

the DENTAL SURGEON

DEC 2022 ISSUE

SINGAPORE

THE HYBRID EDITION

7 - 9 OCTOBER 2022

MARINA BAY SANDS SINGAPORE

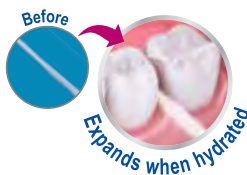
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Gum Problems could increase risk of Health Conditions[^]



[^]Sources:
Periodontology 2000, Vol. 44, 2007, David W.P. Nadine, B & Timothy C. N, 113-126; Bryan S.M & Robert, D, 103-112; Brian L. M & Gloria L. O, 127-153.

Scientific evidence shows that gum problems could increase the risk of health conditions[^] such as stroke, heart disease, diabetes and pre-terms births. Using advanced dental technology from LION – Japan's No.1 Oral Care Company*, Systema, The Gum Care Expert provides complete superior gum protection to help keep your gums, teeth and body healthier.

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¹ When using together with toothbrushing. Source: Journal of Japanese Society of Periodontology 78-258 (1975).

² Systema Super-Tapered Soft & Slim Toothbrushes help to improve gum health in 7 days with proper toothbrushing twice daily. Results may vary.

³ Based on Lion laboratory test. Systema Gum Care Toothpaste (Natural Breeze Mint/Natural Icy Cool Mint/Natural Sakura Mint) is proven in helping to kill 99.9% gum problem-causing bacteria. Gum problem-causing bacteria refers to bacteria inhabiting in the BioFilm - Porphyromonas gingivalis, Fusobacterium nucleatum, Veillonella parvula, Actinomyces viscosus.

⁴ As compared to ordinary toothpaste. ⁵Based on Lion Laboratory Test.

* INTAGE SRI+, Lion is Japan's No.1 Company in Oral Care Category, Value Sales, CY2021.

EDITOR'S NOTE

Dear Reader,



DR JEREMY SIM

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

I am thoroughly convinced that we have transcended spacetime and we are now plunged into an alternate reality. This bizarre world has got me thinking that there may indeed be some truth to *simulation theory*.

Here are some fun facts to challenge your conventional beliefs in "reality":

1. The University of Virginia's Division of Perceptual Studies research into reincarnation has produced statistically significant data that shows evidence of the existence of past lives. For example, since James Leininger was two years old, he claimed to have been a pilot in World War Two, producing details of life and death of a particular pilot that were proven to be accurate. This is one of many recorded cases.
2. The Double-Slit Experiment: is light (photons) a wave or a particle? Since the early 1900s, scientists have been baffled by this experiment. Till this day, there is no universally accepted explanation for the results of this experiment. When a beam of light is passed through two slits, an interference pattern shows up on the sheet behind it; thus implying that photons behave like waves. However, the very act of observing the experiment produces two solid bands on the sheet, implying that photons behave like particles.
3. The Evidence for Extra-Sensory Perception: Up till 1995, the CIA's Project Star Gate engaged in remote viewing, defined as the ability of human participants to acquire information about spatially remote geographical targets otherwise inaccessible by any known sensory means. Remote viewers were able to describe and draw remarkably accurate representations of targets during lab experiments. The program was eventually scrapped because although results were accurate, they were not sufficiently consistent.
4. The year is 2022 and our government bodies have still yet to crack down on the illegal dentistry provided by salons across Singapore.

Take some time to sit back and ponder existentially. I hope that, within our lifetime, categorical evidence will be discovered to tell us why, how and when we really got here. Until then, let's just keep fixing teeth.

Yours Sincerely,
Jeremy Sim

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The Dental Surgeon

320 Serangoon Road, #10-13 Centrium Square, Singapore 218108,
T: +65 6258 9252, F: +65 6258 8903, tds@sda.org.sg, www.sda.org.sg

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Designed and printed by ColorMagic Pte Ltd

MCI (P) 004/10/2022

EDITORIAL



Jeremy Sim
Editor



Lea Tan
Assistant Editor



Lawrence Yong
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Member



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IDEM 2022

BY DR JEREMY SIM



Important men

Left to right:

A/PROF CHNG CHAI KIAT
*Chief Dental Officer of the
Ministry of Health, Singapore
and the Registrar of the
Singapore Dental Council*

A/PROF PATRICK TSENG
*Director, National University
Centre for Oral Health,
Singapore and President,
Singapore Dental Council*

MR ONG YE KUNG
Minister for Health

DR LAWRENCE YONG
*President of Singapore
Dental Association*

MR MARKUS OSTER
*Vice President Trade Fair
Management, Koelnmesse
GmbH*

DID YOU KNOW: IDEM is an acronym for International Dental Exhibition and Meeting? I never knew until I googled this just now.

IDEM 2022 ran from 7-9 October at Marina Bay Sands. It was a blockbuster event full of dentists, more dentists, and other people involved in dentistry.

Individuals from all over the world descended upon our tiny island like pigeons on stale bread. However, IDEM was anything but stale: it was vibrant, loud and full of dentistry.



The (rather) newly minted President of the Singapore Dental Association, Dr Lawrence Yong, kicked off the event with a rousing speech.



We were also graced by Mr Ong Ye Kung, the Minister of Health.

In spite of Covid, the halls of Marina Bay Sands convention centre were chock full of human beings.

For many, this was the first in-person dental event that was not transmitted over zoom in over two years. Many had missed the warmth of other human bodies, while others simply had forgotten their agoraphobia due to Covid brain fog, only to return to their solitary hovels after IDEM.



↑ A chock full of human beings

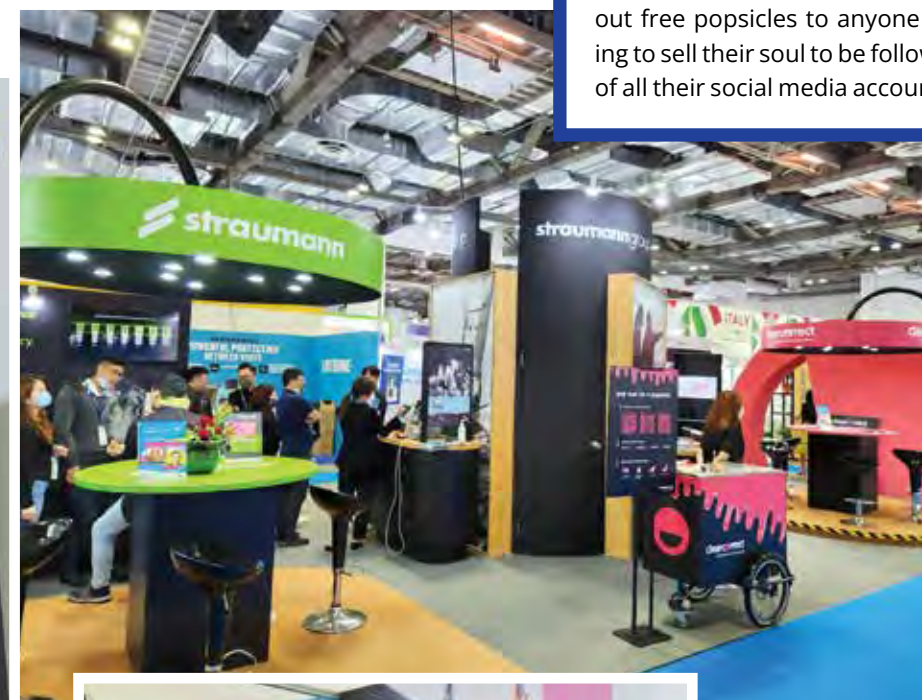
Dental equipment suppliers came out in full force to show off the latest in dental technology. Several booths caught my eye:



Aon's booth showed off a zirconia 3D printer that claims to print clinically accurate zirconia prosthetics.



Shining 3D was giving away a free intra-oral scanner to the fastest individual to scan a full arch.



The Straumann group was giving out free popsicles to anyone willing to sell their soul to be followers of all their social media accounts.



BlancOne was even doing teeth whitening for anyone brave enough to bare their teeth to thousands of dentists walking by.

Dentists were also able to catch up with their continuous learning by attending a myriad of lectures by both local and international lecturers alike:



Good times were had

Lunch at the event, however, was incompatible with my oral cavity.



A meal found to be decisively incompatible with my mouth

IDEM 2022 was ultimately a resounding success. The events ran without a hitch and the lectures were educational, yet interesting. Relationships were forged among friends, suppliers and colleagues. Most of all, everyone took a deserved break from the drone of their daily lives doing dentistry to experience more dentistry.

Here's to the success of IDEM 2022!

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IN 2024!



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IMPLANTOLOGY COURSE BY TRINON COLLEGIUM PRACTICUM

BY DR JEREMY SIM

From 21 to 25 November 2022, I flew to Phnom Penh, Cambodia, to participate in Trinon Collegium Practicum's hands-on implantology course. The course brochure promised to provide a hands-on experience placing at least 30 implants in the span of 5 days in the Faculty of Dentistry in International University.

I had several ethical concerns prior to signing up for the course, but I was relieved to find out that

- All patients were carefully screened by local lecturers
- All patients will continue with

follow ups by the local dental students to have the implants restored

- All implants were free of charge for the patients

The course fees amounted to almost SGD20,000, including food and lodging. We were housed in the Citadines Flatiron hotel, which was decently equipped and a short drive from the dental faculty.

The operatories were also well equipped. A range of NeoDent implants were provided which were adequate to cover the needs of all the patients treated.





I was fortunate enough to be exposed to a range of different cases, ranging from anterior to posterior implants, immediate implants, as well as cases that required immediate bone grafting and guided tissue regeneration. Your mileage however, should you attend this course one day, may vary.

The lecturers were a team of Oral Surgeons from Spain, who were generous and enthusiastic in sharing their wealth of knowledge with us. It was a good balance between being guided without being overbearing and also letting us work as we would in our own practices back home.

By the end of the course, we had all placed 31 implants each. Post operative x-rays were taken to ensure the implants were placed appropriately, and any misplaced implants were actually removed and replaced where possible. I was pleasantly impressed by the level of care provided



1 NeoDent implant being placed

to the patients, who were wonderfully easy going and tolerant during treatment.

I would highly recommend this course to anyone who wishes to refine their dental implantology skills. Just in case anyone was wondering, Trinon Collegium Practicum in no way sponsored this article. I simply had a great time.



1 Myself, my partner, Dr Joyce Kao (also from Singapore) and two dental students from International University



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

Chinese Ink Painting Event

BY DR CLARA GIBSON

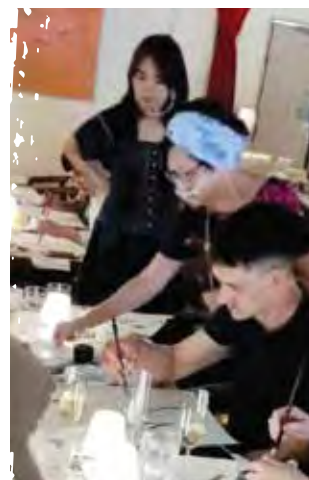
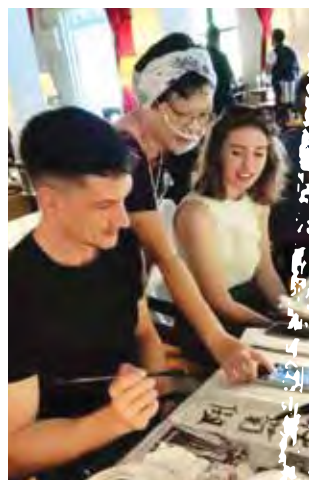


SAT
17TH
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here was an artistic flair in the air at The Wine Company, Dempsey, for the SDA inaugural Chinese Ink Painting event. The restaurant's low-lighting highlighted the wall-mounted art work and the background jazz music encouraged creativity. Dr Lee Jee Mui had laid the tables with paint brushes, ink of a myriad of colours and copious parchment sheets, both for practice and the 'real piece'. The attendees were seated, enthusiastic if a little nervous.

Afternoon tea and scones were provided, with Prosecco for those participants in need of a bit more encouragement to tap into their inner artist. As the attendees tucked into the tasty snacks, Dr Lee demonstrated the correct manner in which to hold the ink paint brush. The correct grip facilitates smooth strokes, she shared, as we all struggled to hold the brush upright, rather than the typical leaning-pen-grip. We practiced different shades of grey by varying the ink-water saturation of the brush and then it was time to start! Grey and black streaks morphed into Chinese character, with the non-chinese speakers producing characters of questionable legibility.





Painting by Dr Clara Gibson

We progressed to the main piece, the yellow chrysanthemums. Blooming early in the autumn, the flowers are commonly used in Chinese herbal medicine. The petals proved artistically challenging, obtaining the right balance between neatness and symmetry while being true-to-life. It was fascinating to see how, even with the same briefing and instructions, each participants' painting was so different, reflecting individual styles and personalities. As the Prosecoco kicked in, the creative brush strokes became more elaborate. Aberrant streaks and accidental blobs of ink had to be incorporated into the paintings, adding a touch of 'abstract'. The leaves were the final touch, with inter-connecting stems that challenged our ink strokes but brought the

whole painting together. Dr Lee was an excellent teacher, with the right balance of instruction and encouragement, such that participants could realise their inner artist while still knowing the end point.

Art canvasses were blotted dry and carefully rolled to cylinders, secured with a tie hoping to withstand a busy MRT journey home. My painting hangs above the desk in my study; although far from award-winning, it is a gentle reminder when I am toiling through admin that there can be many facets to being a dentist. And just sometimes it is good to allow some creativity and go outside those margins, in a profession where meticulous attention to detail is the norm.



DR CLARA GIBSON

was trained as a dentist in Ireland and did further orthodontic training in London, UK. She is working as a general dentist in Singapore and spends her free time enjoying the sunny weather by cycling and running around the island.

THE WORKING MUM

BY DR SURINDER ARORA

Parenthood: where the days are long and the years are short.'

— so many people

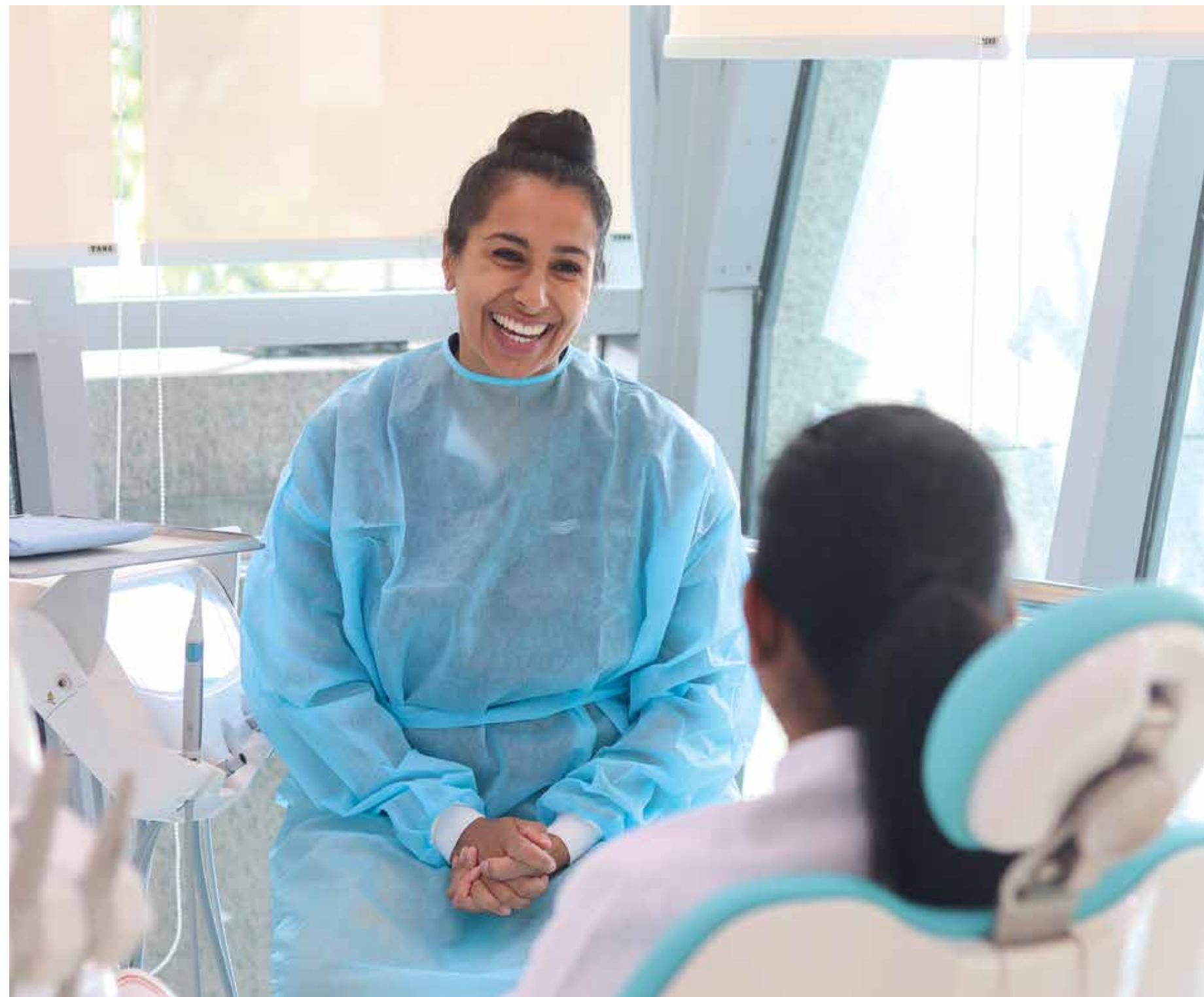
In this article, the terms parent, mum or dad are used, I'm broadly speaking about any caregiver or guardian to a baby or child.

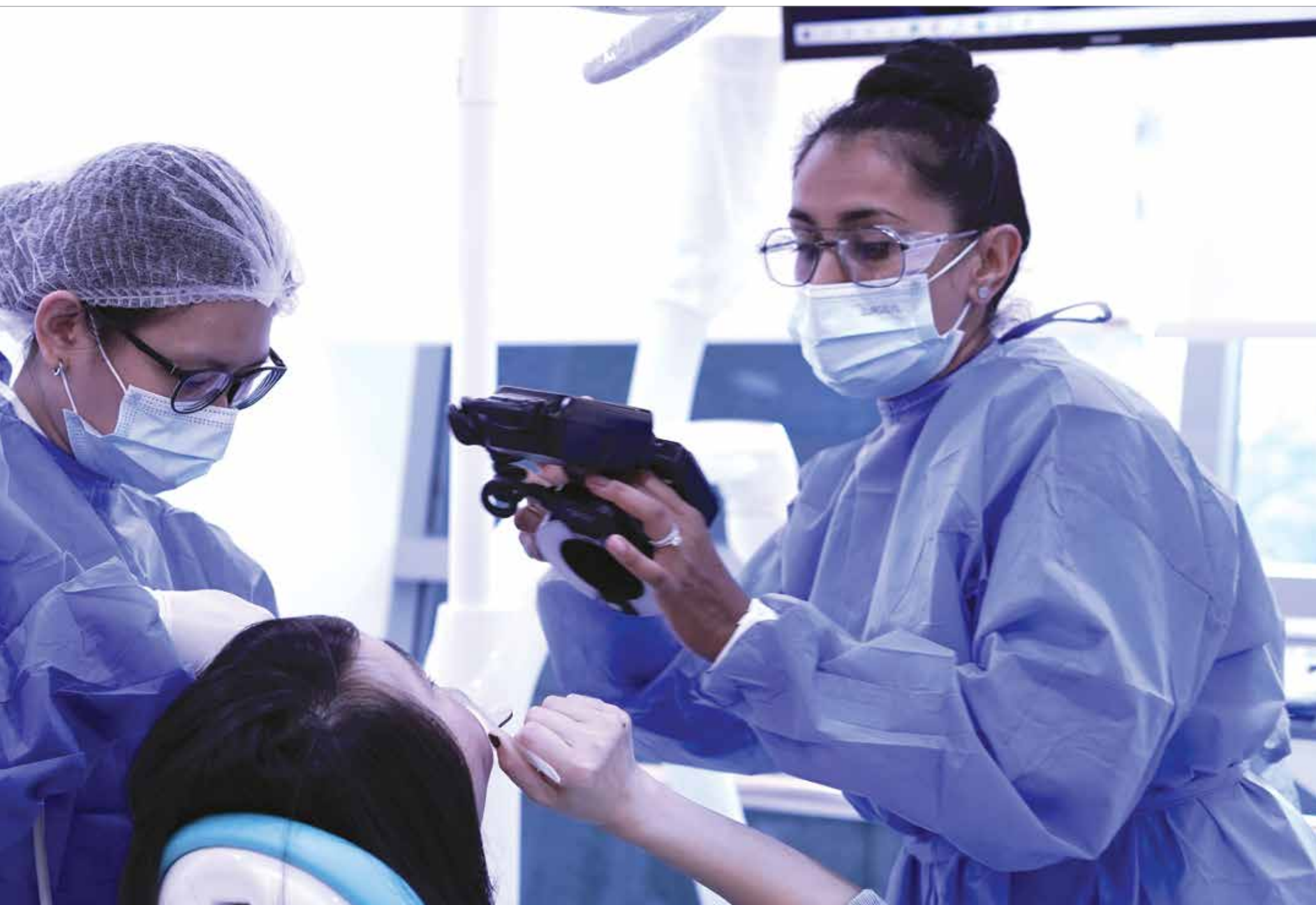
This statement is unbelievably true. For those of you with little ones you will completely hear me. Especially at the start. Sleepless nights, trying to understand the needs of your baby not to mention navigating a whole new terrain with your partner. This is totally situation dependent and is different for everyone.

As my own mum has said on many occasions 'being a mum is the best job ever'. There's always a sparkle in her eye and a mystical smile whenever she says this. Like she knows something you don't. I discovered that there are many things that she like all mums have been through with their kids that are best kept secrets, never to be shared.

It wasn't until I became a mum myself that I had this whole realisation that mums are undercover superheroes. A food supply, a pillow,

a taxi, a nurse, a teacher, a party planner, a photographer, a secretary, a chef, a spiritual advisor and personal shopper. The list goes on. Who knew? I have a new found respect for mums everywhere - stay at home mums, working mums and in particular, single mums.





Parenthood - The Ultimate Self Development Tool

He stands up on the chair about to jump off. 'Mamaaaaa'. Yes that's my 2 year old testing the boundaries again. I can either lose it or calmly and slowly move towards him and offer him support 'Do you think that's a good decision? Do you need some help coming down?'

'Mama carry!' he cries as he leaps into my arms.

No matter how many books we read, no one can teach us how to mother a child. They will push us to our limits in so many ways. I've discovered that parenthood is about us, not about them. Why are we so triggered by that behaviour? They innocently (most of the time) bring up all of our unhealed wounds. The insecurities, the buried issues from the past. They ask appropriate and what we may see as inappropriate questions. They invite us to see the world through their eyes - a whole new perspective. They teach us. In 60 seconds (or even less) a mum can often go from feeling on top of the world to absolutely fuming.

Working Mamas

The dance we do as mums is a fine one and every dance has its own unique rhythm and beat. The morning before work is like a full day in itself and let's get real, it's HARD. It's hard to leave your baby, it's challenging when you're breast-feeding and pumping in the middle of the night. Stating the obvious, amongst the whirlwind of magic and wonder, it's exhausting being a mum.

I recently heard my male colleague say to a group of predominantly males 'unfortunately for Surinder, she's and mother and a dentist.' In my head I was thinking, 'there is nothing unfortunate about this situation, it actually works really well for me.'

When I was 16 years old on work experience, I quietly observed a female dentist I was shadowing. She worked part time, loved her job and was helping to support a young family. I'm now living that reality. I shared more on this at the Young Dentist Conference in Singapore earlier this year. The audience had a large proportion of young women and it gave me an opportunity to reflect. Ten years ago, I was speaking at a similar conference in London where I pulled up a slide of all of the cool things I had done in my first year as a post graduate. Work life



balance back then meant having it all - the job, the publications, the adventures, the holidays, the social life. Fast forward to today, work life balance has redefined itself as having all of the parts of my life working smoothly together.

I have found a good support system to be paramount in me confidently being able to work. My partner is incredibly supportive and hands on with our little one and we have a good system in the home space. It seems like for some, the role of a dad is not what it used to be. Parent roles are forever changing. Drawing on family members, friends, other resources and help for support can really take the load off ourselves, giving us a little more time and space.

Here's what she said

For me, being a working mum is one of the most challenging but rewarding things in the world. Trying to get the balance between work and home life is a fine art and the beauty is in the perfection of the imperfection. Working allows me to do something I enjoy and stimulates my brain in a different way and choosing a career as a dentist offers some big perks. As an associate, I leave my work at work and it really does offer flexibility. I've also been very lucky with the support I have had from my boss and team.

'I found the pros of being a dentist are that you can set your schedule and hours around your life. For maternity leave, I could take more than the standard 4 months however, before I went on leave, I had a good flow of patients. When I returned to work, that flow wasn't there and it felt like I was starting from scratch.'

*Dr. Chew,
 mother of a 2 year old*



'The challenges are like any working mum. I'm thankful my job allows me the flexibility of bringing my kids to work. They grew up visiting the clinics and understood the demands of a health care provider. They are 18 and 20 years old now. Through their journey with me, they understood empathy, kindness and compassion which are important values to me.'

*Dr. Ng,
 mother of an 18 and 20 year old*

Burnout

Burnout results from ongoing, unsuccessfully managed stress. Tell-tale signs of work place burnout include exhaustion, increased mental distance from your job, and reduced professional efficacy. Many mums I know have felt this way about work and the home space. Back in 2020 my colleague and I worked on a study of dentists and burnout in Singapore as part of my MSc in Public and Mental Health.

Some of the consequences of clinical burnout applied to the dental work space reported in the literature include:

- Decreased work engagement
- Reduced clinical productivity
- Reduced remuneration
- Poor quality of care
- Diminished professional standards
- Compromised patient safety
- Suboptimal patient care practices
 Inaccurate record keeping
- Failing to fully discuss treatment options or answer queries
- Errors in treatment and medications.

An interesting answer to 'other causes of stress' included a included **family pressures** and **work-life balance**. Burnout is real and there are ways to prevent it (Arora and Knight, 2022).





Reference
 Arora, S., & Knight, A. (2022). Questionnaire Survey of Burnout Amongst Dentists in Singapore. *International dental journal*, 72(2), 161–168. <https://doi.org/10.1016/j.identj.2021.08.054>

Self-care for Supermamas

Self-care? I'm a mum, I don't have time for self-care! A common line of thought. Taking some time out for yourself is absolutely essential in order for you to be the best version of you for your family and your patients. It's an area that many of us do not prioritize and it could simply look like taking 5 minutes of long deep breaths before you start your day. This could just make all the difference preventing a situation of burnout.

We often think that we need to be doing more. Sometimes it's just about being. Being present with our families, showing up fully at work. Tapping into our resources and asking for help can also make the world of difference. Some other great tips I've heard from mums include; creating structure through routines, avoid-

ing comparison, accepting our limitations, prioritizing what's important, meal prepping, exercising, connecting with our partner and nurturing friendships.

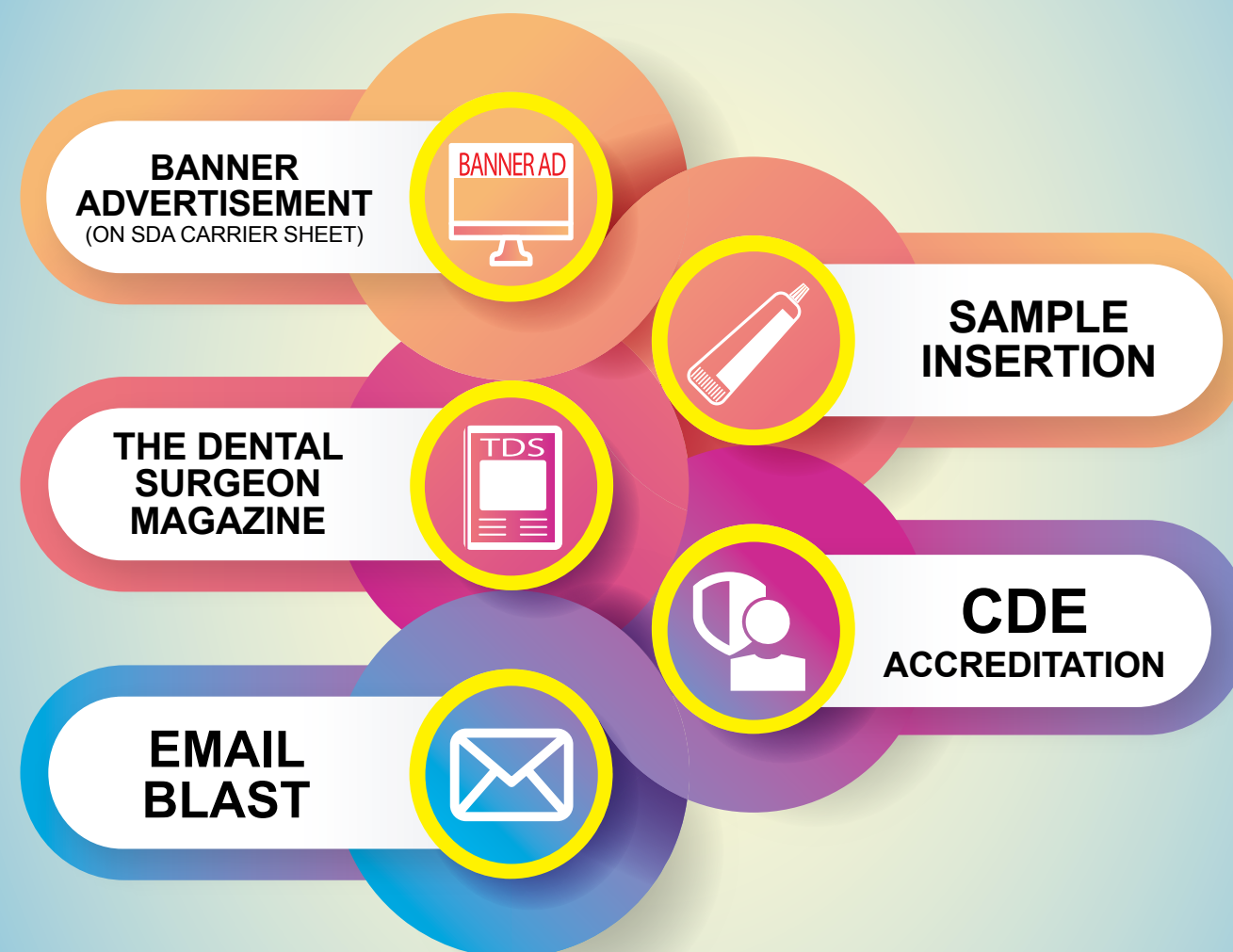
In Closing

There is a line in the Sikh scriptures that states 'every man is born of a woman'. Take a look around, everyone you see currently has or has had a mother or a mother figure. They simply wouldn't be here otherwise. For all of the mummies reading this - you are awesome. Keep going! I bow my head in reverence to each and every one of you. For all of the daddies - thank you for your support. For all of the employers - thank you for your patience and flexibility. Together we are growing and raising the future of our planet.



DR SURINDER ARORA is currently based in general practice and is a holistic health and wellness junkie. She's a qualified yoga teacher and has MSc in Public and Mental Health with her research project on dentists and burnout in Singapore.

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POTTERY WITH THE CLAY PEOPLE

BY DR VIVIEN WANG



I have always wanted to try pottery. Prior to going for the pottery class with The Clay People, I always thought it would be fairly “easy”. After all, we dentists work with our hands all the time right? Alas, I was proven so wrong when I actually began to place my hands on that ball of clay!

23 of us showed up at Marina One for our pottery class with The Clay People. There was an air of excitement and camaraderie amongst us, a lot of friendly chatter and laughter. It was extra special for me as I had brought my 2 besties and my goddaughter to the class. Boon Gim, the Lead Ceramist of The Clay People Ceramic Studio began with some introductions. He gave us a brief history into earthenware and told us that after clay pots are fired and glazed, they could last thousands of years much like those found in excavation digs from ancient civilizations. He showcased his work and those of previous students and guided us step-by-step on how to mould the clay ball into a finished product. He gave us some tips on things to avoid and what we should watch out for. He told us we could make anything we wanted - a bowl, pot, cup, plate - we were supposed to “feel” the clay and let our instincts guide us into a finished product. According to him, there was no such thing as an “ugly” piece of work!

After his demonstration, we were left to start work on our clay balls. I eagerly dipped my hands into the water jug. Recalling the steps Boon Gim said to follow, I placed my hands on my first clay ball and stepped on the foot pedal. It started fairly well, I remembered to press the ball down and centre it before I started to shape it, but so quickly it went haywire! One little mistake of being too eager and putting too much pressure on one side and my “beautifully shaped” pot went from being “pretty” to “bleah”. My heart went “piang” and I turned to my bestie on my left and moaned at how ugly my work had become. Dr Lee Jee Mui on my right looked over and said to me: “nevermind, just take a new ball and start again”.

Glancing around at the rest of the class, I saw everyone engrossed with their clay moulds, shaping them into artistic shapes and designs. I also heard the occasional “ah!” and “wa!” which likely meant some of my fellow potters either had the same bloop moment as me or had happy moments of joy when they surveyed their work.

I got up to get a new clay ball and sat down again at my pottery table and restarted the process. This time I took it slow and I found that by slowing down the pottery wheel I could control the shape much better. By the end of the session I was able to produce 2 “decent” looking pots and 1 plate. I realized that the trick behind it all was not to over do it. Learn to let go and know when to





Photos Credits:
DR VIVIEN WANG
DR LEE JEE MUI

stop. Overdo it and the clay would so easily “deform”.

I suppose this lesson could also be applicable to life in general? We need to take breathers and breaks, slow down and take a step back. Otherwise, external stressors in our life can so easily overwhelm us. I can fully understand why some people choose to take up pottery as a serious hobby or even a full time job. For the full 3 hours at the pottery class I just focused on the clay, and all the stressors of my other commitments lay forgotten. By the end of the session all of the participants managed to make at least 1-2 items, some made more. All of us had muddy hands and dirty clothes but most of all, we were all smiles and everyone had a very rewarding and enjoyable class.

I am looking forward to collecting our pottery pieces in December when the studio completes the firing and glazing for us.



DR VIVIEN WANG
graduated with a Bachelor of Dentistry with Honours from the University of Sydney in 2010. She is a general practitioner in private practice. She is also a council member of the Singapore Dental Association (SDA). In her free time, she combines her love of travel and culinary adventures by collecting Michelin stars in Singapore and beyond. She also enjoys handicraft and dabbles in embroidery and needlework.

McLaren GT 2022

BY DR KEVIN CO



What is it?

McLaren is known for some trail-blazers, starting with the McLaren F1, the car that redefined supercars in the mid-1990s. Hitting a top speed of 372 km/h, dispatching 0-100km/h in under 3.5 seconds, and doing it all without driver-aids made it a fearsome proposition. Since then, the company's been building a fine line of sportscars, grand tourers, and of course, supercars. The McLaren GT is their latest Grand Tourer, and the Working squad proudly proclaims it to be the lightest, quickest accelerating class in its class. They also mention an engaging yet comfortable ride and generous luggage space in the same place. So, does it tick all these boxes? Let's find out.

Give me some highlights

Large displacement V12s are a thing of the past, as McLaren has settled on the M840TE twin-turbocharged V8 that they designed with help from Ricardo. At 4.0-liters, it's got moderate cubic capacity for a supercar, and puts out 612hp and 630Nm as the headline figures. This is all sent rearwards via a seven-speed dual-clutch automatic transmission with manual shifting via, you guessed it, steering-mounted paddles. Double wishbone suspension is present all around, and the Proactive Damping Control active suspension system can adjust several parameters depending on the selected driving mode.



How fast is it? Zero to hundred ticks off in 3.2 seconds, top speed is rated at 326km/h. What about stopping? Large ceramic discs at all wheels ensure that the GT can stop from 100km/h to rest in under 32 meters and needs less than 120 meters to do the same from 200km/h.

But does it look like a McLaren?

McLaren's styling direction is totally unlike competitors Ferrari and Lamborghini. The McLaren swoosh is perfectly embodied in the GT's elongated length, which stretches to 4.7 meters for a more swooping stance. That's longer than a compact sedan nowadays! Dihedral doors are said to be unique to the class, and they certainly look distinctive.

Everything on the GT is functional, from the gaping air intakes behind each door to the subtly kicked-up tail with an integrated wing that eschews a separate and more prominent rear wing for a cleaner profile. The rear deck is carbon fiber, as is the core structure of the GT. Beneath the tail lamp cluster and within the diffuser lie twin exhausts, which, granted aren't the quad tailpipes of many other sports- and supercars, but look no less menacing.

Turn your attention to the roof, and it's panoramic glass affair. The tailgate is powered too, for added convenience. You won't find these on a supercar.



What about on the inside?

Seating two passengers, the cabin is an exercise in luxury not typically seen on cars of this class. You've got soft leather, knurled aluminum, and Cashmere as an option. What you won't find in here, is wood. McLaren are emphatic on that, banishing it as 'traditional luxury' in favor of their take on the concept, which incorporates light and space. There's plenty of tech, including climate control, touch-screen infotainment and instrument cluster, and options of a 12-speaker Bowers & Wilkins sound system.

You've got two luggage areas. The main one sits above the engine bay, and can get a bit warm after a while. There's also a front trunk, or frunk that's probably better for your ice creams.

Being a two-seater, it is unfortunately not your family wagon. Still, if you've bought a McLaren GT, chances are you can also afford another, child-friendly vehicle for those family trips.



How does it drive on the road?

McLaren know that as a Grand Tourer, one should be able to drive the GT to the shops and back without having their teeth knocked out every time they touch the gas pedal. With that in mind, the GT can do the daily driver role very well. The smaller turbos on the V8 ensure that it's not too peaky, and you can drive this car in a very civilized fashion, adhering to all road rules and regulations.

Ride quality is surprisingly pliant, signaling that the suspension has been tuned for comfort when in the relevant mode. You'll also be surprised to hear that the cabin, as well as exterior environment can be relatively quiet when the V8 is being well-mannered. Top Gear sum it up perfectly, by say-

ing that the McLaren GT "won't wake the dead".

If there's a little grumble, it's that the automatic transmission is all too eager to shift up to the highest gear possible, firmly placing the V8 in as low revs as possible, and necessitating some manual downshifting, or at the very least, an annoyed prod of the gas pedal to kickdown. This is probably to help it be as tractable as possible under road conditions, as well as improve fuel consumption, but can be an irritant under spirited road driving.

How is it under full chat?

The GT is a little softer than the company's more hardcore offerings, and not



nearly as sharp and focused when it comes to cutting corner apexes. However, what it lacks in that department, it makes up for with adaptability and agility, building up driver confidence as you gain more seat time. The summary that many testers have come to after driving the GT in anger is, that it's better suited for longer and more flowing corners, rather than tight track turns.

There's a brake steer system as well, which uses control of individual wheel brakes to slow an inside rear wheel on turns, sharpening the car's line, and this no doubt helps offset the slightly less-sharp steering (in comparison to McLaren's other, more track-focused offerings, of course).

The powertrain, helped by numerous electronic helpers is ever happy to send you rocketing off from rest in the fastest possible time, no matter what the conditions. Of course, it's got launch control, and you can enjoy the kidney-bruising blows it offers all day long if that's your thing. Try this in damp or greasy conditions, and you get just a sliver of squirm from the rear before the electronics find the optimal bite point and send you off.

Conclusion

The McLaren GT is, as the name rather aptly alludes to, a refined Grand Tourer. That doesn't mean to say it lacks the impetuous to show cars around it a clean pair of heels. Rather, it will do so in a less dramatic manner than some of its Supercar siblings, with poise and grace rather than the brash unapologetic approach of your usual breed.

If you need something that can be as comfortable and pliant on a continent-crushing journey, with the power to back it up, the McLaren GT is one of my hands-down favorites.



DR KEVIN CO is the
 Clinical Director and
 founder of TLC Dental
 Centre.

*Kevin is a part-time
 motoring journalist with
 OneShift and also serves
 on the publications
 panel for IMDA - Ministry
 of Communications and
 Information.*

*Cars remain his lifelong
 passion.*

EPIDEMICS OF SINGAPORE – THE KORO PENIS HYSTERIA OF 1967

BY DR JEREMY SIM

You are a man living in the newly-minted island of Singapore, worried about the recent independence and yet also excited for the future. You are young, energetic and virile. You suddenly hear a series of panicked knocks on your front door and hear your mother screaming your name.

"Ah boy, you got eat pork recently or not?" she asks. You nod your head, acknowledging your dinner consisting of bao last night.

Her face turns white and she unleashes a powerful, "Aiyoh!"

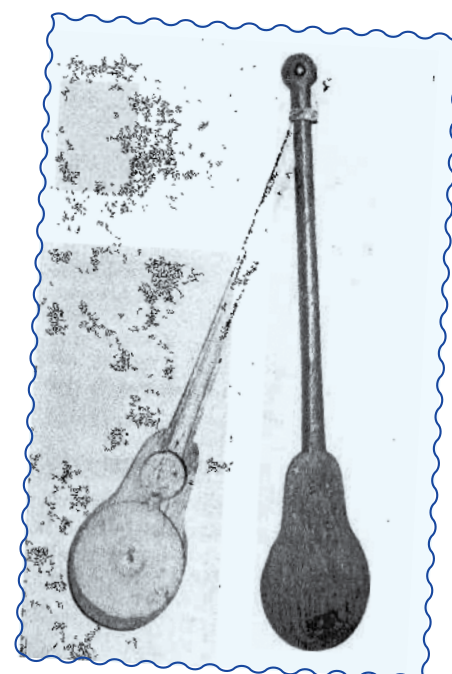
"You better check your bird bird, the Malaysia pork got chemical inside and it will make your bird bird jip (Hokkien for "go") inside your body," she warns.

You run to the bathroom, disrobe and your heart sinks as you feel your manhood shrink. You run to the kitchen and grab a pair of wooden chopsticks and a bunch of rubber bands, securing what is left of your member beyond the confines of your body.

Known as Koro Penis Hysteria, this malady perpetuated Singaporean males for weeks in 1967. The Singapore General Hospital was seeing 70 to 80 cases a week of men reporting that their members had shrunk, or even retracted back into their bodies.

A study conducted in 1969 suggested the following:

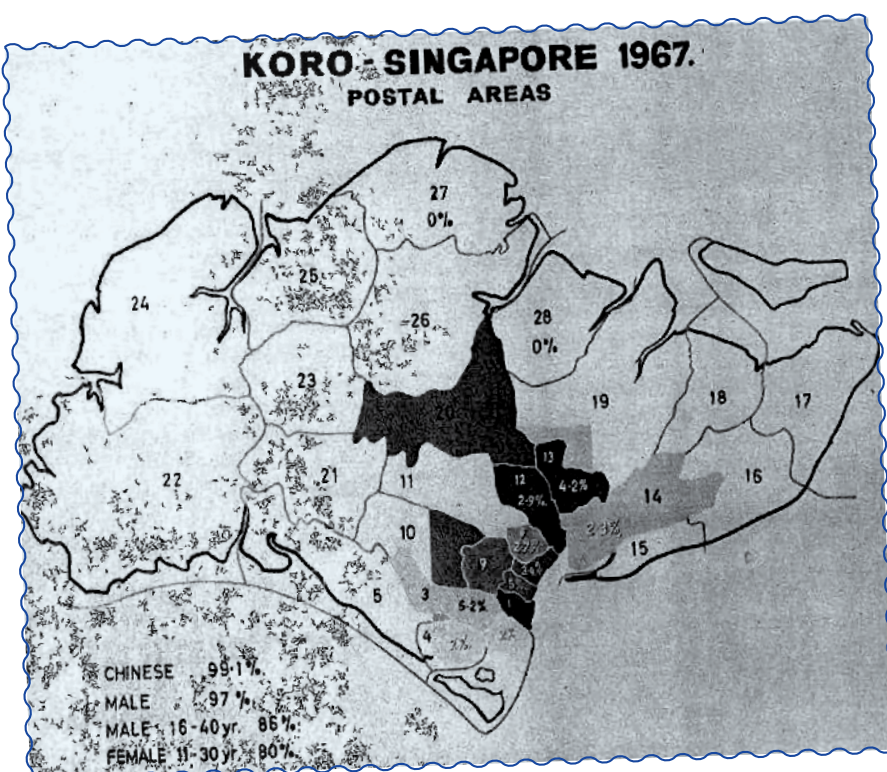
"[There] was concern about chickens being injected with oestrogen



1 A Restraint used by Koro Patient — Close-up View

to increase their growth. Some men were afraid that the oestrogen in the chicken would cause gynaecomastia and avoided chicken meat. At about the same time, there was a rumour that contaminated pork was being sold on the market and that diseased pigs were being inoculated against swine fever. This triggered off the epidemic and a possible explanation of the outbreak is that the inoculation of the pigs was seen to be similar to the injection of chickens with oestrogen."

Men lined up with a gamut of contraptions. Singaporean men, at the time, were the McGuyvers of penile length maintenance. Some men simply grabbed on with their hands, while others used a com-



1 Incidence rates in different postal areas in Singapore

TABLE I ETHNIC AND SEX DISTRIBUTION		
	Male	Female
Chinese	444 (95%)	15 (3.2%)
Malay	4 (0.9%)	0
Indian	6 (1.3%)	0
Others	0	0
TOTAL	454	15

TABLE II AGE DISTRIBUTION (ALL CASES)		
	Male	Female
0—5 yrs.	6	0
6—10 yrs.	14	1
11—15 yrs.	70	5 (33.5%)
16—20 yrs.	138 (30.5%)	3 (20.0%)
21—25 yrs.	70	2 (13.4%)
26—30 yrs.	56	2
31—35 yrs.	48	1
36—40 yrs.	22	0
41—45 yrs.	10	0
45—	11	1
Unknown	3	0
TOTAL	454	15

Youngest — 7/12
Oldest — 70
Time interval 31.10.67-6.12.67

1 A study by the Singapore Medical Association showing the demographic distribution of Koro

bination of rubber bands, clothes pegs and clamps.

As a result of the hysteria, pork sales plummeted. The government eventually made an announcement to quell the false rumours of tainted pork (and chicken). Singaporean men eventually returned to normalcy and to the realisation of the harsh reality that we were simply not well endowed to begin with.

Such is the absurd but true case of the Koro Penis Hysteria in Singapore.

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Synchrotron – What it takes to go deeper.

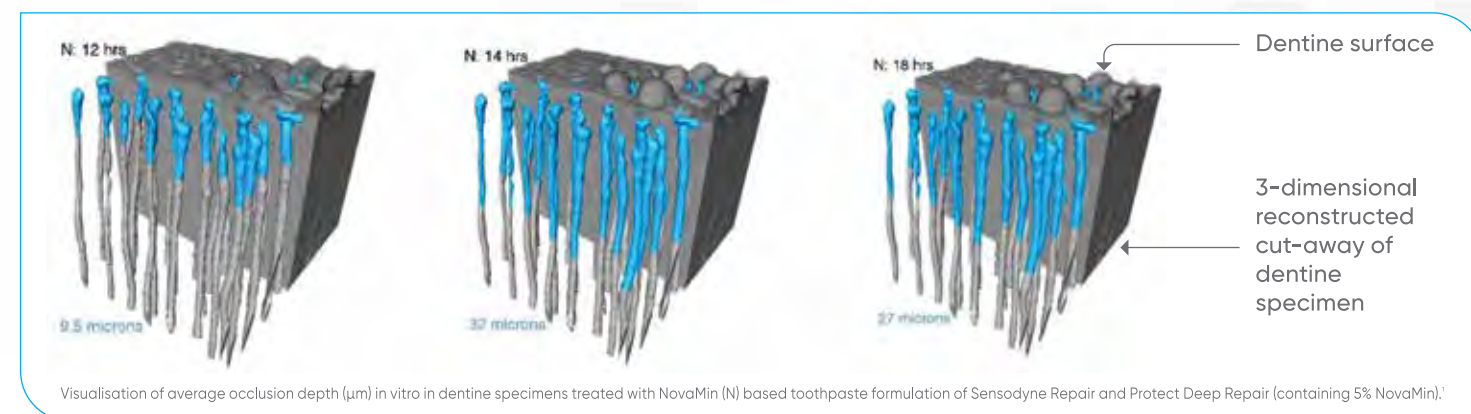


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- High-energy electrons travel around the giant ring, to produce the X-rays, emitted as beams.²
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The synchrotron studies showed Sensodyne Repair and Protect Deep Repair resulted in the deep occlusion of tubules.³



Visualisation of average occlusion depth (µm) in vitro in dentine specimens treated with NovaMin (N) based toothpaste formulation of Sensodyne Repair and Protect Deep Repair (containing 5% NovaMin).¹

NEW Sensodyne Repair & Protect Deep Repair.

Clinically proven for long-lasting protection against dentine hypersensitivity.^{*4-6}



With NovaMin technology

*With twice-daily brushing

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