More growth: IDEM looks ahead to anniversary meeting

2018 edition to mark 20 years of Koelnmesse–SDA collaboration

With today being the last opportunity for dental professionals from all around the Asia Pacific region to learn about the latest trends and innovations in their fields at IDEM Singapore 2016, there is no doubt that the show can look forward to a bright future. According to figures from organiser Koelnmesse, this year’s edition has been the largest in numbers of visitors and exhibitors since the first meeting was held in 2000.

With final figures to be announced shortly after the meeting, it has already been confirmed that more than 8,000 visitors from all over Asia will have participated in the 2016 edition of the show. Boasting over 500 exhibitors from 38 countries and 12 national pavilions, the trade exhibition has again proven to be the most important platform for all that is dental trade in the region. When surveyed by today international on Saturday morning, the majority of exhibitors were clearly satisfied with the outcome of the show.

Before the doors of the Suntec Singapore Convention and Exhibition Centre close today, however, the programme has much to offer, including the Digital Dentistry Forum, which will advise participants on the use of CAD/CAM technology to restore teeth and plan dental implant procedures. A special lunch lecture, supported by prominent UK dentist Dr Linda Greenwall, will further inform participants of how to incorporate new technologies into clinic routines and provide strategies on overcoming resistance encountered by practice staff implementing them.

Planning is now beginning to turn to 2018, when the next IDEM Singapore is scheduled to be held from 13 to 15 April at the Suntec.
“The reach of IDEM into the neighbouring countries and markets has increased”

An interview with Koelnmesse Vice President for Asia Pacific Michael Dreyer

This year’s International Dental Exhibition and Meeting (IDEM) has been yet another success for organiser Koelnmesse. On Saturday, today international sat down with Michael Dreyer, vice president for Asia Pacific, to discuss the outcome of the show and what is in store for the anniversary meeting in 2018.

today international: Mr Dreyer, the first day of the show was buzzing. Is this an indication that IDEM has meet your expectations?

Michael Dreyer: The general situation is that we have a 10 per cent growth in both trade visitors and congress delegates. Overall, we are talking about 2,200 delegates and approximately 8,000 visitors. Both numbers have gone up, which is the result of measures we took to correct the situation from two years ago when we used Level 6 for the first time and had difficulty attracting visitors to the floor. This year, we intentionally moved the trade show registration to Level 4, so everyone who wants to visit the exhibition has to go up, get his or her bag, and stroll through the hall. It has worked almost too well, as it took almost 45 minutes yesterday for attendees to come down to Level 4. We also have the lunch area for delegates, as well as the Singapore pavilion in Hall 6, where locals can buy consumables, whereas on Level 4, one can find the more sophisticated, high-priced equipment. I received some comments yesterday that there could be more traffic on Level 4, however.

You said that there are 10 per cent more visitors at IDEM this year. Where do they come from?

On the exhibitors’ side, we have had a shift as a direct result of upgrading the technology level of exhibitors with lower-quality equipment from China, for example. We also have a Brazilian pavilion for the first time, which is show casing some quite interesting products. There has also been a move towards digital equipment, reflecting the general trend of upgrading the technology level and therefore the quality of the event.

With regard to visitors, we have quite a substantial group from Turkey, with more than 100 visitors coming here on the initiative of a few dentists. For the first time, we also have a large group from India, which is probably due to word of mouth regarding the scientific programme. There are larger contingents of visitors from countries like Indonesia, Brunei and Cambodia. Also, Thai dentists have come to IDEM in larger numbers. This shows that the reach of the event into the neighbouring countries and markets has increased and this is what we would like to see.

There are many dentists from Western Australia, for example, too.

The next show will be a special one because not only is it the tenth time the show will be held, but it also marks 20 years of the partnership between your company and the Singapore Dental Association. What is in store for IDEM 2018 and what can visitors look forward to?

I think we will continue to strive for having the strongest conference programme. We changed the organisation and content management two years ago with Dr David Alexander from New York replacing Dr Choo Teck Chuan, who went into retirement, as conference director. While this year’s programme was a bit of a hybrid, Dr Alexander was able to give it a slightly different direction. For next time, we are considering whether to keep the existing range of different presentations and forums or to bring everything together. There was a suggestion yesterday from the Singapore Dental Association to involve all the specialist groups in Singapore more. We will definitely look into this and evaluate it after the event with our partners.

Thank you very much for the interview and for a great event.

Trans-Pacific Partnership focus of IDEM presentation

Signed two months ago, the Trans-Pacific Partnership (TPP) is expected to become into force later this year when it is voted on by the US Congress. IDEM visitors had the opportunity to learn about the most important aspects of this significant agreement and the opportunities it holds for the markets involved, during a session held on Friday by the US Commercial Service in Singapore at the Dental Tribune Study Club symposium.

Involving existing and new trade partners of the US, such as Brunei, Malaysia, New Zealand, Japan and Vietnam, the main goal of the TPP is to remove barriers to trade in the form of 18,000 foreign taxes and tariffs and to bring foreign labour and environmental standards up to US levels. An expansion of the existing Trans-Pacific Strategic Economic Partnership, it was first negotiated at a summit in 2010. In February this year, the final draft was signed by the US and four other American nations (Canada, Chile, Mexico and Peru) and seven Asian states (Australia, Brunei, Japan, Malaysia, New Zealand, Singapore and Vietnam).

A cornerstone of President Barack Obama’s strategy to make US exports more competitive and revive American business leadership in the Asia-Pacific region, the agreement has been met with controversy at home, particularly during the US primary elections, with some candidates (including Republican candidate Donald Trump and Democratic frontrunner Bernie Sanders) speaking out against it.

According to figures from the US Commercial Service, TPP countries amounted to US$8.9 billion (S$12 billion) in 2014. With the agreement, current tariffs of up to 30 per cent paid by companies involved in the health care sector would be removed.
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New dry and wet wipes for an effective disinfection

- An alcohol-containing spray can endanger the health of the practice and laboratory staff over time. By contrast, wipe disinfection provides effective cleaning of surfaces using a closed system. For a particularly effective disinfection, the new DryWipes and WetWipes are the perfect disinfectant choice for all dental staff. While DryWipes can be used with any disinfectant, such as Dentalrapid SD liquid, WetWipes classic and soft are ready for use.

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Wipes products can be combined with proven disinfectants, such as Dentalrapid AF.

In addition, Müller-Omicron offers a new flat dispensing system for hygienic storage of DryWipes, as well as Variofix, a practical variable wall mount made from brushed stainless steel for DryWipes boxes. With Variofix, the working surface can be kept uncluttered.

DryWipes are available in three variants: the proven DryWipes classic in size 160 mm × 280 mm and a surface density of 40 g/m²; the particularly soft DryWipes soft in size 280 mm × 300 mm and a surface density of 50 g/m²; and DryWipes velours, premium wipes with a very soft texture in size 270 mm × 270 mm and a surface density of 68 g/m². WetWipes can be bought in classic, velours and soft variants.

Müller-Omicron customers and visitors at IDEM Singapore can obtain more information about the entire product range of impression and bite registration materials, silicones and other laboratory products at the company’s booth (Booth 4K23).

Hahn Tapered Implant combines proven features with contemporary design

- With more than 45 years of history as a provider of high-quality restorations and implant solutions to dental practitioners worldwide, Glidewell Laboratories is today recognised primarily for its CAD/CAM processing capabilities which are among the most advanced in the industry. In cooperation with Cincinnati dentist and creator of the original tapered implant Dr Jack Hahn, the company has now announced the release of the Hahn Tapered Implant System, which adds to the extensive line of Glidewell dental implant products, including the Inclusive Tapered Implant. The company’s complete assortment of inclusive prosthetic components are compatible with most major implant systems and support the full range of traditional and custom restorative protocols.

The goal behind the new system was to make implant therapy simpler, more predictable, and accessible to as many people as possible. Glidewell announced having placed and restored thousands of tapered implants during his extensive career. Hahn’s clinical observations and experience have served as the basis of design for former implant systems that are still in widespread use. Determined to address some of the growing demands faced by today’s clinicians, he sought an opportunity to improve upon his successful designs of the past with advanced features intended to support a new generation of patients and practitioners—all at a price that gives back to the industry and patient population upon which his career has been built. In order to realise this objective, Dr Hahn partnered with a highly experienced team of dental implant engineers, researchers and manufacturers at Glidewell and personally oversaw the design and creation of the new system.

According to Glidewell, the Hahn Tapered Implant’s wide array of sizes, root-form shape, and unique thread pattern allow efficient placement with a high degree of primary stability in all regions of the mouth, including fresh extraction sockets. With its blend of time-tested features and contemporary design, the system also aims to provide a comprehensive treatment solution for a variety of clinical indications, enhancing the quality of treatment while reducing the cost of care.

Engineered and manufactured in the USA, the Hahn Tapered Implant System is compatible with popular surgical instrumentation already used in many implant practices. Its surgical protocol was simplified and includes implant-specific drills that precisely control both the diameter and depth of the osteotomy.

For more information, dental professionals are invited to visit the company’s website at www.hahnimplant.com or the Pacific Dental Specialties’ booth at IDEM (Booth 4B42).

DenMat launches revolutionary new Firefly Cordless Headlight System

- DenMat, a leading manufacturer of innovative esthetic dentistry and advanced oral health solutions, is pleased to announce the newest addition to the PeriOptix line of magnification products. The Firefly is the first cordless headlight system that fits any pair of loupes, allowing users the freedom to focus on what matters most—their patients.

At only 28 grams, the Firefly’s elegant design is a lightweight and ergonomic alternative to conventional headlight systems. Although the Firefly is free of cords, it still provides all of the features expected in a high-end headlight system. With extended run times, adjustable brightness settings, and an extra-large spot size, the Firefly is the future of dental headlight systems.

“We’re excited to launch this truly revolutionary technology”, said Robert Cartagena, Chief Operating Officer. “At DenMat, our customers’ success is our mission, and the Firefly Cordless Headlight now makes it easier for them to focus on their patients.”

The Firefly uses an innovative magnetic mount to securely connect the light to almost any pair of loupes. Eliminating the cord also eliminates a potential source of infection. The Firefly comes with an easy-to-use charger base and two rechargeable light pods for easy continuous use throughout the day.

Since 1974, DenMat has been a leader in high-quality products for dental professionals in more than 60 countries around the world. DenMat makes and assembles all products at its world headquarters on the Central Coast of California. The company offers products in three main categories: Consumables, Small Equipment, and a full-service Dental Laboratory. DenMat’s trusted brands include Perioptix loupes and lights, Lumismile White, and Lumineers, the number one product requested this year. For more information, visit Booth 4K19 at IDEM or www.denmat.com.
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A sparkling white smile

By IDEM presenter Dr Linda Greenwall, UK

Many people quest after a sparkling white smile, but what is the reason? Is it because a smile is an essential asset to convey health and beauty and is essential for all forms of communication in our society? A beautiful white smile helps patients to feel confident to face the world and to feel good about themselves, which then improves their self-confidence, and self-esteem. While a sparkling white smile is desirable for some, it is even essential for others. It has been shown that people who have a good smile, white teeth and look presentable in an interview get offered jobs quicker as they make a better impression.

Tooth whitening is therefore one of the most requested services amongst patients, more than any other dental treatment service. It is thus essential that dentists are ready to receive many enquiries about the procedure and take extra efforts to train on tooth whitening techniques.

Aesthetic dentistry

The demand for aesthetic dentistry has increased exponentially over the last decade. There is a wide range of treatments available which can be undertaken from a minimal invasive perspective. The key is to preserve as much healthy enamel as possible and enhance the smile through whitening, microabrasion and direct composite bonding. While porcelain laminate veneers revolutionised smile creation back in the 1980s, they still require some type of preparation of healthy teeth. Nowadays, methods involving porcelain and composite veneers for veins use a minimal invasive approach and in most cases not touching the healthy enamel.

Treatments options in aesthetic dentistry

• Tooth whitening.
• Microabrasion to remove white spots from teeth.
• Icon resin Infiltration to remove the appearance of white marks and white patches on teeth.
• Direct bonding onto teeth with no preparation.
• Advances in Straightening teeth includes many new options for tooth tray to place the whitening gel into the mouth for better retention. This method provided longer lasting and more predictable results. It has now been 26 years since that paper was published. Millions of people around the world have benefited from whitening and its techniques and its popularity still continues to grow (Greenwall 2001).

Methods of tooth whitening

Home bleaching

There are two basic techniques for home bleaching using a carbamide peroxide material (night time use), or a hydrogen peroxide only material (day time use). The number of visits varies according to the severity of the discoloration. The general rule is that the lighter the teeth is the longer it will take to whiten it. This will determine the number of appointments for the patient.

Power bleaching

It is very rare that only one power bleaching will provide sufficient long lasting results. If the teeth are power bleached this should normally be followed by home bleaching in order to achieve a deeper penetration of the whitening gel over a longer period of time. Maybe multiple visits of power whitening at certain intervals are required.

Power bleaching is not a one off procedure. Patients should be informed about this, as they have realistic expectations of what can be achieved during one single session. Often power bleaching is undertaken as maintenance treatment after a hygienist visit depending on the white shade that the patient wishes to maintain.

Home bleaching visits

For patients who only require a basic whitening of their teeth, it may take approximately two weeks of whitening of the upper and lower teeth. Most home bleaching programmes require six appointments. The first appointment is usually to undertake a thorough evaluation and to exclude pathology from tooth whitening materials and techniques and its popularity still continues to grow (Greenwall 2001).

In the second appointment the dentists explains the procedure as well as the risks and if the patient gives consent, impressions are taken for bleaching trays. The third appointment is for delivering the bleaching trays and to check the fit. Normally only the upper teeth are whitened first. The fourth appointment is to review the upper whitening and to rule out any side effects. If the whitening was efficient, the dentist can commence the lower whitening which is assessed in a fifth appointment. The sixth appointment is for the final assessment of the shade after the upper and lower whitening is completed. Before and after photos are taken for comparison.

Studies have demonstrated that using the original protocol for Van Haywood (Haywood 1991 a, b, c) whereby for a basic whitening case treatment time is about 4 to 6 weeks. Normally, the upper teeth are whitened first for a period of at least two weeks then re-assessed. Then upper and lower whitening may take place together for one week and after that the lower teeth are whitened for another two weeks.

The upper teeth may take two to three weeks to whiten. The upper teeth are whitened first as they will generally show less side effects like sensitivity. If the patient has a comparison of the shade after the upper teeth are whitened first, the lower teeth may take at least three weeks to whiten. They usually experience more sensitivity owing to the tray to be in contact with the lower pre-molar teeth as well as the cervical recession present on some teeth. There is belief that the agents are washed out on the lower teeth without the salivary duct so the whitening takes longer on the lower teeth.

Bleaching single dark teeth

With the introduction of whitening techniques, the treatment options for both vital and non-vital teeth have changed over the last 25 years. Nowadays, a sectional whitening tray can be used to whiten the single dark tooth whether they are vital or non-vital. It is essential to whiten the dark tooth first. Otherwise the contrast to the rest of the teeth will be higher as normal teeth whiten quicker. (Haywood 2010) This however turned out to be false and they need only to be whitened.

Non-vital teeth

The techniques for non-vital bleaching have also evolved after sodium perborate was banned in Europe and it is only be possible to use 6 per cent hydrogen peroxide sealed into a root canal. In addition, the strong concentrations of hydrogen peroxide which is toxic caustic for a root canal considering that it may be affected by previous trauma. The use of high concentrations of hydrogen peroxide has recently been banned in Europe and it is only be possible to use 6 per cent hydrogen peroxide sealed into a root canal. In addition, the strong concentrations of hydrogen peroxide in combination with previous trauma to the tooth may result in cervical resorption (Ovčik 1985, Hierthesy 1999) which has been extensively described in the literature.

This treatment has been modified with the use of a bleaching tray and a segmental bleaching tray. Nowadays, 16 per cent carbamide peroxide is sealed into the root canal. The patient uses the bleaching tray to whiten the external surface of the tooth, so it is effectively whitening from the inside and the outside of the tooth with the same technique.

A modification was described by Dr Willie Liebenberg in 1997 where he advocated leaving the access cavity of the non-vital tooth. He also recommended that patients apply the whitening syringe directly onto the tooth. He stated that he had penetrated quickly in the incisal tips of the teeth. The patient is counselled that this effect is only temporary and will wash out with further bleaching. When the patient receives mild trauma to an anterior tooth (bleeding into the pulp chamber and canal), the tooth tissue to repair and heal itself by laying down extra secondary and tertiary dentine in the pulp chamber which causes discoloration. It can be treated when the tooth is a different colour compared to its neighbouring teeth by one of the techniques described in this paper. It had been assumed that these teeth need to have root canal treatments.
tooth over the course of the week-end. The patient was to return at the end of this period. The pulp chamber was disinfected and cleaned and the pulp chamber restored with glass ionomer.

Tooth sensitivity

An annoying symptom that the most common side effect which affects up to 85 per cent of patients. It can range from a mild disturbance to a throbbing or acute on the tooth. While for some patients it is just the teeth that are affected, for others it is the soft tissues and gingivae.

Tooth sensitivity is manageable most of the time. Extensive research has been conducted to understand how and why patients experience tooth sensitivity when undergoing tooth whitening procedures. For example, it was discovered that the whitening gel penetrates the tooth within 5 to 15 minutes after the application of the gel. Therefore, it is essential to assess the pulps in all teeth to ensure that they are healthy. This can be done by testing the teeth with a cold stimulus or drying the pulps during the whitening to be undertaken in the presence of a periradicular lesion in a non-vital tooth, the affected area could flare up and require root canal treatment.

Furthermore, it has been found that oftentimes the patient is the most sensitive on the third day of tray bleaching owing to the fact that there is maximum maturation of collagen and formation of demineralization. The tooth enamel has been researched to cause a week's desensitisation and the patient is not left with any sensation. A mouthwash can be effective in reducing sensitivity.

Patients are also given proprietary soothing agents like Soothe salves on the market to be able to reduce sensitivity as well as boost confidence. Patients are told to rinse for 20 minutes with the mouthwash as recommended.

The new generation of whitening products also contains extra soothers such as potassium nitrate, fluoride and amorphous calcium phosphate. Patients are given soothing toothpastes to use prior to and during the whitening procedures. Many of these contain remineralising agents, enzymes, fluoride, calcium, strontium, sodium fluoride, Novamin and hydroxyapatite. Patients may use these toothpastes two weeks prior to bleaching to soothe any existing sensitivity.

Patients are also given proprietary soothing agents like Soothe salves on the market to be able to reduce sensitivity as well as boost confidence. Patients are told to rinse for 20 minutes with the mouthwash as recommended.

Tooth maintenance

If the protocol, described by Professor Van Haywood is followed precisely, the research has shown that the whitening can last up to 17 years. However, some patients like to top up their whitening after three years. However, it is not necessary to top up whitening each month. It is essential that during the initial whitening treatment the bleaching potential of the tooth is reached effectively. Once the bleaching potential is reached then whitening maintenance only needs to be undertaken approximately three years later. When the patient re-whitens their teeth, they will whiten for a shorter period from 3 to 7 days.

Considering the time period since contemporary whitening techniques have been introduced, it is expected that patients will whiten their teeth periodically to maintain its tooth surface but more commonistically black discolouration is caused by smoking, which has been researched called blackening. Antibiotics also cause staining on the tooth structure causing a brownish tinge to the tooth, the longer it will take to achieve whiter shade so that the composite material can be used.

Tooth whitening strips are held to the teeth daily and then it is brushed after the strips are removed. The active agent directly into the tooth, the longer it will take to achieve whiter shades so that the composite material can be used.

The future of tooth whitening

There are existing new developments in the field of tooth whitening like the introduction of whitening varnish (Phils Zoom QuickPro, Philips Oral Health Care). Here, the tooth is coated with a varnish containing 4 percent hydrogen peroxide. This hydrophilic varnish adheres well to the tooth, delivering the active agent directly into the tooth. Whitening strips should not be used more than once a day as it may increase sensitivity. In the UK, the whitening strips are only available by prescription of the dentist. However, in the US whitening strips are freely available over the counter in drug store as well as supermarkets.

Controversies

Patient expectations towards tooth whitening have increased to such an extend that most expect to achieve whiter teeth that are also perfect in shape and size in an instant. The demand for white teeth has also reached extreme levels in some patients. There is a philosophy of perfection that has crept into popular culture and there is a certain fashion trend associated with whitening. The media portrays whitening as a must have treatment. Unfortunately, the advent of extreme makeover shows has led some patients to develop unrealistic expectations of the outcome and what aesthetic dentistry can provide. They expect that after 20 minutes of use on the tooth in that area white shade is expected to appear.

There are no age restrictions for use of the whitening systems. Younger teeth will whiten faster than older teeth. While maintenance is essential, the use of whitening toothpaste and toothwhiteners is not continuous. They have been shown to be beneficial for whitening but are normally for removing basic discolouration from teeth rather than patients experiencing advanced discoloration such as deep tetracycline stains on the tooth. Some patients must stop using the whitening systems as they will take longer to whiten. Teeth that are sensitive, for others it is just the teeth that are sensitive. For others it is just the teeth that are sensitive.

New shade guides have been developed to match the new shades of tooth whitening products. New shade guides have been introduced onto the market for patients to continue to use these teeth to the new white shade. There are now new bleaching shades of composite restorative material so that after whitening, restorations can be placed at the new lightener and whitener shades so that the composite filling materials match the new shade of the tooth.

Conclusion

Tooth whitening procedures are safe, efficacious and predictable. Side effects such as sensitivity can be managed well since the whitening procedure is completed. The products contains extra soothers such as potassium nitrate, fluoride and amorphous calcium phosphate. Patients have benefitted from treatments that are able to improve their smiles in a natural and non-invasive way. It can be expected that the amount of professional tooth whitening materials available for dentists will continue to increase. In addition, there are many new innovative whitening products which are being brought onto the market for patients to continue to enjoy a whiter, brighter smile.

Dr Linda Greenwall will be speaking at the IDEM Singapore 2016 conference to be held from 8–10 April, 2016. Do join us at the IDEM Singapore 2016 conference to be held from 8–10 April, 2016. Do join us at the Asia Pacific’s dental market, which is sized at 18,000 sqm of exhibition space, over 550 international exhibitors and many of the world’s leading dental practice, education and research! To find out more information about what is on offer, please visit her page. Also, you may follow her on Facebook, LinkedIn and YouTube.
Floor plan - Level 4
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FRIDAY, APRIL 8, 2016

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Sabine Nahme

12.00 – 1.00
VIDEO PRESENTATION
Dr. Robert Lowe

1.30–2.00
AIDITE
Hongwen Li

2.00–3.00
IAOCI
Sammy Noumbissi

3.00–4.00
VIDEO PRESENTATION
Dr. Ana Pucar

4.00–5.00
TPP
Stephen Jacques

IDEM SINGAPORE

SATURDAY, APRIL 9, 2016

11.00–12.00
AMEDIUSTEC
Prof. Eli Machtei

12.00 – 1.00
VIDEO PRESENTATION
Stephane Browet

1.30–2.00
AIDITE
Hongwen Li

2.00–3.00
IAOCI
Sammy Noumbissi

3.00–4.00
3SHAPE
Dr. Bruce Lee

4.00–5.00
ICBI
Sabine Nahme

SUNDAY, APRIL 10, 2016

11.00–12.00
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On behalf of the Asia Pacific Dental Federation and the Hong Kong Dental Association, we would like to invite you to attend the 38th Asia Pacific Dental Congress (APDC 2016) to be held at Hong Kong Convention and Exhibition Centre from 17-19 June 2016.

Theme ‘Advancing Dentistry with Modern Science and Technology’, APDC 2016 will be an excellent platform to meet and dissect challenges in the field with leading experts from around the world.

INVITED SPEAKERS
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· Is the Mandibular Block Passé?
· Emergency Medicine - Sudden Cardiac Arrest and AEDs?
· Prevention of Peri Implant Disease for Implant Success
· The Implications of Population Aging to General Dental Practice
· Guided Surgery: Application in Complex Edentulous Cases and Use of a New Digital Workflow for Partial and Single Cases
· Simplified Mechanics for Challenging Cases, Part I & II
· Improve Population Oral Health by Targeting NCDCommon Risk Factors
· “Oh My Aching Jaw”: Detection and Management of TMD in Primary Care
· Bone Biomechanics of Implant Dentistry

ABSTRACT TOPICS INCLUDE
· Endodontics  · Geriatric Dentistry
· Implantology  · Infection Control
· Neuroscience / TMD  · And many more...

IMPORTANT DATES
Abstract Submission Deadline: 29 February 2016
Early Bird Registration Deadline: 1 April 2016

APDC 2016 SECRETARIAT

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Discovering music!——
When nature calls
Time: 4 pm
Venue: Victoria Concert Hall
With a nature-inspired programme at the Esplanade today, the Singapore Symphony Orchestra and Associate Conductor Joshua Tan will perform a number of timeless classics, such as Mendelssohn’s The Hebrides, The Swan of Tuonela by Sibelius, The Birds by Respighi and The Cuckoo and the Nightingale from Handel’s Organ Concerto No. 13.

Marina Bay Sands SkyPark
Opening times: 9.30 am–11 pm
Venue: Level 57, 10 Bayfront Avenue
www.marinabaysands.com/sands-skypark.html
No visit to Singapore is complete without a visit to the SkyPark on top of the Marina Bay Sands hotel towers. Officially opened in 2010, its observation deck offers visitors unobstructed 360-degree views of the city, rivalling the neighbouring Singapore Flyer Ferris wheel. The infinity pool, one of the world’s largest elevated bodies of water, is another sight to behold, although it is only accessible to guests of the hotel.

Tulipmania
Opening times: 9 am–9 pm
Location: Gardens by the Bay
www.gardensbythebay.com.sg
Do you like tulips? Then indulge in this magnificent display of the ancient flower set against an elegant Persian style backdrop, which will be on until May. There are other sights at the Gardens too, such as the Flower Dome, the Super tree Grove and the magnificent Cloud Forest, a 35-metre tall mountain covered in lush vegetation, which is accessible by a lift. Exploring the top transports you to a far-off tropical highland.

Sentosa Island and Resort
www.sentosa.com.sg
Whether you enjoy relaxing on the beach, playing golf, thrills seeking on the island’s attractions or indulging in its many dining options, Sentosa has something for everyone. The newest attractions include the Imbiah Lookout and an 11-storey high Skywalk that leads visitors on a trail above the canopy treetops, giving them an aerial view of the western part of the island and its wildlife.

Only a 15-minute monorail ride from the city centre, Sentosa is a popular spot for locals and tourists alike, so expect large crowds, especially during weekends.

What’s on Sunday, 10 April, 2016
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RS/RSX Implants

- FLEXIBLE: One surgical tray for both systems – facilitates an intraoperative system change
- CUSTOMISED: Machined (RS-Line) or microstructured (RSX-Line) shoulder with platform switch, according to the preference of the dentist
- MODERN: Bionically optimised microgrooves (patent pending) – for reduction of stress peaks in the bone and enlargement of the implant surface
- QUICK AND EASY: Self-tapping thread design with optimal cutting angle – self-centring function makes it easy to use and quick to insert with just a few turns

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