

the DENTAL

S U R G E O N

JUL 2023 ISSUE



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Systema

HAGUKI PLUS
(GUM CARE)



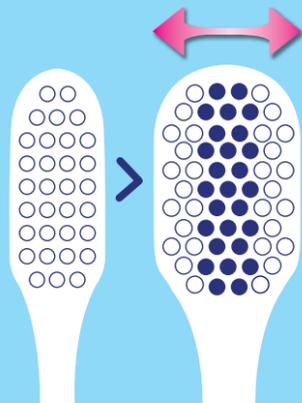
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Super-Tapered
soft & slim bristles

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 thorough clean
 and extra comfort
 on gums!**



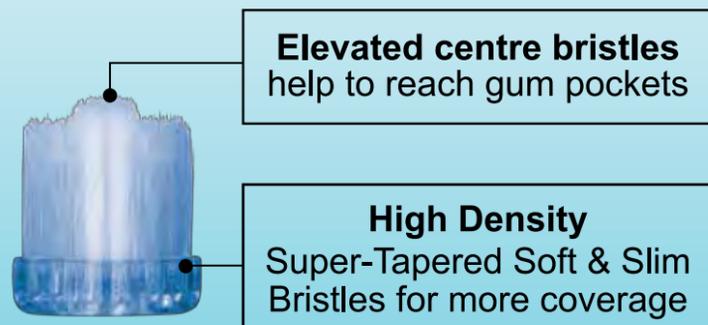
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At Systema, we understand that gum care is essential to overall health and hence, we are devoted to improving your gum health.

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^{*}INTAGE SRI+, Systema is No.1 Brand in Toothbrush Category, Value Sales, CY2022. ^{*}INTAGE SRI+, No.1 Company in Oral Care Category, Value Sales, CY2022.



DR JEREMY SIM
 Is a director and dentist at Brightside Dental. He thinks of himself as somewhat of a conspiracy connoisseur and believes that the slow disclosure of non-human intelligence is imminent.

Dear Reader,

Thank you for taking the time to read me again.

I don't usually know what to say in these notes, so I shall entertain you with a limerick.

*There once was a man with a denture
 Who wanted to have an adventure
 But he broke them on a bone
 His gums felt so alone
 So instead he went to the National
 Dental Centre.*

Thank you.

Warmest Regards,

Jeremy Sim
 Jeremy Sim

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@ Suntec Convention Centre
6 & 7 May 2023**

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The Dental Surgeon

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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 LEATAN 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.

Do you provide Dental Services in Temporary Premises?



If you provide dental services in temporary premises (e.g., dental house calls, ad-hoc dental screening at workplaces or schools), **you will need to hold an Outpatient Dental Service (ODS) licence under the Healthcare Services Act (HCSA) to offer your services in Singapore, come 26 June 2023.**



Do You Know?

If you currently hold a Dental Clinic licence under the Private Hospitals and Medical Clinics Act (PHMCA) and provide dental services in temporary premises, your existing licence will be automatically converted to a HCSA ODS licence from 26 June, with approval for the "Permanent Premises" and "Temporary Premises" modes of service delivery (MOSD). Under this licence, teleconsultations can also be provided. However, ODS cannot be provided solely via the "Remote" MOSD because an in-person review should take place prior to or following teleconsultation. Hence, teleconsultations should only be provided in conjunction with "Permanent Premises" or "Temporary Premises" MOSDs.

How do I get a HCSA licence?

If you do not operate under any PHMCA licence currently, please submit the form via the link (below) or scan the QR code. MOH will reach out to you on the steps needed to obtain a HCSA licence.



Submit this form:

go.gov.sg/hcsa-services-form

Interested to know more about the HCSA?

The HCSA was enacted in 2020 to replace the current PHMCA so as to better safeguard patient safety and well being, as well as to strengthen the governance of healthcare service providers in this evolving healthcare landscape, while enabling the roll out of new and innovative services and models. HCSA will regulate outpatient dental services including home dental and tele-dentistry services by dentists. For more details, **visit www.HCSA.sg**

For enquiries or clarifications, please email hcsa_enquiries@moh.gov.sg

SDA ANNUAL CONVENTION 2023

@ Suntec Convention Centre,
6 & 7 May 2023

BY DR EUGENE TANG KOK WENG

When President Lawrence Yong assigned me and fellow councillor Michele Chia to take charge of the organisation of our next SDA Annual Convention, I was grateful for the opportunity to help in one of the key events of the year for SDA. However, because the IDEM 2022 was delayed due to Covid-19m and was only concluded in October 2022, we were acutely aware of the short runway before the convention date of April/May 2023!

There was an initial scramble for feasible venue choices, but many non-dental events were competing for limited convention venues, and our final venue choices were scuttled down to only 2, being a local hotel and Suntec Convention Centre. In the end, with council support, we chose Suntec Convention Centre over the local hotel despite the higher cost, because of better conference and exhibition facilities that will make for a better experience for delegates. Being the first full

scale physical SDA Convention with no limit to numbers attending, we wanted to give our members a treat.

We had to quickly come up with a theme for the convention and invite speakers to speak on topics related to the theme. In view of the current emphasis on healthy ageing in Singapore, we came up with a geriatric theme to help our local dentists be more prepared for the silver tsunami which is in the horizon. The ageing population will bring with it challenges on how best to treat our ageing patients including ourselves. The theme was met with some initial resistance due to the “non-profit-making” subject matter, and the question raised was: would we attract enough delegates to meet the high cost of running a conference in a premium convention venue? We are grateful for a supportive council who looked beyond profit and was even prepared to subsidise our members in order to attend the convention for improved knowledge which will ultimately benefit their ever-ageing patient pool.





After settling on the geriatric theme and agreeing on the title for the convention: Planning for the Future: Practical Approaches to Oral Care in Older Adults, we started scouting for suitable speakers. Our main aim was to get mostly local speakers, and we managed to secure many local talents who agreed to speak without any honorarium, and we are grateful to them. Even our keynote speaker Prof Winston Chee donated his honorarium to the NUS Class of 81 endowment fund to benefit undergraduates. We are heartened to collaborate with Special Care Dentistry Association of Singapore (SCDAS) and they contributed 3 speakers for the convention. SCDAS President Dr Tan Mei Na was also one of the speakers for the convention. We wish to thank Chief

Dental Officer A/Prof Chng Kai Kiat for agreeing to be the Guest of Honour for the event.

As we went nearer to the event dates, we were relieved that the delegate registration numbers were steadily climbing, and the final list just before the convention revealed that many of the local members who signed up were older members of the dental profession, as well as some Oral Health Therapists (OHTs) from institutions such as National Dental Centre. We even had quite a few overseas delegates from Malaysia who are pursuing special care dentistry. All this while, we were ably supported by our SDA staff who worked hard to keep the momentum going and ensuring that all the logistical loose ends are all tied up.





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The list of speakers and topics for the convention were finalised as below:

PROF WINSTON CHEE	Geriatric Dentistry in Today's Dental World
A/PROF CATHERINE HONG	Is that Cancer?! Understanding Oral Mucosal Lesions
ADJ. A/PROF LOH POEY LING	Removable Prosthesis: When All Else Fails
DR TAN MEI NA	Caring for the Compromised Dentition in Older Adults
DR LIM LI ZHEN	Reading the Signs – Radiologic Considerations in Older Adults
DR ODE WATARU	Treatment Modifications for Endodontics in Older Adults
DR YANG JING RONG	Optimizing periodontal care outcomes for older adults
DR BENJAMIN NG	Considerations in the Treatment of Patients on Anti-Resorptives
DR KELVIN KHNG	Removable Prosthodontics: To Infinity and Beyond
DR KOO CHIEH SHEN	Brace Yourself! Role of Orthodontics in Multidisciplinary care in Oral Rehabilitation
DR SOPHIA YEE	Demystifying the Management of Neurological Patients
DR JAMES FOSTER (DPL)	Medico-Legal Issues Related to Treatment of Older Patients: Where is the Vulnerability?
DR HO EU CHIN (ENT)	Hearing Loss and Cognitive Decline: Implications for the Dental Surgeon.





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Efficacy of Supervised Mouth Rinsing and Flossing on Plaque and Gingivitis¹

OBJECTIVE: To evaluate the efficacy of twice-daily rinsing with Listerine® Antiseptic and brushing vs. flossing and brushing under once-daily supervision for the prevention and reduction of plaque and gingivitis.

STUDY DESIGN

- Single center, randomized, supervised, examiner blind, controlled clinical trial conducted at ADA-Qualified site.
- Following a complete prophylaxis, subjects were examined for oral soft tissue status, plaque, gingivitis, and gingival bleeding at Baseline, 4 weeks, and 12 weeks.
- If assigned to a flossing group, subjects were given flossing instructions and demonstrated competency.
- Product use was supervised once daily in person on weekdays with second daily and weekend product use unsupervised.

STUDY PARTICIPANTS

- 156 subjects (18 years of age and older) with mild-to-severe gingivitis and no severe periodontitis, with no entry criteria on Modified Gingival Index (MGI)/plaque, but must have minimum of 10 gingival bleeding sites.
- The efficacy outcomes included interproximal and whole-mouth mean modified Turesky Plaque Index (TPI), mean MGI, gingival bleeding, bleeding on probing depth, and probing depth.

TREATMENT ARMS

BRUSHING + LISTERINE® ANTISEPTIC	• Brush 2x daily • Rinse with 20mL of LISTERINE® Antiseptic for 30 seconds 2x daily following brushing
OR	
BRUSHING + FLOSSING UNDER SUPERVISION	• Brush 2x daily • Rinse with tap water 2x daily • Floss under supervision with waxed/unflavored floss
OR	
BRUSHING + FLOSSING BY HYGIENIST	• Brush 2x daily • Rinse with tap water 2x daily • Floss by hygienist with waxed/unflavored floss
OR	
BRUSHING + HYDROALCOHOL (5%) RINSE	• Brush 2x daily • Rinse with 20mL of 5% hydroalcohol rinse (negative control) for 30 seconds 2x daily following brushing

12 WEEKS

1. Manuscript submitted for publication

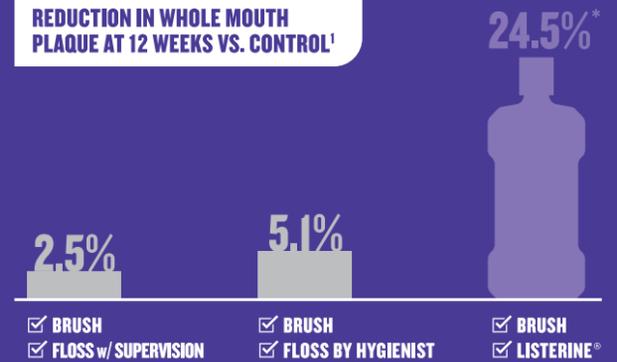
REFERENCE

* Sustained plaque reduction above the gumline after a dental cleaning. This rinse is not intended to replace brushing and flossing.
1. Bosma, M. L., McGuire, J. A., Sunkara, A., Sullivan, P., Yoder, A., Millemann, J., & Millemann, K. (2022). Efficacy of Flossing and Mouthrinsing Regimens on Plaque and Gingivitis: A randomized clinical trial. American Dental Hygienists' Association, 96(3),8-20. <https://jdh.adha.org/content/96/3/8>

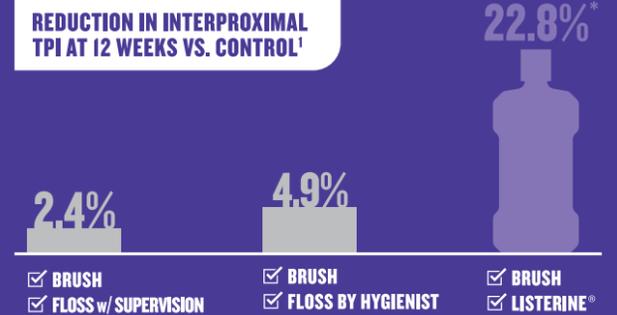
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OUTCOME

REDUCTION IN WHOLE MOUTH PLAQUE AT 12 WEEKS VS. CONTROL¹



REDUCTION IN INTERPROXIMAL TPI AT 12 WEEKS VS. CONTROL¹



ADDITIONAL RESULTS

This study also demonstrated that adding Listerine® Antiseptic Cool Mint to twice-daily brushing provided statistically significant reductions in gingivitis, gingival bleeding and bleeding on probing depth and probing depth compared to brushing and using a negative control rinse.

¹ Mean Turesky Plaque Index (TPI)
* P<0.001; comparing each investigational product vs. Control.
Clinical 1 control = Brush + 5% Hydroalcohol Mouth Rinse.



SCAN HERE
to request for in-clinic samples for your patients to try out!



FOR A Milder TASTE

At the end of the day, what saved us from sliding into the red financially was the great support given to SDA from the close to 40 dental vendors who sponsored exhibition tables during the SDA Convention. Special thanks to Megagen (Platinum Sponsor) and Listerine (Gold Sponsor) who took up premium sponsorship packages to advertise their products.



LISTERINE

NEW RESEARCH REVEALS: POWERFUL PROTECTION BETWEEN VISITS



4.6X BETTER PREVENTION OF PLAQUE BUILDUP*

*Sustained plaque prevention above the gumline after a dental cleaning. This rinse is not intended to replace brushing or flossing.



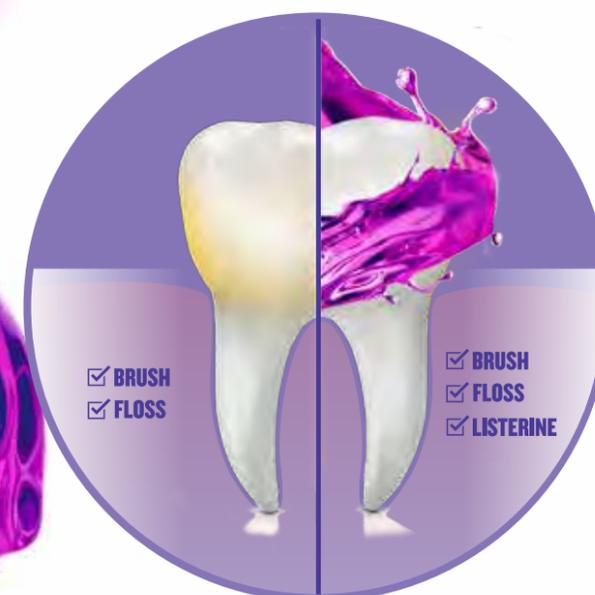
3x MORE EFFECTIVE

For reducing signs of gum problems like redness¹



KILLS 99.9% OF GERMS THAT CAUSE BAD BREATH, PLAQUE, AND GUM PROBLEMS

Reducing microbial biomass and the rate of bacterial repopulation



REFERENCE

1. Bosma, M. L., McGuire, J. A., Sunkara, A., Sullivan, P., Yoder, A., Millemann, J., & Millemann, K. (2022). Efficacy of Flossing and Mouthrinsing Regimens on Plaque and Gingivitis: A randomized clinical trial. American Dental Hygienists' Association, 96(3), 8-20. <https://jdh.adha.org/content/96/3/8>

*Creative interpretation of tooth and gumline for illustration purposes

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The strategic timing of lucky draws at different intervals between lecture slots added to the buzz and excitement of the convention. Our generous sponsors Megagen, Bicon, Osstem, and MPS all contributed many attractive prizes. Lucky winners walked away with prizes ranging from dental implants, bone graft products, free passes at local conference, and even attendance at overseas conference including air ticket!



We listened to members' feedback that the food at IDEM 2022 in MBS was below par, so we wanted to provide better quality food choices at Suntec Convention Centre. Most members who attended the SDA Convention 2023 complimented SDA for the better food quality and variety and we were heartened by the positive feedback.

Other than the kind support of the council, I am thankful for Michele Chia and Vivien Wang who did an amazing job co-ordinating the whole event from different angles, be it site visit and inspection, vendor participation, food and beverages, liaising with Suntec, and rehearsal. And kudos to our young and capable volunteers who took care of all the various tasks assigned, from emceeing to scientific chairs to speakers' liaison, photography, packing of goodie bags etc, to ensure the smooth running of the convention.



We are also indebted to the dedicated team of SDA staff who worked long hours before, during and after the event in order to ensure that every facet of the event is handled smoothly and professionally.

If given the opportunity to organise another SDA event, will we take up the challenge once again?

For the benefit of our members, our answer would definitely be in the affirmative!

DR EUGENE TANG
 was Past President
 and Current
 Vice President of
 Singapore Dental
 Association.

**The Welfare Committee Presents
Calendar of Events for 2023**

DURIAN GIVEAWAY FULLY SUBSCRIBED!	10 JUNE
PUB QUIZ	17 JUNE
SDA MOVIE NIGHT ROUND 2: MISSION IMPOSSIBLE DEAD RECKONING PART 1 FULLY SUBSCRIBED!	13 JULY
FRESHMEN WELCOME TEA FOR DENTISTRY YEAR 1	24 AUGUST
AIR PLANT WORKSHOP FOR BEGINNERS FULLY SUBSCRIBED!	13 AUGUST
MOONCAKE BAKING CLASS	SEPTEMBER (TBC)
POTTERY WITH THE CLAY PEOPLE 2 SPOTS LEFT!	15 OCTOBER
DENTAL PRACTICE FORUM	29 OCTOBER

WE LOOK FORWARD TO SEEING YOU THERE!
WELFARE@SDA.ORG.SG



Dear Members,

Thank you for the overwhelming response to our upcoming events! The Durian Giveaway, Movie Night 2 and the Air Plant Workshop are fully subscribed.

Those that missed out, don't despair as we have other exciting activities that are still to come. So do sign up early as slots can be taken up very quickly!

We look forward to meeting everyone there!

The Welfare Committee

PUB QUIZ



DENTAL PRACTICE FORUM





A NOT-SO-THORNY DEAL

BY DR TAMSYN OOI

The Singapore Dental Association (SDA) recently tapped into the local harvest, offering its members a combination that many Singaporeans simply can't resist: Durians, and free giveaways.

This pungent affair took place at Old Airport Road on a Saturday evening, conveniently offering the lucky dentists who managed to procure this treat the chance to eat it after work or bring it home to share. A wise choice of timing, as not every patient might be a fan of the smell from this thorny fruit.

A bountiful surplus of durian this season has led to lower prices and the SDA is not alone in spreading seasonal cheer; a recent giveaway in Khatib saw a whopping \$30,000 worth of durian being distributed to residents!

The durian is best known for its creamy taste and texture, and strong odor, and rarely for its health benefits. Surprisingly, they're also an excellent source of vitamin C, potassium, magnesium and fibre. Perhaps what stops them from being the new 'acai superfruit' is their calorie density; a single large seed can contain 113 calories, equivalent to roughly 15 minutes on a spin bike.

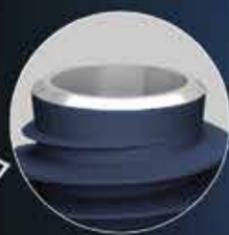
A truly polarising fruit, this thorny treat is not without controversy. In 2020, a post office was evacuated and twelve workers sent to hospital after a pungent odor from one of the packages caused a scare - later found to be thai durians meant as a gift for a Bavarian resident. Hard to digest, but not everyone is going to like the durian... Which means more to go around!



DR TAMSYN OOI is in private practice, and spends her free time scaling rock walls. You may also occasionally find her diving new depths or getting lost in a forest somewhere.

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Innovations

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Events

Seminars & Hands-ons

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SDA MOVIE NIGHT



GUARDIANS OF THE GALAXY Vol. 3

BY DR MICHELE CHIA



SDA's inaugural movie night kicked off with a superb pick of an action-packed major blockbuster, and together with the promise of great company, I knew it was an event I didn't want to miss. Oh boy were we absolutely pampered! We were treated to an entire theatre booked out just for members, friends, and family to enjoy, and just as I thought it couldn't get any better, the welfare committee further sweetened the deal by throwing in the perfect movie snacks to go along with – a huge serving of popcorn accompanied with ice-cold refreshing coke! Movie nights are

a cherished tradition, providing us with the opportunity to unwind and immerse ourselves in the magic of storytelling and cinema. There's just something special about stepping into a movie theatre, surrounded by the anticipation of a big screen spectacle, and sharing the experience with like-minded fans of the film. The Marvel movie series has become a dearly beloved and hugely iconic part of modern cinema. Typical of all the Marvel blockbuster films known not only for their colossal budgets, but also for their massive avid fan base, this 3rd and final edition of the Guardians of the Galaxy film is no different than its predecessors.

I'll have to put my hand up and admit that I'm no avid fan or follower of the Marvel Cinematic Universe films, and I embarrassingly am unable to identify more than half of the MCU superheroes, but I did thoroughly enjoy the few that I've watched like Iron Man, Ant Man, Black Panther: Wakanda Forever and Shang Chi and the Legend of the Ten Rings. Having not watched the first 2 volumes of the film, I really had no idea what to expect when I went. Not being a follower of the comics series, having never read them, and next to zero knowledge about

any of the characters, I went into the Guardians movie completely blind other than the trailer that I've looked up beforehand. I recognised Chris Pratt (who plays the character Star Lord) from the hunk he was in the Jurassic World series and from the chubby loveable character he played in Parks & Rec, and Vin Diesel (who is the voiceover for character Groot) from his days being the muscle head protagonist for the movie Fast and Furious, but that's about it. Having heard rave reviews of the previous 2 volumes of the film, I ventured into the theatre with high expectations, ready

to join Star lord and his ragtag band of space heroes on an intergalactic escapade.

Barring any potential spoilers, the story focuses much on Rocket Raccoon's grim backstory, and the Guardians' quest to uncover Rocket's origins linked to eugenic experiments conducted by galactic eugenicist, the High Evolutionary. This exquisitely grandiose but sinister supervillain embodies a distorted thinking that's led to noxious ideas such as eugenics - that he can create a perfect world by tinkering with it mercilessly with-



DR MICHELE CHIA is in private practice at PKWY Dental Specialist Practice and has a special interest and postgraduate training in Endodontics. During her free time, she enjoys keeping active at the gym and spending time with her two French Bulldogs.



out worrying about who gets hurt along the way. The film dazzles with its stunning visual aesthetics and exhilarating action sequences. Additionally, the soundtrack featuring a well-balanced mix of catchy tunes and classic hits, complements the lighthearted and adventurous tone of the film perfectly, making it an absolutely wonderful viewing experience.

This final edition of the Guardians of the Galaxy film is wildly imaginative, emotionally powerful and sprinkled with just the right amount of humor. These intergalactic space heroes are an endearingly odd bunch by anyone's standards, but the characters' love for each other becomes infectious and I fell in love, with the characters, the humor, and the storyline, the stunning fighting sequences and animation, to the beautiful themes of family, compassion, grievance acceptance and perseverance. I loved the underly-

ing messages of life lessons that I believe resonated with many of us and can inspire, motivate and provoke reflection.

SDA's inaugural movie night was a resounding success and fantastic experience that left us all wanting more. It served as a reminder of the power of cinema to transport us to different worlds, evoke emotions, and ignite our imaginations. The movie's perfect blend of humor, heart and action made it an excellent choice for movie night where we all shared the experience and rollercoaster of emotions alongside our favorite cosmic heroes. Kudos to the welfare team who were so meticulous and thoughtful in planning all the little details of the event, making sure we were all absolutely spoiled. I know I'd definitely be suffering a severe case of FOMO had I missed this movie night and I'm already keeping my eyes peeled for the next movie night announcement!





FOOD FOR THOUGHT: SINGAPORE'S LEADING ROLE IN THE PLANT-BASED MEAT INDUSTRY

BY DR CLARA GIBSON

The global meat industry is valued at over US\$2 trillion, with China now being the world's largest meat producer. But despite the high money stakes - no pun intended - in the industry, there is an increasing global trend towards a more plant-based diet. Or at least, awareness on some level that a plant-based diet can have some benefits.

These days, even the meat industry itself knows that meat production at its current level is not sustainable for the future and given the projected rise in global population, the environmental fallout would be significant. But blaming the cows for releasing methane is an over-simplification. Just like pointing an accusatory finger at the carnivores doesn't get to the source of the problem. It's not eating meat *per se* that is the issue at all, but instead the scale of land resources that need to be input into our commercialised meat production system to generate enough space for the sheer quantity of animals, coupled with the production of vast quantities of animal feed to sustain them. Eating meat is fine, but eating low cost, mass-produced meat at every single meal should be raising eyebrows these days. The input required (land, water, animal feed, transport and processing costs) doesn't generate enough volume of a high quality food product to sustain the increasing population

in the future, given the seriousness of the negative outputs, such as greenhouse gases, biodiversity loss, increased likelihood of further pandemics etc.

But the vegetarians aren't off the hook either. Yes greenhouse gas emissions from animal-based foods are twice those of plant-based foods, but surprisingly, rice cultivation is causing issues too. And South and Southeast Asia is sharing top place with South America as the largest emitters of these food production greenhouse gases. Intensive agriculture - of any food product - degrades soils and ecosystems, disrupts habitats and microbial organisms. Given the disproportionate impact of animal farming on biodiversity, land use and environment, it is obvious as to why the food technology sector is now focused on artificially made meat and protein substitutes.

These substitute meat products fall into one of two categories; the vegetarian ones and the lab-grown-not-technically vegetarian ones. Products such as Quorn™ and Impossible meat™ are vegetarian products, in that they contain no animal derivatives and are instead made from soy, pea or mushroom protein. The realistic taste and colour of some of them is thanks to leghemoglobin, a heme protein found in the roots of leguminous plants.

GREENHOUSE GAS EMISSIONS FROM ANIMALBASED FOODS ARE TWICE THOSE OF PLANT-BASED FOODS, BUT SURPRISINGLY, RICE CULTIVATION IS CAUSING ISSUES TOO.



Lab-grown meat, or the now preferred term of 'cultivated meat' is pretty close to actual animal meat. It first came into existence from a scientist who was working in the field of human regenerative medicine, specifically, repairing cardiac tissue. To produce cultivated meat, muscle cells are taken from an animal via biopsy and then grown in a laboratory. The main issue currently is that the growth medium used is a serum extracted from cow fetuses (FBS) - not exactly vegan and not cheap either. The food tech industry is racing ahead to find a more friendly alternative to this, with the Singapore company Good Meat very recently having been granted approval to use a serum-free medium for producing its cultivated meat. Interestingly, on a global scale, Singapore is one of the leading countries investing in and producing cultivated meat, perhaps a reflection of our limited land resources for agriculture. Lab-grown meat is not quite at the stage yet where full cuts of meat can be grown but it is proving that it can be a more nutrient dense and sustainable solution than the average fast food restaurant's chicken nuggets.

Vegetarian or vegan diets can cause some issues though, which we, as dentists, may be the first to notice. Health-conscious plant-based foodies may start their day with lemon in hot water, snack on smoothies



Lamborghini Huracan STO

BY DR KEVIN CO

What Is It?

It's Lamborghini's attempt to bring a race car to the road. STO stands for Super Trofeo Omologata, which if you can glean a bit from the Italian, means that this is a race car homologated for the road. It's the road-legal variant of Lamborghini's fearsome Huracan Super Trofeo Evo and GT3 Evo race cars that compete in prestigious events such as the Blancpain GT Series and the GT World Challenge.

With the Huracan set to bow out after 2023 and be replaced by something else that's almost certain to be hybrid like the Revuelto, it's your last chance to net something that's proper old-school and analog, with a screaming V10. Because let's face it, that's Lamborghini. We aren't sure if the hybrid era will bring the same level of character and old-school rawness. So, let's see what the Huracan STO is all about.

Some Exterior Highlights

Lamborghini claims that the Huracan STO features a completely revised shape to optimize its aerodynamics, that also grants an immediate sense of racing excitement. We can't see any major differences shape-wise, but we can tell you that it certainly looks exciting. The first thing you'll notice is that massive rear wing, followed by the prominent STO decals on the doors.

What's more interesting, however, is something that you won't likely see. Lamborghini says that 75% of the body panels are carbon-fiber in the pursuit of lightness. They mention a component called the Cofango – a body component that incorporates the hood and front fenders – as maximizing aero performance while minimizing weight. We don't doubt them. Without trying to sound academic, let's just say that the Huracan STO looks like it's mistakenly taken



the slip road off the race track and ended up on the public roads.

Mechanical Highlights

Right behind the passenger cabin lies Lamborghini's 5.2-liter V10 that develops 640hp at a spine-tingling 8,000rpm. The sound is something we just can't describe, and will be sorely missed once Lambo goes hybrid. All this goes to the rear wheels via a 7-speed Lamborghini Doppia Frizione (LDF) dual-clutch gearbox.

Lamborghini claims 0-100km/h will take 3 seconds flat, and the Huracan STO will keep charging until about 310km/h. It can also brake from 100km/h to rest in under 33 metres, thanks to massive carbon fibre disc brakes on all four wheels.

How Does It Drive in the city?

Every bit the racer that's been tamed for the road. From the moment you settle into the racing bucket seat to

the moment you fire up the engine, it's apparent that the Huracan STO isn't meant for pootling around town in. Rather, it's drivability in the city is to help you get around when you can't really drive it the way it's meant to be driven.

The suspension isn't set up for pliancy in the city, and you'll feel bumps and potholes in a manner that borders on harsh. The brakes are manageable, but you're always aware of the need to finely modulate them at middling speeds.

In short, the Huracan STO can cut it in the city, but this isn't its natural habitat. It won't be particularly happy, and after a while, neither will you. There are few instances where you can properly open the taps and let the engine wail up to its 8,500rpm redline without breaking the speed limit and attracting the attention of nearby cops, who will be alerted as the Huracan STO is, well, relatively loud, to put it mildly.



What About When Things Open Up?

The Huracan STO is more suited to higher speeds such as back road blasts and track sojourns, and that means it's quite a thrill on the open roads. Suddenly, you'll forgive the harsh ride when the tempo rises, as you receive a stream of information via the seat. Your body is intrinsically in turn with every little detail from the surface being communicated via the seat, as well as the supremely responsive electromechanical power steering. Furthermore, the massive rear wing does provide downforce, but it's effect is only apparent when on the track. You can adjust it between three modes, namely low, medium, and high.

The keen driver will really appreciate the fact that the Huracan STO has a rearward-handling bias. A common complaint about the regular Huracan is that it tends towards understeer, which isn't the case with the STO. That also means you've got to be more careful with it. It's not a car you can just get in, mash the throttle and go. Treat it with respect, because even though those monster carbon brakes provide immense stopping power, all the tech in the world isn't a match for carelessness.

Can You Live With The Huracan STO?

You could, in a pinch. It's got two seats, and a touchscreen infotainment system in the centre stack with climate control as well. You've also got power windows, power mirrors and power door locks. However, storage space is very limited in the cabin, so you can't carry a laptop bag and a passenger at the same time,





unless your passenger is willing to hold your bag. We can't even find a proper place to stow a mobile phone or wallet, so those will need to remain in your pockets. Looking towards the alcantara headliner, we observe sun visors and map reading lights, so that's a nice touch.

Is It Family Friendly?

Not really unless your family is really into cars and don't mind the raucous and raw nature of the Huracan STO. Remember that kids



riding in the car need to be old and tall enough to ride in the front seat of a vehicle with regular seat belts, so you can't just strap a child seat into the Huracan STO. Don't even think of luggage space, either.

Final Thoughts

The Huracan STO is, as we said before, a track missile that's been tamed for the city. That doesn't mean it's meant to fight traffic jams or be used as an urban commuter for much of its life. Think of it like a race car that's been made road legal so that you can drive it, and go about some of your errands on the way. It's hardcore, it's loud, it's not particularly comfortable either. But when you take it on an empty open road and track, all these shortcomings just melt away and a broad smile creeps across your face.

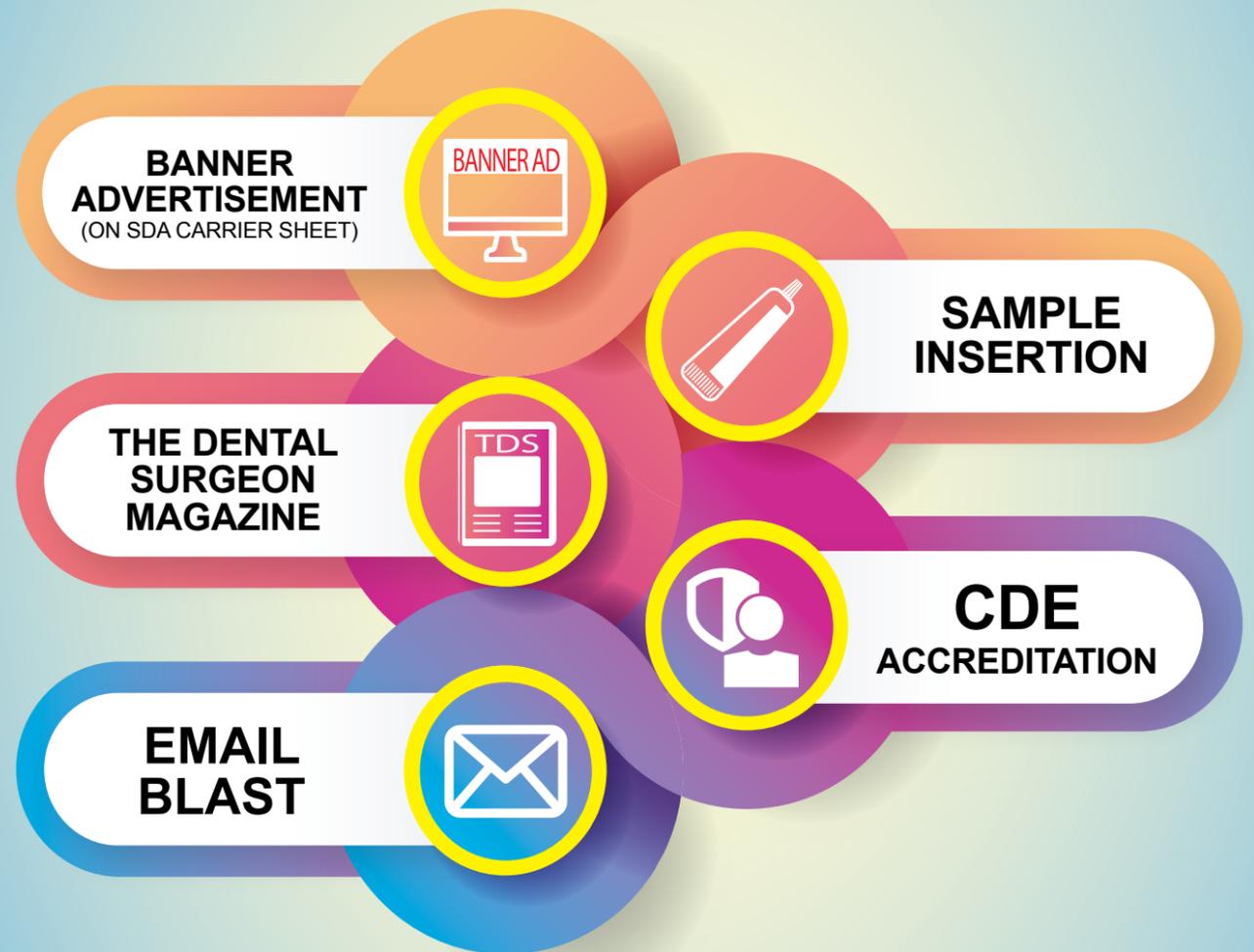


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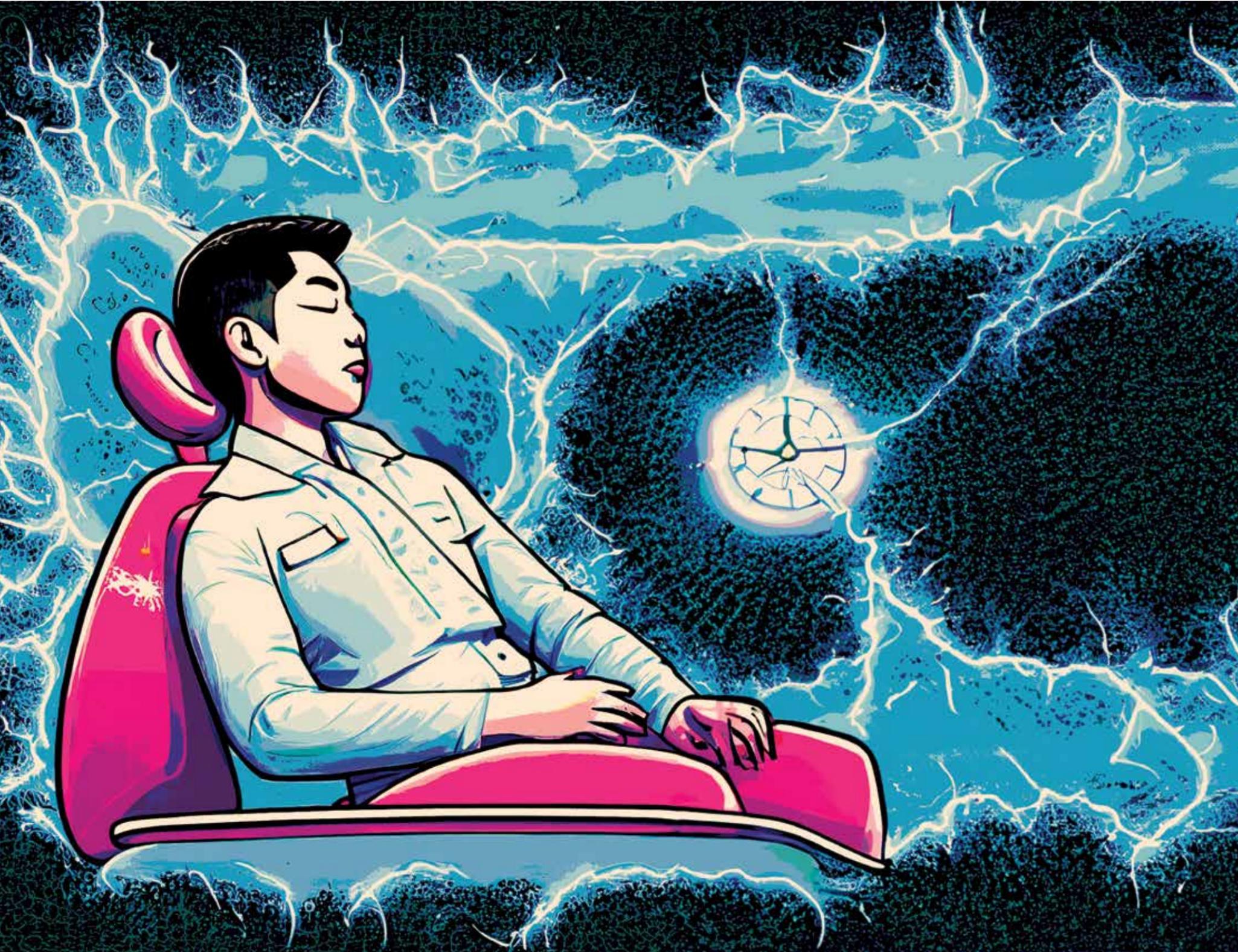
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MY DENTAL CHAIR
TIME MACHINE AND
HOW I UNINVENTED
CHEESE

MY DENTAL CHAIR TIME MACHINE AND HOW I UNINVENTED CHEESE

BY DR JEREMY SIM

This tale may sound incredible, but it is true.

I accidentally found out that my dental chair was a time machine, and this is my story.

On a slow Wednesday afternoon, I took it upon myself to enjoy an afternoon siesta in my chair. With the chair reclined at a 20 degree angle, I quickly took my first steps to the dream world when I felt an odd vibration coming from my seat.

I opened my eyes, only to be met with the darkest dark I had ever seen. A jolt ran down my arms as I tried to lift myself from the chair; I was immobilised. The vibrations crescendoed into a mind jarring cacophony of delirium.

Then it all stopped.

I reached into my pocket hoping to send an angry WhatsApp to my chair guy, only to feel my own leg. My own smooth, milky skin. I was, as they say in ancient Rome, pantsless. I ran my finger up my torso to only discover more nakedness. Before I could respond to the surprise

of my own nudity, I looked around only to be met with a completely unfamiliar environment.

If you were to ask the common person, "Given a time machine, where and when would you travel to?" Many would wish to bear witness to the ancient Hanging Gardens of Babylon, see the Great Pyramids of Giza with her marble cap in their full glory, or something of the like.

The last time I was at the receiving end of that question, I had quipped that I would like to see how cheese was first discovered. There were three possibilities: Firstly, it could have been discovered by a genius who understood that the controlled expiration of milk would produce an edible product. Secondly, he could have been a fool for even trying bad milk, or thirdly, the circumstances could have been so dire that he had no choice but to have spoiled milk.

So there I was, in a structure made of sticks and sheepskin. Before me stood six pots of clay with lids on them. A strange smell wafted to my nose holes and I immediately recognized the smell of stale milk.

Then I heard hurried footsteps making their way to the entrance of the hut. A man dressed in animal skin and straw sandals scurried his way towards the pots. He lifted the lid from one of the pots, took a whiff and said, "ew that stinks!"

I gasped. Audibly. He immediately spotted me and we shared two silent seconds of disbelief.

"You... You speak English? What year is it?" I asked.

"Dude," he said, "it's 5500 B.C man... Who are you and why are you free dangling?"

"Hold up... B.C? How would you know it was even B.C if Christ hasn't even come yet?" I asked in bewilderment.

"I'm just a simple farmer, my friend. I do not know. I just look at that calendar on the wall," gesturing towards a square tablet nailed to one of the wooden stakes supporting the hut.

I slowly nodded and stood up. I reached out my hand and we bumped fists. He handed me his sweaty loincloth that he had used in the morning and I put it on, restoring my dignity.

We stepped out of the hut and the sight before me was so breathtaking that it could not be described in words. So it will not.

He took me to his apartment where he had an assortment of preserved

beetles and Pez dispensers. I shared that I, too, was an avid collector back in the future. I told him about my collection of pokemon cards and heavy debt. I told him about work and described the concept of money to him.

"That's so effing stupid! What the heck, bro? Look at that plant, it's in the ground. You just eat it. Look at that stupid chicken, you see that? It gives you eggs. If you get sick of the eggs, you eat it. See that tree? You chop it down, make yourself a nice home. It's all out there, it's all given to you by nature, what do you need money for? Do we get more stupid with time? You just have to take what you need and not be jerks to one another, is that so hard? Retards."

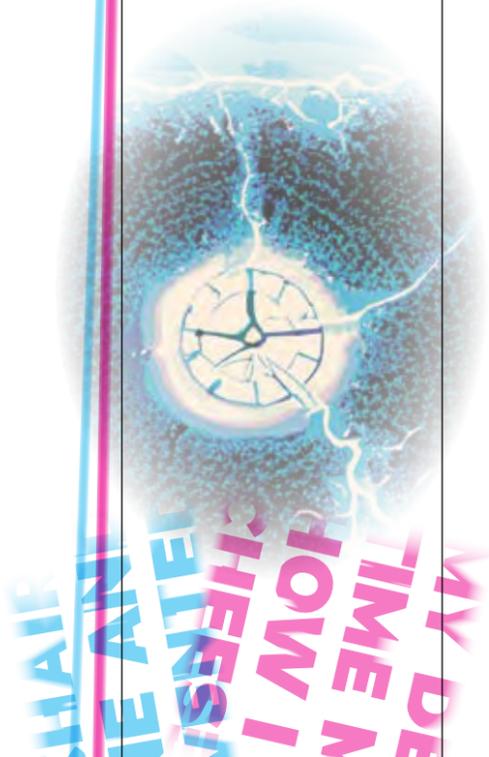
As I began to explain that the "r" word was considered inappropriate in my time, the vibrations began to envelope my body. I probably was convulsing from the man's point of view as he attempted to put a spoon in my mouth. I tried to explain that we were not actually supposed to put a spoon in the mouth of an epileptic when I found myself seated back in my dental chair.

I checked the time and only a minute had passed. It then dawned on me that I had probably prevented the invention of cheese in an alternate timeline. For a moment I felt bad that I had deprived an entire population of cheese.

Then it was time to work again.



DR JEREMY SIM
Is a director and dentist at Brightside Dental. He thinks of himself as somewhat of a conspiracy connoisseur and believes that the slow disclosure of non-human intelligence is imminent.



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