

Final call for World Dental Forum 2015!

We are pleased to invite you to participate in our spotlight of the year – World Dental Forum 2015. The two-day forum will begin on the **public holiday of October 21st 2015** in Grand Ballroom of Grand Hyatt Hong Kong.



It will be a fantastic and memorable event with over 300 participants already signed up. Lectures will be offered by 13 professional speakers from Australia, Belgium, China, France, Germany, Hong Kong, the Netherlands and the United States. This is a valuable opportunity to exchange ideas and knowledge with dental experts from all around the world. To enrich the event this year, we are honored that we could invite Dr. Allen Moses to conduct the Moses Appliances demonstration in a hands-on workshop. Moreover, we organized several intra-oral scanner companies into a digital exhibition at the venue, so that you can try different brands at the same time.

A hands-on workshop “A demonstration of the Neurophysiology of Moses Appliances” offered by Dr. Allen J. Moses will be held in the forum as well. During the workshop, Dr. Moses will demonstrate how to find the correct bites using the Manual Muscle Test (Isometric muscle contraction) technique and attendee will fabricate their own bite registration.



A “Digital Now” exhibition in the forum will bring us the latest technology in dentistry. In total of 8 intra-oral scanner companies will have a product showcase and demonstrate their scanner technology, including 3M™ True Definition Scanner, 3 Shape TRIOS® intraoral Scanner, Planmeca Planscan, DWIO intraoral Scanner, Carestream CS3500 intraoral Scanner, Align iTero Intraoral Scanner, Sirona Omnicam etc.



CME/CPD credits are available for World Dental Forum 2015 Hong Kong delegates. Two types of ticket are offered for World Dental Forum – normal tickets and student tickets, the tickets charge HKD 3800 and HKD 1800 respectively.

DCHK CDSHK HKDA CME/CPD Credits:			
	Dental Council Hong Kong (CPD)	The College of Dental Surgeons of Hong Kong (CME/CPD)	Hong Kong Dental Association (CPD)
Oct 21, 2015 (Lecture)	3.5 points	5.5 points - Category (A)	5.5 points
Oct 22, 2015 (Lecture)	3.0 points	3.0 points - Category (A)	3.0 points
Hands-on workshop only	2.5 points	2.5 points - Category (A)	2.5 points
Per whole function including hands-on workshop	9.5 points	9.5 points - Category (A)	9.5 points



For those who are interested in joining the World Dental Forum 2015, please fill in the application form attached with this issue's Modern Dental Quarterly and mail the form with a cheque to Modern Dental Laboratory office – Marketing Department, Ms. Erica Kwan.

Additional information is also available on World Dental Forum 2015 website at <http://www.worlddentalforum.com> or contact Ms. Erica Kwan at +852 3766 0781.

All in all, attending World Dental Forum presents a great value and an excellent opportunity to meet the industry experts and learn about the latest technologies. We look forward to your active participation at our World Dental Forum 2015, see you there!

MANDIBULAR ADVANCEMENT D

Introduction

Snoring is an expression of the pharyngeal narrowing and is due to the vibration of the soft parts of the upper airway which includes the pharyngeal walls, veils of the palate and the uvula (1). Obstructive sleep apnea (OSA) is a condition wherein there is repetitive and intermittent occlusion of the upper airway during sleep (2). Depending on the severity of the airway occlusion, it will lead to hyponea or even apnea. Several studies have shown that OSA has many negative effects on an individual's general health including neural and cardiac functions.

Symptoms

Symptoms caused by OSA affects the quality of life for many individuals. According to Jayest and Bhat (2015), some of these symptoms include the following:

- Morning headaches
- Memory loss
- Irritability
- Excessive sleepiness
- Depression

Treatment

Traditional treatment involves using a Continuous Positive Airway Pressure (CPAP) device which involves a mask and power source throughout the night. However, in 1995, the American Academy of Sleep Medicine stated that a mandibular advancement device (MAD) (anti-snoring device) was indicated as a first-line therapy for mild OSA and a second-line therapy for moderate to severe OSA. MADs carry out an anterior and inferior movement of the jaw, generating anatomical variations in the upper airway that enable an increase in the pharyngeal area (2). Therefore, the airway is enlarged making airflow through the airway much easier. A mandibular advancement device reduces apneas and improves sleep quality in patients with obstructive sleep apnea, especially in those with mild and moderate disease (3). Furthermore, the comfort, adherence, acceptance and convenience of a MAD is much more favorable than a CPAP device.

Practice Development:

In many countries, dental sleep medicine is the fastest growing segment in dentistry. In some countries like United States, many insurance providers have been granting medical insurance coverage for patients to go to the dentists for fabricating an anti-snoring appliance. There are vast numbers of resources to educate dentist on the diagnosis and treatment of OSA. Modern Dental Laboratory works closely with doctors that specialize in dental sleep medicine and will arrange lectures and workshops to further educate our loyal dental partners in this field. These additional resources will educate the dentists in terms of diagnosis, treatment protocol and handling complications.

1) Jayesh S.R., and Bhat W.M. (2015). Mandibular advancement device for obstructive sleep apnea: An Overview. Journal of Pharmacy and BioAllied Sciences. Apr;7(1):S223-S225

2) Rodriguez-Lozano F.J., Saez-Yuguero M.R., Linares T.E., and Bermejo F.A. (2008). Sleep apnea and mandibular advancement device. Revision of the literature. Med Oral Patol Oral Cir Bucal. 13:E549-54.

3) Marklund M., Franklin K., Sahlin C., and Lundgren R. (1998). The Effect of a Mandibular Advancement Device on Apneas and Sleep in Patients with Obstructive Sleep Apnea. Chest. 113(3):707-713



DEVICE (ANTI-SNORING DEVICE)



ELASTIC MANDIBULAR ADVANCEMENT APPLIANCE (EMA)

The EMA appliance is one of the simpler forms of mandibular advancement device. It is well tolerated by patients who are new to oral anti-snoring devices. The opening of the bite and mandibular protrusion are achieved by bite planes and elastic straps respectively. **These elastic straps are interchangeable** and therefore offer the opportunity for the patient to **gradually adapt** to the desired mandibular protrusive state by slowly adjusting the **length** and **stiffness** of the elastics. Furthermore, the flexibility of the elastics allows lateral movement and therefore increasing TMJ comfort.



THE MOSES®

The Moses appliance is a more rigid type of anti-snoring device which can be used to treat mild to moderate obstructive sleep apnea. There are generally 3 parts to The Moses appliance. The first is an upper flexible retainer which prevents tooth movement which allows the maxillary teeth to become an important anchor for the appliance. The lower portion of the appliance is designed to **stimulate the tongue** to come into a **protrusive position**, therefore, reducing blockage of the airway. Lastly, the top part of the base has an **adjustable** segment which will determine the protrusive amount of the mandible.



THE Serene Silensor™

The Serene Silensor™ is a new type of mandibular advancement device with some distinct features. The major difference that distinguishes the Serene Silensor™ to the EMA and The Moses is that the **upper and lower members are not bound** to each other. This offers supreme comfort for the patient. Two wing extensions and an adjustable block on the upper maintains the mandible in the patient's desired protrusive position. Furthermore, a **vertical component** is also included in the design to allow space for the **tongue to move forward**. There are also more design specifications included in the Serene Silensor™ that are placed to prevent the tongue from blocking the airway during sleep.

Modern Dental Laboratory also frequently provide doctors with other anti-snoring device designs. If you would like to use another MAD design, please feel free to contact our marketing team of (852) 3766 0760 - Daniel Chok for further details.

Year-end visit to Modern Dental Lab in 2015

The yearly Modern Dental Laboratory plant tour for Hong Kong doctors in 2015 will be held on **Wednesday, October 14th, 2015 from 9:30am to 2:30pm.**

During the tour, you will have a chance to mingle with our customer service representatives and technical consultants individually and gain a better understanding about the production, digital technology and training facilities in our lab.

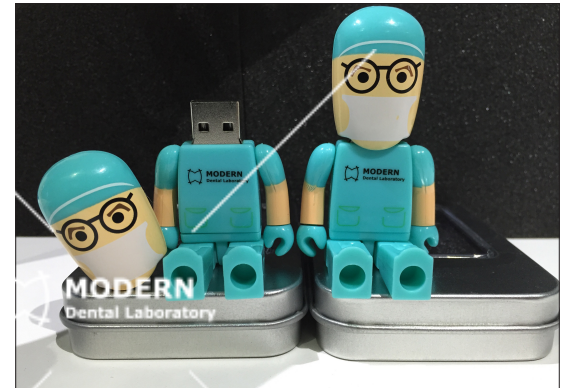
The tour will be divided into 4 sessions:

1. A short presentation of the company
2. An enjoyable full plant tour
3. A joyful relaxing lunch for doctors to chat with other fellow doctors
4. A special session - Lucky Draw to conclude our tour. Five lucky participants will receive our limited edition "Modern Dentist USB". Do not miss this chance!

This tour is free for a maximum of 20 participants and each dentist can register with one accompanying dental assistant. **We will arrange a shuttle bus and pick up the participants at 9:30am sharp at the Shenzhen Bay Port.** Lunch will be served after the tour. **Deadline for registration is Monday, October 5th, 2015.**

If you would like to register or require any further information, please feel free to contact our marketing team - Ms. Tissue Fung at (852) 3766 0782 or Ms. Erica Kwan at (852) 3766 0781.

Come visit one of the largest dental laboratories in the world.
We look forward to seeing you!



4th Quarter Seminar in 2015

Come and join to exchange and discuss unique ideas with our senior technicians and doctors. Food and beverage will be served. Please save the days and register now as enrollment spaces are limited. Details below:

Model Pouring Workshop for DSAs

27 November 2015 (Friday), 17:00 – 18:30, at Digitek Dental Solutions

Max participants: 10 DSAs

Speakers: Raymond Ho & Amanda Li

A workshop which will teach dental assistants to improve their technique of pouring a stone model from an impression. Demonstration will be given by our technician, followed by hands-on practice from each participant.

Topic: Sharing Clinical Tips and Cases (Part 1 and 2)

11 December 2015 (Friday) and 22 January 2016 (Friday), 19:00 - 21:00, at MDL Hong Kong Office

Max. participants: 15 doctors

Speakers: Dr Lau Po Sun, Jeremy and Eric Chan

In this seminar, Dr Lau and Eric will showcase some interesting clinical cases. It will be a great opportunity for the dentists to learn and share ideas with your peers on clinical tips and challenges.

For further information and enrollment, please contact our Marketing team at +852 3766 0782 – Ms. Tissue Fung.

Customer Service 3766 0888	Pick up & Delivery 3766 0771	Custom Matching & Shading 3766 0778	Accounts 3766 0789	Faximile 3766 0700	Whatsapp 9308 8392	Customer Service hksupport@moderndentallab.com	MDQ Editorial Committee mdq@moderndentallab.com
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Suite 8-16, 17/F., CEO Tower, 77 Wing Hong Street, Cheung Sha Wan, Kowloon, Hong Kong.



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