

the DENTAL

S U R G E O N

SEP 2022 ISSUE



NEW

システム Toothbrush
Systema
GOKUJO
(ELITE)

LION

40%
Thinner*
& Wider*
Compact Brush Head



Try
attached
sample

*as compared to Ordinary Toothbrush,
as compared to Systema Gum Care
Toothbrush (Compact).

システム Toothbrush Systema GOKUJO (ELITE)

Precise Dental
Technology from Japan

Finest design to fit for all round clean

40%
**Thinner[^]
& Wider^{*}**
Compact Brush Head

For better coverage & deeper reach



NEW
新製品

極上プレミアム



Soft

Ultra Soft

Using precise dental technology from Lion Japan, Systema Gokujo Toothbrush has the finest design with 40% Thinner[^] & Wider^{*} Compact Brush Head and Hybrid of Super-Tapered & Rounded Soft & Slim Bristles with Dual Level to fit teeth nicely for a more thorough all round clean yet gentle on gums.

Hybrid of
Super-Tapered & Rounded
Soft & Slim Bristles with Dual Level



For excellent & thorough plaque removal

[^]as compared to Ordinary Toothbrush. ^{*}as compared to Systema Gum Care Toothbrush (Compact).
INTAGE SRI, No.1 Company in Oral Care Category, Value Sales, CY2021

EDITOR'S NOTE



Dear Reader,

I have recently developed a hypothesis based on anecdotal experiences that I would like to discuss.

Having never purchased nor driven a vehicle from Bayerische Motoren Werke, commonly known as BMW; I would appreciate your help to elucidate my nascent mind.

As with most vehicles, I would assume that each model comes with various stratifications of bells and whistles. For example, the most inexpensive Volkswagen Golf comes with a manual, crank-only adjustable backrest. Ironically, the state of tiredness that bemoans the need for a reclined seat often supersedes the labour required to recline the said seat.

My question is as follows: do the most basic configurations of BMW vehicles come equipped with turn signals? My hypothesis is that they do not. It is, after all, the only logical conclusion as to why these said vehicles form a disproportionately significant majority of road users that do not indicate their desired change of direction. This often leaves the rest of us traversing the tarmac with an inordinate level of alertness required to avoid making non-consensual contact with vehicles manufactured by Bayerische Motoren Werke.

If my hypothesis proves false, then it is no surprise that BMW engines were used in Focke Wulf FW190 fighter planes, used by Hitler's Nazi air force in World War II.

Yours Truly,
Jeremy Sim

A handwritten signature in black ink that reads "Jeremy Sim".

DR JEREMY SIM is a General Practitioner with Orchard Scotts Dental. He is undergoing *samsara* and hopes to achieve enlightenment with meditation and donuts.

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2022–2024

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CONVENOR



DR LAWRENCE YONG is the founder of PKWY Dental Specialist Practice with 27 years of experience ‘fixing’ teeth. Specializing in the use of plastic, alloy wires and brackets in the pursuit of the elusive ideal occlusion, Lawrence uses that expertise to create memorable first impressions.

Over the years, his strengths as a clinician have garnered some recognition for mentoring in the region. Dr Yong may spend his days at the office, but it’s the thrill of building teams that gets him up in the morning. When he’s not bending wires, Lawrence is an avid traveller and loves spending time on idyllic beaches.

ASSISTANT EDITOR



DR LEA TAN is currently serving the second year of her bond. She dreams of traveling the world and showing off her collection of lipstick. Outside of dentistry, she has many hobbies from knitting to learning Spanish. She is happily mediocre at them all, hopefully excluding writing.



SDA COUNCIL 2022–2024



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FOREWORD

FROM THE PRESIDENT, DR LAWRENCE YONG

We are living in perhaps the most rapid period of change in healthcare, with great uncertainty and many unknowns. We have just regained our footing from Covid-19 and is now facing a workforce crunch due to changing work trends, a looming recession stoked by hyper-inflation and supply chain disruptions.

All of this has produced great stress on patients and professionals alike. Let us embrace the challenge and be leaders in the solution. United as an association, we can navigate the uncertainties together and claim our victory over the health crisis that we are living in.

As we adjust to our post-pandemic world, my council and I look forward to a reigniting a vibrant dental community where colleagues of all ages and areas of interest can come together for career growth and play. We are poised to continue the efforts of our predecessors and will be reaching out to you in more ways than one.

*Dr Lawrence Yong
President, SDA*

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INTERNATIONAL DENTAL EVENT AND MEETING (IDEM) 2022 RETURNS WITH EXCITING, NEW PROGRAMMES AND INITIATIVES

T

he biennial IDEM trade fair and convention returns with its 12th edition this year. Themed "Building Resilience in Dentistry", the physical event will be held from 7 - 9 October at Sands Expo and Convention Centre, Marina Bay Sands. After the in-person hiatus caused by the pandemic, participants will now be able to come together again to explore more and better business opportunities, and network with likeminded professionals face-to-face to learn about the latest trends and updates in dentistry. In addition to conferences conducted by renowned speakers, there will also be hands-on and interactive workshops for delegates, showcases and exhibits for visitors to experience and learn about new technologies and the latest innovations in the dental sector.



THE LEADING DENTAL EXHIBITION AND CONFERENCE IN ASIA PACIFIC

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7-9
OCTOBER 2022

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SINGAPORE



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Maurizio Tonetti



Daniel Neves



Nikos Mattheos



Ioannis Vergoullis



Christopher Ho



Daniel Baketic



Kleanthis Manolakis



Taisuke Tsukiboshi



Peter Fairbairn



Jerry Lim



Loke Wei Qiang



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Participants can look forward to a curated series of programmes:

- **Full-day SDA Masterclass** conducted by leading clinical researcher in Periodontology, Dr Maurizio Tonetti, on the topic— “Implants in Stage III and IV Periodontitis Patients: Benefits and Risks”. Dr Tonetti will present key concepts for attendees to understand the importance of appropriate periodontal therapy before implant placements, benefits, and risks of biological complications in Stage III and IV periodontitis patients. He will also share on specific approaches to decrease the risk of peri-implantitis in these high-risk subjects.
- **Trade Exhibition** in a 14,000sqm all-encompassing exhibition hall showcasing close to 500 international exhibiting brands from more than 30 countries. Participants can meet manufacturers and cornerstone brands in person, speak directly with the producer of a product, and learn about the finer nuances of a tool and how it can enhance their business or practice. Participants can also look to build international partnerships with exhibitors from countries such as Brazil, France, Germany, Italy, Japan, Korea, Switzerland, China, USA and more.
- **AOHTS@IDEM** (Association for Oral Health Therapists (Singapore) Symposium in collaboration with IDEM) brings together the AOHTS’ flagship event with IDEM’s Dental Hygienist and Therapist Forum (DHTF) providing hygienists, therapists, and oral health therapists a central platform

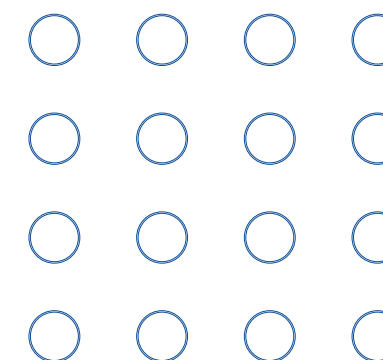
to network and learn about the latest developments in their field of practice. There will be 10 conferences conducted by notable speakers to cover topics such as Dental Care for the Elderly with Neurological Diseases, Child protection for Dental Professionals, Oral Health Care Responsibility for the Dental Profession and more.

- **Singapore Speaker Series** is a brand-new programme featuring local speakers who will cover specialised topics on comprehensive, conservative approaches to dentistry. Participants can look forward to learning about a multidisciplinary approach to aesthetic rehabilitation, contemporary techniques on perio-restorative outcomes, patient-centric orthodontics and treating ameloblastomas.
- **Innovation Arena** is a first-of-its-kind initiative curated for young companies and start-ups in the dental and non-dental sectors to showcase the latest innovations and products targeting the dental market. The Innovation Arena aims to bridge start-ups with participants in order to promote cross-sector collaborations between the dental sector and businesses at large.

IDEM360+, a digital community platform supplements IDEM 2022 in providing participants with a holistic experience:


- Watch conference content shared by industry experts after the event has ended
- Preview the latest products and solutions prior to the exhibition

- Shortlist and book meetings with exhibitors before heading down to the event
- Bookmark conference sessions for easier navigation and schedule planning
- Build connections and network with fellow participants
- Access IDEM information 24/7 from anywhere with no additional cost



REGISTER

Delegate registrants will be able to attend all on-site activities and have full access to the digital platform - IDEM360+. Registration is ongoing, Pre-show rates will be available at a discounted price before 2 October 2022. Register via <https://www.eventreg.biz/RegistrationIDEM/LandingIDEM>, for more information, visit www.idemsingapore.com.



Jawline

BY DR JEREMY SIM

British Orthodontist, John Mew, and his son, Michael Mew, promote a form of orthodontics called “Orthotropics”. This focuses on correct “jaw posture” and tongue position for orthodontic treatment. Though the senior Mew has since been stripped of his dental license by Britain’s General Dental Council, a recent spike in the interest of orthotropics has piqued mine as well.

Disclaimer: Before I begin, allow me to put a halt to the salivation of some individuals who are fantasizing of reporting me to the Singapore Dental Council for spreading clinical misinformation. There is absolutely no proper research that proves the efficacy of orthotropics. This article is simply one borne out of my fascination with this newly emerging fad. I do not pray at the altar of John Mew.

The subreddit r/Mewing has a followership of 36,604 individuals. Some swear that mewing is able to change a weak jawline (think class 2) into a strong one (think class 1, or even a mild class 3). By mewing consistently for months or a few years, one may avoid the agony of jaw surgery and/or classical orthodontic treatment to improve their jaw relationship.

How Do You Mew?

According to the holy grail of scientific information, WebMD:

Instructions vary, but the basics seem to be:

1. Close your lips.
2. Move your jaw so that your front bottom teeth are just behind your front upper teeth.
3. Cover the roof of your mouth with your tongue.
4. Place the tip of your tongue right behind your front teeth without touching.
5. Some suggest that you can find the right position if you try to make the “ng” sound, as in “thing” or “wing.” Others suggest you focus on breathing out of your nose instead of your mouth.

How Long Do Results Take To Show?

Practitioners of mewing report seeing visible results after 6 - 24 months of “treatment”. The following are self-posted, publicly available before/after photos. It goes without saying that the veracity of these photos cannot be verified.



BEFORE



6 MONTHS OF MEWING



6 MONTHS OF MEWING



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EMU



EMEW



18 MONTHS OF MEWING



SDA reCONNECTS

SDA is 55 years old this year!
Come join us for a night of Celebration,
Appreciation and reConnection with one another!

7TH OCTOBER 2022 (FRIDAY)
MARINA BAY SANDS (ORCHID BALLROOM)
6PM TO 10PM

SDA members: \$60 (inclusive of GST)
Guest/non-SDA members: \$200 (inclusive of GST)

Dress Code: Semi-formal/cocktail

BOOK EARLY TO AVOID DISAPPOINTMENT!

Register here:
<https://www.surveymonkey.com/r/W5ML79N>

TO APPRECIATE, TO CELEBRATE, TO RECONNECT



BEFORE



12 MONTHS OF MEWING

Diving into the rabbithole of mewing has inspired me to dredge up my poetic juices. Behold:

*O' thee Weak Chinned One!
Fret the tragedy of the Second Class
Alas it may be no more;
For John Mew. On Guard!*

*Apply glossal onslaught
Upon ribbed roof of palatine pleasure;
Advance Chin of Obscene Weakness
Toward the dawn of a first class future.*

*For only the emptiest of vessels
Maketh a sound;
Shut thy labia
Until Valhalla is found!*

*Hold, hold, hold;
Never relent
Prevail, prevail, prevail
Chin of Chad; we shall avail!*

Before we dismiss this to be sheer equine manure, let us consider these true facts:

1. Facts are True by definition
2. There are a total of 4 true facts in the observable universe
3. There are 2 types of people in this world: Those who can count, those who cannot, and those who can extrapolate from incomplete

Therefore, allow us to humble ourselves: are we believers in science, or do we cavort with Scientism? Are we the children of our mothers, or the fathers of falsehood? Are we not children who ask and learn about the world around us; or are we children who run with pairs of scissors? Are we ducks who quack like a duck, or are we ducks who quack like a quack?

A TRUE STORY: HOW I CHOSE DENTISTRY

BY DR JEREMY SIM

Actual Disclaimer: This piece deals with death, societal issues and trauma. Do not proceed if unsure. If you know anyone suffering from a mental health crisis, call the Samaritans of Singapore at 1800 221 4444.

The year was 2010 and I was but a rookie Sergeant in the police force. The Youth Olympic Games had just ended and I was assigned the role of Neighbourhood Police Officer at Toa Payoh Neighbourhood Police Centre.

It had been a rather quiet night. I was partnered with another rookie and a Senior Staff Sergeant (SSS). The name of the game in SPF is being able to slack off without getting found out. We had snuck off to a quiet neighbourhood police post at the foot of a block of flats with our dinner, hoping to be able to finish our meals without disturbance.

My shoulder radio then hissed.

“Calling FRC Bravo 3, over. Reported skydiver at block...,” it said. FRC stood for Fast Response Car,





which our Toyota Corolla Altis supposedly was. Bravo 3 was our callsign and we immediately knew that our dinner was going to run cold. Skydiver, as you would have guessed by now, was a crude term for an individual that had fallen from height.

"Fuck..." my commanding SSS muttered under her breath. It was just the second day on the job for me. The other rookie and I looked at each other with an expression of confusion and a hint of excitement. We left the post, hopped into the FRC and flipped the siren on, making a beeline to the location of the skydiver.

It was a very old HDB estate, probably built in the late 60s or 70s. They were no taller than 8 storeys high. 4 of these small blocks surrounded a rectangular car park. The blocks glowed a gentle blue as the moonlight bounced off their stoic facade. Yellow street lamps revealed an ominous quiet, with a few curious onlookers nosing from a distance.

Read no further if you are faint of heart. Readers with a history of trauma from death or suicide should proceed with caution.

As I approached the skydiver, I felt my heart banging against my chest as my ears began to ring. What met my eyes was a sight that will forever be ingrained in my memory. He was a Chinese man in his 60s, short, plump and balding. Blood leaked from his ears, eyes and nose. His skull was cracked open as grey matter meandered like the River Styx from the back of his head.

His body was contorted in such a way that it reminded me ironically of a Swastika; a symbol of prosperity and good luck in faiths such as Hinduism and Buddhism. His limbs were evidently broken on impact. Thin branches lay beside him, having fallen through a young tree on his way towards his final moment.



His eyes were open and he looked as though he was crying blood. They were rolled upwards and the sheen that you see in the living was absent. I felt a pang of sadness, yet also felt an empathetic relief that he was now free from the earthly chains that bound him.

We quickly cordoned off the area and radioed for support. I made my way up to the 6th floor; the only floor where the window was open. I heard the television playing on the inside and knocked on the door. An elderly man opened up the door. Behind him was another man seated on the couch, watching television. When he looked at me, his eyes fell.

"Is it my brother? Did he do it?" he asked in Chinese. I slowly nodded my head and asked if I could come in. It was protocol for us to rule out any foul play. The three brothers had been living together since they were born. They were all in their 60s and single. We tried to turn the knob to the door to the bedroom of the deceased brother, but it was locked. A key had to be retrieved for us to finally gain access to the room.

It was a small and neat room. Very neat. It was almost as if he made up his room before taking his own life. The open window was across the door, with a bed against the right wall and a closet on the wall next to the door. To the left was a small wooden desk. On the desk was an open exercise book with neatly written names and numbers in it. Did he want to remember his friends before he died?

On the window ledge was a half drunk can of beer and a cigarette that was still burning. I saw him, in my mind's eye, sitting on the ledge and having his final beer and cigarette; playing the reels of his past and asking himself, "was it all worth it?"

I do not mean to offend, but at that very moment I felt a morbid respect for him. Being brave enough



to fall, having no clue as to what comes after. I could only imagine the soul wrenching sorrow he must have endured for so long before coming to a categorical resolution to take his own life.

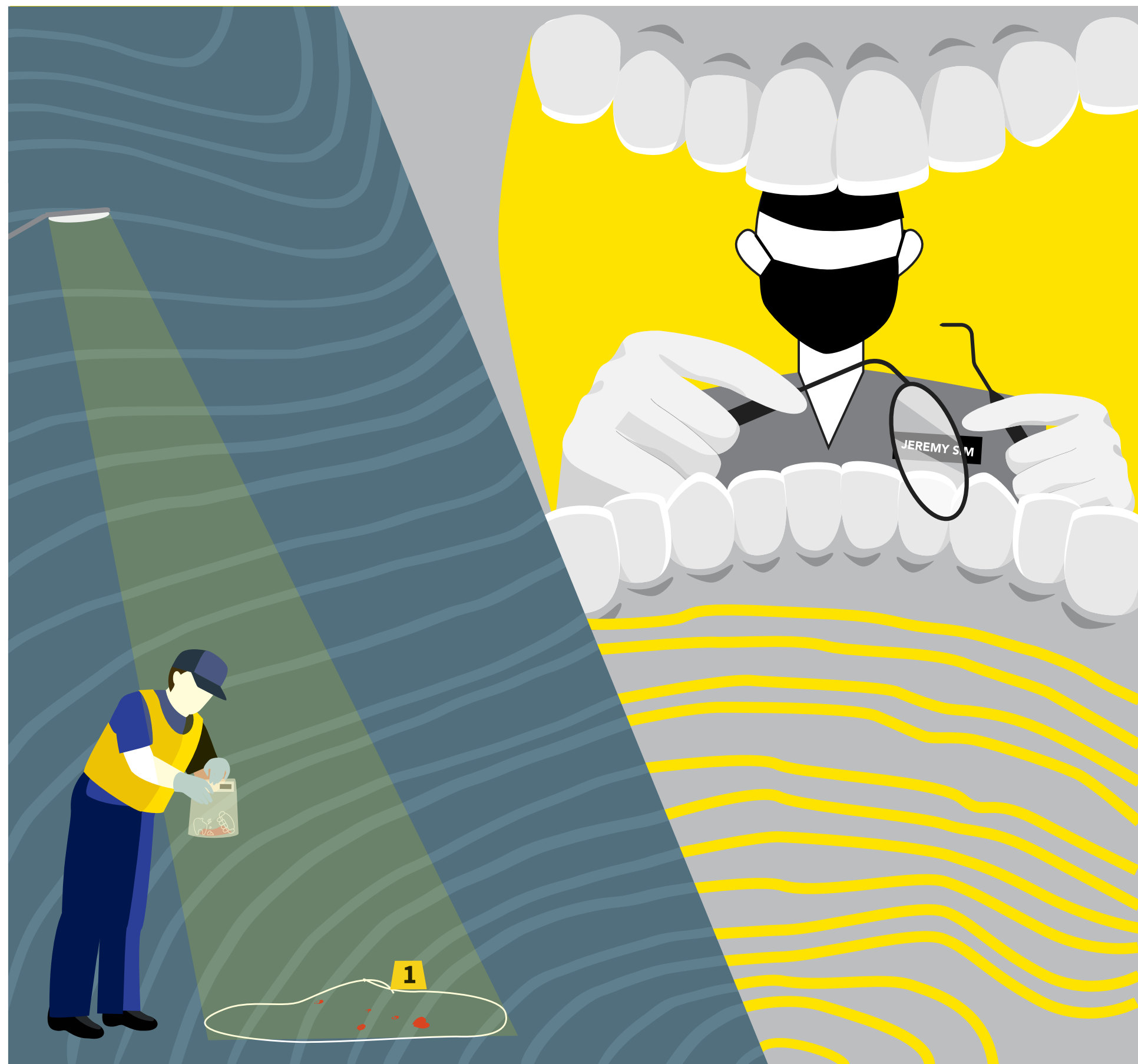
We took photos and notes before making our way back to the body. We pitched a tent over it and had to stand by the body to prevent tampering, until a doctor could certify his death. His brothers came down and asked us if they could go into the tent to pray for their brother's soul. It was a breach of protocol but my SSS gave them the green light. They chanted over the body and left with an air of stoicism. There was no hysterics; just a sorrowful acceptance.

The doctor eventually came and certified his death. Then the Police Hearse (affectionately known as the Papa Hotel) came to collect the body. As he was a heavy set man, we helped to transfer him into a body bag. We then lifted him and transferred him into the hearse. It struck me how different it felt carrying a completely lifeless body compared to a living one. The term "dead weight" made immediate sense to me.

As the doors of the hearse swung open, the stench of death hit me in the face. I fought the urge to gag and realised that death was something these undertakers deal with on a daily basis. I wondered how different their perspectives on life and death must be.

Back at the scene, there was still cleaning up to be done. I looked around and saw bits of pink and white near where the body was. I bent down to take a closer look and saw that they were pieces of broken dentures. I donned a pair of gloves and collected all the pieces I could find.

That was the moment I knew I wanted to become a dentist.



ILLUSTRATIONS BY MARILYN HO



VAPID VENEERS

BY DR JEREMY SIM

Dear Ministry Of Health / Singapore Dental Council, A Friendly Reminder

Let's begin with some reviews of veneers performed by your friendly neighbourhood beauty parlour.

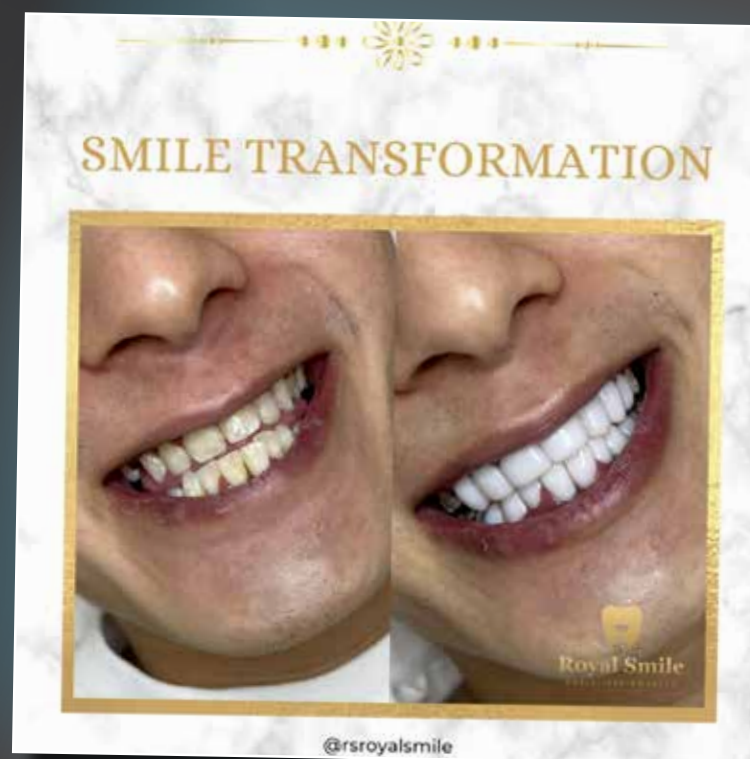
CASE 1



We all have that Colgate Oral Health kit that comes with the OHI typodont model. Have you ever come across a patient who has said: hey, I'd like my teeth to look exactly like that. Toilet white, blocky and the first thing you'd see when I step into a room.

"Say no more," says the beautician, proceeding to give this lucky fellow the smile he could once only dream of.

CASE 2



Colgate typodont aesthetics aside... What is gingivitis anyway? Is it even a real disease? Does it continue to exist if you cover your gums up with composite resin? I sure hope not, or else this patient is in for a rude surprise a few weeks down the road.

CASE 3



Let us all take a moment and appreciate the lower central incisors. Please sit back, stare at this picture and bask in the perfection that is this smile. Hygienists HATE this simple trick: why remove calculus when you can simply mask it with composite?

One has to truly appreciate the dexterity and attention to detail. The meandering contours that extend gingivally from the crown of the tooth, with the perfect bulbous convexity of the calculo-verlay (yes I shall be trademarking this term). Credit is to be given where credit is due.

This is just one of many beauticians offering composite, and even porcelain, veneers performed in such a destructive manner that leaves me wondering: how are they still brazenly operating?

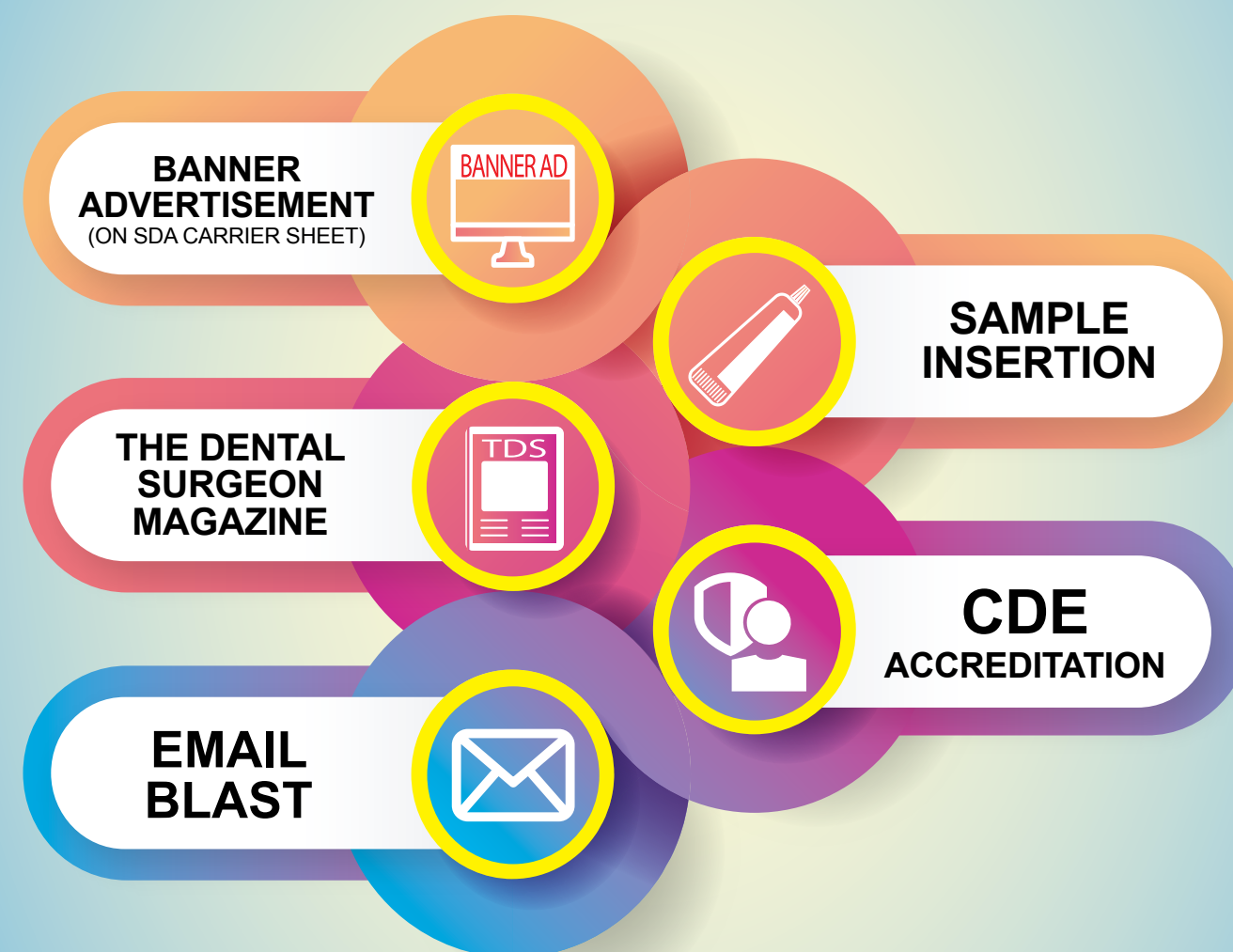
This particular account, @rsroyalsmile on Instagram, has been posting for close to 3 years. How many patients do they have to harm before action is taken against them? What does it take to crack down on these locally run establishments?

Upon making a cursory search on the Ministry of Health website, there is no straightforward way to report these beauty parlours. In the meantime, these beauticians continue to advertise their services on social media as they are not bound by advertising guidelines like dentists are. Before/after photos are aplenty, discounts, offers and raffles are abound... A lack of oversight is apparent.

Veneers are not the only services offered. These beauticians also offer dental whitening that is performed in either/both an inefficient or dangerous manner. Entire chains like White30 (www.white30.com.sg) have been established, exclusively offering dental whitening. These establishments either have to use hydrogen peroxide less than 1% in concentration in order not to breach Health Sciences Authority guidelines, rendering their treatment ineffective; or are using whitening agents with higher concentrations that are illegal.

As dental professionals, we trust in the regulatory process to protect our patients when they step out of the boundaries of our clinics. I hope to be able to maintain my faith in our regulators, but much more has to be done at this juncture.

ADVERTISING OPPORTUNITIES WITH SDA



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Visit our website at <http://sda.org.sg/advertising/> for more details

DURIAN Talks

BY DR JEREMY SIM



This article will convince you that the Durian is literally the most versatile object on the face of this planet. Also, here are some photos of an SDA Durian Party event.







A STATUS SYMBOL

The durian is expensive. When someone tells you how much they love durian, they are actually subtly telling you how wealthy they are. Yes, the durian is the ultimate humble-brag fruit. You pay by the kilogram for a fruit that weighs mostly of a hard, thorny shell, and we only consume the soft bits on the inside. It is a metaphor for ostentation and waste. Step aside, Rolls Royce; the durian is the ultimate symbol of wealth.

A CURRENCY (POTENTIALLY)

In 1971, the Federal Bank of the United States of America ended the Gold Standard of currency, and money was no longer pegged to the value of the physical commodity known as Gold. Henceforth, currency was known as fiat currency; basically pieces of paper with value ascertained by random fools that are you and I.

I therefore propose to either

1. Peg currency value to the durian
2. Use durian as legal tender

This would give our money actual value. With this, I also suggest renaming the dollar to the "dollarian"; not to be confused with a time travelling vehicle.

A WEAPON

The durian was first harvested by the great warrior, Sang Nila Utama. He would lie in wait atop the dense treetop foliage of the Malayan jungle with a basket of durians strapped to his back.

As his unsuspecting enemies passed under him, he would drop a deadly durian on their skulls, cracking them open like beers at a neighbourhood coffee shop on football night. In fact, the famed D24 species of durian was named after a record setting night where he cracked the skulls of 23 enemies and a squirrel that was at the right place, at the right time.

IT TASTES GOOD

It tastes good to some.

AN INTERPLANETARY PEACE OFFERING

Deniers of extraterrestrial life, leave now. Some time in the future, our extra planetary overlords shall make their presence known. They may choose to obliterate us, lest we show them something that is worth existing for.

"SHOW US WHAT YOU'VE GOT," they say.

Li Sian Short gets down on his knee and raises a perfect Blackgold durian above his head.

"Take this offering for this is the best our Earth has to offer," PM Li says on behalf of the entire god forsaken planet.

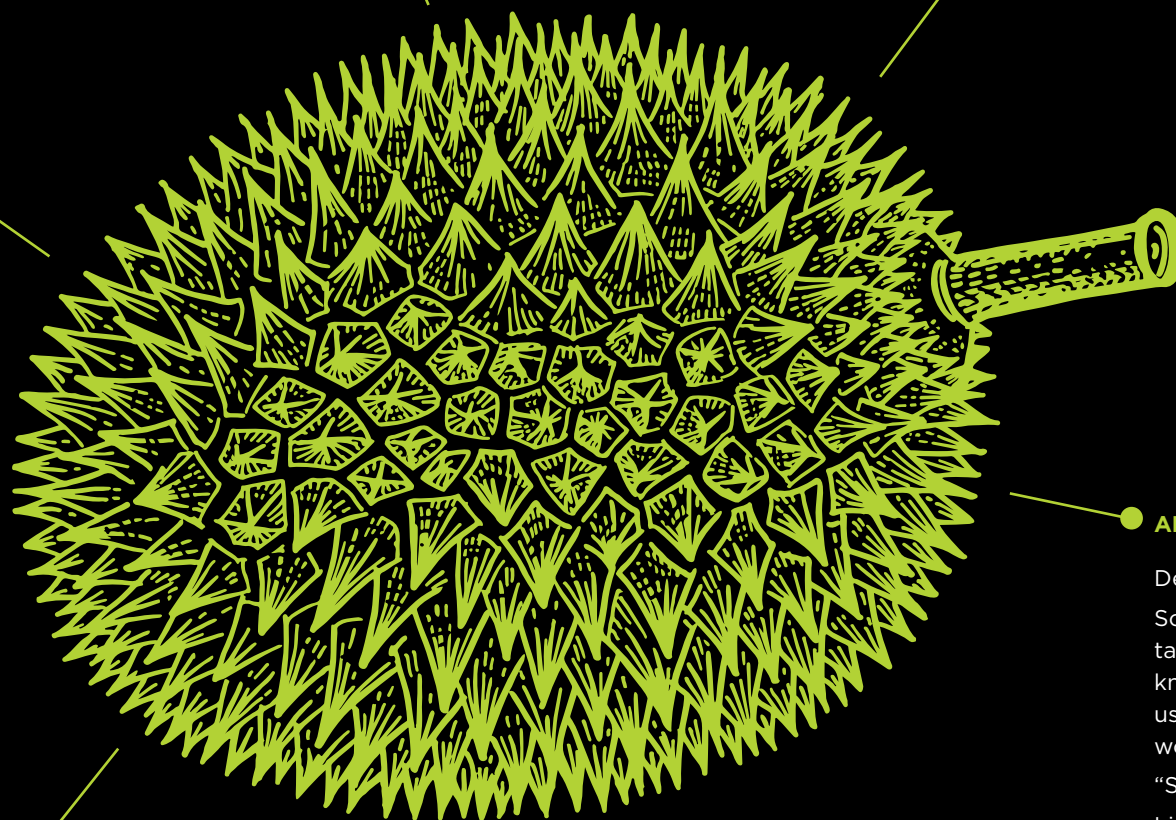
The alien overlord considers the durian. It is green. It is thorny. It is heavy. It is good.

They leave in approval. Our Earth gets another ten millennia leasehold extension and all is well.

SYMBOL OF A SOPHISTICATED PALATE

No other fruit splits humanity into opposing camps like the durian. The durian lovers camp enjoy boasting that they have superior palates that are capable of appreciating the intricate flavours of this thorny fruit.

Some aficionados go as far as describing durian taste profiles with adjectives such as "nutty", "alcoholic", "bitter", "watery" and "stanky".



These are but 6 of 72 uses of the durian, thereby categorically concluding that the durian is indeed the most versatile object on the face of this planet.

Thanks for coming to my Ted Talk.

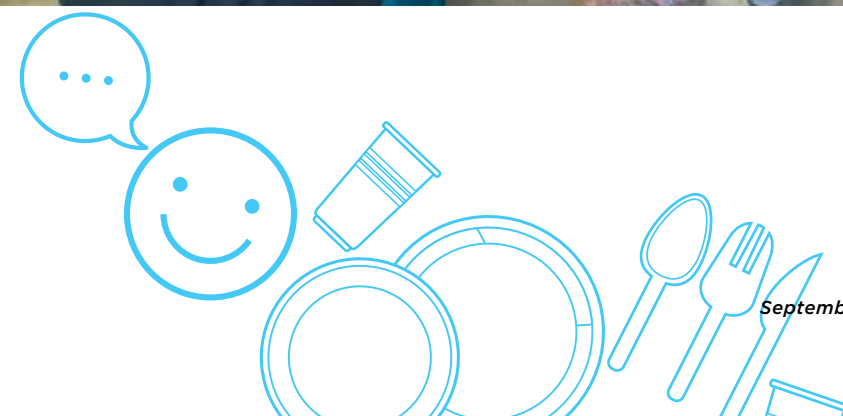
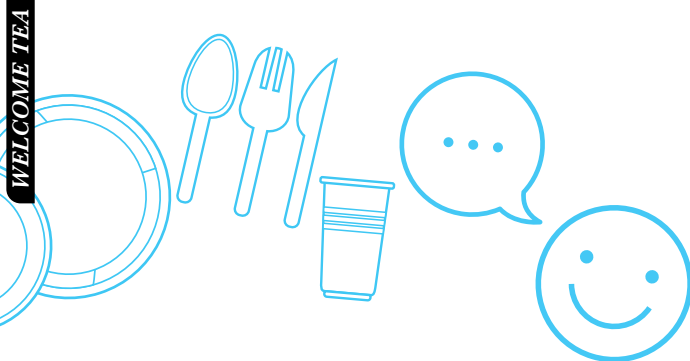
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he SDA freshmen welcome tea was held in U-Town, after a long hiatus brought about by the pandemic.

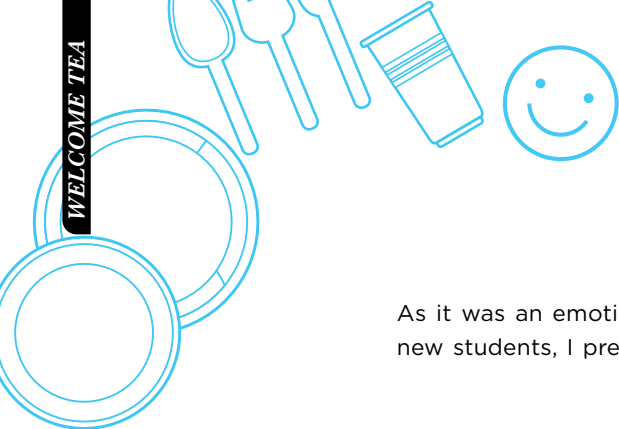
The event was kicked off with an opening speech by Vice president Dr Eugene Tang which brought about ruptures of laughter as he shared his own experiences in school as well as anecdotes with the current faculty staff. The students enjoyed a fun evening of mingling with members of the SDA exco as well as volunteers from the SDA welfare comm. We would like to give special thanks to our sponsors GSK for providing the students with a lovely outing.

The event was also the swansong for outgoing welfare committee chairman, myself Dr Zachary Lee, as embark on other endeavours. The welfare committee will continue to organise events to build strong bonds between different groups within our dental community.









As it was an emotional goodbye from me and a hearty hello to the new students, I present:

Hello/Goodbye

An Original Poem By Dr Zachary Lee

We turn sand to glass

Diamonds to drills

And cows to wallets

So can we turn

Children into Dentists.

Cars turn to scrap

Bark to papyrus

Sheep to kebab

So do the Dentists

Turn to dust.



DR ZACHARY LEE is a General Dentist in the private sector. He enjoys coffee, poetry and binge watching Tom and Jerry in his free time. He has a lust for life and a passion for passion fruit.

Have confidence in a deep, uniform cure.

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