I am delighted to welcome you to the 36th Australian Dental Congress at the Brisbane Convention and Exhibition Centre. I am also very pleased to welcome you to Brisbane, my home town.

The theme of the scientific programme, “The future is here”, will allow all attending to review the state of our scientific evidence and the art of dentistry that fills the gaps in that evidence and to look to what the future may have in store.

The local organising committee, led by Congress Chairman Dr David Thomson, has chosen three distinguished international keynote speakers to guide us on our journey of discovery. They are well supported by an eclectic mix of local speakers who will continue to expand on the theme.

Four separate streams will ensure that there is something to appeal to all tastes. In addition to the main programme, pre-congress hands-on workshops are featured, and there are more than 50 Lunch and Learn sessions, which have been very popular.

No Australian Dental Congress would be complete without comprehensive social and accompanying persons’ programmes. Our congress in Brisbane will showcase the delights of Queensland hospitality and entertainment, starting with the welcome reception through to the several exciting events on Saturday night.

I would like to take this opportunity to extend our thanks to Dr Thomson and the local organising committee for their dedication, hard work and enthusiasm in planning this congress. Also, I thank all our generous sponsors, whose support has enabled the committee to put together such stimulating events and programmes.

I hope you enjoy all the congress has to offer—the continuing professional development and the interaction with your peers—and return to your practices with enthusiasm.

ADC 2015, a journey of discovery

Words of greeting from Dr Rick Olive, Federal President of the Australian Dental Association
There is something for everyone
Welcome message from Dr David H. Thomson, chairman of the local organising committee for the 36th Australian Dental Congress

The theme for the congress is “The future is here.” The main speakers will be discussing whether the future is here or whether further innovation and development are possible.

The overall slogan for this congress and indeed all congresses since 2010 is “Educating for dental excellence” and this underpins the core business of the congress: the scientific programme.

The Scientific Program Division, chaired by Prof. Ian Meyers, has arranged a contemporary and comprehensive programme featuring three overseas keynote speakers who will present unopposed on the opening day and at the final session on Sunday. In addition to this, there will be papers by local and international presenters. With four concurrent sessions and a diverse range of topics to choose from, there is something for everyone.

In addition, there are pre-congress courses at three venues and 20 Lunch and Learn sessions on each of the three days, providing registrants with the opportunity for a more personal learning experience.

There are extended programmes for dental assistants, practice managers and other members of the dental team too.

A comprehensive accompanying persons’ programme has been organised to provide a broad range of activities catering for all interests. There is also an accompanying persons’ lounge for meeting and relaxation.

Dr Marcus Tod, Chairman of the Entertainment Division, has arranged a not-to-be-missed welcome reception on the Wednesday evening and a spectacular entertainment event for Saturday night. The scientific programme is important, but the social events provide an opportunity to renew old friendships and make new ones.

All of this is taking place in the Brisbane Convention and Exhibition Centre, an award-winning and world-class venue. It is adjacent to the South Bank Precinct with its numerous cafes and restaurants and, of course, beach with lifeguards. For those with more cultural interests, there is the Queensland Performing Arts Centre, Queensland Museum, the Queensland Art Gallery and the Gallery of Modern Art.

The latest congress information and updates are available at the congress website www.adc2015.com, as well as via the congress app.

I hope that you enjoy the scientific and social programmes and experience the hospitality of Brisbane.

Welcome to Australia’s new world city
Message from the Right Honourable, the Lord Mayor of Brisbane, Councillor Graham Quirk

With our strong proximity to Asia, Brisbane has an international feel. We recently hosted the G20 summit, ensuring further global recognition of our city. It is also passionate about digital innovation. We were the second country in the world to appoint a chief digital officer. Complementing this is our strong culture of entrepreneur-ship as demonstrated by our start-up culture, our strong retail offering, and our culture of food and fine dining.

Festivals as diverse as Brisbane and the Brisbane Comedy Festival punctuate our calendar, and the city hosts the internationally recognised Asia Pacific Screen Awards. This year, the Asia Pacific Cities Summit, one of the region’s premier business and civic forums, will take place here. This provides a platform for governments and businesses to identify a common agenda, improve city governance, and promote trade and investment opportunities in the entire region. We are looking forward to welcoming you to our cosmopolitan and tropical city.

“\It is very difficult to escape from your professional status”
An interview with Gary Smith, Melbourne

Having been actively involved in the health care business for over 30 years, Melbourne-based practice manager Gary Smith is well aware of the shifting demands practitioners are facing today. Increasing service levels, changing expectations of patients, and achieving a competitive edge through up-to-date technology and procedures place increasing pressure on health care professional in terms of both their time and resources, he said. In his ADC mentoring session, titled “A work/lifestyle balance approach”, on Saturday, 28 March, Smith will address daily stressors and overall strategies to achieve a satisfactory work/life balance. Today international had the opportunity to talk to him about this subject, and why new technology might not necessarily help reduce the burden.

Gary Smith, today international: Mr Smith, has the dental business changed much and what are the main challenges of today compared with the past?

Gary Smith: The changing expectations of patients are one of the greatest challenges the industry has faced over the years. Patients’ demands are increasing, along with their expectations of the level of service to be provided. The acceptance of the level provided by dental practitioners at times may differ from the level of service the patient actually expects, however.

The intrusion of government’s and health insurers’ requirements has changed over the years, and I believe that the provision of services will become more complicated as a result of further involvement of these two groups. Of course, one of the greatest challenges remains the running of a small to medium enterprise. This, as well as the increasing red tape and making a profit, will always pose a challenge.

Are practitioners today more likely to neglect their work/life balance in favour of patients?

This depends on the age group of the practitioners and whether they are owners or contractors. Veterans, baby boomers and Generation X practitioners generally struggle with work/life balance and have a tendency to put their patient first. Generation Y practitioners in contrast are very much aware of their work/lifestyle balance.

Many developed countries continue to see an increase in the demand for dental care; what about Australia? And is there a disparity regarding the coverage of dental health care between rural and urban areas?

There appears to be a shortage of qualified dentists, but it is all about the distribution of the professionals. There is indeed a disparity between the urban and the remote rural areas, and it usually needs a very special person to set up a private business in remote places. This can be a substantial financial and time commitment.

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Is daily practice more stressful for clinicians working in rural areas compared with those in the cities?

Yes, it is. In most rural areas, the reality is that you are available 24 hours a day, 7 days a week. It is very difficult to escape from your professional status, and there is an expectation—whether right or wrong—that you are available even when you are shopping or out to dinner. The challenge we have is to continue to provide a level of service to our patients with a workforce that places work–lifestyle balance at the forefront of their working career.

According to the Australian Work and Life Index, it is not only about how much you work, but also when it is during unsocial hours. What are the first warning signs?

There are certain areas of the working life of a practitioner that, if not checked, may lead to a poor work–life balance. These stressors include managing a solo practice, missed appointments, patient dissatisfaction with treatment, insurance problems, encroachment, as well as regulations of governmental agencies. Lack of quiet time, such as not having breaks from your work, is also a sign that something is not right. Of course, the main sign is burn-out as a result of the level of demands placed on the practitioner.

How do new technologies influence the work of clinicians? Are they actually time-saving tools as advertised or do they add even more stress, since practitioners have to constantly keep up and engage with the latest developments?

I once read the following: “We work harder and longer to save to purchase labour-saving devices”. How true this is. The competitive edge you have over another nowadays is up-to-date technology and procedures. It is patients that drive this prominence of technology in our business. We have to be seen to have the equipment that allows us to perform the latest procedures.

Of course, this increases the practice’s overheads, not only in the purchase of the technology, but also in the running costs to use the technology, including the costs to increase the skill sets of staff through learning and the maintenance of the technology.

Could you list some strategies to achieve healthy work routines?

The most effective strategy in the first instance is to recognise and accept that there is a work–life balance problem. Once it can be identified, it is then a matter of putting a series of strategies in place to manage the problem. These strategies may include the employment of a practice manager, mentoring other staff to take over certain aspects of the business, and increasing clinical staff to relieve work overload.

Certainly, all these come at a cost to the business, but the practitioner has to determine what he or she wants out of the business. For too long in the health care profession we have allowed the tail to wag the dog; it is time for practitioners to take control of their own strategy and destiny.

Thank you very much for the interview.

www.fdi2015bangkok.org
www.fdiworldental.org

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37th Asia Pacific Dental Congress
3-5 April 2015 Suntec Singapore
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Themed “Meeting Future Challenges Today”, APDC 2015 will dissect some of the most controversial issues facing today’s leading health professionals from across the region and around the world.

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[www.APDC2015.sg](http://www.APDC2015.sg)

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[Asia Pacific Dental Congress](http://apdc2015.sg)
What’s on in Brisbane, 25–29 March

The 25th Annual Putnam County Spelling Bee

Dates: 25–26 March
Starting time: 8 p.m.
Venue: Brisbane Arts Theatre
www.artsbetheatre.com.au

Brisbane’s spin on the Tony Awarded musical comedy will take the audience back to their youth with a quirky, yet charming, cast of outsiders vying for the spelling championship of a lifetime. Immerse yourself in the music and humour of this hilarious one-act show, but be prepared: you may be invited to compete in the spelling bee with the characters on stage.

Wicked

Dates: 25–29 March
Starting time: Wednesday to Saturday, 8 p.m.; Sunday, 3 p.m.
Venue: Lyric Theatre
www.qpac.com.au

Have you ever wondered what happened before Dorothy came to the Land of Oz? Wicked tells the enthralling story of two unlikely friends who later become the two most illustrious witches of musical history: the Wicked Witch of the West and Glinda the Good. With over 90 major awards and praised as the “defining musical of the decade” by the New York Times, the magical show is now thrilling audiences in the stunning atmosphere of Brisbane’s Lyric Theatre.

Jordie Lane

Date: 26 March
Starting time: 7 p.m.
Venue: Black Bear Lodge
www.blackbearlodge.com.au

With his gentle magic on the rhythmic guitar, Jordie Lane has established himself as one of Australia’s contemporary legends. Born to be a clown, Lane has a talent for wry, comedic storytelling. Currently the singer-songwriter is touring the country for the first time in 18 months, performing at the Black Bear Lodge tonight. On stage with him will be Clare Reynolds, who has become a regular part of his live show over the past two years.

Live music at Foxy Bean

Date: 27 March
Starting time: 8 p.m.
Venue: Foxy Bean
www.foxybean.com.au

Start the weekend with Foxy Bean’s Friday live music sessions. Is there a better way to end a busy week than with great food and music? Probably not. While you relax in the atmospheric outdoor courtyard of this trendy restaurant, with a cold beer or your choice of the excellent wine selection in your hand, any stress will fade away...

June Low

Date: 28 March
Starting time: 8.30 p.m.
Venue: Milk Factory Kitchen and Bar
www.themilkfactorybar.com.au

June Low’s eclectic mixture of folk and indie pop can be described as the musical equivalent of a perfect Sunday, relaxed and saturated. Today, the Brisbane-based group led by singer-songwriter Emma White is launching their debut album, Exhale.

Supporting acts include long-time local legends Sabrina Lawrie & The Hunting Party and Lucy Bar Satellite. See these performers while you can; entry is free.

Billy Idol

Date: 29 March
Starting time: 1.30 p.m.
Venue: Sirromet Wines
www.adayonthegreen.com.au

The rebel will have the audience yelling this Sunday afternoon! Punk legend Billy Idol and his longtime collaborator and lead guitarist Steve Stevens will be rocking Australia’s outdoor event series “A Day on the Green”. The concert takes place at beautiful Sirromet Wines, a scenic winery located just 30 minutes away from the city. Supporting the superstar at this show, which is part of his Kings and Queens of The Underground tour, are special guests Cheap Trick, The Angels and Choirboys.

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