting out classics such as Dancing Queen by ABBA and other Hokkien golden hits. It was a touching scene seeing the residents swaying to the melody and beaming with joy. Our chairperson, Dr Terence Jee, could not resist joining in the fun and went onstage to sing-along with the talented year 1s. After the audio feast, the year 1s treated the residents to a visual spectacle of their rag dance.

Next on the programme was 'Bingo' which was found to be very popular with the residents during the previous visit. Everyone was eagerly anticipating the numbers on their card to be called out so as to shout 'Bingo' and win our fantastic food prizes.

**"the wet weather did not dampen our spirits and determination..."**

After a whole afternoon of fun and games, our chairperson of the welfare committee, Dr Terence Jee, presented the SOAS with a cheque contributed by generous donations from our dental community. We were definitely famished after all the activities and ended the day with a buffet dinner sponsored by SDA.

This revisit to the SOAS has definitely broadened our perspectives and given us a better appreciation of the less fortunate in Singapore. As professionals with a specialised set of skills, we are in a privileged position to help the less fortunate. It was also good to find out that the class representative of the year 1s, Paul, had actually been volunteering with the SOAS for the past 2 years. Hopefully, more of us will follow in his footsteps and contribute back to society not just in monetary terms but by volunteering time and effort to a worthy cause as well.

We would like to thank members of the welfare committee, Drs Albert Lee and Loke Shuyi for organising the visit.

Dr Jason Chua





## NUS Faculty of Dentistry Alumni Dinner

Dr Alvin Lee

On the evening of 28 September 2012, the Faculty of Dentistry successfully celebrated its 3rd Alumni Reunion.

The theme for the night was "Work of Art" and it provided a platform for our very own alumnus to showcase their passion for the arts. Besides Dentistry these doctors proved to excel in jewellery making, painting, photography, travel and even personal grooming. One such alumnus was Dr Chua Ee Kiam, whose photographs of our local landscape have been published in various coffee table books. Drs Yeo Siang Khin and Shirley Yap are equally passionate about their jewellery making and even hold lessons as well.

The dean of the faculty, Associate Professor Grace Ong, kickstarted the night with a welcome speech. She expressed her heartfelt gratitude towards the alumni for the support they have given, as well as commended Dr Betty Mok and her team for executing the alumni reunion seamlessly. Dr George Soh, a partial sponsor for the dinner, was also shown appreciation. Lastly, plans to set up a new oral health centre in 2017 were announced, and A Prof Ong appealed to doctors to donate generously toward this new dental initiative.

Arguably, the most integral aspect of the night was the gathering of old classmates and fellow colleagues. Old friends reminisced the evening away over good food and wine. Moon cakes were also served as it was a few days shy of mid autumn festival.

The night ended in high spirits, as reunited old friends toasted to good times shared and good health. Till we meet again next year...



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## Wine pairing at Taratata

*Dr Terence Jee & Dr Tan Shian Ming*

It was the night of all nights: glamorous celebrities arriving in posh limousines, blinded by flashing camera lights the moment they stepped onto the red carpet, sending temperatures a few notches higher into the unbearable in the crowds jostling for a glimpse. If you were wondering if this actually happened, well, it didn't.

Rather, the dinner event organized by the SDA proved to be an intimate one at Taratata Bistrot, tucked in a cosy corner at Keong Saik Road. The ladies were dressed to the nines, enough to give the glitterati a run for their money, while the gentlemen were a mixture of dapper suave and scruffy chic. It was a gathering of dentists and friends of dentists and dentists of friends.

While nobody knew everybody, anybody knew somebody. The crowd mingled. As the night wore on, everybody warmed up to everybody else. Strangers became acquaintances and almost immediately became friends. Formal pleasantries soon dissolved and made way for easy banter. Topics of a heady mix were exchanged with ease - the latest gossip on others whom some knew, goings-on in the dental fraternity and teething issues at work (to let go of an opportunity for such a corny pun would be a travesty to the dental profession).

Before long, the guests took to their seats. The organizers for the event, Drs Terence Jee and Alvin Lee, each gave a crisp welcome speech, cognisant that any further delay would risk their speeches drowned by the growls in the empty stomachs waiting to be filled.

Dinner was served. Soon came the wines, each to complement every dish. There were bold hearty reds and light fruity whites. Why some wines were paired with which dishes probably eluded some who were there, it was as if trying to comprehend why Coke Light/Coke Zero/Diet Pepsi/Pepsi Light should go with meat that is simmered/stewed/seared/steamed.

But nevermind. Just as the wine was supposed to pair the dishes, the dinner was a mere complement to the excellent company. While the wine was generally indistinguishable, the food a tad forgettable and the service mostly excusable, the camaraderie was so impeccable that it moved a certain big-hearted gentleman (Dr Ng Chin Siau of Q&M) amongst the guests to pick the tab for all those who were present.

It certainly was the night of all nights.

## Geriatric Dentistry: A Revisit by Dr Tay Chong Meng

*by Dr Shawn Goh*



Dr Tay Chong Meng

programme with his fresh relook at Geriatric Dentistry. He gave a broad overview of the wide scope of conditions and problems affecting the elderly in Singapore. With 1 in 5 Singaporeans expected to be above 65 years by 2025, geriatric dentistry is certainly a field that deserves a lot of attention. Polypharmacy, age related medical conditions, physiologic changes in the oral mucosa/dentition and mindset of the elderly patient, make treatment a challenge to the dentist. Dr Tay's enlightening talk summarized all of the above in an easy-to-digest package, and many participants agreed that it opened their minds to further learning of how to manage the elderly. Judging by the large turnout of dentists on a Wednesday evening, this topic is certainly on the minds of many.

Dr Tay is a graduate from the National University of Singapore and pursued his interest in Special Needs Dentistry in Melbourne after being awarded a GSND scholarship by MOH in 2011. Putting his learnings to good use, he manages elderly/compromised patients at the National University Hospital and also volunteers his time and services at Nursing Homes and overseas mission trips.

Dr Tay started off a new edition of the Singapore Dental Association's Everyday Dentistry Series CPE

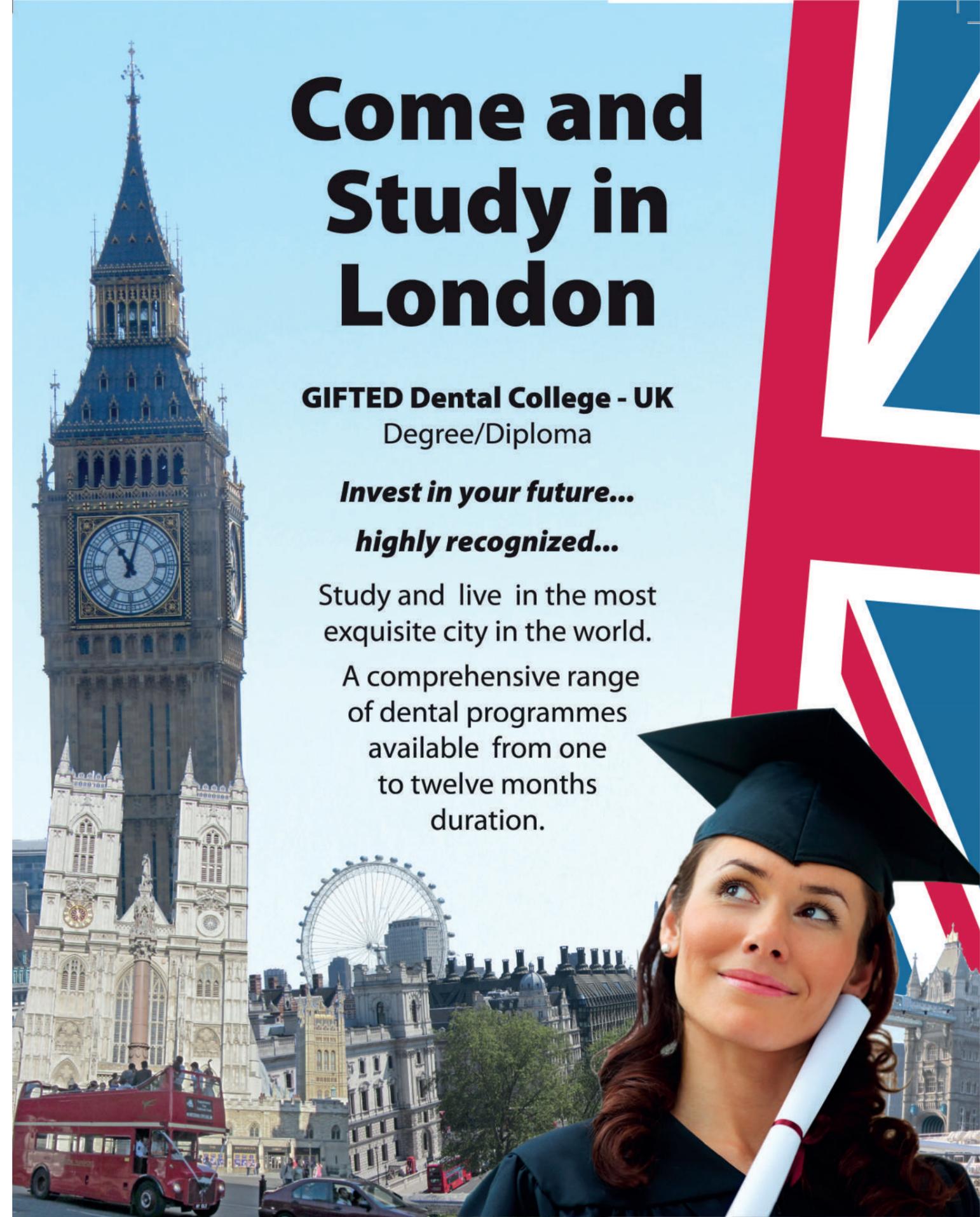
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**Date & Time**

**CDE Topic**

**Venue**

**Organiser**

**CDE**

**Contact**

16 Nov 2012	Traumatic injuries of permanent teeth: A revision	Khoo Teck Puat Hospital - Tower B, The Learning Centre, Kalzen 1	Alexandra Health (Khoo Teck Puat Hospital)	1	CDE Administrator, 66023578, ktph.dental.cde@alexandrahealth.com.sg
19 - 20 Nov 2012	CEREC Basic Course	GPA Centre For Dentistry	GPA Centre For Dentistry	16	Suzana Neo, 67321020, suzana@gpapadental.com Eva Fernandez 67321020, eva@gpapadental.com
20 Nov 2012	Lecture Series by Prosthodontic Society Singapore	SM3D Faculty of Dentistry, NUS, Kent Ridge	Prosthodontic Society (Singapore)	1	Dominic Leung 67379011, domleungwh@yahoo.com.sg
21 Nov 2012	Sinus Floor Elevation: What You Need To Know	Lee Kong Chian Board Room, Level 12, Academy Of Medicine, Singapore	College of Dental Surgeons, Singapore (Academy of Medicine)	2	Shermaine Tan, 65937804, shermaine_tan@ams.edu.sg
23 - 27 Nov 2012	Basic Ortho for GP Gp 4 mod 2	NUSS Guild House, 9 Kent Ridge Guild House	The College of General Dental Practitioners (Singapore)	21	Ms. Devi 65362730, devi.cgdp@hotmail.com
23 Nov 2012	Time Frame of Anterior Implant	7500A Beach Road 09-303/309 The Plaza	NTUC Unity Healthcare Co-operative Limited (Unity Denticare)	2	Jennifer Tabuac 65904372, jennifer.tabuac@unity.com.sg
25 Nov 2012	From Roots to Crown Innovations to Optimise Success	171 Chin Swee Road, #02-01, San Centre, Singapore 169877	Smileworks Pte Ltd	8	Dr Quek Eng Yew Christopher, 623899318, chris@smileworks.com.sg
26 Nov 2012	Anterior Implant Esthetics: Managing the Implant-Gingival Complex	Q & M Dental Centre, City Square Auditorium	Q & M Dental Institute Pte Ltd	7	Ann Koh, 67736225, annkoh@qandm.com.sg
27 Nov 2012	Faster, Easier and Better Clinical Dentistry	Arthur Lim Auditorium, 2 College Road, Lv 2 Alumni Association, S169850 (same level as SDA office)	Singapore Dental Association	3	CDE Administrator, 62202588, cde@sda.org.sg
28 Nov 2012	Oral Health Importance from the Public Perspective Relative to Common Chronic Diseases	NDC Auditorium Level 8, 6.15pm - 7.15pm	National Dental Centre	1	Ms Roslinda Sabani, 63248861, roslinda@ndc.com.sg
29 Nov 2012	Orthognathic Surgery	Q & M Dental Centre, City Square Mall Auditorium	Q & M Dental Institute Pte Ltd	2	Ann Koh, 67736225, annkoh@qandm.com.sg
30 Nov 2012	Guided Bone Regeneration and Biomaterials "State of the art and future perspectives."	Marina Mandarin Hotel	Society of Periodontology, Singapore	8	Chang Kok Meng, 90091859, zguming@gmail.com Nora Heng, 97703996, periodontist@thedentalpraxis.com
6 Dec 2012	Blast Injuries to the Face	NDC Training Room Level 8, 5.45pm - 6.45pm	National Dental Centre	1	Ms Rose Seo, 63248817, oms@ndc.com.sg
13 - 16 Dec 2012	Tools To Start Your "Bread & Butter" Orthodontic Cases	Orchard Parade HotelIO	liver Dental Surgery Pte Ltd	28	Irene Ramaswamy, 64440546, irene@posortho.net Gabriel Estavillo, 98565440, grestavillo@hotmail.com
16 Dec 2012	From Roots to Crown Innovations to Optimise Success	San Centre Singapore	Smileworks Pte Ltd	8	Dr Quek Eng Yew Christopher, 623899318, chris@smileworks.com.sg

The above is a Continuing Dental Education (CDE) Calendar, from November to December 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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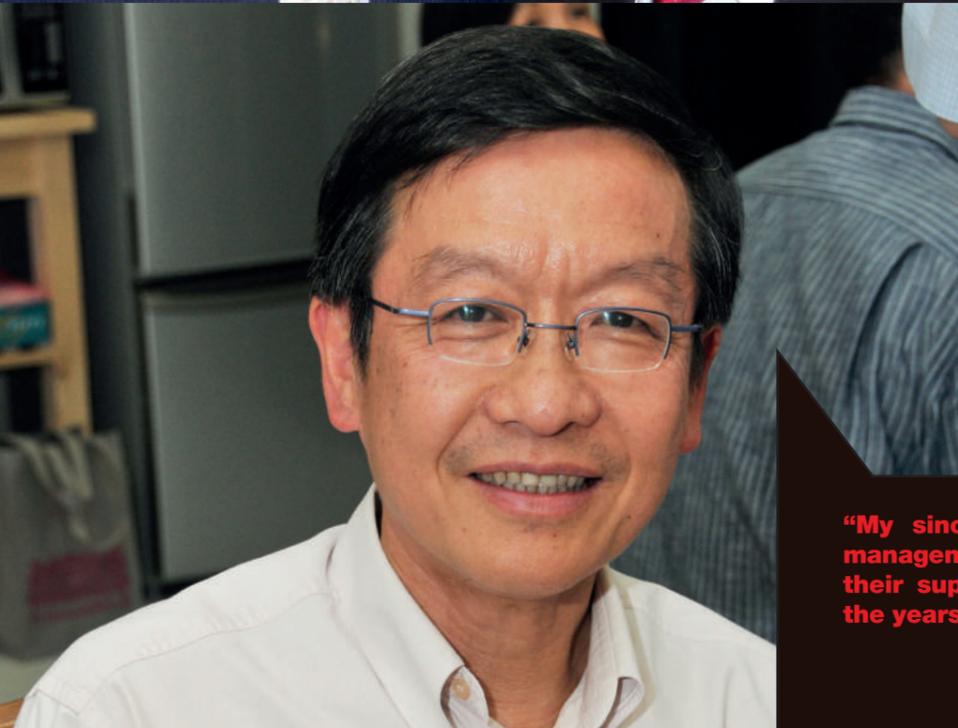
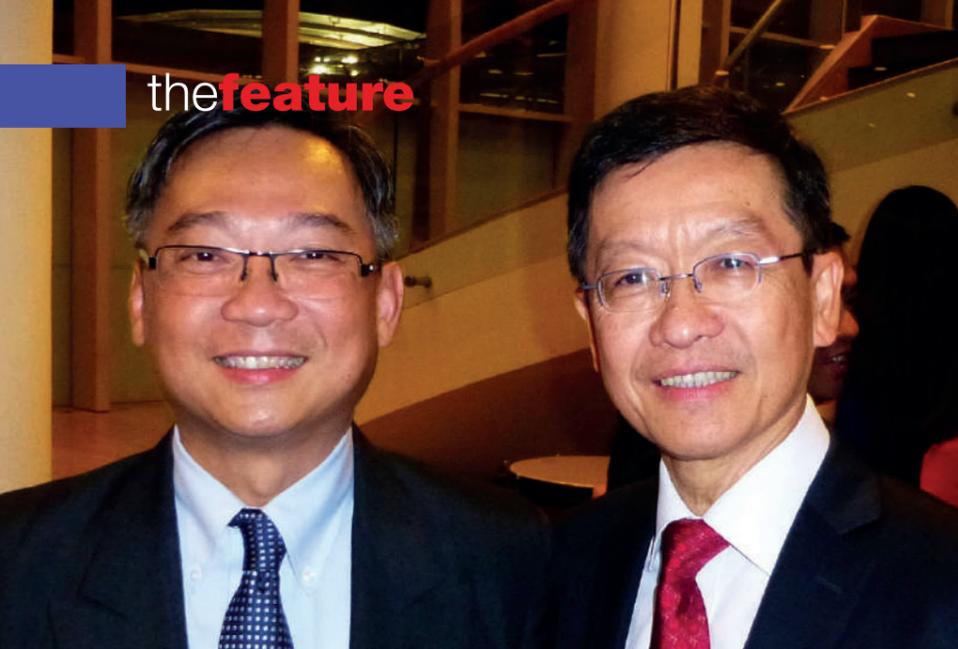
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# A Shining Star

By Dr Matthew Sng

Renowned dentist and mentor Dr Dominic Leung was recently awarded the Public Service Star in recognition of his contributions to the Singapore National Eye Centre (SNEC). *The Dental Surgeon* (DS) catches up with him to find out more about his volunteer work and to congratulate him on receiving one of our nation's highest honours.

*DS: How long have you been volunteering at the Singapore National Eye Centre, and what inspired you to do so in the first place?*

I have been volunteering my services at the SNEC and some other committees since the 1980s but I have been involved in charitable work much earlier. I started volunteering shortly after graduation because I had received various forms of help throughout my student life and I wanted to give back to the society the first chance I had. It was also partly due to my growing disappointment with the Singapore Dental Association back then. There were frequent disagreements amongst its members at that time, so I chose to refocus my volunteering efforts elsewhere after a stint with its sub-committees.

**"My sincere thanks go out to the staff and management team at TP Dental Surgeons for their support of my volunteer work throughout the years."**

*DS: Having made enormous contributions for almost 30 years without being formally recognised, did this award come as a surprise to you?*

Yes and no. No, because I had received several service-related awards prior to this. I have also been approached by various bodies in previous years to give details about my volunteering activities.. Nonetheless, I was pleasantly surprised when I found out I had been awarded the Public Service Star since it is a prestigious award rarely conferred to non-grass root leaders or non-public officers, and I had not expected it at all.

*DS: Can you tell us more about your work at the SNEC?*

Through the Rotary Club of Singapore-West, I took part in the setting up of the Singapore Eye Bank. Currently, I chair the Hospital Medifund Committee, whose primary goal is to assess applicants for their eligibility to receive Medifund payments for treatment done at the SNEC. We review various aspects of the applicants' circumstances, such as the household size, household income, number of dependents and medical needs. At the same time, I participate actively in other SNEC committees as a trustee and audit member, and in its Institutional Review Board (now appointed to SingHealth's Central IRB). I have taken over Chairmanship of the Singapore Eye Foundation since 2006, although it is not directly related to the SNEC.

*DS: What can you tell us about the applicants who come up for review by the Hospital Medifund Committee?*

Many of these applicants do not qualify for Medifund payments if assessed through means testing conducted by medical social workers. But when you actually delve into the detailed aspects of their circumstances, it becomes apparent that some of them truly need assistance. For example, an applicant may not qualify to receive Medifund payment because his household income is over the stipulated limit. However, the household in question might include members who are not currently working and hence, not contributing to the total household income. This means that the applicant might be supporting most of his family members, making it difficult for him to afford the cost of the treatment he has received, even when subsidies are taken into consideration. There are

also applicants who suffer from eye conditions because of underlying systemic diseases, such as diabetes. They often have multiple huge medical bills to take care of. Our goal as a committee is to make sure that citizens in these categories do not fall through the gaps in our social safety net.

*DS: What other volunteer activities and causes are you involved in?*

Besides appointments in several committees under the Ministry of Health, I served as a member of the Singapore Dental Board from 1997 to 2000 during its transition into The Singapore Dental Council, and have been a member of its Complaints Committee and the Disciplinary Committee since.

I have also been a part-time (now adjunct) teacher in the NUS Faculty of Dentistry since 1988, and a visiting professor with several regional universities as well as a director with some international dental institutions and organisations. Currently, I am the President of the Prosthodontics Society in Singapore.

I am still actively involved in NUS/OAR, in addition to medical and dental alumni activities, and have served as Chairman of the Alumni Association (Southern Branch) and President of the Guild of Dental Graduates.

My other community activities centre upon the Rotary Club of Singapore-West, of which I was president in 1989/90, and the Kowloon Club, which is a member of the Federation of Chinese Clan Associations, focused on helping new immigrants integrate into our society.

*DS: Before we round off the interview, do you have any comments to add?*

My sincere thanks go out to the staff and management team at TP Dental Surgeons for their support of my volunteer work throughout the years. I am grateful to many of my dental colleagues who have inspired me tremendously, in particular Dr Peter S H Tay and Prof Chew Chong Lin who have been my mentors for a very long time.

I am happy that the SDA is now well-managed by the younger members and I hope to be able to contribute towards its progress in the years to come, now that I have retired from active management of the group practice.

# Tribute to Dr Cheong Chun Tin

Dr Yeo Jing Ting

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COFFEE

Chun Tin Rd

Yuk Tong Ave

## Cheong Chun Tin,

DENTIST,

No. 27, SOUTH BRIDGE ROAD,  
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Two rooms available for use, the front room for Europeans, and the back one for Natives.

N.B.—Please note present address.

### TESTIMONIALS.

Singapore, 9th Dec., 1885.—This is to certify that Mr. Cheong Chun Tin has practised here for about five years as a dentist. His work in the way of fitting artificial teeth plates, &c., is most excellent, and I can highly recommend him to any needing his services. His charges are fair and moderate.—N. B. DENNYS, Magistrate & Justice of the Peace.

Singapore, 22nd July, 1889.—Just had a wisdom tooth drawn most successfully. The lancing was painlessly done and the drawing took only two seconds.—ALEX : J. GUNN, 44, Raffles Place

Testimonials about Dr Cheong Chun Tin, available in the Daily Advertiser, 9 January 1891 (Information received from National Library Board)



## History of Cheong Chin Nam and Chun Tin Road

In 1819, after modern Singapore was founded by Sir Stamford Raffles, there was an influx of immigrants to this free port, hailing from China to Ottoman Turkey. All these communities brought their influence to bear on road names as the city grew.

In this year (1869) there settled down at South Bridge Road the first qualified dentist. Mr Cheong Chun Tin was born in Hong Kong and went to San Francisco to qualify as a dental surgeon. In his younger days, he was quite an expert in the art of modern Chinese boxing.

Dr Cheong Chun Tin practiced at 27, South Bridge Road, Upstairs. The clinic has 2 rooms available for use, the front one for Europeans,

the back one for natives. Amongst his patients include N.B. Dennys, Magistrate & Justice of the Peace. His surgery was well patronised, for he became well known as a careful and efficient dentist. In 1893 he was appointed by the World's Columbian Dental Congress held in Chicago, U.S.A., as Honorary President for the Straits Settlements. He died in 1898 and was succeeded by two sons, Cheong Chin Nam and Cheong Chin Heng, who are still practicing dentistry in the same neighbourhood under the firm name of Cheong Brothers, and who also are general merchants and landed property and rubber estate owners.

Cheong Chin Nam and Chun Tin Road are two adjacent roads in current Singapore. Today, the area is well known for the row of coffee shops by the 24-hour Thai-Muslim restaurant called Al-Ameen Eating House. Other than its opening hours, Al-Ameen was the first Thai-Muslim Restaurant since 1992 and continues to dazzle its customers with its wide array of food choices, including the Dum Briyani, which is a local Indian favourite of meat cooked with basmati rice.

With this Nov Issue of *Dental Surgeon*, we would like to thank A/Prof Cheong Pak Yean, grandson of Cheong Chin Nam for volunteering such valuable historical information with us.

A/Prof Cheong Pak Yean graduated with Bachelor of Medicine, Bachelor of Surgery (MBBS) in 1974 from the University of Singapore. In 1979 he obtained the MMed(Internal Medicine) from the University of Singapore and became Collegiate Member of the Royal College of Physicians, United Kingdom. He was elected Fellow of the Academy of Medicine Singapore (1993), the Royal College of Physicians Edinburgh (1996) and American College of Physicians (1999). A/Prof Cheong was awarded the Fellowship of the College of General Practitioners, Singapore (FCGPS) in 1997. In 2002, he passed the Graduate Diploma in Dermatology from the University of Singapore and obtained his Master in Social Science (Counseling) from the University of Swinburne in Melbourne in 2007.

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1. *One hundred years' history of the Chinese in Singapore* by Song, Ong Siang, Sir, 1871-1941
2. *Testimonials: Daily Advertiser*, 9 January 1891 (Information received from National Library Board)
3. [http://heritagetrails.sg/content/194/Cheong\\_Chin\\_Nam\\_and\\_Chun\\_Tin\\_Road.html](http://heritagetrails.sg/content/194/Cheong_Chin_Nam_and_Chun_Tin_Road.html)

# To Ladakh and Beyond...

Dr Vijayan Loganathan

In August of this year, we were invited by the Manipal University of India to be a part of their dental outreach project in Ladakh.

They wanted to tap on our experiences in doing such missions. And, there was a lot of communication between us in Singapore and the India team, in Bangalore.

They called this their Amchi Project 2012, which was aimed at providing dental care to the people of Ladakh and also to train the local doctors (the Amchis).

In collaboration with the European Dental Students' Association and Wisdom Tooth (USA), they brought together over 44 volunteers from 14 different countries, including Singapore. We sent 3 volunteers: Dental Therapists Ms Juginder Kaur and Ms Lee Eng Choon; the third person being yours truly.

It was a work-filled 8-day mission, with more than 1000 patients being treated for extractions and fillings, besides Oral Hygiene Programmes (nearly 1100 procedures were done in all).



Besides treating patients at the Sonam Norboo Memorial Government (SNM) Hospital in Leh, Ladakh, two teams were sent concurrently to Panamik and Tangtze to attend to patients over there as well. These were at a distance from Leh, and took around six to eight hours of travelling time, by bus, as there was no other means of getting up the mountain terrain.

There was also time for fun, mixing with the international community, getting to know them and also take a rather tedious journey to have a glimpse of the Pangong lake. Indeed a breath-taking view of the lake which changes colour to clear blue as the morning progresses. (A number of movies have been shot at this site.) But to do that, we had to leave our base camp at Tangtze at 4am in the morning! And it was freezing cold in the morning at the lake. Ah well, I guess certain things like sleep and rest can be forsaken for a beautiful view of the lake amidst the mountain terrain!

The India team hopes to make this an annual affair, contributing in their own way and fashion, to the people who need dental care.



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# Sze Chuan Trip 10-19 MAY 2012

by Dr Au Eong Kah Chuan

This is the first time our humanitarian group is entering mainland China since our formation in 1997. The trip was led by Dr Chua Yang, a gynaecologist, to the mountainous terrain of Yan Yuan and Lu Gu area in Sze Chuan, nearing the border of Yunan. The team of 12 consists of 5 dentists, 1 oral surgeon, 3 medical general practitioner, a dermatologist, an optometrist and a photographer. The experiences was dominated by the interesting tribal people, spicy and oily food and of course, the China's toilet encounters.

From the modern and busy Chengdu Airport, we flew by domestic flight to the mountainous province of Xi Chang. This was the site of the last Chinese satellite launch in April because of its high attitude of 1500m above sea level. From here we took another 5-6hours of bus ride through countless twists and turns up the mountain to an attitude of 2500m.

The Yan Yuan Peoples' Hospital was our first destination and had modern medical and dental facilities. As one enters the premise into the gloomy and dark hallway, we realized that the modern building is just a façade to an overly demanded and inadequate health care. Unpredictable water and electricity cut occurs frequently. Loads of patients and visitors cramped themselves in the hallway and the wards. Our medical doctors were immediately swamped by eagerly waiting patients. The security guard had to shout and push the rowdy crowd to establish order while our doctors were fighting the commotion to make diagnoses and



Our optometrist screening for eye conditions

prescriptions. The gynaecologist was busy screening for pre-cancerous lesions, treating patients with pregnancy problems and other feminine issues. The medical GPs treated a myriad of medical conditions from skin and gastric problems to aches and pains of every conceivable bodily part. Numerous gastric problems may be related to their traditional "ma-lah" spicy and oily diet that is so typical of Sze Chuan cuisine. Long queue of patients formed as our optometrist performed eye screening and tests for various eye conditions. Cataract is common here due to their constant exposure of UV light at such high altitude.

The dental team was luckier as we were allocated to work in their dental clinic of the hospital. However, due to the frequent shortage of water and power, the 2 modern dental chairs just served as chairs while the other functions were un-operational. This dental department was ran by 2 local female dentists who had went out to the city to learn dentistry and came back to serve their home town. It was really admirable for them to return to serve their people in the rural area as they could have stayed in a larger city and have a better quality of life for themselves. Each local dentist treats about 30-40 patients on a typical day highlighting the great demand for dental services here. Treatment philosophy was slightly different from what our conventional therapy. For example in the pulpal treatment of carious non-vital tooth, a gauze-like drain is inserted into the sinus track or abscess till the infection recovered. Then a medication is placed inside the empty pulp chamber as the final "endodontic" dressing of the tooth. Some of you who had treated patients from China may have seen such pulp treated teeth in your clinic in Singapore. We helped the dental department of the hospital to extract unsalvageable teeth and did some fillings when electricity returns to the dental chair to run the hand-pieces.

**"VISITING THE HOSPITAL TOILET WAS QUITE AN EYE-OPENING AND GUT WRENCHING EXPERIENCE."**

The height of the partition separating each so called "cubicle" is only waist height and everyone shares a common drain that flow from one side to another end containing solid and liquid waste. You literally get a bird-eye view of all the toilet activities. The toilet encounters in China become one of the most talked topics among the group members.



More crowd at Lu Gu town

After 2 days of working at Yan Yuan's hospital, we headed for our second destination with another 3-4 hours drive deeper into the mountains to a more remote and beautiful area called the Lu Gu Hu or lake. This large and pristine lake is a remnant of an extinct volcano at 2300m above sea level. It had slowly attracted more tourists to this area after the news of the scenic landscape leaked out to the outside world.

We had to travel around the picturesque lake and then took a detour into the deep valley behind the mountains where no tourists venture. The road to our next village was bad as the bus had to cross streams and water-filled pot holes. We even had to construct on-the-spot stone bridges to cross uneven roads. Everyone from the team helped with the hunting and gathering large stone of suitable shapes and sizes for the construction of a “temporary bridge”, pardon the pun. We were determined not to let these few barriers prevent us from reaching the village as there were hundreds of people waiting to be treated.

Despite venturing deep into such mountainous region, China’s telecommunication infra-structure is highly developed and well wired. It is not surprising to see some of locals carrying mobile phones. Feeling quite disappointed and turned off to receive hand-phone signal in such a remote area. I think it is very difficult to escape to a place where there is no mobile signal in the world anymore. Sigh.



*Crowd at Yan Yuan Hospital*



*Picturesque view of the crystal clear Lu Gu Lake*



*Elaborate and colorful traditional head gears and dresses*

The rural community was dominated by the minority tribe, wearing their colourful knitted traditional costumes and fanciful head-dresses. The tribe at this region has an interesting culture where the female is the head of the family. The concept of “walking marriage” which during their festival songs and dances event, the woman can chose any man they fancy and mate with them. The man does not need to take any responsibility as the kids will be taken care by the village. It is quite a though-provoking to know of such a liberal culture in a remote place where the men are just sperm donors!

Most of the tribes are farmers and access to proper health care was limited to a local medical outpost. We set up our make shift clinic in the double story medical outpost. Our gynaecologist was surprised to find a brand new ultra-sound scanner in the clinic but the local medical doctor was not trained how to use it! The crowd at this farming community was tough, pushy and eager to come into the clinic to seek treatment from us. The gutsy local female doctor had to act as our gate keeper, constantly shouting at top of her voice to control the rowdy crowd. Despite the commotion outside, we managed to settle down quickly and got to work in our respective job scope to clear the impatient crowd. The dental conditions of the farmers were mainly periodontal diseases with rampant caries and multiple retained root stumps. Most of our dental works involved removal of teeth and roots.

Dr Myra, our oral surgeon, managed to remove a few lumps and bumps from various parts of the body like lipoma and cyst.



*Our medical GPs swamped with patients*

The busy day was interrupted with a quick local lunch with lots of oily and the famous spicy Sze Chuan “ma-lah” dishes. This spicy herb has the ability numb the tongue and cheek within minutes. It is almost like eating your food with topical anaesthetic cream applied to your mouth and lip! After a short rest from lunch, the whole team returns quickly to work to serve the afternoon load of patients. Time flies fast as the patients keep coming in and we were working frantically to clear the crowd. It is vital for us to focus at one patient at a time, one tooth at a time, in order to keep ourselves sane and not get distracted or demoralized by the large crowd outside. Somehow, working under these chaotic, uncomfortable and challenging conditions to serve others without asking for any returns of favour starts to make us experience the true meaning of volunteerism. This is the fuel that drives us to do such things for so many years.



*Our dentists busy at work*

Knowing that our actions served and benefited somebody and that was good enough for us to bear with any form of inconvenience and hard work.

Visiting the toilet in this rural clinic was an incredible experience. The floating content in the toilet bowl was a living and moving mass. It’s alive, crawling with thousands of wriggling maggots! Talking about pushing your toilet experience to the extreme, I think it is hard to find another toilet that could beat this.

On the fourth and last working day, we were stationed in a government hostel facility as our temporary clinics to serve the farmers living around the town area of Lu Gu lake. We continued to work hard and tirelessly to treat those who had come to see us on before we all headed home to Singapore to resume our mundane and routine clinical life again.



# Terrific Turkey & Vibrant Venezia!

By Dr. Michael Lim The Travelling Gourmet™

*The intrepid Travelling Gourmet flies to the land of two continents to...*



The Golden Horn from Pierre Loti Cafe

Palace which sits on the Golden Horn. The Golden Horn is an inlet of the Bosphorus that is shaped—as the name aptly suggests—like a horn. It shimmers like fine gold under the setting Mediterranean sun. The most magnificent view of the Golden Horn is from the romantic Pierre Loti Cafe perched high on a hill at 119m. Here the ‘bon vivant’ can enjoy a tulip-shaped glass of traditional Turkish Tea brewed in the age-old way with a blazing wood fire...while enjoying a breathtaking panoramic view of the Golden Horn.

### Türk mutfağı...

... means Turkish cuisine, the cuisine of the Ottoman Sultans, a civilisation in itself.

A typical Turkish breakfast consists of cheese like beyaz peynir, olives, eggs, tomatoes, cucumbers, hazelnuts, jam, honey, and kaymak. Another breakfast staple is sucuk, a spicy Turkish sausage like the spanish Chorizo except it is made with beef, pastırma, börek, simit, poğaç. Soups and börek, baked phyllo pastries filled with cheese and minced meat are also specialties. Visne (sour cherry juice) and fruits like yellow plums, apricots, dates, grapes and figs are also served at breakfast.

**MARVEL** at the broad Bosphorus, the waterway connecting the Black Sea to the Sea of Marmara. It separates Europe from Asia and intriguing Istanbul straddles the Bosphorus on the Marmara end with the old city resting predominantly in Europe. Istanbul is amazing! This city of 15 million is a melting pot of cultures, history, cuisines and ancient monuments, including the Topkapi



Turkish Breakfast with Simit at AQUA

### Amazing AQUA!

For that special night-out, head down to Aqua where lavishly-displayed Turkish food will whet your appetite. Situated at the luxurious Four Seasons Bosphorus, the al fresco terrace, a stone’s throw away from the Straits, promises guests stunning water views. Delectable chef Mehmet Gök serves up traditional Turkish specialties as well as more new-age “Turkish meets Italian” dishes. I adore Aqua’s Turkish breakfast buffet spread with freshly-baked breads including the ubiquitous simit. This “bagel-like” ring bread is encrusted with aromatic sesame seeds. Delightfully delicious with Turkish kasar Cheese and pastırma, a “pastrami-like” salami made with beef. Savoury

Turkish cheese like beyaz peynir is similar in some ways to Greek feta cheese. You can also relish simit with Turkish honey, apricots and plums. Another must-try dish is the menemen, the Turks’ version of Spanish omelette with tomatoes, green capsicum, onion, olive oil and eggs. This divine dish will be a wonderful start to your day! The Turkish word for breakfast, kahvaltı, means “before coffee”, The Turks typically end their breakfast with a cup of amber Turkish tea in a curvaceous tulip-shaped glass. For dinner, grab a doner kebab with marinated sliced beef, onions, tomatoes and pickled gherkins and down it with a glass of Kav 2009 Bogazkere Okuzgozu red wine. As you dine in style in European Turkey, look across the waters towards Asia in the distance...

#### Aqua

Four Seasons Bosphorus Ciragan Cad. No. 28 34349 Istanbul  
Tel: +90 212 381 4000

### Thrilling “34”

Restaurant “34” is the latest addition to Istanbul’s fine dining scene. Why the number “34”, you might ask. Well, that’s the prefix of vehicle registration plates in Istanbul. Nestled on the second floor of the Grand Hyatt, “34” is the city’s answer to Singapore’s funky Mezza 9. My friend, Executive Chef Fabio Brambilla cleverly married five unique dining concepts into a luxurious space complete with “cloud” ceilings. Fabio explained, “I use the finest seasonal ingredients...and for me the most important ingredient is passione!”

At the entrance of the restaurant sits a Charcuterie and Cheese Room, where over 30 varieties of Turkish cheese from cities like Kars, Trabzon and İzmir are exquisitely displayed. Meze and chutneys like red onion and chestnut are effortlessly placed beside the luscious cold cuts and cheeses, enticing guests with their colours and smells. Pasta like strozzapreti tossed with beef confit and rosemarino, soups and roasted sun-kissed market vegetables await diners in the Kitchen. An absolute must-try is EtlıYyaprak Sarma which is vine leaves stuffed with spiced meat and rice. The Smok e House is where meats from Edirne and kebabs are painstakingly prepared. From the international roasted organic lemon chicken to Turkish classics like Urfa and Adana kebab to grilled fish caught from the Black Sea or the Aegean, gourmet hunters are guaranteed to have their taste buds awakened. At the Bakery and Patisserie local and international desserts and pastries like gelati, baklava turkish delight tempt the most discerning diners. Wine lovers will also be pleased with the extensive wine list at “34”. For the adventurous tourist, taste one of 34 varieties of raki, a Turkish spirit that turns cloudy when water is added to it. Macho raki distilled from grapes with aniseed is Turkey’s holy drink. A word of caution, savour raki on the rocks slowly with your food...or you’ll end up undoubtedly tipsy before the end of dinner!



Kebabs & other goodies at “34”

#### “34”

Grand Hyatt Istanbul  
1, Taskisla Caddesi, Taksim, Istanbul, Turkey 34437  
Tel: +90 212 368 1234



Delectable Dessert at The PRIME

**Park Hyatt Istanbul**  
 Tesvikiye, Bronz Sokak No. 4, 34367 Sisli  
 Istanbul, Turkey  
 Tel: +90 212 368 1234

### PRIMED for Perfection!

In the trendy Nişantaşı shopping center of Istanbul you will find the Park Hyatt Istanbul - Maçka Palas's signature restaurant. The Prime specialises in gourmet steak and seafood prepared to perfection on a charcoal grill. The warm ambience with mission-style oak furniture and floor-to-ceiling wine display walls puts you in a good mood. The show kitchen allows you to observe the dynamic German Chef, Martin Scholz, cooking up a hurricane. A unique refreshing soup is the Chilled Melon & Water melon Soup with Berries, Blackberries, Mint & Pastirma Toast! Delectable dishes like juicy Prime Steak Tartare with Single Malt Whisky Dressing and tantalisingly tender 28 days old Turkish Ribeye with Asparagus, Chunky Fries & Young Carrots are marvellous in their taste and presentation. Pure ecstasy when paired with Sevilen Syrah 2008. The King Crab plus sundried Tomato Salad with Suvla Clairet Syrah 2011 is another excellent dish. It made my tastebuds dance in rapturous delight.

The seductive sweet took my breath away. Served in a gold coffee cup, hot sexy Chocolate sauce was poured on the Mascarponi Cafe Liegeois with marinated Cherry. Married lovingly with Pantukkale Opera Sour Cherry & Merlot wine, it was a match made in Heaven! I must mention dynamic Batu Pay, Director of Food & Beverage who ensures the food and wines here are of the finest quality.

The Park Hyatt is such a fabulous place that the Sultan of Brunei graces his presence with a stay here when he is in town. In your splendid suite with an Nespresso machine, you have your own steam room in the bathroom with light therapy on the ceiling.

### Vibrant Venezia!

From Istanbul I flew on Turkish Airlines, Europe's Best Airline 2011 & 2012, to Venice, the Queen of the Adriatic. A great place to stay is Venissa on Mazorbo Island which is the only place in the world with 1 hectare of unique Dorona grapes. The ancient nobility of Venice including the Doge, enjoyed Dorona wine and I was privileged to taste the very FIRST vintage of Venissa 2010 with Desiderio Bisol. This still wine has a deep gold colour with a bouquet of honey and Chamomile, soft yet savoury on the palate. It was fascinating to hear how he & his brother, Gianluca resurrected this almost extinct grape to make the wine of ancient Venice. The ristorante here helmed by my friend, Chef Paola Budel, showcases Venetian specialities and seafood from the Lagoon like Polpo (octopus) with Wild Spinach & Gnocchi.

**Venissa**  
 Mazzorbo Island  
 Burano  
 Venice  
 Italy  
 Tel: +39 041 527 2281



Dorano Wine at Venissa on Mazzorbo Island



DANIELI'S Terrazza Ristorante -Tuna Carpaccio con Caviar!

## Delectable, Delicious, Delightful DANIELI!

Undoubtedly, the Best place to stay in Venice is the extremely elegant Hotel Danieli where luxury knows no bounds. Built at the end of the 14th Century, it was the palace of the powerful Doge (Ruler) Dandolo of the Venetian Republic. If you have seen the hit movie "The Tourist", this is where Angelina Jolie stayed. The gorgeous Greta Garbo suite is to kill for. It has a spacious living room with a glittering Murano chandelier, super comfy bedroom and a bathroom bigger than most hotel rooms. To just relax here with a Spritz Cocktail with white wine & Aperol is heavenly. The view over the Lagoon is simply breathtaking and you are only 3 minutes from the Piazza San Marco and La Campanile. A must-do is to ascend to the top of La Campanile where you'll be well rewarded with an unforgettable 360-degree view. Please also have a Cappuccino at Casanova's favourite haunt, the historic Caffe Florian. I adore going there to savour an Affogato while listening to Caffe Concerto Strauss playing Boccherini's sublime Celebre Minuetto. The 1-Michelin Star Caffe Quadri Ristorante is also a very yummy place for a meal.

Tuna Carpaccio with Orange, Grapefruit, orange Salmon Roe & Oscietra Caviar, and ravishing Ravioli with Burata Cheese and sweet Scampi. I relished every morsel of his gourmet creations with Bisol "Cartizze" Prosecco, while my eyes feasted on the unparalleled panoramic views of the Guidecca, the Grand Canal, San Giorgio Island & Venice Lido. I started dinner early so as to watch the sun slowly set over the Queen of the Adriatic. My friendly waiter, Pasquale, told me he served Angelina Jolie when she was there filming "The Tourist". As night cloaked the city like black velvet & the myriad lights sparkled like diamonds, my dessert arrived. It was a stunning Strawberry Mousse with red Lamponi (raspberry), Blackberry & Blueberry. Magnificent! Life is too short for anything but the best. (octopus) with Wild Spinach & Gnocchi.

**Hotel Danieli**  
 Riva degli Schiavoni 4196, 30122 Venice  
 Italy  
 Tel: +39 041 522 6480

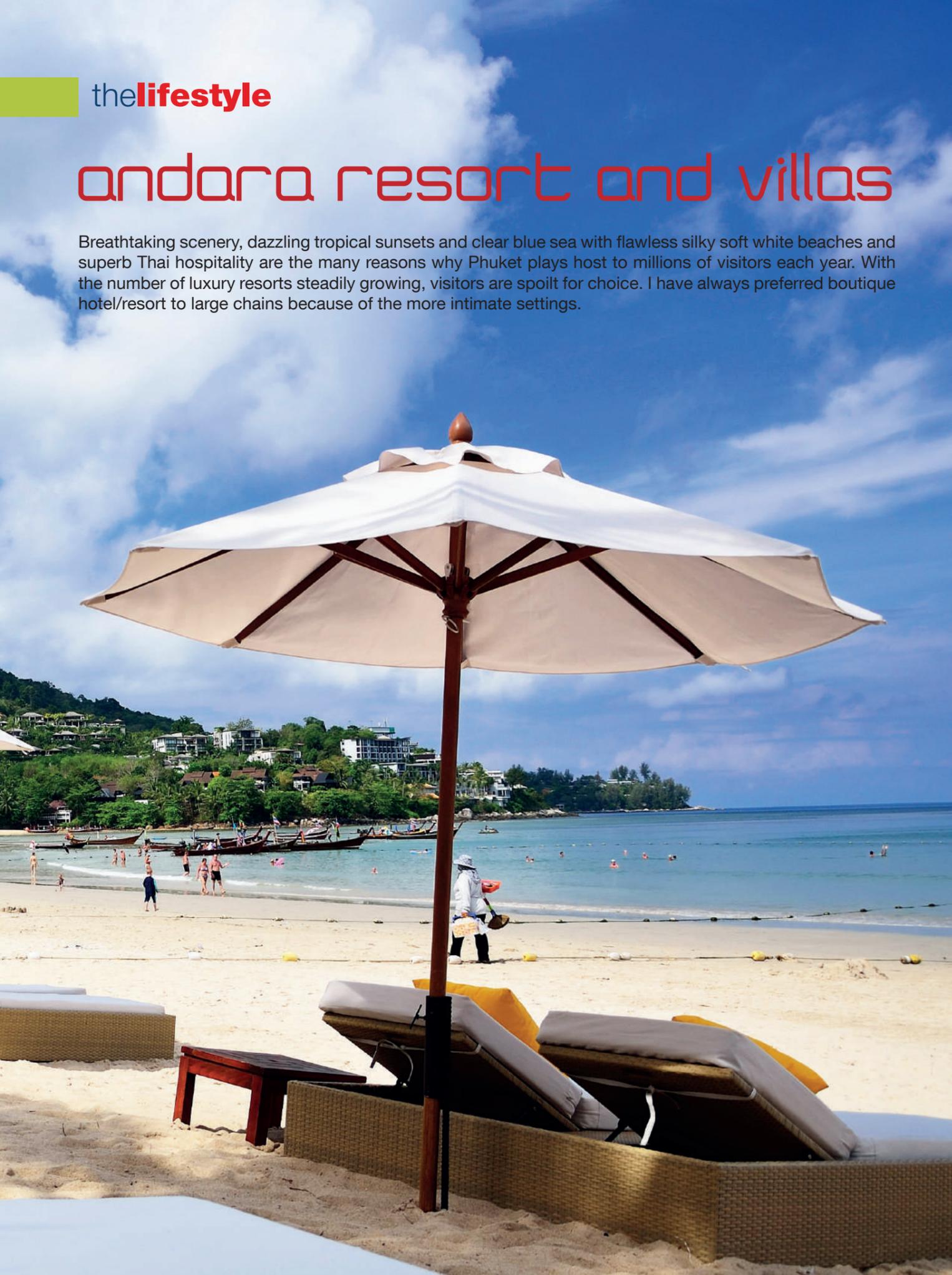
### Terrific Terrazza Ristorante!

High on the rooftop of Hotel Danieli you will find the Danieli's signature Terrazza Ristorante where every dish is a gastronomic marvel. Here, mi amico, charming Executive Chef Gian Nicola Colucci dishes up exquisite Venetian cuisine with exotic Oriental nuances like terrific

*\*\* A little known fact is that in May 47 B.C., Julius Caesar defeated Pharnaces of Pontus near Zile in the northern province of Tokat in Turkey. Caesar defeated the enemy in four hours. Informing the Roman Senate of his victory, Caesar wrote in true Clint Eastwood style, "veni, vidi, vici" (I came, I saw, I conquered). Turkey also has excellent wines, but that is another story. When the patients stress you up, book a flight to Turkey & Venice to relax and rejuvenate! You owe it to yourself. Enjoy!*

# andara resort and villas

Breathtaking scenery, dazzling tropical sunsets and clear blue sea with flawless silky soft white beaches and superb Thai hospitality are the many reasons why Phuket plays host to millions of visitors each year. With the number of luxury resorts steadily growing, visitors are spoilt for choice. I have always preferred boutique hotel/resort to large chains because of the more intimate settings.



## Phuket, The Pearl of the Andaman

By Dr Kevin Co

A highly recommended luxury boutique resort by various travel authorities is the Andara Resort.

Nestled in the lush tropical hillside above Kamala Beach on the pristine west coast of Phuket, the Andara Resort provides natural serenity with spectacular views of the Andaman Sea.

Andara means the star of the Andaman, and the resort certainly lives up to its name. It is a brainchild of Canadian raised, Hong Kong-based millionaire Allan Zeeman, who is most well known for his company Lan Kwai Fong Holdings Ltd. The individual rooms of the Andara resort property was sold to individual investors and then “rented” out to holidaymakers, with the management then booking the rooms as a hotel.

### Accommodation

All suites and villas offer stunning views of Kamala Beach. The villa and residence suites are exceedingly spacious and feature private infinity pools, large living and dining areas and fully equipped kitchens. The rooms also have the latest audio visual including oversized flat screen televisions complete with Bose surround sound, free wireless internet, tea and coffee making facilities.

The interior blends seamlessly with the lush and beautifully landscaped outdoor living areas with natural woods, beautiful hand crafted artifacts and luxurious Jim Thompson silks.

The oversized soaking tub is great feature and the king size bed is delightfully comfortable.

The penthouse suite, which I had the privilege of staying in, had a private roof deck plunge pool with sun loungers. This allowed for an unsurpassed view of the Andaman Sea.

The Villas are location on the upper slopes of the resort; they offer even better views with enough room to hold a wedding in the premises.

The Villas even comes with a full time vassistant and a private Thai chef.

### Children Area

Everyday, the resort has activities and programs planned for children everyday to keep them occupied. The

resort’s large swimming pool also serves as a great area for kids to have fun.

To make the resort even more family friendly, they are preparing a kids club that will be ready by this year.

### The Beach Club

The Andara beach club is just 5 minutes away by hotel buggy if you want to chill out at the beach. Although is not a private beach, the staff attentiveness remains equally impressive. There is even free WiFi, which I must say is a great plus.

### The Yachts

It is rare for a boutique resort to have a private yacht. But the Andara resort owns and operates 2 magnificent Baglietto Italian-designed private motor yachts (85 and 107-feet). Both yachts are available for private charter by guests.

### The Issues

Unfortunately, mosquitoes are a problem but the resort does provide repellent sprays and they also fumigate often. I am convinced that the mosquitoes are biased against me.

September and October may not be the best time to go Phuket due to the rain but the low season also means that the hotels rates are cheaper and you get undivided attention from the staff.

### Special mention

An activity that I would strongly recommend if you are keen to leave your suite or villa is John Gray’s Sea caves and Hong exploration tour. It’s a truly magical and educational experience for both adults and children.

### the**dental**surgeon Readers

Just bring along this to enjoy a  
USD 50 Spa Credit per stay.  
This is on top of the current ongoing promotions.



# AUDI S5

By Dr Kevin Co



I have always been impressed with the extensive lineup of models that Audi can produce. The S models are the ones that usually receive the most attention, as they are refined and luxurious yet fast and playful at the same time.

My personal favorite is still the S5.

The most obvious exterior update of the 2012 S5 is the new LED headlights and taillights. The signature quad exhausts are a subtle indication to other drivers that this is not your typical A5.

The interior changes are minor but still oozes class with quality materials and finishing. The new gear lever has a much better feel to it. Audi has always been known for thoughtful features and this is reflected in the lights in the roof for the rear passengers. Another feature is the front seat belt system that moves towards you for easy access.

The most important updates are in the technical department. The previous Audi S5 packed a 4.2-liter V8 engine that produced 354 HP, but the 2012 model will only get a supercharged 3.0-liter TFSI engine with a reduced output of 333 HP. This may leave a few people pondering if Audi has gotten it wrong, but greener is leaner and this new engine will provide an improved fuel consumption of about 20%. Unfortunately, the S5 is still going to be thirsty. Classified under the "neutral" band, the S5 is not affected by the emissions tax, which will be in force in Singapore from Jan 2013, so that's another advantage that comes from the reduction in engine capacity.

Turbo and supercharged engines are the way forward for the automotive industry, with BMW moving away from their famous naturally aspirated engines and jumping on the bandwagon.

Handling is impressive, thanks mostly to the quattro all-wheel-drive system, which biases the torque

between the front and rear wheels. The S5 can get you to 100km/h in 4.9 seconds so there will have no excuse for being late. The engine is quite happy to be revved to the redline and while it has ambitions of being a sports car, the ride is still comfortable enough for a road trip up north. The rear seats are spacious enough for most adults.

Sound insulation is fantastic considering I drove the convertible with the fabric top. Despite having to deal with the less than ideal air quality that Singapore possesses, my love for convertible has not wavered. My sole objection to the car is the dull steering, making the drive somewhat detached for a sports model. In addition, the fabric roof may be too low during operation for some rear passengers.

To those that will miss the roar of the old V8, the new S5 may come across as too refined. However, not to worry that Audi have gotten all soft, as there is always the almighty RS5...





# Community Health Assist Scheme (CHAS)

Log on to [www.chas.sg](http://www.chas.sg) to register your clinic for CHAS today!

## CARE AT PRIVATE DENTAL CLINICS

The Community Health Assist Scheme (CHAS), formerly known as the Primary Care Partnership Scheme (PCPS), helps to provide accessible and affordable primary care to Singaporeans at participating GP and dental clinics near their home. The scheme has been recently enhanced with the broadening of qualifying criteria and the creation of 2 subsidy tiers:

Blue Subsidy Tier	Orange Subsidy Tier
<ul style="list-style-type: none"> <li>Per capita monthly household income is \$900 and below OR</li> <li>Households with no income and live in a residence with Annual Value of \$13,000 and below</li> <li>Existing Community Medical Benefits (CMB) &amp; Public Assistance (PA) patients</li> </ul>	<p>Per capita monthly household income is between \$901 and \$1,500 (both amounts inclusive)</p>
Standard Dental Treatment	
Dentists can claim <b>up to \$256.50</b> per procedure	Dentists can claim <b>up to \$170.50</b> per procedure, for selected procedures only.

Please refer to the subsidy rates for the various dental services covered by CHAS:

Type of Dental Treatment	Subsidy Rates (\$)	
	Blue Tier	Orange Tier
Cementation	35	
Consultation (w/o treatment)	20.50	N.A.
Curettage	20.50	
Crown (Metal, Porcelain)	127.50	84.50
Complete Denture, Acrylic <sup>+</sup> (Upper or Lower)	256.50	170.50
Partial Denture <sup>+</sup> (Upper or Lower)	98 - 210*	65.50 - 140*
Denture Reline	98	65.50
Denture Repair	43	
Extraction (per tooth)	28.50 - 68.50*	
Filling, Amalgam	20.50 - 43*	N.A.
Filling, Tooth-coloured	35 - 68.50*	
Polishing <sup>^</sup>	20.50	
Root Canal Treatment	164 - 256.50*	109.50 - 170.50*
Scaling <sup>^</sup>	20.50 - 43*	
Topical Fluoride <sup>^</sup>	20.50	N.A.
X-ray	11	

<sup>^</sup> Limited to 2 procedures per patient per calendar year.  
<sup>+</sup> Limited to 1 set (upper and lower) per patient per calendar year.  
<sup>\*</sup> Amount of subsidy varies with complexity of dental treatment provided.



### Eligibility Criteria

- Singapore Citizen
- 40 years & above or disabled
- Per capital household monthly income of \$1500 & below or households with no income and live in a Residence with Annual Value of \$13,000 and below

Members who are on Public Assistance Scheme will automatically qualify for CHAS.

### CHAS Dentists shall submit subsidy claims via CHAS Online portal.



Agency for Integrated Care (AIC), which was set up by MOH to oversee healthcare integration in Singapore, is the one-stop contact point for GPs and Dentists for CHAS.

For more details, please contact **CHAS GP hotline +65 6632 1199** or [gp@chas.sg](mailto:gp@chas.sg)



# thedentalsurgeon

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**Deadline for March 2013 ISSUE:**  
**5th January 2013**

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Photos are to be submitted electronically (300dpi jpegs).

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