

The 38th Asia Pacific Dental Congress (APDC) recap

Thank you for visiting our booth at the 38th Asia Pacific Dental Congress (APDC) held on June 17-19th. It was a great success and pleasure for our marketing team and technical consultants to meet you all in person. Our booth showcased a broad range of new orthodontic products and the development of an angulated screw abutment (MTX) by our milling center, Digitek Solution. Furthermore, there was a digital technology counter at our booth, showcasing intra-oral scanners. We are pleased to have received the support of 3Shape to send their technicians to Hong Kong to demonstrate the intra-oral scanner. Lastly, there were 2 lucky draw winners who went home with an iPad mini!

Once again, we would like to thank those who came to our booth to support us. We had a golden opportunity to introduce our latest products and digital technologies. Modern Dental Laboratory will continue to invest and follow the trend of technology closely while working hard to continue improving our services to dentists in Hong Kong.



World Dental Forum 2017



image source: <https://worldwidetoursandtravels.wordpress.com/2015/03/31/best-historical-travel-destinations-around-the-world/>

We are excited to invite you to the World Dental Forum 2017. This is Modern's most exciting event of the year – a two day forum consists of lecture sharing offered by professional lecturers and industrial experts around the world, exhibition showcase and hands-on workshop.

This year, the World Dental Forum will be held in Beijing at the China World Trade Center – China World Summit Wing Hotel (Shangri-la) on October 30th & 31st, 2017. This is a fabulous moment to exchange ideas with more than 800 dentists from different parts of the world together, including Australia, Belgium, China, Germany, Scandinavia, the Netherlands, France and the United States.

Beijing is the most interesting cultural city of China, lots of historical buildings and architectures can be found there. Therefore, we will also arrange some day tour options for you and your spouse to join and enjoy the beauty of Beijing during the trip.

Your presence at the forum is important to us. If you can't wait to know more, please contact our marketing team! Otherwise, stay tune for more information.

The 4th Quarter Seminar in 2016

Modern Dental Laboratory is excited to announce the upcoming Evening Seminars for the 4th Quarter in 2016. It is a valuable chance for you to meet with other dentists and technical expertises to exchange and update dental ideas. Food and beverage will be served. Please save the days and register now as seats are limited. Details below:

	Root Canal Obturation	Model Pouring Workshop	Clinical Tips (Part 1)
Date	October 7 th , 2016 (Friday)	November 4 th , 2016 (Friday)	December 9 th , 2016 (Friday)
Time	19:00 – 21:00	17:00-18:30	19:00 – 21:00
Location	Modern Dental Laboratory Office (Lai Chi Kok)	Digitek Dental Solutions Office (Lai Chi Kok)	Modern Dental Laboratory Office (Lai Chi Kok)
Max Participants	15 Doctors	15 DSAs (*The workshop may be postponed to next quarter if the number of attendants is less than 5.)	20 Doctors
Speakers	Dr. Jeffrey Chang	Mr. Raymond Ho & Ms. Amanda Li	Dr. Lau Po Sun & Mr. Eric Chan
Content	Filling the root canal three dimensionally is one of the primary triads of endodontic treatment. The function of obturation is to fill up the root canal space completely thereby forming a barrier to ingress of any bacteria from the occlusal aspect or the ingress of any tissue fluids from the apical foramen as well as to entomb any bacteria within the root canal system. This workshop will demonstrate the use of warm vertical compaction which is considered as the gold standard in obturation techniques. Participants must bring their own extracted prepared teeth for practice.	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 technicians, followed by hands-on practice from participants.	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 those who are interested in joining the seminars. Please feel free to contact our marketing team at 3766 0781 Ms. Erica Kwan.

Modern's cash coupon lucky draw for all participants

Modern Dental Quarterly

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Metro Awards for Excellence Dental Service | Mandibular Advancement Devices | APDC Recap | WDF 2017 | The Q4 Evening Seminars

Modern Dental Group wins "Metro Awards for Service Excellence 2016 – Award for Excellent Dental Service"

Modern Dental Group is pleased to announce that the Company has won the "Metro Awards for Service Excellence 2016 – Award for Excellent Dental Service" from Metro Daily and Prosperity in recognition of its premium services, successful trade practices and strategies.

The ceremony for the presentation of "Metro Awards for Service Excellence 2016" was held on July 12th, 2016 at Crowne Plaza Hong Kong Kowloon East to praise various enterprises for their contributions to Hong Kong's services industry. We are delighted to receive the award in recognition for the Group's remarkable performance in dental service. We endeavour to enhance product quality and provide training for its staff in the customer services and sales departments. This has enabled them to communicate effectively with dentists so that they can understand the latter's needs and provide suitable support and improve the products and services accordingly.

In order to enhance our service quality and serve clients' needs effectively, Modern Dental will launch its own app on mobile phones. We expect to reach clients directly through an app on mobile phones. Through the app, our customer service team will answer clients' enquiries and collect their opinions, and the clients will also be able to monitor progress in their cases. For example, dentists can send the electronic lab sheet to us through the app. In the meantime, we can send them back the 3-D images of how the dental prosthesis will look like when the design is done so that the dentists and his clients can preview the rendering and decide to go ahead or make any adjustments. This app will enable us to raise efficiency of our services and enhance product quality.

In the future, we will continue to focus on strengthening sales channels around the world. We will also allocate more resources to the digitization of medicine, namely intraoral scanning and 3-D dental printing technology in order to bring more new experience to our clients.



27 representatives of award-winning enterprises and Dr. Kenny Wee, Chairman of Metro Daily, the organizer of the award (front row, middle), Mr. Eddie Ng Hak Kim, SBS, JP, Secretary for Education (front row, sixth from left), Mr. Leong Kah Kit, member of Legislative Council (front row, sixth from right) and Mr. Jeff Lee, President of Metro Daily (front row, fifth from left) drank a toast to the celebration.

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Mandibular Advancement Devices (Anti-snoring device)

A quick revision of snoring

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 uvula¹. Obstructive sleep apnea (OSA) is a condition wherein there is repetitive and intermittent occlusion of the upper airway during sleep². 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.

Prevalence

In Hong Kong, there has been a few studies that have attempted to address the prevalence of snoring and sleep-disordered breathing. Ip et al³ demonstrated that almost a quarter (23.0%) of middle age Hong Kong men had snoring, which was associated with excessive daytime sleepiness and hypertension. Furthermore, using full polysomnography studies, Ip and his team estimated the prevalence of obstructive sleep apnea to be at 4.1%. Another study was carried out on university students in Hong Kong that led to a similar result showing

that around a quarter (25.7%) of them had snoring which also had a correlation with their daytime sleepiness⁴. A systematic study carried out by Mirrakhimov et al⁵ estimated that in Hong Kong, the average prevalence of OSA is around 7%. From all the studies, it suggests that in Hong Kong, around 1 in 4 patients have habitual snoring and around 1 in 13 patients have OSA. Dentists are one of the few, if not the only, profession that can effectively create a mandibular advancement device which can conservatively treat snoring and OSA.

Middle age men



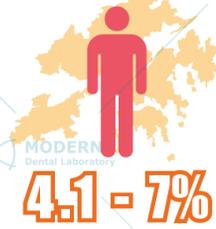
Middle age Hong Kong men had snoring, which was associated with excessive daytime sleepiness and hypertension.

University students



Around a quarter of them had snoring which also had a correlation with their daytime sleepiness⁴.

OSA



Average prevalence of OSA

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 area². 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 disease⁶. Furthermore, the comfort, adherence, acceptance and convenience of a MAD is much more favorable than a CPAP device.

Titration of Mandibular Advancement Devices

Titration of the different kinds of mandibular advancement devices is relatively simple. Almost all MADs offered by Modern Dental Laboratory has a built in screw in which the amount of protrusion can be increased or decreased. For ideal evaluation of the effectiveness of the device, it is suggested that a Polysomnography be ordered pre and post treatment. Modern Dental Laboratory has received a large discounted rate for PSG tests, therefore, if you would like to have the patient receive a PSG, please feel free to contact us.

If the patient does not wish to undergo a PSG test, then a more subjective evaluation would have to be used to judge the effectiveness of the device. These include an improvement in the symptoms associated with OSA (ex. Day-time sleepiness, high blood pressure, non-restorative sleep etc...).

Should the patient's symptom show no improvement, the Moses Elite and also Serene Silensor can be adjusted to increase the protrusion of the mandible and therefore dilate the lumen of the airway. One full turn of the screw will advance the mandible 1/4 of a millimeter. However, advancing too much may cause temporomandibular joint discomfort and therefore, never advance to a point where the patient feels a large degree of discomfort or pain. If a patient complains of unilateral TMJ pain, one side of the device maybe in high occlusion leading to an unbalanced bite, therefore, adjustment until both left and right sides are in contact will be necessary.



Moses® Elite



Serene Silensor™



Distance Between EMA Buttons		
27mm	25mm	
EMA® STRAP LENGTH		Amount of advancement
21mm	6mm	4mm
20mm	7mm	5mm
19mm	8mm	6mm
18mm	9mm	7mm
17mm	10mm	8mm
16mm	11mm	9mm
15mm	12mm	10mm
14mm	13mm	
13mm	14mm	

* Each EMA elastics strap comes in 9 different lengths and 4 different strengths.
 ** Recommendation: A distance between the buttons of 27mm in the centric position. If the patient's range of mandibular advancement is limited to 9mm or fewer a distance of 25 mm distance is recommended

For the EMA device where elastics are used, the titration protocol varies. The elastics come in different strengths (dictated by the color) and different lengths (dictated by the number on the elastic). The shorter the elastics used, the more the mandible protrusion. The straps should be replaced around every month after they have stretched longer than 1/8 of an inch than the original length. If a patient feels bilateral TMJ pain, a softer strap of the same length should be used. If the patient feels unilateral pain, the occlusion should be adjusted. Lastly, if the straps are stretching out too quickly, a firmer elastic should be chosen.

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