It’s time to go!

This year’s Pacific Dental Conference offers more education and activities than ever before

- Are you ready? There’s no time to waste as the 2011 Pacific Dental Conference (PDC) gets under way.

The PDC is fast becoming the most recognized dental conference in Canada by attendees, exhibitors and speakers, and organizers say they are pleased to offer participants a wide selection of quality continuing education.

This year, with 138 speakers presenting and a selection of 205 sessions to choose from, you will find more than enough variety for all members of the dental team. During the next three days, you can refine your clinical and practice excellence, participate in personal development courses and, of course, meet with your colleagues in a relaxed environment at one of the many social events.

A roster of well-known speakers from Canada, the United States and outside North America will present topics ranging from clinical dentistry to team building to other important facets of dental practice.

Speakers include Gordon J. Christensen, Joe Blaes, Anthony Cardoza, Ray Padilla, Michael Koceja, Robert Edwab, and Mariano Rocabado, to name a few.

Increasing the Saturday programming has been a main focus for the PDC, according to organizers. This year, there is a full day of sessions on Saturday, which kicks off with some good old Canadian entertainment.

Corner Gas star and creator Brent Butt will take the stage at 8:30 a.m.

Experience hands-on 18 new products that Dr. Joe Blaes uses every day in his practice to save time, money and stress. Many of these products have been featured in Blaes’ monthly Dental Economics column, “Pearls For Your Practice.”

The hands-on experience will allow you to better understand the features and benefits of using these products. Each company will have a product

Attend the course

Joe Blaes will present “Great NEW Products for Your Practice in 2011,” a hands-on workshop being held in the Exhibit Hall Glass Classroom. The course will take place from 8:30–11:30 a.m. Friday and will be repeated that afternoon from 1:30–4 p.m. Cost to attend is $55.
Session highlight: Is it time to address HPV in dental practices?

The British Columbia Oral Cancer Prevention Program (BC OCPP) is a multi-disciplinary team of clinicians and scientists with a broad range of skills, experience and expertise, focused on a common vision of the prevention of oral cancer through the development of a provincewide strategy.

The chief objectives of the organization are:
- To prevent the development of oral cancer, or to detect it at the earliest possible stage.
- To achieve a greater cancer cure rate through more clinically effective treatment.
- To improve the early detection of local and regional recurrences.

To this end, the BC OCPP is sponsoring a session, “Human Papillomavirus: Is It Time to Address HPV in Dental Practice?” on Friday from 1:30–4:30 p.m. Led by Stina Syrjänen, DDS, PhD, an internationally recognized expert on the human papillomavirus (HPV), the session will focus on the role of HPV infections in oral cancers and its clinical and public health implications.

This session will provide an overview of the evidence linking HPV infection and oral cancers.

An expert panel will detail the disease profile and provide information about HPV and oral cancer, including a suggested approach to patient communication.

Syrjänen is a professor of oral pathology and head of the Department of Oral Pathology and Oral Radiology at the Institute of Dentistry, Faculty of Medicine, University of Turku. She has published more than 380 original papers, 80 international reviews and has co-authored seven textbooks on human HPV. Her research group was the first to suggest the association of HPV with oral cancer and laryngeal cancer.

To learn more

The BC OCPP website at www.orcanet.ca contains a wide variety of information about detecting oral cancer, including articles, powerpoint presentations, clinical guidelines and a Q&A.

Products

manager to demonstrate materials and answer your questions.

In addition, you will receive coupons redeemable for discounts at the company booth available only for the attendees of this workshop.

Products demonstrated include:
- Bite Tech — Under Armour Performace Mouthwear
- DENTSPLOY Midwest — Midwest™ STYLUS™ATC
- DISCUS Dental — NV Laser
- DISCUS Dental — ZEN
- Kodak 1500 Intraoral Camera
- LED Dental — VELscope Vx
- Milestone Scientific — STA
- Premier Dental — Traxodent® Hemodent® Paste Retraction System
- Pelton & Crane — Helios
- Pelton & Crane — Pelton Spirit 3800 rear delivery unit
- SciCan — Optim 33TB
- Septodont — N’Durance® Dimer Flow Universal and Flowable Composite

Get up close and personal with 18 new products in a hands-on workshop held in the glass classroom. (Photo/Provided by the PDC)
Visit us Booth #1530

BeautiBond®
One Adhesive: Two Powerful Monomers

BEAUTIFIL II
A Nano-Hybrid Composite with Fluoride Release & Recharge

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- Natural fluorescence
- High level of radiopacity
- Outstanding handling
- 8 years of clinical success
- Available in tips, syringes AND flowables

The filler structure has been developed to simulate the internal structure of natural teeth with ideal light transmission and optical characteristics. Eight year University of Florida clinical study showed no failures, no post-operative sensitivity and high retention of color match and luster.*

Visit www.shofu.com or call 800.827.4638

Shofu Dental Corporation • San Marcos, CA
The Canadian Academy for Esthetic Dentistry (CAED) was created to give Canadian dentists a forum to voice their needs and express their identity in the world of esthetic dentistry.

On the national and international scenes, the organization has forged affiliations and alliances with other esthetic and cosmetic dental groups, and it continues to grow.

The Canadian Academy for Esthetic Dentistry is holding its first regional meeting of 2011 in conjunction with the Pacific Dental Conference.

CAED-sponsored speakers include the following. Please see the on-site guide for detailed course information and times.

- Gregory Brambilla, “Minimal Invasive Dentistry: New Materials from Composite to Non-prep Veneers”
- Michael Dib, “Everyday Easy Bone Grafting”
- Tim Dumore, “As Many Pearls as We Could Cram into 3hrs: Experiences of a GP/Specialist Team”
- Faye Goldstep, “Proactive Intervention Dentistry: The New Dental – Medical Connection”
- George Kirtley, “A Cookbook for Today’s Restorative Aesthetic Dental Practice”
- Alain Méthot, “Present Smile Simulations ... Do More Cases!”
- Gary Radz, “Myths, Controversies and Concepts Regarding No-Prep Veneers” (open session and hands-on course)
- Paresh Shah, “As Many Pearls as We Could Cram into 3hrs: Experiences of a GP/Specialist Team” and “Predictable Implant Aesthetics – Foundations for Success” (a hands-on workshop)
- Andrew Shannon, “Travel With Me to Restorative Excellence”
- Daniel Ward, “Unlocking the Keys to Successful Composite Restorations”
- Robert Marus, “Smile Design with Composite”
- Elliot Mechanic, “The Art of a Beautiful Smile”
- Faye Goldstep, “Proactive Intervention Dentistry: The New Dental – Medical Connection”
- George Kirtley, “A Cookbook for Today’s Restorative Aesthetic Dental Practice”
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The Pacific Dental Conference — March 10, 2011

Speakers talk esthetics at PDC

**2011 SPEAKERS**

<table>
<thead>
<tr>
<th>Dr. Scott Benjamin</th>
<th>Dr. Martha Ann Keels</th>
<th>Dr. Anita Murcko</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Lee Ann Brady</td>
<td>Dr. Mark Kleive</td>
<td>Dr. Mark Murphy</td>
</tr>
<tr>
<td>Ms. Rosemary Bray</td>
<td>Dr. Doug Lambert</td>
<td>Dr. Stephen Niemczyk</td>
</tr>
<tr>
<td>Dr. Lynne Brock</td>
<td>Dr. Brian LeSage</td>
<td>Dr. Linda Niessen</td>
</tr>
<tr>
<td>Dr. Steve Buckley</td>
<td>Dr. Roger Levin</td>
<td>Dr. Ray Padilla</td>
</tr>
<tr>
<td>Dr. Alan Budenz</td>
<td>Dr. Donald Lewis</td>
<td>Dr. Steve Ratcliff</td>
</tr>
<tr>
<td>Ms. Debbie Castagna</td>
<td>Dr. David Little</td>
<td>Dr. Jose Luis Ruiz</td>
</tr>
<tr>
<td>Mr. Bruce Christopher</td>
<td>Dr. Eduardo Lorenzana</td>
<td>Dr. Jeffrey Sherman</td>
</tr>
<tr>
<td>Dr. Gary DeWood</td>
<td>Dr. Kaneta Lott</td>
<td>Dr. John Svirsky</td>
</tr>
<tr>
<td>Dr. M. Franklin Dolwick</td>
<td>Dr. Denis Lynch</td>
<td>Dr. Keith Thornton</td>
</tr>
<tr>
<td>Dr. James Fondriest</td>
<td>Ms. JoAn Majors</td>
<td>Dr. Karen Troendle</td>
</tr>
<tr>
<td>Dr. Henry Gremillion</td>
<td>Dr. Thomas McDonald</td>
<td>Dr. Michael Unthank</td>
</tr>
<tr>
<td>Dr. Timothy Hampton</td>
<td>Dr. Thomas McGarry</td>
<td>Dr. William van Dyk</td>
</tr>
<tr>
<td>Dr. Maria Howell</td>
<td>Dr. John Carl McManama</td>
<td>Dr. Robert Winter</td>
</tr>
<tr>
<td>Dr. Randy Hufnines</td>
<td>Dr. Dale Miles</td>
<td>Dr. James Wood</td>
</tr>
<tr>
<td>Dr. Richard Hunt</td>
<td>Dr. John Molinari</td>
<td>Dr. Benjamin Young</td>
</tr>
<tr>
<td>Dr. Peter Jacobsen</td>
<td>Ms. Virginia Moore</td>
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</tr>
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and many more
Coming into its second year, the organizers of Dental Tribune Study Club (DTSC) at www.DTStudyClub.com have planned events both online and offline across the globe. DTSC is an educational-based online community that inspires new possibilities while creating higher expectations in online learning. A participant of a recent live webinar summed it up by offering: “The live and interactive webinar enabled me to ask the speaker questions and share with colleagues around the world. The international faculty exposes me to global opinion leaders, who aren’t really accessible to experience live. Plus, I did this in my pajamas!” (M.R., Ontario, Canada)

Individual webinars
DTSC offers international C.E.-accredited lectures that are live and interactive, as well as archived ones that bring local events to global audiences. Check out the C.E. listing under the menu option “Online Courses.” If you do not see what you were looking for, please e-mail Julia Wehkamp at j.wehkamp@dtstudyclub.com with a course topic and/or speaker recommendations.

‘Getting started in …’
In the “Getting started in ...” lecture series, leading specialists provide a general overview of a selected field of dentistry for those who are interested in “getting started in” that area. Each “Getting started in...” program includes a number of lectures that provide a thorough introduction to the techniques, products and practice management impact in that field of dentistry.

DTSC C.E. Symposia World Tour
DTSC C.E. Symposia are featured at major dental meetings around the world, including the FDI, IDEM and GNYDM events. The symposia feature quality ADA CERP C.E.-accredited programs, offering visitors an opportunity to learn in a focused environment with no registration fee. Cannot make it to the event? Not to worry — the symposia are also recorded and offered online as individual C.E.-accredited webinars.

First Impressions video reviews
www.DTStudyClub.com features an online “video column” called First Impressions, in which opinion leaders present focused web-based product reviews based upon first-hand clinical experience. Practitioners can access these reviews about the hottest dental products, including demo videos and clinical pictures, for free.

Dental Tribune Study Club celebrates second anniversary

Expert blogs
Dental opinion leaders maintain focused blogs, keeping readers interested by regularly posting case studies, presentations and clinical experiences as well as expressing opinions based on diverse backgrounds. DTSC’s blogs help today’s practitioners stay up to date, creating a truly “Global Dental Village.”

Get started today
The opportunities offered through DTSC are endless, so visit www.DTStudyClub.com and see how it can enrich your clinical practice by joining the community.

Registering as a study club member is free and easy. You can also become a fan on Facebook to ensure you receive all the latest updates. For additional details, please contact Julia Wehkamp at j.wehkamp@dtstudyclub.com or (416) 907-9836.

AD
According to “The Canadian Health Measures Survey 2007–2009,” while pain and infection that may arise from oral disease are important in and of themselves, there is an increasing awareness regarding their contribution to the incidence and severity of other diseases such as diabetes, respiratory and cardiovascular health.

How can we help prevent oral disease?

The new Clinical Gum Protection PRO-HEALTH® products virtually eliminate gingivitis.1 With routine dental check-ups and regular use, patients with mild to moderate persistent gingivitis can reduce inflammation and bleeding and significantly improve their gum health.

“We developed the Clinical PRO-HEALTH products for Gingivitis. The system includes Crest® Pro-Health Clinical Gum Protection toothpaste, with newly balanced stabilized stannous fluoride chemistry that provides an increase in antibacterial power. This has resulted in our highest level of protection against plaque bacteria that cause gingivitis and a toothpaste that helps reverse it after four weeks of regular use,” said Dr. Robert Gerlach, DDS, MPH, research fellow, P&G Worldwide Clinical Investigations.

“With these Clinical Gum Protection products, we have found in a clinical study an extraordinary 95 percent reduction in the number of bleeding sites after six weeks of treatment when compared to a control group that used regular anti-cavity toothpaste and a soft manual toothbrush after a dental prophylaxis at the baseline.2”

To break the cycle of this all-too-prevalent disease, Crest Oral-B® is introducing a regimen specially designed for patients with recurring gingivitis. The Clinical PRO-HEALTH regimen for Gingivitis helps break the cycle of gingival inflammation and gingival bleeding for improved oral health in patients with mild to moderate persistent gingivitis. The regimen is demonstrated in a clinical study to reduce Gingivitis by 95 percent2 when using:

• Oral-B Professional Care® SmartSeries™ 5000 Power Toothbrush with SmartGuide
• New Crest PRO-HEALTH Clinical Gum Protection Toothpaste
• New Oral-B Glide® PRO-HEALTH Clinical Protection for Professionals Floss

Here at the PDC

For more information about the new Clinical PRO-HEALTH System for Gingivitis or to place an order, call your Crest/Oral-B sales rep or (888) 767-6792 or stop by the Crest Oral-B booth, Nos. 840–850/741–751.

References
1. Six-week clinical results with new Crest PRO-HEALTH Clinical Gum Protection Toothpaste, new Oral-B Glide PRO-HEALTH Clinical Protection for Professionals Floss and Oral-B Professional Care SmartSeries 5000 Power Toothbrush with SmartGuide.
2. After six weeks of use. Compared to a dental prophylaxis and brushing with a regular manual toothbrush and anti-cavity toothpaste.
Don’t just deflate.

Virtually eliminate gingivitis.*

Demonstrated in a clinical study to reduce Gingivitis by 95%* when using:

- Oral-B® Professional Care SmartSeries 5000 Power Toothbrush with SmartGuide™, and
- New Oral-B® Glide® Pro-Health™ Clinical Protection for Professionals Floss

* when used in combination with New Crest® Pro-Health™ Clinical Gum Protection Toothpaste

Enhanced images highlighting the average area and magnitude of improvement in gingivitis over time*

Before using the system: Significant gingivitis

2 weeks of use: Initial improvement of gingivitis

6 weeks of use: Further improvement of gingivitis

Break the Cycle of Gingivitis

To learn more about the Pro-Health™ Clinical Gingivitis Protection, please contact Crest® Oral-B® at 1-888-767-6792 or visit dentalcare.com

* Six-week clinical results with New Crest® Pro-Health™ Clinical Gum Protection Toothpaste, New Oral-B® Glide® Pro-Health™ Clinical Protection for Professionals Floss, and Oral-B® Professional Care SmartSeries 5000 Power Toothbrush with SmartGuide™.

** After 6 weeks of use. Compared to a dental prophylaxis and brushing with a regular manual toothbrush and anti-cavity toothpaste.

Crest® Pro-Health™ toothpaste treats sensitivity, fights gingivitis, plaque and tartar, and prevents cavities.

For adults & children 12 years and older. Do not swallow.
After introducing the first LED light system to the dental market in 2005, Orascoptic, a pioneer in lighting technology, is once again bringing innovation to the marketplace by providing the Freedom “cordless” LED headlight.

Responding to practitioner concerns that current LED cables are both cumbersome and unreliable, Orascoptic has developed the industry’s first light system that does not employ belt packs, long electrical cables or buttons. The benefits of the new Freedom system include:

- **No more cumbersome cords:** Lightweight battery pods connect to the temple arms of the loupe, providing power that way rather than with heavy belt packs employed by traditional LED systems. By moving power to the loupe itself, the Freedom system eliminates the issue with long, dangling electrical cords that are prone to getting caught on chairs, doorknobs and cabinets in the dental office.

- **User friendly:** Innovative capacitive touch technology eliminates the need for any buttons, knobs or switches but, more importantly, allows the practitioner to control the light while holding instruments in both hands.

- **Easy to clean and maintain:** Capacitive touch also eliminates bacteria traps associated with traditional light-system controls, making the Freedom easy to sanitize and maintain.

- **Comfortable to wear:** Unique weight-neutralizing counterbalance between the battery pods and the headlight relieves pressure on the nose caused by the light and telescopes.

- **Powerful visualization:** The loupes provide variable illumination up to 4,000 foot candles.

- **Compatibility with more than 99 percent of TTL loupes:** A robust yet innovatively simple universal mounting clip securely fastens the lightweight headlight to virtually any TTL loupe on the market.

By eliminating belt packs, cables and buttons, this latest innovation from Orascoptic has established a new standard for LED headlight design as the company continues to strive to provide the dental community with better visualization.

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**Freedom ‘cordless’ LED headlight, by itself (above) and worn (below). (Photos/Provided by Sybron Dental Specialties)**
Shofu’s BeautiBond seventh-generation bonding agent is simple to use and offers quality results


By Fred Michmershuizen, Dental Tribune

BeautiBond is a seventh-generation bonding agent developed by Shofu. This new product contains unique dual adhesive monomers that work independently to produce equal bond strengths for dentin and enamel. Available in convenient unit doses, BeautiBond offers easy, one-step, one-coat applications.

Just ask Howard S. Glazer, DDS, a general practitioner who has been using the new product for some time now at his practice in Fort Lee, N.J.

“I have been a seventh-generation user from the day they were introduced and have used every one on the market, and I am telling you — this one is hot, and it is getting hotter,” Glazer told Dental Tribune.

BeautiBond’s enhanced bond strength rivals that of leading sixth-generation adhesives, but with the convenience of a seventh-generation material.

“It will definitely get people who have been hesitating to switch. In fact, it makes ‘the leap’ so much easier, and ‘the leap’ is in quotes because there is no leap really,” he said.

Glazer said he likes BeautiBond because it incorporates two separate chemistries that bond to both the dentin and the enamel. He also likes the fact that it works with a very low micrometer thickness, leaving no gap of potential porosity for his patients.

The light-cure, self-etching adhesive has a film thickness of less than 5 micrometers for better adaptation of restorative materials and is ideal for highly esthetic and minimally invasive restorations.

And another huge plus, Glazer said, is the ease of use the product offers. BeautiBond requires very few steps and the unit dose delivery is stable, for excellent chairside handling.

“There is no fumbling, no mixing, no shaking,” Glazer said. “Just look at the steps card — it is as easy as one, two, three.”

A single application of BeautiBond requires just 30 seconds for a durable, reliable bond. High bond strengths are achieved due to BeautiBond’s HEMA-free composition, resulting in virtually no gingival blanching, which is normally caused by the combination of HEMA and the acid monomer.

With excellent biocompatibility and bonding durability, BeautiBond is an all-in-one adhesive that enables etching, priming and bonding in one simple step for a wide range of applications.

BeautiBond can be used with any composite resin on the market, and is ideal for use with Shofu’s Beautifil II composite restorative material. Beautifil II, designed for any application, is wear-resistant with low shrinkage and has a “chameleon-like quality that allows for a harmonious blend of shades with natural tooth color, yielding ideal fluorescence and optical characteristics that mimic natural teeth,” according to a review by Glazer.

A practitioner who is always looking for increased efficiency, Glazer typically tests half a dozen or so new products every month.

“I want things that are faster, easier and better, not only for me, the doctor, but also for the ultimate end user — the patient,” he said. “After all, we’re in the smile business, so we like to keep everybody smiling.”

As easy as one, two, three

Here at the PDC

Visit Shofu at booth No. 1530 for more information.
WE ARE PROUD TO PRESENT TWO NEW FOCUSED CURRICULA IN 2011:

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In order to complete the program and receive the certification of participation and full accreditation, a student is required to attend each online lecture (either live or archived), as well as their selection of two hands-on workshops over the period of two years.

* Program is subject to change

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Atraumatic extractions with Luxator

By Dr. Simon Jones

The extraction of a tooth is probably the most traumatic event a patient can experience in the dental office, and if the extraction doesn’t go smoothly, things can become quite stressful for the dentist as well.

When the use of a simple surgical instrument can make the extraction process infinitely easier for both patient and dentist, I find it surprising that not all dentists reach for a Directa Dental Luxator as their first instrument of choice.

To understand how best to remove a tooth, it helps to appreciate the structures and forces that are holding the tooth in position. It is only by overcoming these forces that the tooth can be removed.

First, consider the bone structure surrounding the roots. As the bone sits intimately against the root surface, any irregularities, undercuts or curvatures of the root will provide mechanical retention. To overcome this retention, the socket must be dilated until the path of removal of the root is unimpeded by bone.

The second factor resisting the removal of the tooth is the periodontal ligament, composed of collagen fibers. Like millions of little ropes, the cumulative strength of the fibers resists the strongest of biting forces. Imagine how much force would be required to overcome this combined strength in an attempt to simply pull out a tooth.

The third force to overcome is that of atmospheric pressure. Withdrawing a tooth from its socket will create a void or vacuum at the apex of the socket, and until this void is filled with blood or an ingress of air, the atmospheric pressure will effectively push on the tooth to keep it in position. Anyone who can remember back to the Magdeburg Hemisphere experiment in school physics will know that simple atmospheric pressure resisted the force of two teams of horses pulling in opposite directions.

Little wonder then that simply using a combination of forceps and brute force can lead to unnecessary loss of alveolar bone, root fracture and a subsequently more stressful experience for both patient and dentist. Dealing with the fracture of a maxillary tuberosity can certainly ruin your day!

The careful and considered use of a Luxator helps the dentist to divide and conquer the forces retaining a tooth, making the extraction process an infinitely more predictable and stress-free process.

The appropriate size of Luxator is chosen to match the diameter of the root, and the angle of the blade is chosen to give the best access. The tip of the Luxator is gently inserted into the gingival margin, with the blade angled slightly toward the root surface. This ensures that the Luxator enters the periodontal ligament between the crestal bone and the root.

Once in the periodontal ligament, the Luxator is worked down the length of the root with a side-to-side rocking motion and steady axial pressure (Fig. 2). This motion first severs the periodontal fibers, and then as the blade is introduced further, the socket is dilated to allow an easier path of removal. Finally, as the periodontal ligament is severed and the socket dilated, bleeding and air ingress overcome the vacuum that resists tooth removal.

The Luxator should be inserted around as much of the circumference of the root as possible to evenly dilate the socket. Once this has been achieved, the final delivery of the tooth may be performed with forceps, although this is often not required with single-rooted teeth.

When using a Luxator, the handle should sit neatly in the palm of your hand, cradled by your fingers and thumb, with the index finger extended toward the tip of the instrument (Fig. 3). This allows for precise control of the tip and prevents the risk of slipping. Excessive force should be avoided; the Luxator is a surgical instrument and should be used as such, not as an elevator.

To complement its range of Luxators, Directa now produces an elevator called the Luxator Forte. Having dilated the socket using a Luxator, if it is felt that greater dilating and elevation forces are required, then the stronger Luxator Forte should be used. The Luxator Forte is recognizable by its black handle (Fig. 4). This sequence of luxation, followed by elevation, generally means forceps are only ever used for the final easy delivery of the tooth.

Having used Luxators for more than 20 years, I cannot imagine undertaking the extraction of any tooth without first severing the periodontal fibers with my trusty friend. It would be the equivalent of undressing the laces of my boot.

Here at the PDC

For more information, stop by the Directa AB booth, No. 1311. Additional information about Directa products may be found at www.directadental.com.

About the author

Dr. Simon Jones is a leading U.K. dentist with a practice in Middlesbrough, in the northeast of England. He qualified in 1985 and has worked mainly in the British National Health Service since then. For the past six years, he also served as a vocational trainer for the Northern Deanery of Newcastle University Dental School.

Fusio Liquid Dentin

Fusio® Liquid Dentin, the first flowable composite to bond to both dentin and enamel without a bonding agent, is now indicated for restoring Class V carious lesions. Formulated with 4-MET technology and a new proprietary BPA-free resin, Fusio Liquid Dentin etches, primes, bonds and restores using only one product. By effectively fusing together self-adhesive and restorative technology, clinicians can now restore teeth faster than ever, saving both time and money.

Fusio Liquid Dentin’s ability to tenaciously bond to both dentin and enamel without a separate adhesive opens up new possibilities for this segment of restorative materials.

While it shares many of the same indications as a traditional flowable composite, its use as a dentin replacement material or a self-adhesive base liner shatters previous perceptions of where and how flowable composites can be used,” said Jeremy Grondzik, Pentron Clinical product manager.

This new generation of flowable composite is priced similar to traditional premium flowable composites and is available in the Vita shades A1, A2, A3 and B1.

Fusio Liquid Dentin is one of the innovations from Pentron Clinical, an established leader in the dental consumables industry, offering a wide variety of affordable products to suit your restorative needs. As one of the pioneers of fiber post and nano-hybrid composite technologies, Pentron Clinical continues to demonstrate its commitment to the technological advancement of dentistry.

The company’s portfolio of award-winning dental products also includes Build-It® FR® Fiber Reinforced Core Material, Bond-1® SF Solvent Free SE Adhesive, Mojo® Light Cure Veneer Cement and FibreKlear® Posts.

For more information, call (800) 551-0283, visit www.pentron.com or stop by booth No. 212.
Exhibit hall floor plan

* Pink denotes advertisers in today's PDC
Three walking tours in the heart of Vancouver

By Fred Michmershuizen, Dental Tribune

Vancouver is a great city to explore. For attendees who might want to get outside and do a little walking, there are plenty of options. Here are three.

False Creek

In 1859, a British surveyor discovered that a centuries-old fishing settlement he was interested in did not connect to Vancouver’s inner harbor. He was so disappointed with his discovery he dismissed the area as a “false creek.” Today, that area is lined with restaurants and waterfront condominiums on the downtown/Yaletown side and the markets, marinas and shops of Granville Island on the other.

Begin at the Main Street SkyTrain station to take a look at the area’s last remaining industrial waterfront along First Avenue. Pass beneath the Cambie Street Bridge and into another world of parkland, seawall footpaths, marinas and enclaves of charming houses and apartments.

Take a short walk to Granville Island and its famous public market, or hop a ferry across the creek to explore the other side of False Creek, known as Yaletown.

Yaletown

Yaletown was previously known as a warehouse district without much to draw people in, other than business. But during the dot-com boom of the late ’90s, Yaletown began to be transformed into the hub of emerging high tech companies. The area quickly became the place to work, live and eat, with restaurants, coffee shops, nightclubs and condos developing at an intense rate. Now Yaletown is a bustling community with amenities, activities and sights.

Start at Mainland or Hamilton and take a moment to grab lunch or coffee from the many establishments in the area. Continuing down Davie, you soon come across the seawall. Originally, Stanley Park’s seawall ended at the Burrard Bridge, but now it continues through Yaletown to Main Street/Science World.

Turning right at the end of Davie takes you for a walk along the water to Science World — or the “Golf Ball” as locals call it — and, past that, all the way to Granville Island, if you desire a long walk.

Stanley Park

Stanley Park is truly a walker’s paradise right in the heart of the city. It’s one of the largest urban parks in North America, with 1,000 acres of woodlands, gardens, flowers, trails, lakes, beaches and wildlife.

Circumnavigate the park via the seawall (a brisk, two-hour walk) or take the road less traveled around Lost Lagoon or Beaver Lake to view the resident geese, swans and raccoons. Stanley Park is home to the Vancouver Aquarium as well as a children’s farmyard, tennis courts, pitch and putt golf course.

(Source: Tourism Vancouver)
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