

the DENTAL SURGEON

DEC 2021 ISSUE



システマ
Systema
Gum Care Toothbrush

Improve
Gum Health in
7 DAYS⁺

Try
attached
sample

LION

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

システマ Systema

Gum Care Toothbrush



Elvin Ng
Mediacorp Artiste

Improve
Gum Health in
7 DAYS⁺⁺



New Look



At Systema, we understand that gum care is essential to overall health and hence, we are devoted to improving your gum health.

Systema, **Japan's No.1 Toothbrush Brand⁺**, introduces the new look of Systema Gum Care Toothbrush which helps you to improve gum health in 7 days⁺⁺ with its superior Super-Tapered Soft & Slim Bristles that removes plaque effectively.



Stress measurement on gums

Systema Super Tapered Bristle	Normal Round-ended Bristle
200g/cm ²	600g/cm ²

Systema Super Tapered Bristles can clean effectively yet **3 times more gentle** than normal Round-ended bristles

Available in 3 head sizes - Compact, Regular, Large and each head size has 2 bristles type - Soft, Medium

- Super-Tapered bristles help provide **9X better cleaning ability[^]** yet **3X gentler** on gums[#]
- High grade PBT bristles are more durable than ordinary nylon bristles
- Long slim neck to reach the inner molars
- Non-slip handle design provides better control and grip

⁺INTAGE SR+, Systema is No.1 Brand in Toothbrush Category, Value Sale, CY2020. ⁺⁺Systema Super-Tapered Soft & Slim Toothbrushes help to improve gum health in 7 days with proper toothbrushing twice daily. Results may vary. [^]At gum line area as compared to ordinary round-ended bristles. [#]As compared to ordinary round-ended bristles. ^{*}INTAGE SR+, Lion is Japan's No.1 Company in Oral Care Category, Value Sales, CY2020.

CELEBRATING
50
Years

Celebrating Healthy Smiles since 1971

Growing with you for the past 50 years

Call us at 6336 6222 to schedule your
dental appointment with us

Central: Bishan | Harbourfront | Marine Parade | Orchard | Raffles Place | Tanjong Pagar
Thomson | Toa Payoh **North:** Woodlands | Yishun **North East:** Ang Mio Kio | Hougang
Serangoon **East:** Bedok | Tampines **West:** Choa Chu Kang | Clementi | Jurong Point

ADVERTISING OPPORTUNITIES WITH SDA

BANNER ADVERTISEMENT
(ON SDA CARRIER SHEET)



SAMPLE INSERTION



THE DENTAL SURGEON MAGAZINE



FLYER INSERTION



EMAIL BLAST



CDE ACCREDITATION



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

EDITOR'S NOTE



Dear Reader,

I have been having a recurring dream of myself, being stark naked on a rocky outcrop by the sea.

I manage to find a twig to protect my modesty as I make my way to a weathered canoe by the water.

I hear my thighs slap as I bound my way towards it, but the canoe gets drawn further into the frothy sea.

Every dream, I get closer and closer; but never close enough. I chase the canoe till the water engulfs my entire being, and I wake up, startled and gasping for breath.

Every evening before bed, I resolve to catch the canoe and to discover what lies beyond the dreamy horizon.

If you can help me make sense of this recurring dream, do reach out to me.

Until then, enjoy the read.

Yours Sincerely,
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.

IN THIS ISSUE

6

The Direct Pulp Cap with Biodentine

by Dr Jeremy Sim

16

Planting Through The Pandemic

by Dr Terry Teo

28

Cruisin' Through Covid: A 'Travel' Review

by Dr Lea Tan

42

Food Review: Slurp Your Oysters (@slurpyouroysters on Instagram)

by Dr Jeremy Sim

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

The contents of this publication may not be reproduced either in part or full without the consent of the copyright owners. Articles published express the viewpoints of the authors and does not necessarily reflect the views of the editorial team and publishers of the publication.

Designed and printed by ColorMagic Pte Ltd

MCI (P) 010/10/2021

CONVENOR



DR GOH SIEW HOR graduated with a Bachelor of Dental Surgery from NUS in 2008. He is presently the Assistant Director at NTUC Health where he heads the Dental and Family Medicine services. He is a Visiting Consultant and Member of the Medical Advisory Committee at St Luke's Community Hospital and President of the Singapore Dental Health Foundation. He currently practises at Unity Denticare.

ASSISTANT EDITORS



DR ROBERT BURGESS is currently studying to be an endodontist. He hopes to continue to contribute to *The Dental Surgeon's* growth as a publication. Robert spends his free time trying to keep his pet corgi alive.



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.

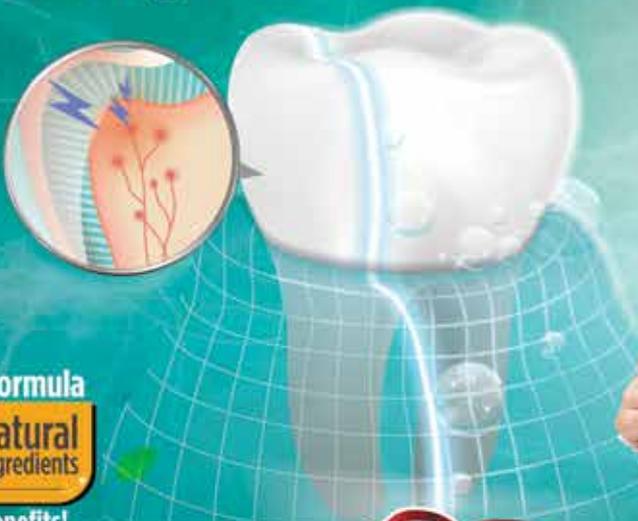


Pearlie White®

Advanced Sensitive Fluoride Toothpaste

Provides Fast, Effective & Lasting Relief From Tooth Sensitivity!


Kimberly Chia
Pearlie White Global
Brand Ambassador,
NoonTalk Media



Enhanced Formula

+10 natural ingredients

for added benefits!



Advanced Formula Enhanced With 10 Natural Ingredients For Greater Antibacterial & Antioxidant Benefits!

Clean Formula That Does Not Contain Undesirable Ingredients!

Effective Formula Containing Potassium Nitrate That Relieves And Protects Against Tooth Sensitivity!



www.PearlieWhite.com  /pearliewhite |  pearliewhiteglobal

The Direct Pulp Cap with Biodentine

BY DR JEREMY SIM

The Root Canal Treatment has earned its status in pop culture as a form of punishment. While mostly overstated, it is true that the procedure may sometimes lead to varying levels of discomfort. It involves the removal of the nerve inside your teeth, followed by the placement of a rubbery material, known as *Gutta Percha*, to create a hermetic seal that prevents infections down the road.



Biodentine by Septodont

In order to save teeth, root canal treatment is often necessary especially when the nervous tissue is found to be severely infected or even dead. However, root canal treatment has historically been recommended even if a tooth has deep decay or has mild symptoms.

In such situations, an alternative material may be used: Biodentine. A relatively new kid on the block, Biodentine is a nerve coverage material that is referred to as a *bioactive dentin substitute*. As that phrase suggests, it is used to replace dentin that is often lost through dental decay or affected by trauma. It is placed as a material to cover the exposed dental nerve (direct pulp cap following a partial/full pulpotomy, for you dental nerds!), thus avoiding the need for root canal treatment.

Let's take a look at a couple of my experiences with Biodentine.



This patient presented with a deep decay on her upper left first molar (middle tooth, photo 1). The x-ray shown above shows that the decay extends to the nerve of the tooth. In situations such as this, root canal treatment would often be the traditional treatment of choice.



However, the patient was offered the option of Biodentine treatment. The decay indeed extended into the nerve, and the cavity was then filled with Biodentine, which was then left alone for 3 months (photo 2).



At the 3 month mark, the tooth was tested to be functioning well. The patient was also pain free. A stronger tooth coloured filling was then placed over the Biodentine as seen in photo 3 to enhance the integrity of the tooth. Root canal treatment successfully avoided! The patient returned a year later for a regular checkup with the tooth still functioning as it should.

Dental
Protection



“Membership means I have protection for my career and reputation.”

Our expert dentolegal advice service is here
to help with queries and emergencies.

Find out more at

dentalprotection.org

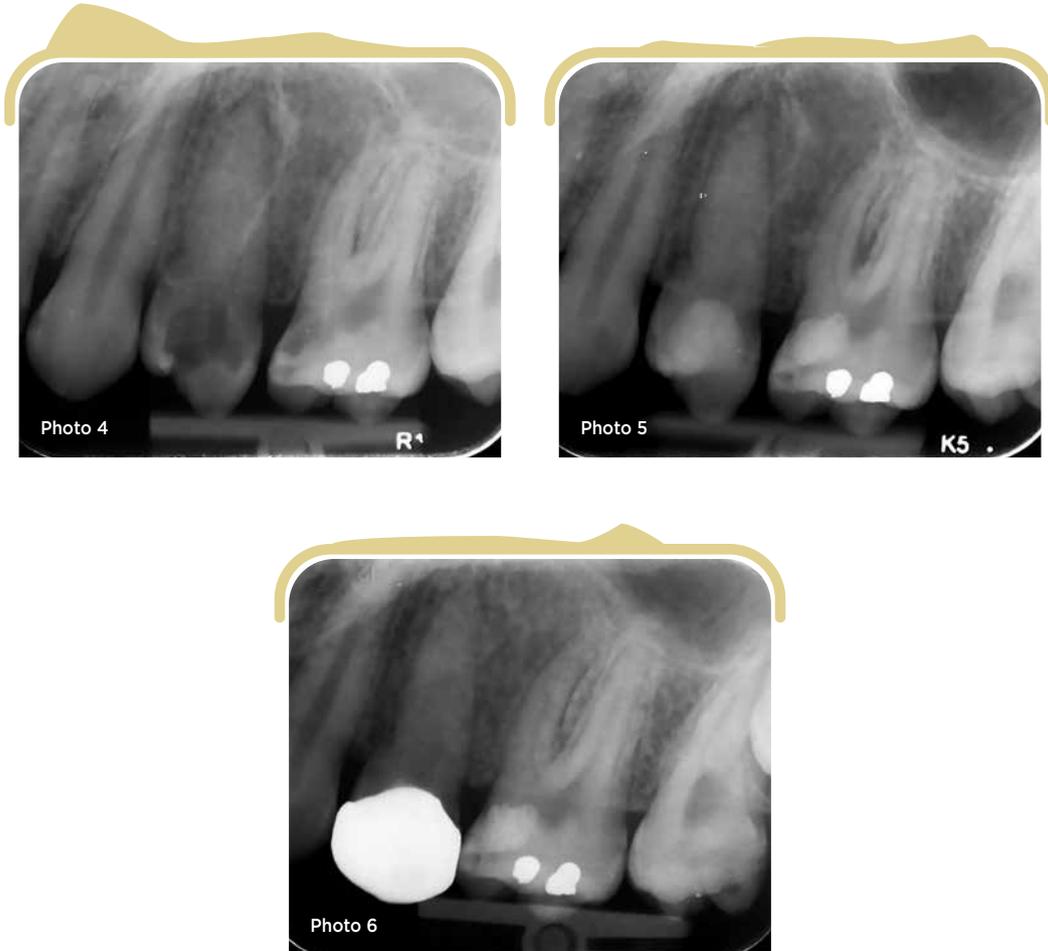


Dental Protection Limited is registered in England (No. 2374160) and is a wholly owned subsidiary of The Medical Protection Society Limited (“MPS”) which is registered in England (No. 00036142). Both companies use ‘Dental Protection’ as a trading name and have their registered office at Level 19, The Shard, 32 London Bridge Street, London, SE1 9SG.

Dental Protection Limited serves and supports the dental members of MPS with access to the full range of benefits of membership, which are all discretionary, and set out in MPS’s Memorandum and Articles of Association. MPS is not an insurance company. Dental Protection® is a registered trademark of MPS.

2010061374:10/21

Here's another case:



This patient had very deep decay on both his upper left second premolar and first molar (photo 4). Again, root canal treatments would often be the traditional recommended treatment for such extensive decay. Instead, both teeth were filled up with Biodentine (photo 5).

Both were tested to be fine three months later! Root canal treatment successfully avoided. A crown was even placed on the second premolar due to the extensive loss of tooth structure due to decay (photo 6).

HOW DIABETES AFFECTS YOUR ORAL HEALTH?

Diabetes weakens your immunity and makes you vulnerable to various oral issues like bad breath, periodontitis, bleeding and receding gums.



8.6%

of Singapore residents had diabetes in 2017¹



Diabetes leads to **3X HIGHER RISK** of gum problems²

ORAL SIGNS OF DIABETES

BAD BREATH

Elevated ketones in your blood can cause you to have bad breath.

GUM DISEASE RISK

Compromised blood vessels due to weak immunity decrease your body's ability to fight bacteria leading to gum infections and disease.

GUM DISEASE IMPLICATIONS

Severe gum disease, along with diabetes, can negatively affect your body's glycemic control causing further complications.

*For Educational Purposes Only.

2X DAILY LISTERINE HABIT CAN HELP IMPROVE YOUR ORAL HEALTH.



HELPS MAINTAIN GUM HEALTH

Listerine reaches above and below the gum line to help kill bacteria[^].

[^] that causes bad breath, plaque and gum problems

FIGHTS BAD BREATH

Listerine kills 99.9% odor-causing bacteria.

SCAN TO ORDER FREE CLINIC SAMPLES



LISTERINE[®] is the only antiseptic mouthwash with Singapore Dental Association (SDA) seal of acceptance. To find out more about every LISTERINE[®] product, visit listerine.com.sg

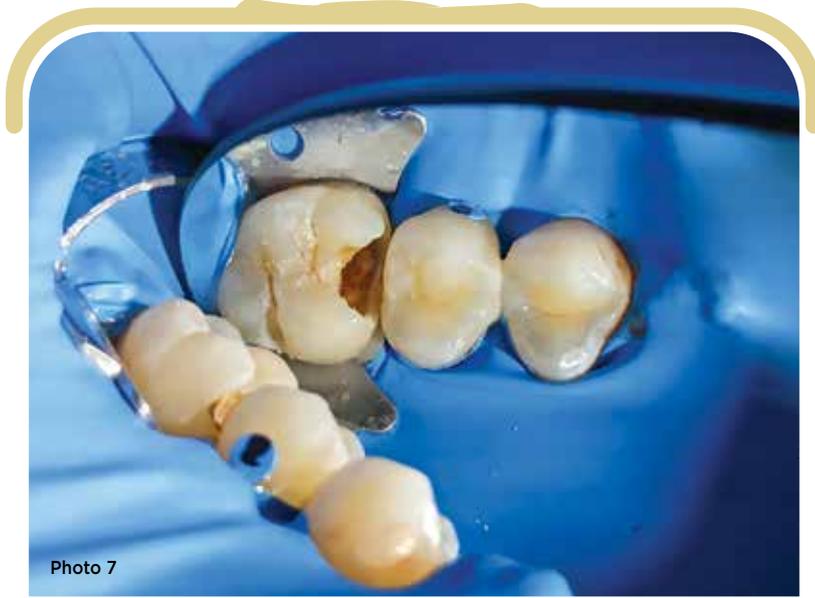


LISTERINE[®]

¹ Ministry of Health. Disease Burden (2017). <https://www.moh.gov.sg/resources-statistics/singapore-health-facts/disease-burden>.

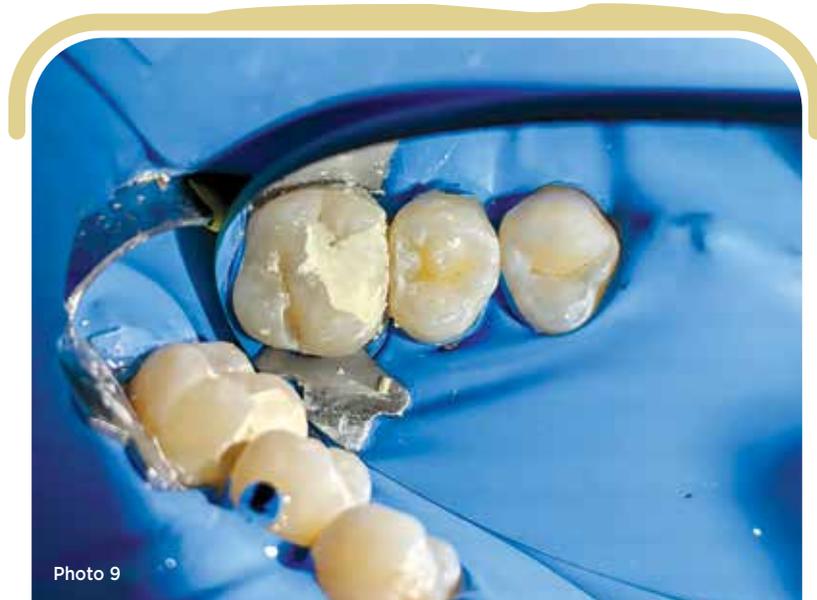
² Casanova, L., Hughes, F. & Preshaw, P. Diabetes and periodontal disease. *BDJ Team 1*, 15007 (2015). <https://doi.org/10.1038/bdjteam.2015.7>.

Here's a photographic journey of an entire Biodentine treatment:



This is a severely decayed upper right first molar (photo 7). With the decay removed, the nerve exposure can be seen (the red spot of blood in photo 8). Photo 9 shows the Biodentine placed prior to cleanup.





3 months later, after determining that the tooth was alright, the outermost layer of Biodentine was removed (photo 10). The tooth was then filled with a regular tooth coloured filling (photo 11).



Biodentine has offered a paradigm shift in the practice of endodontics in dentistry. With this material, root canal treatment can be avoided in many situations, thus offering patients a viable alternative. With studies showing success rates of Biodentine treatment ranging from 80% and above, it is no wonder that this wonder material is making such an impact on the treatment planning for dental disease.

Additionally, the cost of Biodentine treatment is markedly lower than that of root canal treatment. Crowns are also often indicated following root canal treatment, adding another significant layer of cost.

The downside of Biodentine treatment is the lower success rate of treatment (80% onwards) compared to root canal treatment (90% onwards). A failure of Biodentine treatment often means that root canal treatment will have to be done anyway in order to save the tooth, costing the patient additional treatment time and money.



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

Growing your dental practice

Financing your clinic #ForYou



If you're running a dental practice, it's more important than ever in the wake of the Pandemic, to explore new ways of maximising the potential of your business while maintaining profitability.

One possible way is to switch from renting to purchasing commercial property. By owning your clinic, you can customise and fit it out to your requirements without worrying about lease restrictions or having to put up with increasing rental charges from landlords.

The commercial property also becomes a significant asset. You can rent out unused clinic space to subsidise mortgage payments. And as you enter retirement, you have the option of selling the property which would have appreciated in value or leasing it out for rental income. All in, buying a commercial property makes great business sense.

At Maybank, we have been helping dentists with their financial needs for

over five decades. We understand the complexities involved in buying commercial property and integrating it into your dental practice.

If you're planning to purchase your own space – a suite in a medical center, HDB shophouse or commercial unit – but concerned about the financing involved, don't worry, Maybank is here to help.

We offer various loan options with repayment periods of up to 30 years. Take advantage of current low interest rates to create a payment plan that best suits your needs. Our dedicated advisors will guide you through every step of the loan application process and work closely with you to ensure your property purchase is a smooth and successful one.

And if you require additional funds to renovate and equip your new clinic, we have short-term financing solutions to fulfill your cashflow needs, so you have the working capital to carry out your expansion plans.

Whether you're purchasing a new clinic or planning to grow your practice, please speak to us. We are an industry leader in providing bespoke financial solutions. Our long-term, relationship-focussed approach makes us a trusted partner to take your business to greater heights.

Get in touch today at 1800 777 0022 or email smebanking@maybank.com.sg.

Growing your dental practice #ForYou.

The first 20 readers to contact us about our Temporary Bridging Loan will receive a **complimentary S\$50 Starbucks voucher**

Simply mention "SDACIP" in your correspondence to us. Terms and Conditions apply.

This advertisement has not been reviewed by the Monetary Authority of Singapore.

Humanising Financial Services.



Maybank Singapore Limited (UEN: 201804195C)
SME039/AUG21/AD1/A

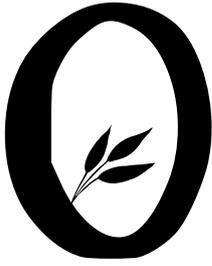




Anthurium
Veitchii at the
Cloud Forest
Dome in Gardens
By The Bay

BY DR TERRY TEO

Planting Through The Pandemic



On 25th September 2021, an article in The Straits Times ran with the header “\$40,000 FOR A PLANT”. This was not fake news. The plant in question belonged to Candy

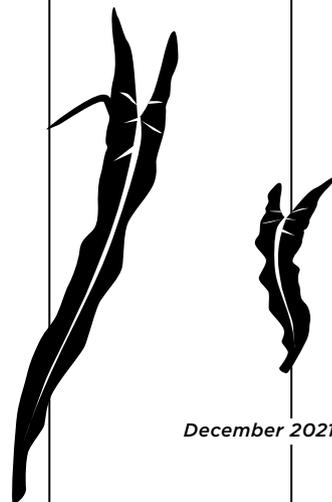
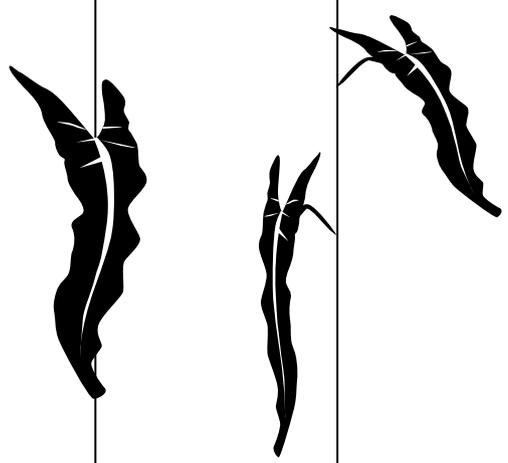
Floriculture, a small sleepy nursery tucked away in an obscure corner of Thomson Road behind the bigger and more well-known Far East Flora. In June, Candy had posted that it had sold a rather unassuming plant with long leaves and ear-like lobes to an anonymous buyer. They even posted a picture of the man’s back waving as he walked away with the pot, leaves slung over his shoulder like a sack of treasure.

In fact, most would agree that the most interesting thing about the plant was its evocative name: the Philodendron Spiritus Sancti or Holy Spirit, one of the rarest plants in the world. Endemic only to the Brazilian state of Espirito Santos, it is rumoured that less than 20 specimens remain in the wild. The majority of this species now lies in the hands of botanical gardens, private collectors and nurseries, in an interesting phenomenon known as ex-situ conservation. But surely this fact alone was not enough to command such an exorbitant price?

The Philodendron Spiritus Sancti or PSS as known to collectors, belongs to a genus of plants that has ignited fever pitch demand throughout the world as surely and as quickly as the pandemic. This genus is called araceae or aroids, the most common of which we all know as the humble and ubiquitous money plant, or goldon pothos



A Philodendron Spiritus Sancti, sold in Singapore for 40,000 SGD





**Syngonium
Tricolour,
current
market value
2000 SGD**



(*Epipremnum Aureum*). Another well-known and perennial favourite aroid is the *Monstera Deliciosa*, its foliage replete with holes and lobes, or fenestrations (yes, fenestrations also exist in leaves, and not just alveolar bone). You can get a *monstera deliciosa* or money plant from the local NTUC for \$8 a pot, and own an aroid too. Generally, aroids encompass species of *monstera*, *philodendron*, *anthurium*, *alocasia* and *syngonium*.

As far back as a year ago, the Straits Times had already reported on 31st July 2020 that planting and home gardening was seeing a surge throughout world-wide lockdowns, as people felt the urge to transport nature into their homes to sustain mental well-being during such a challenging time. But this demand was something else. Throughout gardening history in modern times, the world had been bitten by the Bonsai Craze, the Cactus Craze, and more recently, the Orchid Craze. But while these were the domain of the proverbial “uncles and aunties”, the Aroid Craze, fuelled by the wings of social media, was the domain of the young and the affluent.

Part of the reason why is simply because aroids can exist in conditions perfect for the young

apartment-living urbanite in Singapore. They require low light (being under-canopy rainforest plants), high humidity and high heat, and watering only every 3-4 days, perfect for lazy people like myself. But best of all, they are clean: they do not even need true soil to grow due to their hemi-epiphytic nature, much like orchids. Yet their foliage up-sizes dramatically fast.

My aroid journey started on Instagram and Youtube in February 2020 last

year, just as the uncertainties and mild terror of Covid was beginning to spill out from Wuhan, I became transfixed with an image. That was the one of a monstera leaf, with its lobes and fenestrations, but exactly one half was green and the other half pure white, split down the middle. This was what I came to find out as a monstera albo, albo being the plant equivalent of “albino”; but where albino animals lacked melanin the albo parts of affected leaves arose from genetic mutations which lacked chlorophyll.



**A leaf from my
Monstera Albo
Variegata with
its half-moon
variegation**

The yellow splotches on a common money plant is known as stable, healthy variegation. The rare occurrence of albo leaves on a monstera is known as unstable variegation. Without chlorophyll, albo areas on leaves are unable to photosynthesize, and thus a half-moon albo monstera leaf can only produce half the energy needed to sustain life and fuel

growth. Unstable variegation thus stunts growth and is inimical to life, but is insanely and strikingly beautiful. And no other plants demonstrate the mutations of unstable variegation as dramatically as the foliage of aroids like the monstera.

In nature, such plants would die and be out-competed by healthy green



**Homalomena
Rubescens
Variegata, valued at
around 3000 SGD**



Strangely corrugated leaves of the Anthurium Luxurians



varieties. In cultivation and collections, they are literally coaxed, fed and pampered to flourish, grow large, propagate and be sold. And due to their slow growth, rarity and demand, sold for higher and higher prices.

Because I knew I possessed no green fingers, I read as much as I could find online, and watched as many YouTube videos as I could on variegated monstera care. I also sought the guidance of friends and colleagues who were already into the hobby, such as Dr James Kwek.

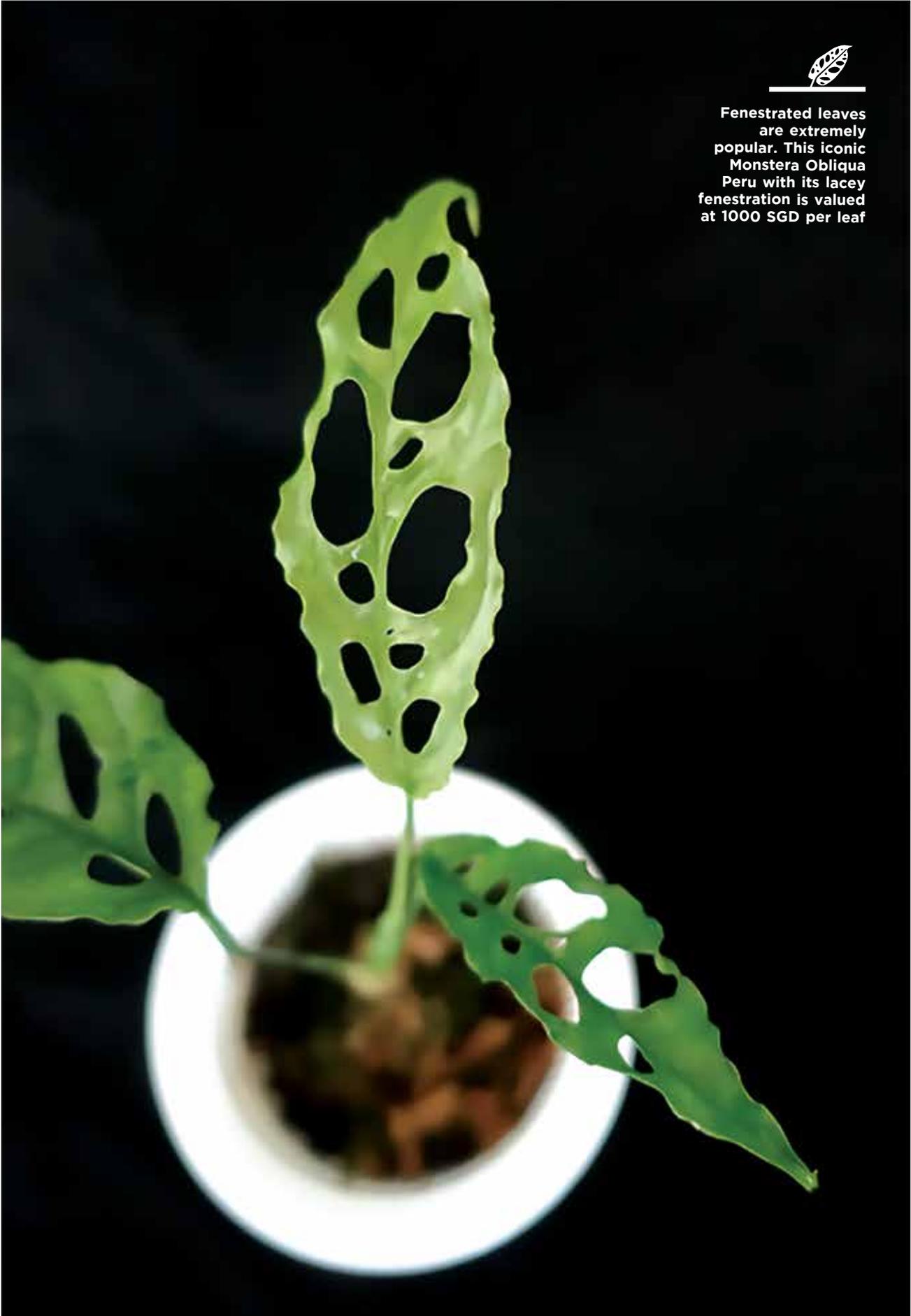
Just as the first CB landed in April 2020, I took the plunge to spend \$274 on my very first monstera albo from a local small nursery called Terrascapes LLP. At that time, \$274 for a plant was ridiculous, especially for someone who went all his life barely noticing greenery. But I was focused on this beautiful distraction, determined to make it flourish and grow in all its mutated, half-white variegated mystery.



My most expensive variegated plant, a Variegated Philodendron Billietiae, currently valued at around 12,000 SGD



Fenestrated leaves are extremely popular. This iconic Monstera Obliqua Peru with its lacy fenestration is valued at 1000 SGD per leaf



I started a private Facebook group called Only Aroids SG, inviting friends I knew who were into plants or considering starting out with aroids. At the time, care information on variegated aroids was still rare, even online information, and we relied on each other for support and help. Let's just say that the rest is history.

A year and a half later, we are still in the grip of Covid 19, and the aroid craze has ballooned to literally crazy proportions. My \$274 monstera albo is now worth four times the price. Only Aroids SG, still a private facebook group (I learnt that private groups can never change their settings to public; only vice-versa), has now over 1800 members and counting, without any recruitment whatsoever.

Sandy Soh, the owner of Terrascapes LLP where I first bought my plant from, saw a steady rise in interest for aroids amongst healthcare providers during the pandemic. He reckons that these plants are great starters for beginners, as they are very showy and rewarding to grow due to their forgiving and vigorous nature. He is right. My collection now numbers in the 100's. I really no longer know how many aroids I own; they are strewn all about my garden.

Like any other expensive yet subjective hobby, I've also skirmished within the online space with botany bullies and plant flippers. I've mediated heated debates and arguments in my group, been involved with mass importation purchases from

South-America (the natural home of aroids), even been cheated of a few thousand dollars for a plant I bought on Carousell that rotted and died despite my best care and due diligence.

Through trial and error, care and recklessness, and lots of patience, I've learnt to become a hobbyist collector of aroids, no longer looking at them as mere houseplants, but actual specimens to be nurtured and admired. Best of all, I've met a whole community of like-minded enthusiasts, even within dentistry! Dr James Kwek, one of my friends who first introduced me to the hobby by generously passing me cuttings, does so because he feels that it is like sharing a part of himself. He adds: "sharing cuttings of my plants makes me happy that this brings joy to others and in time to come they are also spreading joy and their growing knowledge as well as experiences on. This in turn infuses the hobby with much enthusiasm and positivity."

Another aroid enthusiast, Dr Benjamin Yap has this much to say: "With more time spent at home due to the pandemic and its restrictions, I've been putting more importance in creating a liveable home through the addition of plants. Not only do these bits of greenery create a sense of being outdoors while indoors, it has also been a journey of learning for me. From buying plants off live auction sales to making new friends who are ever-willing to give advice on the care of aroids, it has created a good distraction from a daily routine of seeing patients."



Hot pink variegation of
the popular Philodendron
Pink Princess



**The beautiful veins
and shape of the
Anthurium Regale**



Echoing the sense of beauty and mental well-being that aroids bring, Dr Yeo Woon Chee recalls: “The pandemic last year shook us all from our usual routines and comforts. But it led me to stumble into the curious world of aroids. Unwittingly, I began to collect plants which looked stranger than the next: anthuriums with leaves shaped

like hearts and veins that glowed iridescent silver. Monsteras with perforated, holey leaves that were larger than my face. Philodendrons and aglaonemas that had the most bizarre colours such as naturally-occurring pink variegation and army camo markings. The plants brought a sense of wonderment to those uncertain days.”




Camo leaf patterns
and berries on an
Aglaonema Pictum
Tricolor



**Sandy Soh and
Bridgette Yeoh,
the plant gurus of
Terrascapes LLP**



Even as the world opens up again and we start to travel once more, I do not think that the hobby will become a passing fad. There is something aesthetic, elemental and timeless about the incorporation of aroids into one's life in this new age of re-examination of ones' priorities. If anything, prices which were going through the roof will start to decrease and stabilise, making the hobby accessible to all newcomers. I look forward to that day, but will always remember and be grateful for how this fascinating, wonderful and fulfilling planting journey has sustained me throughout this long, uncertain and interminable pandemic.

My facebook group Only Aroids SG is now a trove of valuable resource on aroid care tips and troubleshooting, with contributions from numerous experts in the field. To those who are looking into getting into this hobby, joining this page is a good place to

start getting acquainted with the aroid community in Singapore.

All pictures here are my own. You can see more of my collection in my Ig @aroidactyl.

Because the hobby has now become potentially expensive with some aroids costing hundreds or thousands of dollars, scammers and dishonest sellers abound. Feel free to reach out to me on Facebook or through the group if you are starting out and have any doubts or concerns about potential purchases.

For the most healthy, fairly-priced and beautiful aroids on the market, Terrascapes LLP is your best place to start. You can find their Ig@terrascapesllp or visit their enthralling aroid haven in Singapore at 50 Old Chua Chu Kang Road, Chua Chu Kang Track 14, Singapore 698940. Look out for the topless man.



DR TERRY TEO is a paediatric dentist in private practice.

 Only Aroids SG

 @aroidactyl





Cruisin' Through Covid: A 'Travel' Review

BY DR LEA TAN



We're trapped. The ground is moving beneath us. We have to go in circles around the same small space. The sea ripples out in every direction, an illusion of places to go. But we're going nowhere... we've been going nowhere for two. Years.

So I went on a cruise.

What follows will be a brutally honest review about how a 3D2N cruise with an extra \$100 a person splurged on an alcohol package Does Not A Vacation Make.

It's an itch almost every Singaporean with an Instagram account will feel: going on a Cruise To Nowhere. A vacation alternative that was scoffed at but within the year, a popular getaway for any with 3 days and \$500 to spare.

That's exactly what brought me, my partner and two friends to Dream Cruises. We went at the end of October, each ticket cost \$350 for an off-peak Wednesday to Friday 3D2N "Seacation".



**3-Day 2-Night
Dream Cruises**



Let's get the fun stuff out of the way. I woke up to blue every day: blue skies melding into blue seas from the window of a cute blue room. The weather was good; the captain assiduously sailed us away from any looming rain clouds.

And... that's about all the fun stuff that was pure fun.

Unfortunately, all the other pros were sullied by a flip side of some major cons, whose root causes were the two-people COVID restriction and a massively crowded boat.

Expectations got b*tch-slapped by reality over the next three days...

Fun #1: Facilities

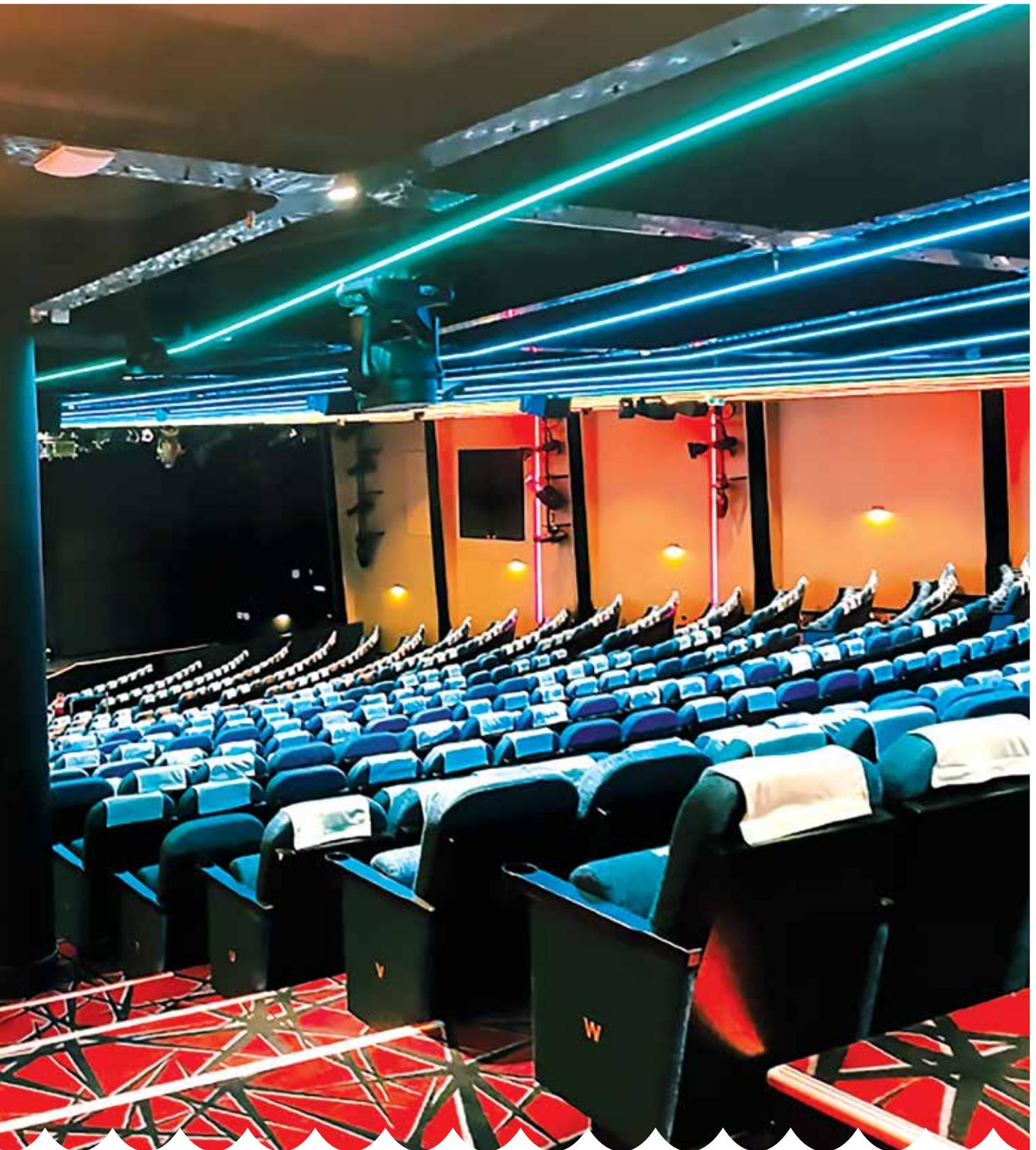
There were a lot of facilities for guests: a gym, a swimming pool, rock wall, mini golf, four jacuzzi tubs and quite a number more. There was the cruise staple of a theatre, but we chose not to check out the on board performances.

The gym was pretty empty, given the main demographic of families and retirees with a penchant for gambling. The view was also stunning.

HOWEVER.

Everything else had to be booked before hand. We realised that the Kancheong Spiderhood had boarded with us when, one hour after we boarded the ship, one of the staff told us that all four





jacuzzis were fully booked. For the rest of the cruise.

Bookings for other facilities like the swimming pool, rock wall and mini golf (our main targets) opened the second day at 9am. Our friend wanted to beat the crowd and left to queue at 8.30am. He slunked back five minutes later to report that the queue was so long it snaked across the top deck and down two floors of stairs. Not two flights, two whole decks.

Needless to say, we neither swam nor mini golfed. We thus engaged in the eternal holiday pastime: Food and Drink.

Fun #2: Free Flow Food

A regular guest has three meals a day and can choose between the main international buffet, a Western restaurant and a Chinese restaurant. (Only the buffet serves breakfast.)

The food is not bad. At the restaurants you can ask for multiple servings of each dish, making it pretty much free flow as well.

HOWEVER.

We made a beeline straight for the buffet the moment we boarded. Luckily for us, we were the second group of about ten to board, and barely waited for a table. When we came out, however, the line was about a hundred people long.





DD

DREAM DINING ROOM
LOWEY

星梦餐厅
下座

No reservation required. First come, first served basis.
无需预订，先到先得。

WESTERN DINNER SET MENU

APPETIZER

Italian Salad
Served with Crumble Cheese,
Boston Lettuce, Toasted Almond Flakes
and Balsamic Dressing

SOUP

Cream of Potato and Garlic Soup

MAIN COURSE

Pan Fried Fish Seabass
Served with Green Peas, Mashed Potatoes,
Butter Vegetable and Crustacean Sauce

Or

(P) Slow Roasted Pork Tenderloin
Served with Apple Sauce, Potato Wedges
and Seasonal Vegetables

Or

Chicken Parmigiana
Served with Crispy Chicken Breast,
Pasta and Sautéed Vegetables

DESSERT

Milk Chocolate Mousse
Served with Dark Belgium Chocolate Sauce

KIDS MENU



Fish Fingers
Served with French Fries, Colelaw,
Fruit Salad and Cake of the Day

Kids menu is available for age up to 12 years old only
and is available only one of the 3 inclusive restaurants within
the same meal period.
The inclusive restaurant will have a nominal
charge of SGD 18.
Change without Prior Notice

西式晚餐菜单

前菜

意大利式乳酪沙拉
搭配波士顿生菜，烤杏仁片，果醋调

汤

蒜香奶油马铃薯汤

主菜

香煎鲈鱼柳
搭配青豆马铃薯泥，黄油蔬菜与海鲜酱汁

或

(P) 慢煮猪柳
搭配苹果酱，香烤土豆角
与时蔬

或

意式帕米尔鸡
烤脆皮鸡胸配乳酪酱，蔬菜

甜品

巧克力牛奶慕斯
搭配巴西黑巧克力酱

儿童餐菜单



酥炸吉列鱼柳
薯条、土豆、时蔬、蛋糕

儿童餐只供应给12岁以下的儿童
家长仅可于每个用餐时段选择一(1)个儿童餐并附赠
儿童餐餐外甜品(第二次用餐时收取) 615元的餐费。
菜式更改不另行通知

西式晚餐菜单

basis

意大利

前菜

No, this is not an exaggeration.

This was the pattern for the rest of the cruise. For example one night we decided to have Chinese for dinner as there was pork bone soup on the menu. (It was good.) We went down at 6pm to book a table for later. Then, we had to wait for the restaurant to be full before the waitress allowed us to put our names down for a 7.15pm dinner slot. Then, at 7.15pm, we had to wait a further 15 minutes before we actually got into the restaurant.

But, all's better with alcohol. Or is it?

Fun #3: Drinks

After the disappointment of not booking any facility, we decided that our main attraction shall be the bar.

There were some pretty attractive alcohol packages for sale. If I'm not mistaken, we got a \$120 drink package



for \$100. We repurchased this package on the second night on the ship, bringing our total to about \$50 per person.

The cocktails cost about \$13 each, and on the second night there was \$6 sangria served at the drinks stall of a mini Marketplace the cruise staff organised.

We were able to get very pleasantly buzzed through the afternoon, cool off with a nap, then get kind-of hammered after dinner. The quality and strength of each drink did vary with the bartender, but this is not a major con as it's to be expected.

HOWEVER.

Major con: Each purchase comes with an EIGHTEEN PERCENT SERVICE TAX.

Not in Singapore? No problem! GST follows you wherever you go!

This made our \$240 in drink credits get us significantly less than we expected.

Major con #2: We could not socialise.

We had to sit in pairs and could not even talk across tables with each of us more than a meter away from the other without one of the many, many, many staff telling us off.

We do understand that they were doing their job during a tough time. It was definitely not an easy job, as Social Distancing Ambassadors would actually be on board during the cruise, armed with cameras and making everyone within a 5 metre radius extremely jittery.

The regulations put a big dampener on the vacation spirit. We didn't mind so much that we could not eat in our group of four, or that we could not have drinks together while enjoying the sun and sea.

We did feel it though, during the Marketplace night. We could not drink our sangria on deck, as when we tried to, we were told off about 5 separate times for not wearing our mask. Unmasking to consume drinks was not allowed that night as SDAs were on full prow! (We saw a family being photographed because the parents were mingling with their teenage children at an adjacent table.)

We ultimately had to retreat to our rooms to drink in peace, and the night was salvaged with good company, sea wind and that feeling you get when you disconnect to connect.

Fun #4: Disconnecting

This would be a short one. I would say that this is almost all fun, except for the fact that you pay \$28 for wifi for one device over 3D2N.

HOWEVER, this wifi cannot be shared via hot spot and well, it sucks. It was pretty much just good for messaging and if you're lucky, about one Instagram story.

This actually is a pro on hindsight, as it made our disconnection complete. No work, no reminders, no past or future.

Just plain enjoyment of the sea and our boat.

Colgate[®]



Chairside Treatment & Professional Mouthwash Homecare Regimen

Help Your Patient to Maintain a Healthy Smile After Treatment





And the two thousand other people squished onto said boat.

And the facilities that we could visually but not physically enjoy.



Final Thoughts

I do hope cruises are more enjoyable with restrictions relaxing to groups of five. I remain pessimistic about this though, as overcrowding was the main cause of our gripes. Cruise lines are increasing their capacity during the peak

holiday season—Dream Cruises from 50% to 75%. A point to note for people seeking out cruises as an alternative to expensive swab tests for overseas travel.

Finally, a belated disclaimer that this is one individual's very whiny opinion on Dream Cruises.

When all's said and done, I enjoyed my mini getaway and do hear happy stories from both Dream and Royal Caribbean. The important thing is the mental reset to get us through this trying time, and the cruise emphatically checked that box for me. For that, I am grateful.



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.

Food Review: Slurp Your Oysters

(@slurpyouroysters on Instagram)

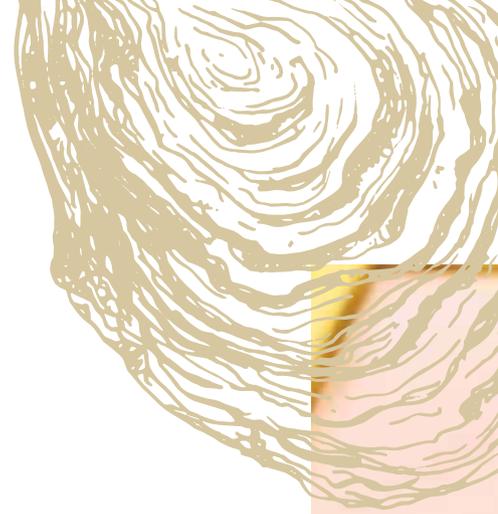
BY DR JEREMY SIM

Murotsu Bay: a offshore fishing paradise located south-east to Osaka, its waters are blue, winds are high, but most importantly; its oysters are delicious.

Sandwiched between the Ibo River and Chikusa River, nutrient-rich waters flow from the mountains and into the bay. The phytoplankton rich waters feed the oysters, making them the largest in the country.

This species of oysters, the *Crassostrea gigas*, is the most widely harvested oyster in the world. Also known as the Pacific oyster, they are long, with a slightly more pointed and fluted shell.

At \$30 a dozen, I ordered 2 to take advantage of the budget that the Dental Association provides me with. I wanted to push the limits of the human gastrointestinal tract. With lomotil at hand, I embarked on a journey of self-engorgement and discovery.









slurpyouroysters

Follow



222 posts

15.1k followers

1,204 following

Slurp Your Oysters SG

Specialist food shop

MUROTSU OYSTERS

Opening Hours: 10am to 7pm (Daily)

\$5 Scheduled Delivery (T&Cs Apply)

[↓ ORDER NOW ↓](#)

slurpyouroysters.cococart.co

Slurp Your Oysters delivers them unshucked. Armed with a butter knife, I deftly broke into them, only slicing off two fingers in the process. Drizzling the oysters with lemon juice and a touch of tabasco sauce (or blood, I could not tell), I created negative pressure in my oral cavity to draw the thixotropic soft tissue of the *Crassostrea gigas* into it.

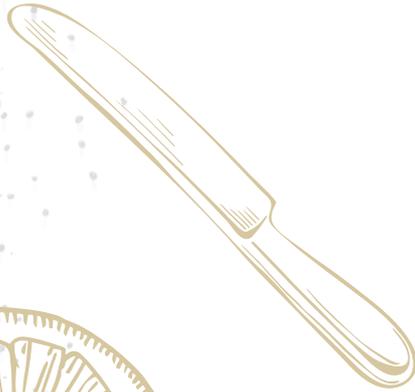
It greeted my tongue with a briny twang, which brought back confusing memories that I had worked so hard to forget. The zing from the lemon juice and the sting from my habanero tabasco sauce amalgamated in an orgy of flavours that took me across the high seas.

The Murotsu Bay oyster is the Ed Sheeran of oysters. Popular, widely palatable and enjoyed by most. However, they lack the nuanced fruity notes of Kunamoto Oysters or the creaminess of European flat oysters that some have come to appreciate. Nevertheless, for \$30 by the dozen; it's a real treat.

By the 16th oyster, I was considering pescetarianism. By the 24th, I was contemplating suicide. I began to writhe on the floor as I felt the keratin in my hair vibrate, seeking one another to form a monolithic shell. My hair grew like Rapunzel on crack, phagocytosing my entire being. Before long, I turned into a shell of my former self. Thankfully, I am able to get wifi in here, allowing me to produce content for the faithful reader that is you. I am but your humble oyster. After all, you are what you eat.

Some may wonder, what's it like being an oyster? Life is hard. You just feel like lying there. You put on a tough exterior and never show anyone that you may be soft on the inside. You feel salty, coarse and thorny all the time. Sometimes, however, you create something beautiful — a pearl.

This, dear reader, is my pearl to you. Everything that has ever come before, and everything that is to come, has been, and will be utter rubbish.





My layout designer has requested that I extend the article by another page for logistical purposes. Thus, I have included the lyrics to "What A Feeling" by Irene Cara, popularized by the 1983 hit movie: Flashdance.

*First when there's nothing
But a slow glowing dream
That your fear seems to hide
Deep inside your mind*

*All alone, I have cried
Silent tears full of pride
In a world made of steel
Made of stone*

*Well, I hear the music
Close my eyes, feel the
rhythm
Wrap around, take a hold
of my heart*

*What a feeling
Being's believing
I can have it all
Now I'm dancing for my life*

*Take your passion
And make it happen
Pictures come alive
You can dance right through your life*

*Now I hear the music
Close my eyes, I am rhythm
In a flash, it takes hold of my heart*

*What a feeling, being's believing
I can have it all
Now I'm dancing for my life*

*Take your passion
And make it happen*



*Pictures come alive
Now I'm dancing through my life*

What a feeling

*What a feeling (I am music now)
Being's believing (I am rhythm now)
Pictures come alive
You can dance right through your life*

*What a feeling (I can really have it all)
What a feeling
(Pictures come alive when I call)
I can have it all (I can really have it all)*

*Have it all (pictures come alive when
I call)
(Call, call, call, call, what a feeling)
I can have it all (being's believing)
Being's believing (take your passion)
(Make it happen) Make it happen
(What a feeling) What a feeling*



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

NEW
VENUE



THE LEADING DENTAL EXHIBITION AND CONFERENCE IN ASIA PACIFIC

8-10
APRIL 2022

MARINA BAY SANDS
SINGAPORE



www.idem-singapore.com

Connect with us



Endorsed by



Supported by



Held in



Organised by



Singapore Dental Association



Proven by Science.

Sensodyne Repair & Protect Deep Repair.

➤ Dentine hypersensitivity occurs when fluid movement activates nerves deep inside exposed dentine tubules.

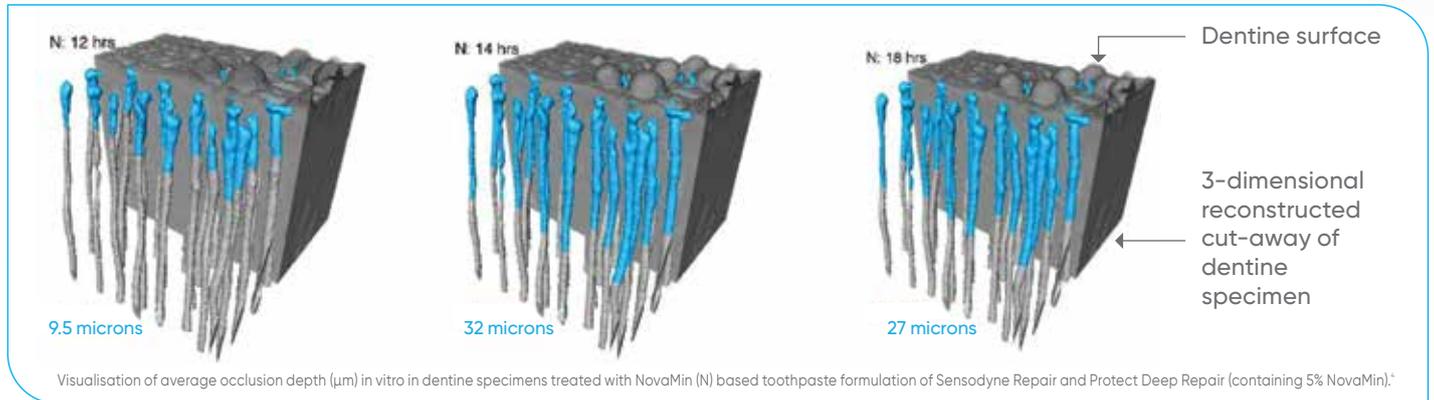
Offers long-term protection that helps your patients enjoy life without worrying about sensitive teeth.¹⁻³

Optimised Formula

- Scientifically proven to go deep.⁴
- Offers targeted occlusion.^{5,6}
- Optimised for improved patient product usage experience (such as improved viscosity and texture).¹⁷

Scientifically proven to go deep.

The synchrotron studies showed Sensodyne Repair and Protect Deep Repair resulted in the deep occlusion of tubules.⁴



NEW Sensodyne Repair & Protect Deep Repair.

➤ Clinically proven for long-lasting protection against dentine hypersensitivity.*¹⁻³



With NovaMin technology

At GSK Consumer Healthcare, we are determined to advance the science of sensitivity and continue to drive improvements in our Sensodyne formulations. That determination has led us to the European Synchrotron Radiation Facility (ESRF) in Grenoble – one of the biggest synchrotrons in the world – to push the boundaries of what’s possible in understanding toothpaste technology.

*With twice-daily brushing. ¹ vs previous Sensodyne Repair & Protect
References: **1.** Hall C et al. J Dent 2017; 60: 36 –43. **2.** GSK Data on File; Clinical Study number RH01748, 2013. **3.** Hall, C et al. J Dent Res, 2017; 96 B:062 BSODR. **4.** GSK Data on File, In vitro report G7322/014; 2020. **5.** GSK Data on File, Addendum to in vitro report ML880; 2021. **6.** Earl J et al.; J Clin Dent; 22(Spec Iss): 68 –73; 201. **7.** GSK Data on file; Report NPD/EU/007/19; 2020.