

Systema GOKUJO (ELITE)



attache sample

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



# **Precise Dental Technology from Japan**

Finest design to fit for all round clean







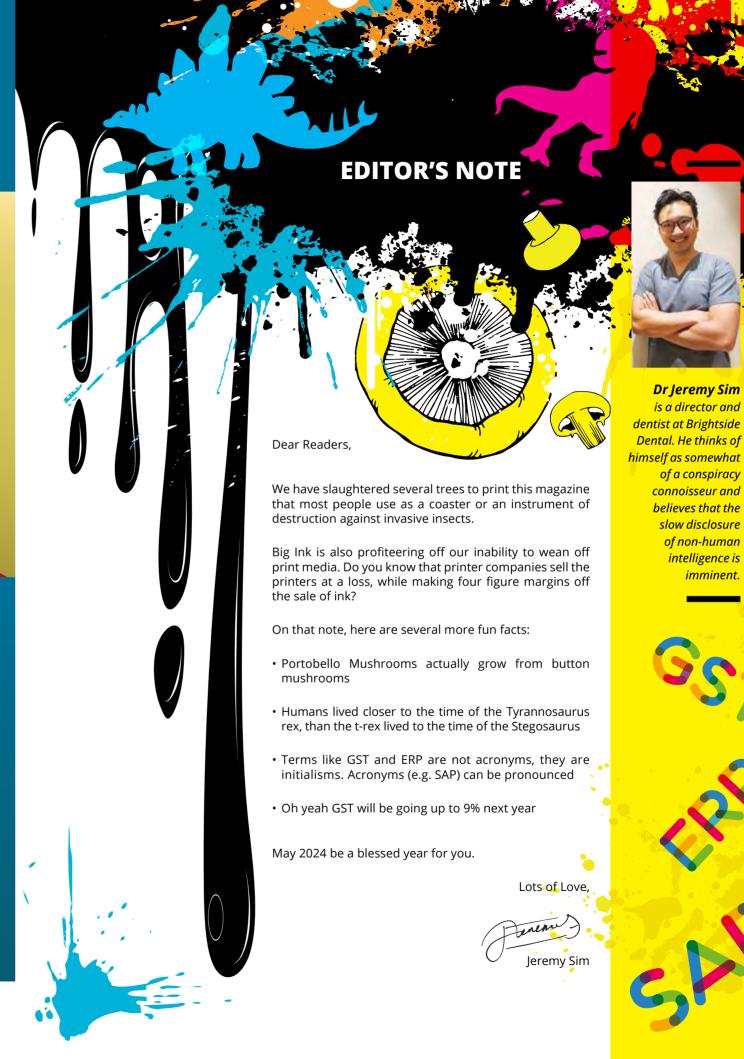
Using precise dental technology from Lion Japan, Systema Gokujo Toothbrush has the finest design with 40% Thinner<sup>\*</sup> & Wider\* Compact Brush Head and Hybrid of Super-Tapered & Rounded Soft & Slim Bristles with Dual Level to fit teeth nicely for a more thorough all round clean yet gentle on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

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



For excellent & thorough plaque removal





imminent.

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The Dental Surgeon

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# **EDITORIAL**



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# PRESIDENT'S MESSAGE

Members of the Singapore Dental Association,

As we bid farewell to 2023, we find ourselves at the intersection of accomplishment and anticipation, with a sense of pride in our collective achievements and a keen enthusiasm for the opportunities that lie ahead. This year has been a testament to the resilience and dedication of our esteemed volunteers. We have also persevered through regulatory changes, become more united and committed to the pursuit of excellence in oral healthcare.

Our council have been interacting and working closely with the stake-holders of the profession, a spirit that encapsulates the collaborative spirit that defines our association. Through shared knowledge, mutual support, and a commitment to professional development, we aspire to elevate the standard of dental care in Singapore. I extend my deepest gratitude to each and every member for their unwavering dedication to the betterment of our profession.

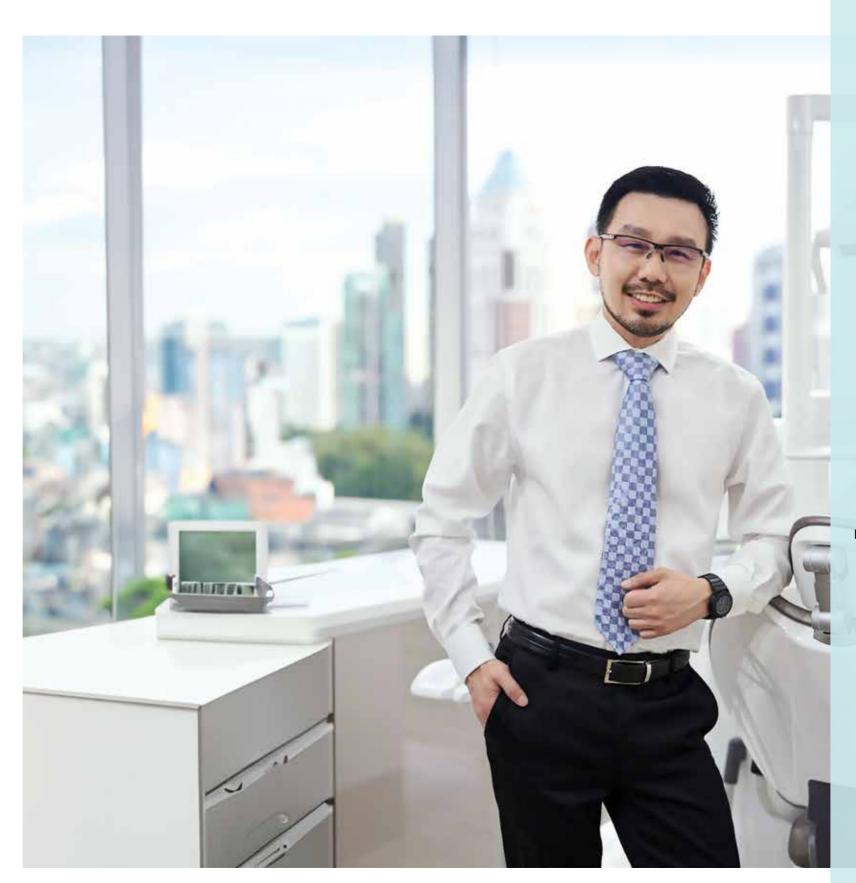
We have also reached out to our younger colleagues to promote the spirit of camaraderie and create awareness on the importance of collective representation. By fostering a culture of inclusivity, we aim to contribute to a healthier, happier professional community.

As we look forward to the coming year, our focus remains on adaptability. The world is evolving, and so is the field of dentistry. Technological advancements, changing patient expectations, and global health challenges require us to be agile and forward-thinking. IDEM 2024's Scientific Programme has been curated to provide members with the resources and support needed to navigate these changes and continue delivering exceptional care to our patients.

In closing, let us take a moment to appreciate the collective achievements of the past year and to recognize the potential that the future holds. The Singapore Dental Association is not just an organization; it is a community of dedicated professionals working together to shape the future of oral healthcare in our nation.

Thank you, and I wish you all a joyous holiday season and a prosperous New Year.







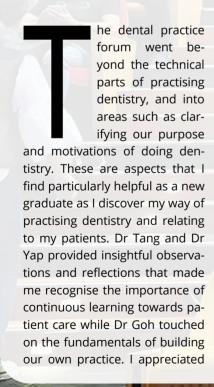
**LET US TAKE** A MOMENT TO **APPRECIATE** THE COLLECTIVE **ACHIEVEMENTS** OF THE PAST YEAR AND TO **RECOGNIZE THE POTENTIAL THAT** THE FUTURE HOLDS, THE **SINGAPORE** DENTAL **ASSOCIATION** IS NOT JUST AN **ORGANIZATION:** IT IS A COMMUNITY OF DEDICATED **PROFESSIONALS** WORKING **TOGETHER TO** SHAPE THE **FUTURE OF ORAL HEALTHCARE IN OUR NATION.** 

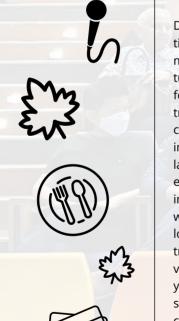


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# DENTAL PRACTICE FORUM AND YOUNG GRADUATES DINNER 2023

BY DR WINSTON LIM





Dr Elvin's sharing on specialisations which made me reflect on my personal goals and if a structured program would be suitable for me. Dr Foster stressed that trust and effective communication are quintessential to improve the dentist-patient relationship. I also particularly enjoyed Professor Quah's sharing which encouraged me to find ways to exercise empathy and love my patients genuinely. I am truly grateful to have received valuable advice and inputs from years of experience from professionals in the industry over the course of just 5 hours. I am glad that I did not miss out on this precious learning opportunity!

LEARNING FROM OUR EXPERIENCED COLLEAGUES AT THE DENTAL PRACTICE FORUM





















The Dental Surgeon

December 2023 / 7

# **LISTERINE**

# **NEW RESEARCH REVEALS:** POWERFUL PROTECTION BETWEEN VISITS





Later that evening, the atmosphere became lighter as my fellow batchmates gathered at Chug Chug for a memorable night of reunion while we got the chance of meeting new friendly faces from Singapore Dental Association (SDA). There was a lucky draw segment that gave out an iPad and vouchers for

Osstem implant courses while I won myself a \$50 voucher (that I could use to offset my future CPE courses). Besides, who could forget the special game segment with prizes, facilitated by Dr Jeremy, that really livened the mood? I was also happy to have won a \$50 Decathlon gift card during the game quiz.

There was truly something for everyone that evening, and we had a merry time making hearty conversations over drinks and food. Thank you SDA for the funfilled evening and I am looking forward to more of such forums and gatherings that will enrich my dental journey greatly!

1. Bosma, M. L., McGuire, J. A., Sunkara, A., Sullivan, P., Yoder, A., Milleman, J., & Milleman, 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

















DR WINSTON LIM is a first year dental officer working at Tampines Singhealth Polyclinic.

He is a strong believer in providing quality care to his patients, taking the effort to understand his patients' needs as he would for his loved ones.

He enjoys spending quality time with his family and friends and going to church. He looks forward to using his dental skills to care and serve his patients well.

December 2023 /



# FOD **FRESHMEN Welcome Tea** 2023

























# **LISTERINE**

For Dental Healthcare Professionals. Educational Purposes only. Not for External Distribution.

# NEW RESEARCH REVEALS: POWERFUL PROTECTION BETWEEN VISITS

LISTERINE® offers 4.6X better prevention of plaque buildup\*

Regular use of Listerine<sup>®</sup> offers patients superior plague reduction above the gumline between dental visits.

## **Efficacy of Supervised Mouth Rinsing** and Flossing on Plague and Gingivitis<sup>1</sup>

**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 plague 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 Plague Index (TPI), mean MGI, gingival bleeding, bleeding on probing depth, and probing depth.

#### TREATMENT ARMS

# **BRUSHING +** LISTERINE® ANTISEPTIC

Rinse with 20mL of LISTERINE® Antiseptic for 30 seconds 2x daily following brushing

BRUSHING + FLOSSING UNDER SUPERVISION

Brush 2x daily

Brush 2x daily

Rinse with tap water 2x daily Floss under supervision with waxed/unflavored floss

RUSHING + FLOSSING BY HYGIENIST

 Brush 2x daily Rinse with tap water 2x daily

· Floss by hygienist with wayed/unflavored floss

USHING + HYDROALCOHOL (5%) RINSE

OP

Brush 2x daily Rinse with 20mL of 5% hydroalcohol rinse (negative control) for 30 seconds 2x daily following brushing

# **OUTCOME**

REDUCTION IN WHOLE MOUTH PLAQUE AT 12 WEEKS VS. CONTROL<sup>1</sup> 24.5%\*

**☑** BRUSH ✓ FLOSS w/ SUPERVISION

**☑** BRUSH 

5.1%

**☑** BRUSH ☑ LISTERINE®

22.8%

**REDUCTION IN INTERPROXIMAL** TPI AT 12 WEEKS VS. CONTROL<sup>1</sup>

**☑** BRUSH ✓ FLOSS w/ SUPERVISION

**☑** BRUSH **✓ FLOSS BY HYGIENIST** 

**☑** BRUSH ✓ LISTERINE®

#### **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.

I. Mean Turesky Plaque Index (TPI)

\* P<0.001; comparing each investigational product vs. Contro Clinical 1 control = Brush + 5% Hydroalcohol Mouth Rinse.



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



\* 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., Milleman, J., & Milleman, K. (2022). Efficacy of Flossing and Mouthrinsing Regims 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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#### SDA WELFARE COMMITTEE EVENTS

hen I first saw the announcement for the SDA workshop on airplants, I was intrigued. Wow, plants that just live on air! This is it - no maintenance plants the answer to this non-green fingered aspirant of a balcony garden.

I was quick to sign up.

My curiosity was piqued when I found out that the workshop would be held somewhere in Sungei Tengah – in northwest Singapore. Things got even more peculiar when I learnt of the venue, "Tan Gin Sai Tropical Fish Farm".

The SDA group was met by Daniel Goh, a financial consultant by vocation; an airplant artisan by avocation. He explained that parts of the Fish Farm, where

there were large man-made ponds, have been re-modelled. The elderly owners of the Fish Farm partitioned off areas and rented the space to weekend urban farmers or hobbyists to tend to their pet fish and plants.

He showed us his space. He had drained off the water from the old fishpond, so he had a two-tiered space with a sunken portion where the old pond used to be. He termed his space "Airvatar" - after the movie Avatar. He was inspired by the other-worldly appearance of air-plants. He felt that stepping into his garden was like stepping onto another planet.

Daniel began his workshop with a short introduction to Airplants or Tillandsias - a group within the Bromeliad family. This also makes them cousins of pineapples. Airplants were originally from the forests of Central and South America. Airplants get their name because they can absorb moisture and nutrients from the air through their long, narrow leaves. They do so through special structures on their leaves called trichomes. It is the trichomes that give

the typical "frosty" or fuzzy look on their leaves. Airplants that are native to cooler climes have more trichomes. Species that are native to warmer, wetter, tropical climates are greener with less of the frosty trichomes.



Airplants are epiphytes, clinging onto tree branches, trunks, dead wood or even stones. Epiphytes, do no harm to the host tree. As the roots are only to cling onto rocks or branches, cutting the roots are inconsequential when the plants are suspended as ornaments.

Since the plants are so effective at absorbing moisture, they need little water, only a daily "misting" of water. The plants do bear flowers but only once in their lifetime! When the solitary stalk of flowers dries up, the plant dies. The good news is that the plant produces "pups"

or new plants from the base of the plant.

After the short talk, it was time for all of us to make our own little display of airplants.

We were each given a small but interesting piece of what seemed like driftwood on which, we could

BY DR ASHA K KARAN

The Dental Surgeon December 2023







place small tufts of airplants. I picked one that reminded me of the singer Tina Turner's wild hairstyle. The next thing I knew, I was given a pair of scissors and told to give it a "haircut" i.e., cut off the brown tips of the leaves.

We were given an assortment of accessories like seashells, moss of different colours, beads painted to look like cute ladybirds; and glue to put them all together. Yes, the living airplants were glued to the wood. We were left to make our own creations. The Airplant Artisan said, "dentists must be good with their hands". No pressure.

I decided to leave my arrangement minimalist and walked around the room looking at fellow-dentists' arrangements. It was obvious that some were intensely into their work – a few even rued not bringing their loupes!

It was a very interesting way to spend a Sunday afternoon. Driving through the Singapore "countryside", discovering how a fish-farm has been re-purposed, meeting people seriously committed to their hobby, learning about an "other-worldly" species – all within the conviviality of fellow dentists.

Great job, SDA Welfare Com!





DR ASHA K KARAN has been a long-time volunteer in SDA, serving in many capacities.

A dentist for over 40 years, she is still looking for hobby to occupy her retirement years.

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# SDA MOVIE SDA NICHT

Mission: Impossible - Dead Reckoning, Part One

BY DR MICHELE CHIA

udging from the resounding success of the first SDA movie night that our members were treated to in May 2023, we knew we had to be quick to score tickets to the second round of this highly coveted welfare event. With the blockbuster title that the welfare team had picked this time, it was no surprise that seats for this popular event were taken up so quickly. We were delighted to be lucky enough to secure tickets!

Being so spoiled by the welfare team at the previous edition of the movie night, we knew we were in for another treat this time. True enough, the welfare team did not disappoint indeed. We had the whole theatre booked



out exclusively for SDA members and our invited guests to enjoy, accompanied by complimentary snacks and drinks that were carefully curated to match the visual feast that us fans of the Mission: Impossible franchise were eagerly anticipating.

The Mission: Impossible films, being one of the premier action franchises of our time, certainly needs no introduction. In Tom

Cruise's latest outing in Mission: Impossible 7, he reprises his role as Ethan Hunt. The film showcases him on a mission to track down a terrifying global threat known only as 'The Apostles'. Confronted by this mysterious, all-powerful enemy, and combined with dark forces from his past, Ethan will need to complete an extremely high stakes deadly mission that will see him race across different locations around the globe.

With the unwavering commitment to his craft, physicality and dedication to the character, constantly pushing his limits at the age of (would you believe it) 61 - it really is no wonder why Tom Cruise is, has been, and will always be, the face of





this blockbuster franchise. Ving Rhames' never wavering loyalty and portrayal of the character Luther Stickell will tug at anyone's heartstrings, Esai Morales' performance is absolute villain poetry and Simon Pegg's comedic timing brings much needed levity to the film. Even newcomer Hayley Atwell holds her own among the established veterans, proving herself to be a force to be reckoned with. Pom Klementieff adds a fresh dynamic to the already stellar ensemble, bringing her own unique chemistry to the

mix, providing the perfect blend of humour and camaraderie. Aside from the star-studded cast, the balance of genuine depth and emotion, high-octane action and a compelling story, made it a cinematic triumph and solidified the film's status as a modern master-

piece. Christopher McQuarrie's script was so intricately thought out and crafted, weaving a tangled web of unexpected twists and turns. He managed to seamlessly combine political intrigue, espionage, personal stakes, emotional investment in the characters and their missions, and delivered surprising revelations and pavoffs that left us craving for more. The harmonious symphony of excitement and depth, kept us all engaged and guessing till the very end. This edition of the film not only lived up to its predecessors, but also completely raised the bar for the entire franchise, making it a phenomenal addition and an absolute must see for action enthusiasts.

As the lights dimmed, a hush fell over the theatre and the world outside faded away. The first frames flickered to life, casting a cinematic spell and transformed the room into a portal of a distant world. The ambient glow of the silver screen drew everyone into the realm of storytelling, signaling the beginning of a collective adventure. The aroma of freshly popped buttered corn wafted through the air. Reaching for these treats became a tactile ritual, paired with ice-cold Coca Cola drinks adding to the sensory harmony, transforming this movie night into a multi-sensory delight.

Aside from the technical prowess, gripping storyline and outstanding cast, Mission: Impossible 7 also delved into thought pro-

voking themes such as sacrifice, trust, complexities of decision making in a morally ambiguous world, loyalty and redemption. All these resonated during the show and stayed in our minds long after leaving the theatre.

In a way, this movie night became a shared space of anticipation, shared moments of laughter, tears and a portal that transported all of us viewers across genres, eras and emotions. That is the magic of the world of storytelling and cinematography. The night was not just about the film; it is the tapestry of shared experiences and memories long after the credits roll.

Huge kudos to the welfare team for creating this magical opportunity for us members and friends to weave connections, build memories and celebrate the enchantment that unfolds when friends and family come together for a cinematic escape.





pr 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.





# **IDEM 2024 HANDS-ON WORKSHOPS**

Limited workshop seats are available and can only be bought in conjunction with a Scientific Conference Pass.



David Alleman Davey Alleman

SDA MASTERCLASS: **BIOMIMETIC DENTISTRY HANDS-ON** 



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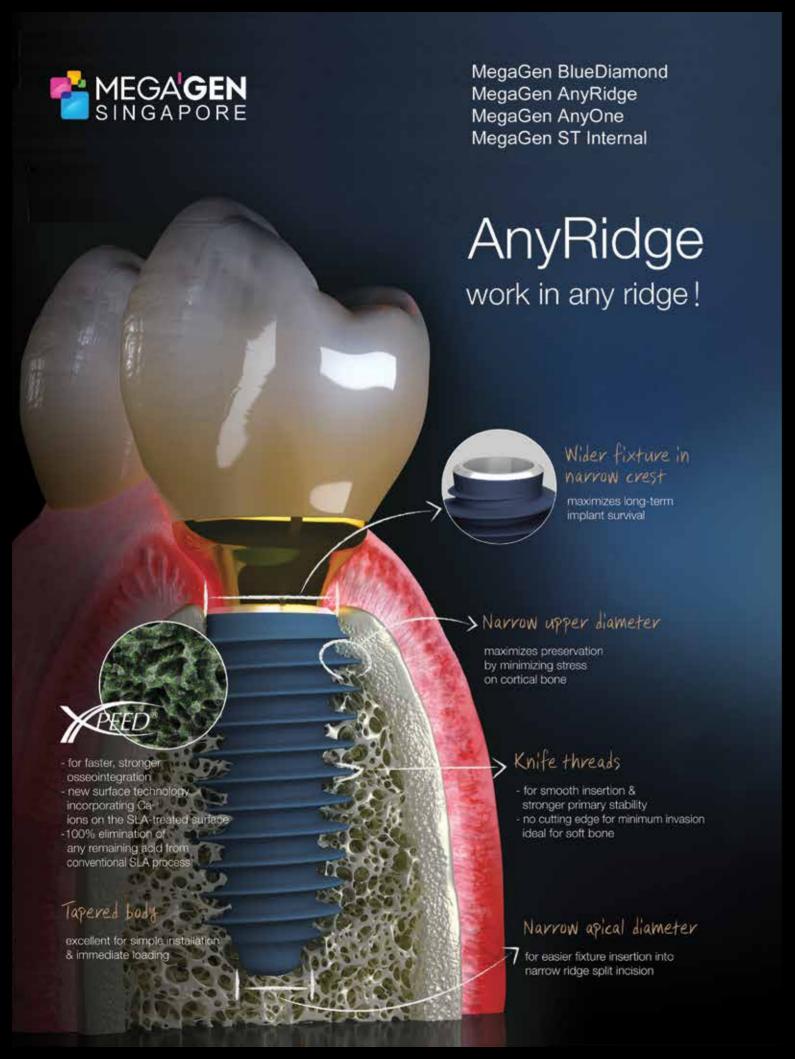


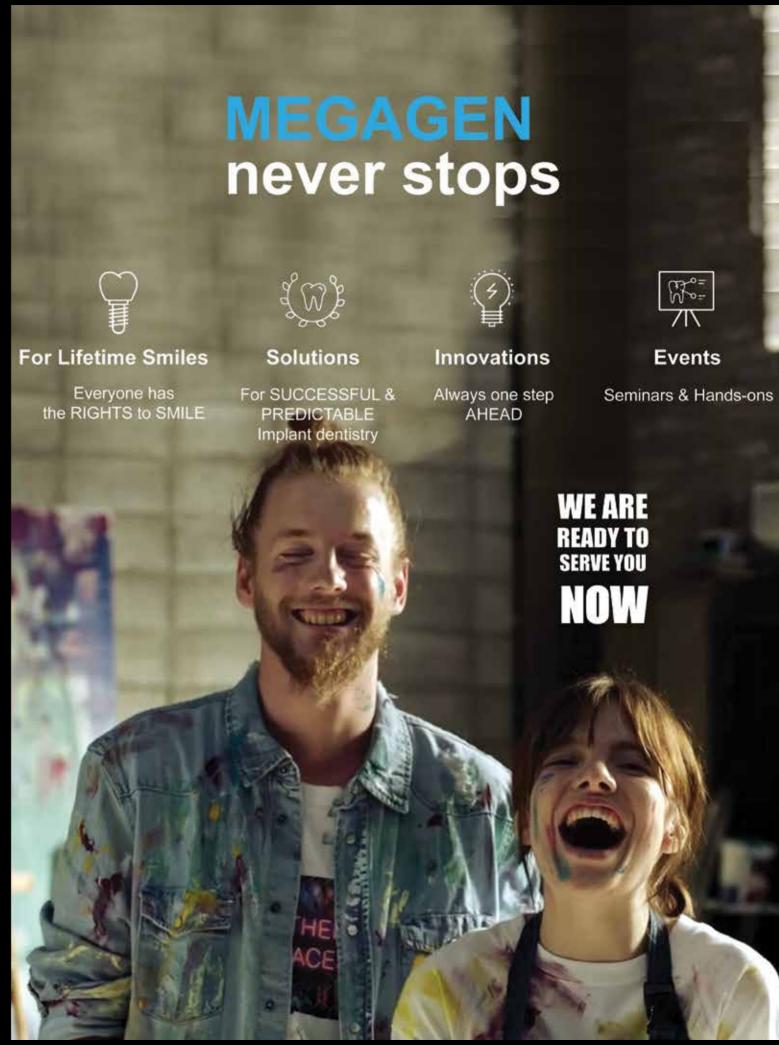




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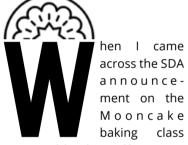






# TEOCHEW THOUSAND LAYER MOONCAKE AND WALNUT MOONCAKE BAKING WORKSHOP

BY DR BETTY MOK



organized by the Welfare Committee, my passing thought was "Nice activity and timely too, with the festival just round the corner". It never occurred to me to sign up for it as I am a 'weekend' cook and I rarely bake. My oven is put to use about 4-5 times a year, mainly for roasting meat on festive occasions. The rest of the time, it serves as a convenient "storage cupboard" for some of my dried foodstuff.

When one of the organisers approached me to lend my support to the activity, my im-

mediate response was "No lah, I don't bake" but when she said that they are short of the minimum number of participants for the class to be conducted, I relented. I was also swayed by the fact that the 2 types of mooncakes that will be taught to participants are among my favourites, the Teochew flaky spiral yam mooncake and the Shanghai walnut mooncake.

The 4 hour workshop was held on a Sunday afternoon at the Baking Studio which was conveniently located just a 3 minute walk from the Maxwell MRT station. I was thrilled to see some familiar faces among the 12 participants. We were warmly received by our friendly instructor and her able assis-

tant and brought to a bright and airy room where everything has been neatly laid out for us including the printed recipe sheets and pre-weighed ingredients.

We were seated 2 to a table with our own set of ingredients placed in front of us and some shared ingredients and equipment placed in between. This arrangement encouraged interaction between 'partners' and made it easy for them to help each other along the way. The instructor set a good learning pace and her instructions were clear and easy to follow. She was able to address all our queries and was generous in sharing baking tips with us. She was also quick to the rescue when

















some of us made mistakes like mixing the ingredients in the wrong sequence or overworked our dough.

The room was filled with friendly banter among the participants and the session went by like a breeze. Kudos to the instructor as she managed to make it all seem so easy and also ensured

our mooncakes turned out well. It was an enjoyable and fruitful way to spend a Sunday afternoon and we were all smiles as we each departed for home with 2 boxes of mooncakes to share with our families. My thanks to the Welfare Committee for organizing the baking class and to SDA for the generous subsidy of the course fees.





DR BETTY MOK
is a paediatric dentist
who is moving towards
retirement after more
than 40 years of clinical
practice.

With its last breath, my father mustered its last ounce of energy to produce his final pair of spermatozoa, before slamming his baby making factory's doors for good.

She never stood to see the light of day again.

The pair of swimmers meandered through tributaries of muck and ectoplasm, narrowly avoiding threatening obstacles to complete their treacherous trek to the doors of Mother Egg.

There she stood, a pulsating orb of life; a gargantuan rotund tower that bore half the genetic material that we are today.

"I get that's it then," swimmer A said to swimmer B.

"Aye brother, t'was a journey, but the gates of Mordor finally stand before us," swimmer B, a Scotsman in his past life, responded.

In an act of acrosomal altruism, swimmer B held the doors open for swimmer A to enter Mother Egg.

A gestational period away, I came to be.

I recall the exact moment I attained consciousness. At 26 months of age, I looked around the three room HDB flat I was in and noticed the lack of other children around me.

A diabolical smile spread across my face.



BY DR JEREMY SIM

"One day, this will ALL be mine," I laughed hysterically at the riches that stood before my eyes. Sharing? What a joke. I never have, and never will, even begin to understand this concept known as sharing.

I stalked around the home, running my fat little index finger along the panels of wallpaper and asbestos. I admired the towering box before me that projected images and sounds from faraway lands, marvelling at its magic.

Yes, this will all be mine.

As I suckled the nectar of the gods from a receptacle presented to me by my servant known as Mother, I pensively considered

the works of Marcus Aurelius. Stoicism? Meditation? Ain't no baby got time for that. I was, after all, the crown prince and deserved all glory and praise.

The sole heir. I had won the Game of Thrones. I was the last vestige of Sims (at least in our lineage), the centrifugal agglomeration at the point of convergence, of tens of thousands of years of births and deaths. The right zenith of my vermillion border curled into an haughty snarl, considering the

fact that I had the authority to put an end to millennia of history (and pre-history); should I never consider to have human spawn of my own.

Growing up, I was the alpha and the omega of a bubble I had built. The faults in the bubble, however, began to rear its ugly head. My eyes began to re-focus and I began to notice the things outside of it. I saw pointed objects that came dangerously close to our fragile surface. I felt the bubble tremble from shockwaves of events that arose around us. I had a choice. I could either wait for the walls to come crashing around me, or I could break out of it myself.

I chose to wait. I chose to ignore. I continued to build a world of myth and legend where I was my own protagonist and antagonist. We sang, we danced and we wrote. To this very day, I continue to wait, and I continue to write sheer and utter nonsense as I do now.









espite living on the island of Singapore, there is still something refreshing about taking a trip elsewhere for some 'real' island vibes. That laid-back beach lifestyle is not quite the atmosphere that the East Cost Park manages to capture. In the spirit of continuing my exploration around South East Asia, I am visiting the places that didn't feature on my 18-year-old-back-packers list, all those years ago.

Phú Quốc is Vietnam's largest island and roughly the same size as Singapore. Despite its close proximity, there is no direct flight. But the island's free bus service from the airport somewhat made up for that hassle - it is clean, efficient, air conditioned and passes along the coast right into the town. Food on the island was excellent and the night market - although quite touristy - was a fun way to try out local delicacies such as bún quậy followed by rolled ice cream. The main town is centred along two main interconnecting roads, which are lined with numerous local cafes to sit outside. Phú Quốc has managed to maintain a good balance between local and tourism; it still feels authentically Vietnamese despite the

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seaside ambience and many urban developments. Because there were quite a lot of building developments. Resorts and hotels, in various stages ofconstruction, are popping up along the beachfront, limiting access to the beach in some places and highlighting the pros and cons of tourism in an area. Like anywhere in the world though, those exotic yet empty beaches take more effort to get to. Opting to go further afield than the town's main 'Long Beach', taking a scooter around the island is a great way to see the landscape and stop off to to visit some beautiful quieter beaches.

As I'm training for my next triathlon, reluctantly I had to do a long run while on the island. But it was a rather unique way to get out and see the countryside, passing through small villages and the gazes of bemused locals. I was offered many coconuts for rehydration, perhaps a hint that I have a long way to go in my training before I make it look a bit more effortless.

Closer to home, a weekend in Batam also proved to be quite the enjoyable mini-break. It started off a bit shaky, by almost missing the boat due to my last "As I'm training for my next triathlon, reluctantly I had to do a long run while on the island. But it was a rather unique way to get out and see the countryside, passing through small villages and the gazes of bemused locals."



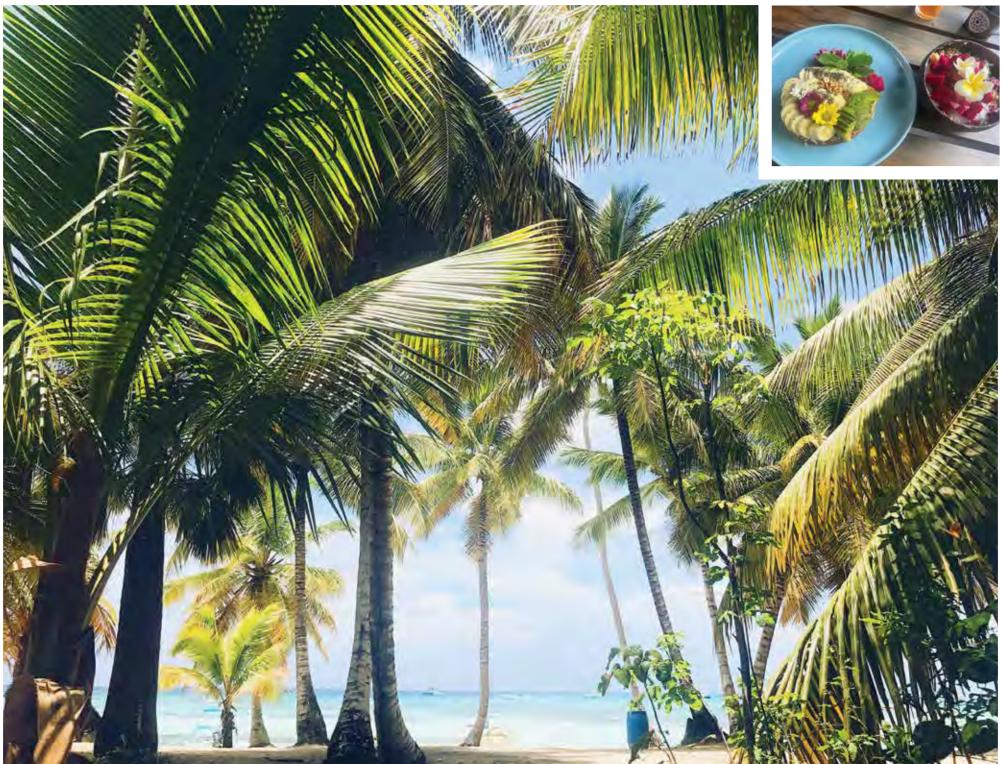
patient on the Friday evening turning up considerably late but insisting on being seen...I'm sure most dentists are familiar. Batam is a small but sprawling city. We stayed along the waterfront and I never did quite get a sense of where the actual city centre is. Nonetheless, we successfully navigated the traffic and cycled out to the tip of Galang-baru island. Veranta cafe, with its shady beachside views, flat white coffees and Baliesque decor was a welcome sight after a long duration in the sun. The wide availability of massages in Batam was well received at the end of an active day. A rooftop bar was the perfect location to watch the sunset over the distant backdrop of Singapore, from the other side of the water for a change. Food choices in Batam didn't quite surpass the options and variety available in Phú Quốc but nasi goreng was certainly plentifully available and don't things taste better when you are on holiday anyway? Batam may not have had a list of 'must see' temples and waterfalls but to that end, it also doesn't have the long queues of tourists. For a quick break that is conveniently close to Singapore, it still feels like an island many more miles away.

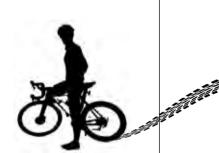














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around the island.

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# Alpine Allo Revisited Review SS

BY DR KEVIN CO

#### What Is It?

The first Alpine-branded car after a two-decade hiatus, the A110 rolled out of the factory gates and into the hands of eager customers in 2017. Designed as a rear-mid-engined two-door two-seat sports car, the A110 focuses on lightness and simplicity. However, the A110 features plenty of engineering backing from parent company Renault, as well as Nissan. So, let's revisit it in 2023 and see what's on offer.

#### A Bit Of History

The Alpine A110 name carries a fair bit of history. It first ap-

peared on a small and light sports car in 1961. The A110 made a name for itself by winning races, as well as the hearts of auto enthusiasts all over Europe. Sadly, when the model was shelved in 1977, the name would see the same fate. Forty years later, 2017 would see the resurrection of the name, and here we are. If you want to know more about Alpine as a brand, that's a whole different article in its own.

### How Does It Look?

Six years since it debuted, the A110 still looks relevant amidst a sea of redesigned competitors that have invariably put on weight. This petite package of a two-seat sports car is less than 4.2 meters long and 1.8 meters wide. Notably, it sits just 1.25 meters tall. We'd be lying if we said it's the most futuristic out there, but it certainly hasn't aged. There's something almost Lotus-esque in its design, as well as plenty of nods towards the original A110 of 1961.

Mind you, the design isn't just a pretty dress. It's got plenty of functional elements, such as functional rear diffuser, front air inlets, and flat underbody. All this contributes towards directing air where it's required, and away from where it shouldn't go.

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How Is It Inside

For a two-seat sports car with such a diminutive road foot-print, you'll be surprised at the amount of room in the passenger cabin. Two adults can easily get comfortable amidst the quilted leather, microfibre, and carbon fibre elements. It's also surprisingly well-equipped, with a 7-inch touchscreen in-

fotainment system and a Focal audio system. There's also Bluetooth connectivity and DAB radio functionality.

Cargo space is provided courtesy of trunks at the front and rear. The front trunk can hold 96 liters, which is said to be enough for two race helmets plus an overnight bag. The rear trunk is slightly larger, at 100 litres. It's

also shaped to accommodate two standard-sized airline carry-on cases.

#### A Peek Under The Skin

We're told that lightness was one of the key design elements when conceptualizing this car. Bernard Ollivier, Deputy Managing Director of Alpine reportedly set a kerb weight target of just 1,100 kilograms at the initial stages. Through the use of materials such as aluminium for the chassis and body, the team achieved a kerb weight of 1,094 kilograms, making it one of the lightest modern sports cars out there.

More weight savings come courtesy of the sports seats

that weigh just 13.1 kilograms each, as well as the four-piston lightweight Brembo brake callipers. Despite all this weight reduction, Alpine was able to fit the A110 with double wishbone suspension at all corners. The final weight distribution of the A110 is 44% front and 56% rear, which makes for engaging handling characteristics.

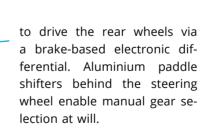
The A110 uses a modestly sized 1.8-liter turbocharged 4-cylinder engine with direct injection. The powerplant is rated at 249hp and 236lb-ft for the regular A110. For the A110 GT and A110S, the output is increased to 296hp and 251lb-ft.

A seven-speed dual-clutch automatic transmission is used



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A110

Three drive modes are included with the A110, namely Normal, Sport, and Track. These adjust drivetrain, steering, and stability control parameters accordingly. The stability control can also be completely

switched off for circumstances such as circuit use.

The A110 S variant includes larger 18-inch wheels, more potent Brembo brakes, a reinforced anti-roll bar, and a sport-specification chassis.

### **How Does It Drive**

In the confines of the city, the A110 is very easy to drive amidst a sea of varied traffic. The diminutive size of the car lends itself well to accurate positioning, while the engine has ample low-down urge for quick blasts into traffic gaps. The gearbox works well in automatic mode, and you'll find the suspension to be comfortable for a low-slung sports car.

However, when the time to park the A110 comes around, you'll discover its shortcomings with limited side and rear visi-

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bility. You can avail yourself of parking sensors and a reversing camera, and we'd strongly recommend doing so.

When the time to up the pace comes, this is where the A110 truly shines. Suddenly, even 248hp can feel rapid, and 296hp is positively quick. Of course, that's because of the lightweight and guick-shifting transmission. You'll marvel at how much grip this car can generate in corners, and how guickly it thrusts you down straight stretches of road. The potent Brembo brakes never seem to give up either, resisting fade in an admirable fashion. The never-satisfied among us will always yearn for more power, but that isn't this car's raison d'etre. In fact, we feel that if it were given 400+ horses, its very essence would be ruined.

#### Is It Practical?

Well, yes, to a certain extent. As we have mentioned about its cargo-carrying capabilities, and cabin amenities. Yes, you could daily drive an A110 if you desire, especially if you're travelling solo, or with an adult partner.

If you're carrying groceries, bear in mind that the rear trunk can get warm under extended drives. Ice cream up front, roast chicken in the rear, then.

#### Is It Safe?

The A110 includes a decent set of safety kit. It's got driver and passenger airbags, stability control, emergency brake assist, hill start assist, and LED lighting. It may not have the newest active driver aids such as adaptive cruise control, but you honestly don't need them in a car of this ilk.

### Wrap-Up

The Alpine A110 is a fine machine that will take you as far back to the glory days of two-seat sports cars as possible. Focusing on lightness rather than sheer engine outputs, you'll find it a delight to drive. Let us sum up by saying this is a car you could drive from Singapore to Sepang, enjoy a blast on the track, visit Kuala Lumpur for some shopping and dining, and then drive back in a fuss-free fashion.



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Cars remain his lifelong passion.



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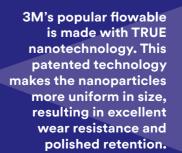
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