Editorial report on the Dental Hygiene Day at the 9th CAD/CAM & Digital Dentistry International Conference 09-10 May 2014 Dubai

By Victoria Wilson, Dental Hygiene Therapist, UK

DUBAI, UAE: A truly remarkable day for Hygienists in the MENA, over 100 Hygiene delegates attended the first Dental Hygiene Day on Saturday May 10th, 2014 which was a continuation of the 9th CAD/CAM & Digital Dentistry Int’l Conference, May 09-10, 2014 at the Jumeirah Beach Hotel, Dubai, UAE. Hygienists practicing in the UAE and from other countries in the MENA attended the first of its kind in the Middle East.

The timetable included a variety of relevant topics tailored specifically to the Hygiene profession.

The exceptional speakers made it worthwhile for any hygienist to attend.

Prof. Crawford Bain delivered an interesting informative lecture on the maintenance of the dental implant patients, an extremely relevant topic for all Hygienist in light of the growing number of implants being placed and the crucial role of the Hygienist in the necessary maintenance.

Dr. Matthieu Gabriele gave a lecture on Oral Hygiene protocols and complications with various fields of dental treatment, a must know-how for every Hygienist.

Dr. Rasha Ahmed presented the important topic on dentine hypersensitivity management. Hygienists face patients common complaints of hypersensitivity on a daily basis, and the well presented topic by Dr. Rasha was much appreciated by the audience.

Victoria Wilson’s Lecture, the Editor of Hygiene Tribune, focused on communication within Dentistry, a topic essential for the delivery of oral health education and achieving long term compliance and maintenance of oral health.

The afternoon consisted of a hands on course on periodontal instrumentation, with the renowned Prof. Mary Rose Pincelli Boglione from Italy and the International Federation of Dental Hygienists IFDH. Due to the popularity and demand the course was extended to 2 days. We were honored to have such an expert in the profession join us on a revision of the essential skills of scaling and instrumentation. Hygienists are trained extensively on scaling and instrumentation in their education, however it is easy to fall into bad habits. This was an invaluable refresher course for Hygienists and we hope that Mary will join us in the future for more courses.

Dr. Rasha Ahmed also delivered a very informative hands on continuing course in the afternoon on the practical application of the management of dentine hypersensitivity.

In the 7 years I have been living and working in the UAE I have never known for there to be such an extensive program for the profession on one day and for so many Hygienists to be in one room at one time.

The year 2014 is an exceptionally exciting time for the profession of Dental Hygiene in the MENA. Four months ago the Dental Tribune Middle East opened the Dental Hygiene Tribune section dedicated entirely to the Dental Hygiene profession. More and more dental and medical professionals are requesting to have a Hygienist on board. Following on from the Dental Hygiene Day we look forward to more Hygienists days by CAD/CAM with more hands on courses, and lectures tailored to the needs of hygienists professionals.

What we all have to keep in our mind is that a healthy periodontium is the backbone to all good restorative dentistry and medical treatment – not in the whole process an essential part in over all health and wellbeing.

Contact Information

Ms. Victoria Wilson, Dental Hygiene Therapist, UK
Dr. Roze & Associates Dental Clinic
wilson@dental-tribune.me
www.dental-tribune.me
New Philips Zoom WhiteSpeed Light-Activated Whitening System.
A better experience for your patients and your practice.

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New Philips Zoom WhiteSpeed Whitening LED Accelerator
The advanced Philips blue LED technology provides approximately 50,000 hours of use—reducing operating costs, downtime and is 40% more energy efficient. The light also emits 100% greater light intensity* with no compromise to safety. Redesigned to be easier to position and more ergonomic, your patients and your treatment will be better than ever.

New support for your practice
Philips Zoom is funding a worldwide public relations campaign to drive patients to dental professionals, and new programs to help you quickly and easily integrate Zoom into your practice.

"With this new light the patient's sensitivity is minimal, making the procedure much more pleasurable."
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Reveal your patients’ most healthy, radiant smile with Philips Zoom WhiteSpeed

Give your patients the immediate white smile they want and the healthy white teeth they need, with the new Philips Zoom WhiteSpeed. The number one patient-requested professional teeth whitening brand* is clinically proven to deliver superior whitening results in just one office visit. WhiteSpeed is shown to whiten teeth up to 8 shades in 45 minutes; that's 40% better than a comparable non-light activated system†.

The new Whitening LED Accelerator’s variable intensity settings allow you to customize the output to ensure each patient receives a more comfortable treatment. 91% of patients experienced little to no sensitivity with Zoom WhiteSpeed.‡

Now better than ever — Philips Zoom WhiteSpeed.

* In the U.S.
† Compared to Philips Dash
‡ Results based on 500-person study. Data on file.
Philips introduces its best brush yet, Sonicare DiamondClean, helping users achieve brushing brilliance every time

By Philips

Dubai, U.A.E. - Philips is proud to present the new Sonicare DiamondClean - a brush that harnesses Philips' patented sonic technology to provide a powerful dynamic cleaning action for a difference users can see and feel. It is gentler on teeth and gums than a manual toothbrush, helping to keep teeth stronger and healthier for longer. Philips Sonicare gently whips toothpaste into an oxygen-rich foamy liquid and directs it between and behind teeth and along the gumline without ever causing harm.

Sonicare DiamondClean harnesses Philips Sonicare's patented sonic technology to keep plaque bacteria from flourishing. Where plaque bacteria flourish, oxygen-rich foamy liquid and an ultrasonic effect on teeth and gums than a manual toothbrush. The effect of Sonicare is much greater than a manual toothbrush.

Dentists have engineered toothbrushes to reach places than a manual toothbrush can. Sonicare DiamondClean holds 44% more bristles than Philips Sonicare's standard sized ProResults brush heads, providing you with an even more efficient brushing experience.

With its powerful sonic technology Sonicare DiamondClean is clinically proven to remove up to 100% of plaque from hard to reach places and to improve gum health in just 2 weeks. It is also clinically proven to whiten teeth in 1 week; and its gentle technology actually helps protect against gum irritation and recession to help reduce sensitivity.

Now is the perfect time to give your teeth the celebrity treatment and switch to Sonicare to really experience the difference.

The brush is able to deliver a unique whole mouth clean feeling thanks to its five brush modes that allow you to tailor your brushing according to your needs as well as your dental professional's advice. The brush modes range from:

- Clean - the standard mode for a whole mouth clean
- White - removes surface stains to whiten teeth
- Polish - brightens and polishes teeth to bring out their natural beauty
- Gum Care - gently stimulates and massages gums
- Sensitive - an extra-gentle mode for sensitive teeth

Highly charged DiamondClean's chrome base also features a unique charging technology that can charge your brush fully charged using a revolutionary USB travel case that can be plugged into almost any laptop computer and saves the hassle of having to pack plugs and adaptors. But only the most intrepid travellers need worry about this advanced feature as Sonicare DiamondClean holds an impressive three weeks charge.

Brilliant cut Sonicare DiamondClean brush heads also sport a new diamond-cut tuft formation to provide you with an even more efficient brushing experience. The uniquely designed diamond bristle heads have 44% more bristles than Philips Sonicare's standard sized ProResults brush heads, providing you with both superior plaque removal and whiter teeth. The heads come in two sizes – Standard and Compact – for focussed cleaning in areas of special need, for orthodontic patients and those with smaller mouths.

XP Technology American Eagle
- Specially filtered titanium nitride/stainless steel alloy not a coating but infused
- Rockwell hardness test
- Most steel instruments 58-60, XP 89, Diamond 100
- Strokes 1500 XP – 1,500 other
- Results brush heads, providing you with an even more efficient brushing experience. The uniquely designed diamond bristle heads have 44% more bristles than Philips Sonicare's standard sized ProResults brush heads, providing you with both superior plaque removal and whiter teeth. The heads come in two sizes – Standard and Compact – for focussed cleaning in areas of special need, for orthodontic patients and those with smaller mouths.

DuraGradeMax LM steel
- Hardened steel alloy by thermo-mechanical heat treatment, controlled gas atmosphere and cryogenic processing.

Contact Information
For more information about Philips Sonicare DiamondClean or the Philips Sonicare range, including copies of clinical studies, visit www.mea.philips.com/en/ornalhealthcare/ar

Figure 1. The repeated activity can compress the median Nerve travelling through the Carpal Tunnel.

Figure 2. Examples of stretch exercises to perform between patients.

Figure 3. Examples of treatment options for RSI or CTS when the strain has become chronic, and simple exercises are inefficient.

Figure 4: Introduction: RSI Repetitive Strain Injury or CTS Carpal Tunnel Syndrome “Repetitive strain injury (RSI) is a general term used to describe the pain felt in muscles, nerves and tendons caused by repetitive movement and overse.

This clearly describes a Dental Hygienists average working day, the repetition of the same movements. RSI can affect different parts of the body the neck, shoulder, elbow, wrists and hands. For the purpose of this article the focus will be on the wrist and hands.

Four common causes of RSI: 1. Repetitive activities 2. Doing a high-intensity activity for a long time without rest

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Are your patients’ dentures truly clean?

Dentures contain surface pores in which microorganisms can colonise.¹

Corega® cleanser is proven to penetrate the biofilm* and kill microorganisms within hard-to-reach surface pores.²

SEM images of denture surface.

*In vitro single species biofilm after 5 minutes soak

² GSK Data on File, Lux R. 2012.

Date of preparation: June 2014.
Ref: CHSAU/CHPLD/0008/14c
In ‘bleeding on probing’ trials over 4 weeks, parodontax® demonstrated significant effects in reducing bleeding gums by 22% (p<0.01)

Bleeding on probing increased after 4 weeks of brushing with the fluoride control toothpaste

Adapted from Saxer et al 1994. All interdental spaces from 6+ to +6 were tested at baseline and 4 weeks for bleeding on probing on the right side (buccal) and left side (lingual). Findings were recorded as 0=no bleeding; 1=slight/isolated bleeding; 2=marked bleeding. Mean scores were determined. N=22.

Baseline values [Mean SD]: Control (fluoride-containing toothpaste) group 24.75 (6.34); parodontax® group 25.40 (6.80). After 4 weeks: Control (fluoride-containing toothpaste) group 26.00 (9.14); parodontax® group 19.80 (7.38). *parodontax® vs control p<0.05.
### A brief history of Hygiene

The earliest recorded text associating health and hygiene is from Mesopotamia (earlier Iraq) according to the M document. A hand splint, the hand is held in a very light, completely resin handle to help keep the Carpal Tunnel open, and it is feasible to use their Quick tip® to replace the tip at less cost than the full instrument.

### Treatment:

If it is not possible to take long term time out from the activity causing the repetitive strain, then it is a need to take regular short breaks and stretches (Figure 2, S).

A hand splint, the hand is held in a relaxed position to take pressure of the Median nerve running through the Carpal Tunnel and as a final resort surgery.

### Breaks don’t only include

- **Prevention:** Take regular hand breaks to stretch and exercises the muscles, tendons and ligaments. See Figure 2 for some possible exercises.

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- **Possible exercises.**
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