OVERSEEING MALAYSIA’S ORAL HEALTHCARE

Dr Doreyat Jemun
tasked with caring for Malaysia’s oral health

MDA Eastern Zone Advanced Implantology Training Programme

18th Penang Dental Congress (PDC)

Mouth Cancer Awareness Week 2019

Managing Dental Patients with Mental Health Issues
CALL FOR ABSTRACTS
Oral & Poster Presentations

MALAYSIAN DENTAL ASSOCIATION
EASTERN ZONE

10TH BORNEO DENTAL CONGRESS AND TRADE EXHIBITION CUM 11TH MDAEZ AGM
26 - 29 MARCH 2020
IMPERIAL HOTEL, KUCHING, SARAWAK

It’s Passion!

Awards
Top 3 presentations in each category

Important Dates
1 July 2019
31 Dec 2019
1 Feb 2020
27 Mar 2020
Abstract Submission Opens
Abstract Submission Deadline
Abstract Acceptance Notification
Scientific Research Presentation

CPD Points
*20 for delegates
*5 for presenters
*pending approval

For more information or any enquiries:
srp10bdc@gmail.com
10th Borneo Dental Congress
10bdc_2020

Abstract Submission Guidelines
bit.ly/10BDCSRP
Message from the Honorary Publication Secretary

Dear all,

MDA kickstarted 2019 with a successful MDA SCATE 2019, which I was given the mandate to lead. Following this was the Borneo Dental Congress held in March 2019 at Shangri-la Tanjung Aru Resort, Kota Kinabalu. Another very successful event was July’s Malaysia-International Dental Exhibition and Conference in KLCC. MDA closed its curtains on the year with the Penang Dental Congress, hosted at the Penang Equatorial in September. Many CSR events and CPD programs (e.g. evening lecture series, hands-on workshops, basic life support course) were also organised at Central and Zone levels all over Malaysia throughout the year.

In June 2019, the new line ups of MDA Executive Council was elected during the 76th Annual General Meeting, which saw the passing over of Presidency from Dr Ng Woan Tyng to Dr Leong Kei Joe. I am certain, with his credibility and the mandate given by MDA members, the Association will continue to thrive under his excellent leadership.

For me, it has been an amazing and eventful year, personally and as part of my journey with MDA. Apart from being elected as the Honorary Publication Secretary for the third session, I have been promoted three times this year at my workplace- as the Head of Department (in January), Deputy Dean (in June) and Associate Professor (in August). I would like to share and dedicate my personal achievements with everyone involved in supporting me throughout my career advancement, especially those in MDA who have been my mentors and icon of a true leader, a dedicated member of the profession and a high achieving person in various facets of life.

I hope 2020 will be a better year for all of us. I wish everyone a Happy New Year. And to my Chinese colleagues, Gong Xi Fa Cai!

Assoc Prof Dr Mas Suryalis Ahmad
Honorary Publication Secretary
MDA 2019/2021
Activities

07 MDA Eastern Zone Advanced Implantology Training Programme

09 MDA Eastern Zone Endodontic Lecture and Workshop

11 Courtesy Call On Deputy Director of Health (Oral Health) Sarawak & An Evening with the Dentists

16 Evening Lecture Series (ELS) 10/2019

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Dear beloved members and colleagues,

Season’s Greetings from the Malaysian Dental Association. The council has already entered into its 6 months of service and I wish to thank the whole council for your selfless contribution to the beloved association and also to all the members for your support. Truly, within such a short tenure of 6 months, the association has been tasked with a humongous TO – DO list that has yet to be completed. As you are reading this message, some of our members are kept busy during this time of the year preparing for events and projects for 2020. On this note, allow me to take this opportunity to brief you all on some of the meetings / activities that the council members were involved recently:

- **Meeting between MDA and College of Dental Specialist Academy of Medicine Malaysia on 20 October 2019 to discuss on a joint launching of the 2nd Joint Specialist Conference 2020 and World Oral Health Day (WOHD) 2020. This collaboration will truly be in line with the WOHD 2020 theme “UNITE FOR MOUTH HEALTH”.

- **Courtesy visit to Principal Director of Oral Health, Dr Doreyat bin Jemun, at Putrajaya on the 21 October 2019. In this meeting both MDA and Oral Health Program agreed that the moratorium on the number of local dental undergraduates and dental schools need to be maintained. Other matters discussed were on the preparation for the MDA Scientific Convention and Trade Exhibition (SCATE) 2020, World Oral Health Day (WOHD) 2020 and the need for a town-hall meet with Cawangan Kawan Amalan Perubatan Swasta (CKAPS) Kementrian Kesihatan Malaysia, Oral Health Program and Bahagian Kawalselia Radiasi Perubatan Kementerian Kesihatan Malaysia. Letter for courtesy visit to CKAPS to discuss issues relating to PHFSA Regulation 2006 has been sent by the MDA Private Practitioners Section recently.

- **National Oral Health Plan 2021 – 2030 workshop from 12 – 14 November 2019. This was attended by Dr Ng Woan Tyng, Dr Zeo Lee, Dr Goh Seong Ling and Kolonel Dr Hazudin.

- **Malaysian Medical Association (MMA) SCHOMOS Press conference on issues pertaining to Medical Officers’ employment into public service. Dr Rasidah Ayob representing MDA SCODOS was also present to support and witness the press conference on the 13 November 2019. The following day, 14 November 2019 a press interview was also conducted with MDA SCODOS, represented by Dr Muhammad Farid bin Nurdin. The interview was on the issue of employment of dental officers into public service and the increase of new dental graduates in the country.

- **One Health Antimicrobial Resistance (AMR) Seminar dan Pelancaran Laporan Tricycle Project sempena sambutan World Antibiotic Awareness week 2019 at Institut Kesihatan Negara on the 14 November 2019. MDA was represented by Dr Ng Woan Tyng.

- **35th Years Anniversary of Ho Chi Minh City Odonto Stomatological Association (1984-2019) and the 10th Dental Conference of Ho Chi Minh City Odonto Stomatological Association (HOSA) held on 14 – 15 November 2019 at Windsor Plaza hotel in Ho Chi Minh City, Vietnam. The MDA President and President Elect, Dr Lim Chiew Wooi, were invited as VIP guests to this annual conference in Vietnam. MDA supported this conference by sending 2 speakers, Dr Mohd Muzafar Hamirudin, who spoke on the area of Prosthodontic and the MDA President himself who spoke on the area of Paediatric Dentistry.
• 130th Malaysian Dental Council meeting on the 15 November 2019. In this meeting, MDA President informed the council members on the concern related to the upcoming trend of “DO IT YOURSELF” dental “treatment”, where consumers are able to purchase such service online without the need to see a dental practitioner first. It has also come to the attention of MDA that consumers are called to take their own dental impression at home and if required some dental practitioners were called to assist in taking impression or radiographs on behalf of the provider. MDA views this matter seriously, firstly for the safety of the consumer and secondly on the medico-legal aspect of the involved dental practitioners, and thus a cautionary advice has been issued to all members. During the upcoming 27th MDA SCATE 2020, MDA will be organising a National Dental Associations Presidents’ Forum where Presidents from different countries will share experiences and comments on this issue.

• Meeting held by the Director General of Health Malaysia and Director General of Education Malaysia with all stakeholders on the 27 November 2019 at Putrajaya. In this meeting, it was generally agreed that the moratorium needs to be maintained. MDA also expressed that there is a need to have more contract dental practitioners under the New Dental Officers Program to be absorbed into public service as permanent dental officers to overcome inequality of distribution of dental practitioners especially in Sabah and Sarawak. This meeting was attended by the President of MDA, Chairman of MDA PPS (Dr Neoh Ein Yau) and representative of MDA SCODOS (Dr Lee Chee Wei).

• Malaysian Dental Council inquiry meeting on the 10 December 2019 at Cyberjaya.

• Meeting with Professor Jenny Gallagher, Dean of International Affairs from King’s College London at Boulevard Hotel, Kuala Lumpur on the 16 December 2019 to explore possibility of having overseas courses conducted in Malaysia. The President of MDA personally expressed that there is a true need for more postgraduate training opportunities in Malaysia. Such training should be made available and affordable to all dental practitioners, in both the public and private sector. Post graduate training could be looked at as not only a self – upgrading opportunity, but also as a business investment, upgrading of services and also an exchange of expertise between two countries.

• The 1st committee meeting for opening ceremony of the 2nd Joint Specialist Conference 2020 and launching of WOHD 2020 was held on the 16 December 2019. The venue of the event will be at Wisma Perwira and the Guest of Honour will be His Royal Highness Sultan of Perak.

Throughout the last two months of year 2019, MDA also prepared a few press release namely that concerning the tabling of the amended Poison Bill 2019. For this matter, Malaysian Medical Association (MMA) and MDA, together with other stakeholders had a meeting recently on the 8 December 2019 to discuss on the common stand on some of the sections in the Bill. The other press release prepared was that on deregulating of consultation fees in the private clinics. Although MDA hails the Ministry for this move, MDA wishes to have the Private Healthcare Facilities and Services Act to be relooked at and revamped in the future.

On the international arena, the first joint cross-border Community Social Responsibility (CSR) project involving both members of Malaysian Dental Association and Myanmar Dental Association in Yangoon will be held on the 9 February 2020. Invitation for volunteers have been made and preparations are in progress.

I will like to end my message here to urge all members and colleagues to register for the upcoming 27th MDA SCATE 2020 as this will be another exciting and informative scientific meeting not to be missed. Till we meet again, I wish all members and colleagues a Blessed Christmas and Happy New Year.

Yours,
Dr Leong Kei Joe
President
Malaysian Dental Association
On 5 – 6 October 2019, MDA Eastern Zone organised an Advanced Implantology Training Programme in collaboration with the Osstem Malaysia Sdn Bhd. The programme was held in Horizon Hotel, Kota Kinabalu. The keynote speaker was Professor Dr David Ngeow, lecturer at the Department of Oral & Maxillofacial Clinical Science, Faculty of Dentistry of the University of Malaya. The purpose of the program was to equip each participant with a sound practical understanding of bone augmentation. The event was attended by 8 participants comprised of government and private practitioners.
Dental implants require sufficient bone to be adequately stabilised. For some patients implant treatment would not be an option without bone augmentation. Bone augmentation involves restoring or regenerating bone in the jaw when it is not able to support implants otherwise.

During the event, participants got to know the different possibilities for augmentation of the jaw in the vertical and horizontal dimensions, and detailed information provided on the latest techniques of augmentation, including guided bone regeneration, mandibular bone grafting, 3D technique, extra oral bone augmentation, and micro vascular bone transplantation. Participants were given clear guidance on diagnosis and treatment planning and a helpful discussion of the basic principles of bone augmentation.

Participants had the opportunity to do some hands on workshops such as surgical technique bone expansion, ridge splitting technique, piezosurgery, and hands on bone block (animal jaw). At the end of each session, delegates were presented with samples of cases and discussion questions. Then, following information exchange delegates discussed related issues during the Q&A sessions. Participant were able to get first hand experience using Osstem’s ESSET Kit during the hands-on bone splitting session.

Participants were greatly satisfied for the knowledge and information they gained from the course. The event was organised successfully with the collaboration with Osstem Malaysia Sdn Bhd. MDA Eastern Zone would like to express gratitude and appreciation to Professor Dr David Ngeow for sharing his knowledge and expertise on dental implantology.
MDA Eastern Zone and Altis-Pro Marketing Sdn Bhd had organised an evening endodontic lecture and a full-day endodontic workshop entitled “Concepts in Daily Clinical Endodontics and Enhanced Endodontics” at the Horizon Hotel, Kota Kinabalu, Sabah. Dr Rahul Rathi (BDS, MDS Endodontics FICD) was the facilitator for this course. The workshop attracted participants from both government clinics and private practitioners. This course was supported by Coltene and Septodont. 20 participants attended the evening lecture on 12 October 2019; while 14 participants attended the workshop on the next day 13 October 2019.
This course included an evening lecture, demonstrations and a full day hands-on workshop on extracted teeth highlighting the basic knowledge on the morphology of the root canal system; the importance of illumination/magnification using operating microscopes; cone beam computed tomography (CBCT) which enhance the diagnosis and treatment planning of a variety of endodontic cases; isolation using rubber dam; introducing the latest 2Shape (TS) rotary file systems for root canal preparation; thermoplasticised obturation techniques; retreatment techniques; using Biodentine collagen for perforated root canal.

Participants were provided with a personal operative rotary files and a obturation system to use during the entire course. Participants were extremely satisfied after attending the course and felt more confident in endodontics.
On 18 October 2019, the Executive Committee members of the Malaysian Dental Association Eastern Zone (MDA Eastern Zone) went on a courtesy call on Dr Ishak Shaifuddin Bin Ibrahim, the newly appointed Deputy Director of Health (Oral Health) Sarawak at his office. The purpose of the visit was to introduce MDA Eastern Zone and its past activities, as well as to invite him to upcoming events in conjunction with the MDA Eastern Zone’s 10th Anniversary Celebration in 2020.

The team comprised Dr Sim Wen Sann, Dr James Chhoa Jau Min, Dr Chu Kok Weng, Dr Chen Yu Nieng, Dr Lynn Ko Wei Linn and Dr Then Poh Kiun. We were greeted warmly by Dr Ishak and his staff at his office. After a brief introduction to MDA Eastern Zone, major upcoming events were presented.
namely the 10th Borneo Dental Congress and Trade Exhibition, MDA Eastern Zone Community Social Responsibility Forum and MDA Eastern Zone 10th Anniversary Dinner. Invitations to these events were also extended to Dr Ishak. The exchange was fruitful and we look forward to continue working closely with the Ministry of Health.

A members’ engagement programme – An Evening with the Dentists, was held on the same evening at Tease by Jase’s Tea Room, iCom Square. The event had 17 participants, of which 10 were dentists in Kuching, and the other 7 were MDA Eastern Zone Exco’s. After a warm welcoming speech by Dr Sim Wen Sann, participants were free to mingle and interact over the scrumptious dinner served.

A lecture entitled “Taxation for Business Owners” was delivered by Mr Lim Su Sing after the dinner. Mr Lim is the Tax Director of Deloitte Tax Services Sdn Bhd. His lecture covered topics that dentists, owning their own clinic either as a sole proprietor or partner, should grasp to maximize income, minimize expenditure and avoid tax issues.

Both participants and Exco’s enjoyed the evening thoroughly over good food, good company and good exchange. The MDA Eastern Zone hopes that closer ties and relationships amongst dentists in the Eastern Zone can be fostered through members’ engagement programmes such as these.
### MAIN SCIENTIFIC PROGRAMME

#### 27th March 2020, Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>0730 – 0830</td>
<td>Scan In/Registration</td>
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<tr>
<td>0830 – 1030</td>
<td><strong>Lecture 1:</strong> Costs and Benefits of Non-Surgical Retreatment and the Advantages of the Microsurgical Approach</td>
<td>Dr Fabio Gorni</td>
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<tr>
<td>1030 – 1100</td>
<td>Tea Break/Trade Exhibition</td>
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<tr>
<td>1100 – 1200</td>
<td><strong>Lecture 2:</strong> Minimal Invasive Periodontal Surgery Through VISTA Technique</td>
<td>Dr Bill Su</td>
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<tr>
<td>1200 – 1300</td>
<td><strong>Lecture 3:</strong> TBA Prosthodontics</td>
<td>TBA</td>
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<tr>
<td>1300 – 1400</td>
<td>Lunch/Trade Exhibition</td>
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</tr>
<tr>
<td>1400 – 1530</td>
<td><strong>Lecture 4:</strong> The Why and How to Optimise Internal Marketing for the Golden and Platinum Dental Practice</td>
<td>Dr Peter Tay</td>
</tr>
<tr>
<td>1530 – 1700</td>
<td><strong>Lecture 5:</strong> Single Visit Digital Workflow for Anterior Aesthetic Cases</td>
<td>Dr Justin Glam</td>
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<tr>
<td>1700 – 1800</td>
<td>Tea Break/Trade Exhibition</td>
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#### 28th March 2020, Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>0730 – 0800</td>
<td>Scan In/Registration</td>
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</tr>
<tr>
<td>0800 – 0900</td>
<td><strong>Lecture 1:</strong> How Does Inappropriate Restoration Influence Chewing Function?</td>
<td>Prof Kenji Tokada</td>
</tr>
<tr>
<td>0900 – 1000</td>
<td>Tea Break/Trade Exhibition</td>
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<tr>
<td>1000 – 1100</td>
<td><strong>Lecture 2:</strong> Orthodontic Treatment for Growing Children</td>
<td>Prof Kenji Tokada</td>
</tr>
<tr>
<td>1100 – 1130</td>
<td><strong>Opening Ceremony</strong></td>
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<tr>
<td>1300 – 1330</td>
<td><strong>Fireside Chat:</strong> Mental Health</td>
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<tr>
<td>1330 – 1400</td>
<td><strong>Talk 1:</strong> Mental Health Literacy</td>
<td>Dr Sawith Inu P/Lun</td>
</tr>
<tr>
<td>1400 – 1500</td>
<td><strong>Talk 2:</strong> Depression and Suicide</td>
<td>Dr Syed Afiq bin Mohd. Bin Kassim</td>
</tr>
<tr>
<td>1500 – 1530</td>
<td><strong>Talk 3:</strong> Role of Social Media in Suicide Prevention</td>
<td>Dr Azizah binti Sulai</td>
</tr>
<tr>
<td>1530 – 1600</td>
<td>Lunch/Trade Exhibition</td>
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<tr>
<td>1600 – 1700</td>
<td><strong>Lecture 3:</strong> Drilling? No Thanks!</td>
<td>Dr Dmox Soiz</td>
</tr>
<tr>
<td>1700 – 1730</td>
<td><strong>Lecture 4:</strong> Medical Indemnity: What it Protects and How it Works</td>
<td>Macam Ratuawati Osman</td>
</tr>
<tr>
<td>1700 – 1800</td>
<td>Tea Break/Trade Exhibition</td>
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## 29th March 2020, Sunday

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<thead>
<tr>
<th>Time</th>
<th>Programme</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>0800 – 0930</td>
<td>Scan In/Registration</td>
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<tr>
<td>0930 – 1030</td>
<td><strong>Lecture 1:</strong> Management of Special Needs Patients in Clinic</td>
<td>Dr. Graeme Ting</td>
</tr>
<tr>
<td>1030 – 1100</td>
<td>Tea Break/Trade Exhibition</td>
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<tr>
<td>1100 – 1200</td>
<td><strong>Lecture 2:</strong> Lingual Nerve Neuropathy</td>
<td>Prof. Dr. David Ngew</td>
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<tr>
<td>1200 – 1230</td>
<td>11th MDAEZ AGM</td>
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<tr>
<td>1230 – 1300</td>
<td>Lunch/Trade Exhibition</td>
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<tr>
<td>1300 – 1530</td>
<td><strong>Lecture 3:</strong> Behaviour Management in Paediatric Dentistry</td>
<td>Dr. Hau Yulin</td>
</tr>
<tr>
<td>1530 – 1700</td>
<td><strong>Lecture 4:</strong> Occlusal Architecture: Indirect Adhesive Restoration</td>
<td>Dr. Stefano Cassar</td>
</tr>
<tr>
<td>1700 – 1730</td>
<td><strong>Closing Ceremony</strong></td>
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<tr>
<td>1730 – 1800</td>
<td>Tea Break</td>
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## DENTAL AUXILIARY PROGRAMME

### 28th March 2020, Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Programme</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>0730 – 0830</td>
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<tr>
<td>0830 – 0900</td>
<td><strong>Lecture 1:</strong> Ergonomics: Optimising Our Work Posture</td>
<td>Madam Lijen Patrick</td>
</tr>
<tr>
<td>0900 – 1000</td>
<td><strong>Lecture 2:</strong> Be Safe or Be Sorry!</td>
<td>Dr. Roheni bt Mat Bah</td>
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<tr>
<td>1000 – 1100</td>
<td>Tea Break/Trade Exhibition</td>
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<tr>
<td>1100 – 1130</td>
<td><strong>Opening Ceremony</strong></td>
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<tr>
<td>1130 – 1300</td>
<td><strong>Fire Side Chat:</strong> Mental Health</td>
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<tr>
<td>1230 – 1300</td>
<td><strong>Talk 1:</strong> Mental Health Literacy</td>
<td>Dr. Bowih Ini Pu'lini</td>
</tr>
<tr>
<td>1300 – 1400</td>
<td><strong>Talk 2:</strong> Depression and Suicide</td>
<td>Dr. Sarijiah Haz切换至开曼苏里姆</td>
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<tr>
<td>1400 – 1500</td>
<td><strong>Talk 3:</strong> Role of Social Media in Suicide Prevention</td>
<td>Dr. Azizah bt Salle</td>
</tr>
<tr>
<td>1500 – 1530</td>
<td>Lunch/Trade Exhibition</td>
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<tr>
<td>1530 – 1600</td>
<td><strong>Lecture 3:</strong> Be the Ultimate Dental Team</td>
<td>Dr. Hui Yulin</td>
</tr>
<tr>
<td>1600 – 1700</td>
<td><strong>Lecture 4:</strong> Roadmap to Retirement</td>
<td>Mr. Yap Ming Hui</td>
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<tr>
<td>1700 – 1800</td>
<td><strong>Lecture 5:</strong> TBA</td>
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## PRE-CONGRESS WORKSHOP

**26th March 2020, Thursday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>0800 – 1700</td>
<td><strong>Workshop 1</strong>: Interceptive Orthodontic Treatment in the Mixed Dentition</td>
<td>Dr Tan Taze Jen</td>
</tr>
<tr>
<td>0800 – 1700</td>
<td><strong>Workshop 2</strong>: Minimal Invasive Periodontal Surgery Through VISTA Technique</td>
<td>Dr Bill Su</td>
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<tr>
<td>TBA</td>
<td><strong>Workshop 3</strong>: All You Need to Know About Third Molar Surgery</td>
<td>Prof Dr David Ngeow</td>
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<td>TBA</td>
<td><strong>Workshop 4</strong>: Essence of Aesthetics With CAD/CAM Technology in Dentistry</td>
<td>Dr Justin Giam</td>
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<tr>
<td>TBA</td>
<td><strong>Workshop 5</strong>: TBA</td>
<td>Dr Fabio Gomi</td>
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<tr>
<td>TBA</td>
<td><strong>Workshop 6</strong>: Drilling? No Thanks!</td>
<td>Dr Dmox Salt</td>
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<tr>
<td>TBA</td>
<td><strong>Workshop 7</strong>: Management of Temporomandibular Joint and Masticatory Muscle Impairment in Craniofacial and Craniofacial Pain</td>
<td>Mr Eu Sze Kwang</td>
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<tr>
<td>TBA</td>
<td><strong>Masterclass</strong>: Microsurgical Endodontics and Troubleshooting in Endodontics</td>
<td>Dr Fabio Gomi</td>
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</table>

**Dental Auxiliary Workshops**

**28th March 2020, Sunday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>TBA</td>
<td><strong>Workshop 1</strong>: Day-to-day Basic Clinical Photography</td>
<td>Dr Then Poh Kian</td>
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<tr>
<td>TBA</td>
<td><strong>Workshop 2</strong>: Medical Emergencies in Dental Practice and Basic Life Support Workshop</td>
<td>Ms Son Al Lim</td>
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## POST-CONGRESS WORKSHOP

**30th–31st March 2020, Monday–Tuesday**

<table>
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<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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<tr>
<td>0800 – 1700</td>
<td><strong>Workshop</strong>: Anterior Architecture – Occlusion and Morphology</td>
<td>Dr Stefano Cossar</td>
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## CONGRESS REGISTRATION RATES

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<thead>
<tr>
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<tr>
<td>MDA Member</td>
<td>RM 800.00</td>
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<tr>
<td>Non-MDA Member</td>
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<td>International Delegate</td>
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<td>RM 1000.00</td>
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<tr>
<td>Graduate-Awaiting Posting (Malaysian Only)</td>
<td>RM 400.00</td>
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<tr>
<td>Undergraduate Dental Student</td>
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<tr>
<td>Dental Auxiliary</td>
<td>RM 180.00</td>
<td>RM 260.00</td>
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As a continuation to our Evening Lecture Series, Malaysian Dental Association for Southern Zone managed to organise for Dr G. Krishana Ananda and Mr Alvis Kee as our esteemed speakers of the night. The chosen venue was at A.B.C Dental Centre JB from 6pm to 10pm.

Registration counter was opened by 6.00pm and dinner was prepared for the participants. First to take the stage was Dr G. Krishana Ananda who is the head of the Department of Oral & Maxillofacial Surgery in Hospital Enche Besar Hajjah Kalsom, Kluang, Johor who presented on “Surgical Dentistry for the General Dental Practitioners”. It was a highly interactive session as many participants were asking questions regarding surgical removal of impacted third molars.

After a short break from 7.30pm to 7.45pm, Dr G. Krishana Ananda touched briefly on interpreting some CBCT cases related to dental implants. Overall it was a very informative session and we thanked Dr G. Krishana Ananda with a certificate of appreciation at the end of his lecture.
Moving on we introduced Mr Alvis Kee to the stage whom is the founding sales manager of Mckeeer United a dental supply company. His topic for the night was “Setting Up A Dental Clinic”. A rough outline and timeline was described by Mr Alvis Kee to show the various procedures and departments involved in setting up a dental clinic.

Participants benefited from sound advice on regulations to follow especially on renovations.

We ended the night by 10.30pm, once again with a certificate of appreciation to Mr Alvis Kee as well as thanking our dear participants for their support in our programmes.
The 18th Penang Dental Congress was held from the 27 – 29 September 2019 at Equatorial Hotel, Penang. Over 200 local and international delegates attended the 18th PDC, along with 28 trade partners who participated in the 2-day trade exhibition.

Three pre-congress workshops were held on September 2019. In partnership with Henry Schein, Dr Jerry Lim Eng Yong conducted a full day workshop titled Motivational Aesthetics Dentistry: Trial Smiles and Provisional Restorations. Meanwhile, Endodontist Dr Shekhar Bhatia conducted a full day workshop on Endodontic Retreatment - Decision Making and Clinical Outcome with Altis-Pro as workshop material sponsor. In the spirit of providing delegates with a learning experience that can be applied beyond the clinical realm, a half day workshop on Tax Planning for Employees and Business Owners as well as on Retirement Planning for Dental Practices was conducted by Ms Oo Huei Ying.
The 2-day Main Congress featured a line up of distinguished speakers which included Orthodontist Dr Chng Chai Kiat, who kick started the day with 2 lectures titled Growth Considerations in the Orthodontic Patient and Orthodontic Considerations in Orthognathic Surgery From Conventional to Surgery First. Dr Chng took the opportunity to interact with the crowd and even gave away text-books to a few lucky delegates.
The opening ceremony was graced by the Guest of Honour, President of Malaysian Dental Association Dr Leong Kei Joe, who also officiated the event. Also in attendance were President Elect of Malaysian Dental Association Dr Lim Chiew Wooi, Chairman of Malaysian Dental Association Northern Zone Dr Tan Sock Hooi, Organising Chairperson of the 18th Penang Dental Congress Dr Koh Yee Ting, Penang State Deputy Health Director (Dental) Dr Ong Ai Leng, Council Members of Malaysian Dental Association as well as Deans of Dental Schools.

Day 1 of the Main Congress continued with Endodontist Dr Alex W.K. Chan, who touched on The Essence of Rotary Instrumentation as well as the Endodontics Application of Cone Beam Computed Tomography.

Dr Alex Chan presented with a token of appreciation.

Textbook signed and presented by Dr Jerry Lim Eng Yong.

Pharmaniaga representatives with Dr Henry Ho.

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Representatives from main sponsor GSK.

Trade Exhibition.
Day 2 of the Main Congress began with a lecture presented by Prosthodontist Dr Henry Ho titled Updates and Relooking into Concepts and Techniques in Bone Grafting Procedures. Thailand’s Dr Ongart Puttipipititchet was up next and even played a music video performed by none other than himself. He discussed about How to Achieve Long Term Success and Excellent Outcomes of Implant Prosthetics. Finally, Dr Jerry Lim took the stage to speak about Aesthetic Dentistry in the Digital Era. Needless to say, delegates ended the day feeling motivated and inspired to be a better practitioner for the benefit of their patients.

The 18th PDC ended with a lucky draw session which saw 12 lucky winners take home prizes that ranged from dining vouchers, product hampers, dental instruments and dental materials. In addition, 2 pre-congress early bird lucky draw winners were also presented with their prizes during PDC, which were shopping vouchers.

The 18th PDC would not be possible without the unwavering support and generosity of our speakers, main sponsor GlaxoSmithKline Healthcare Sdn Bhd, Speaker Sponsor Pharmaniaga Marketing Sdn Bhd, Workshop-Speaker Sponsor Henry Schein Inc., Workshop Material Sponsor Altis-Pro Marketing Sdn Bhd, lucky draw prize sponsors, lanyard and pouch sponsor Colgate-Palmolive (Malaysia) Sdn Bhd, trade partners, and the Penang Convention & Exhibition Bureau (PCEB).
On the 4th of October 2019, a full day hands-on workshop entitled Efficient Aesthetic Shading Concept & Layering Technique for Direct Veneer was organised in collaboration with NDent and Ivoclar Vivadent. The workshop was held at The Wembley, A St Giles Hotel, Penang and was the first of 2 sessions to be organised. Session 2 took place on the 6 of October 2019 at A.B.C Dental Center Johor Bahru.

The workshop started at 9am, which was attended by 20 participants and conducted by Dr Elmend Lorentzon. He presented lectures in the morning and covered a wide variety of topics and clinical cases to form the basis of the hands on portion of the day. This included understanding the properties of composite, the latest improvements in dental materials, and indications of composite veneers and their survival.

After lunch, participants were fully immersed in preparing the upper central incisor for a direct composite veneer. The right use of different shades and opacities plus the necessary skills and knowledge for achieving the right shape, contours and natural appearance were the main focus of the hands on. Participants had the opportunity to try out different instruments and materials to help achieve predictable results in a simplified manner.

The workshop ended at 6pm, with participants taking home a composite kit provided by Ndent and Ivoclar Vivadent.
DA Northern Zone’s annual Extraoral Exploration (EE) brought us to Taiping, as we headed off to ATV Adventure Park Larut for a morning of fun and adventure on the 10th of November 2019.

Organised by Extraoral Exploration chairperson Dr Julyne Gan, the day started at 8am with registration and ice breaking games. A total of 22 participants were present. After changing into safety gear and shoes suitable for the activity, a warm up session was conducted by the guides. Following that, participants were briefed on how to control the All Terrain Vehicle (ATV) and how to manoeuvre them through different terrains.

Graced with good weather despite rainy days leading up to the day, participants were guided throughout the ride. Together, everyone navigated through rivers, downhill muds and uphill rocky terrains. The off road trail led us to the Burmese River, where participants took a break and enjoyed the sights and sounds of nature while having a chat. A few photos later, we once again rode through the adventurous terrain back to the starting point.

Participants then huddled together to wind down for lunch, and share their experiences of the day.

MDA Northern Zone would like to thank the participants and the staff of ATV Adventure Park Larut for making the 2019 edition of EE a success. We hope to see more new faces in 2020, and by trying out new activities together we hope to continue strengthening our camaraderie as a dental fraternity.
Mouth Cancer Awareness Week Event (Chilli Walk) 2019 held on 17 November 2019 at Walk-way to NB tower and Space in front of NB tower, Penang International Dental College was open to the public, students and staff of Penang International Dental College (PIDC) to participate. The objectives of this event included: to create awareness in conjunction with Mouth Cancer Awareness Week (17 – 23 Nov 2019) by providing oral health screening and education, to give information regarding the importance of routine self-examination, to educate individuals on potential risks of oral cancer and to motivate attendees to take positive steps towards healthy behaviours. About 406 people participated in this event, which was a student led initiative.

The event was officiated by Datin Dr Naziah binti Ahmad Azli, CEO of PIDC and the organising chairperson of Chilli Walk 2019. This was followed by a Zumba performance which served as a warm up for participants prior to the flag off for the 5km Chilli Walk.

Apart from that, many booths with games were opened to emphasize on early detection and prevention of oral cancer. Free oral health screening was conducted throughout the event, and there were lucky draw sessions as well as performances by PIDC students.
The beneficiary of this event was Majlis Kanser National MAKNA. A donation of RM5000 raised through sponsorship and participation was handed over to the beneficiary. A RM5000 mock cheque was presented to MAKNA representative Mr Mohd Tarmizi Abdul Rahman, who in turn thanked the organisers for the donation and support given to cancer patients.

The closing of the event was done by presenting a token of appreciation to MDA Northern Zone for contributing RM1000 as sponsorship to this event. Note of thanks was delivered by Mr. Clarence Chuah Seng Hee, Student Coordinator of Chilli Walk 2019.

Zumba session.

Oral health screening.

Token of appreciation was presented to Dr Tan Sock Hooi, Chairman of MDA Northern Zone.

Station games.

Donation presented to MAKNA.
On the 20 of November 2019, an evening lecture titled “Choosing the Right Type of Professional Protection” was organised by Dental Protection in collaboration with MDA Northern Zone. A total of 55 participants attended the lecture.

Held in Iconic Hotel, Bukit Mertajam, the evening started with registration at 6.30pm. This was followed by dinner at 7pm, after which the evening proceeded with presentations by Dr James Foster and Mr Kim Lee.

Dr James Foster and Mr Kim Lee talked about Dental Protection’s vast case experiences and how Dental Protection will help practitioners protect their professional reputation by minimising the risk of professional challenges, and to understand what happens when a challenge arises. These challenges include what to do if a patient complains to the practice or to the Dental Council, what happens if a practitioner is sued and what are the dentolegal issues common in Malaysia.

In addition, participants were also briefed on the depth of support members of Dental Protection receive, which are beyond just the assistance with cases arising, but also includes extensive free CPD available to all members such as workshops, e-learning, webinars, publications, conferences, lectures and presentations.

The evening concluded at 9.30pm with a short Q&A session.

Interactive games to keep the minds alert.

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With Mr Kim Lee.
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DR LOH KAI WOH

DR JONE KIM

DR ANTHONY MAK

DR ADRIAN YAP

DR NEOH EIN YAU

DR SIMON NG

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BRIDGING THE PAST & PRESENT OF DENTISTRY
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<tr>
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<th>Hall 7A (Level 3)</th>
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<th>Meeting Room 306 (Level 3)</th>
<th>Meeting Room 304 (Level 3)</th>
<th><strong>Friday, 14th Feb 2020</strong></th>
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<tbody>
<tr>
<td>7.30-8.30am</td>
<td>Registration Hall 5A &amp; 6B (Level 1)</td>
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</table>
| 8.30-9.30am  | Developmental Defects of Enamel: Diagnostic and Treatment Dilemma in Paediatric Patients  
**Dr Elavarasi a/p Kuppusamy**  | Medical Conditions in Our Ageing Patients and Its Impact to Our Practice  
**Professor Dr David Ngeow**  |                             |                             | **Poster Competition**      |
| 9.30-10.30am | The Evolving Science and Art of Straightening Teeth - Is It a Straight Path?  
**Adjunct Associate Professor Dr Loh Kai Woh**  | Prescription of Antibiotics in Dentistry and Periodontology  
**Professor Dr Sunil Kumar Nettenu**  |                             |                             | **Young Voices**             |
| 10.30-11.30am| Tea Break / Trade Exhibition                        |                                                      |                             |                             |                             |
| 11.30-12.30pm| Dentine Hypersensitivity Among Patients with Periodontal Disease:  
A Public Health Response  
**Professor Dr Tutl Ningseh Mohd Dom**  | Watch Your Back: It Aint Bad Till It Slips (TBC)  
**Miss Kiran Kaur**  |                             |                             | **Young Voices**             |
| 12.30-2.30pm | Lunch Break (Conference Hall 1-3, Level 3)          |                                                      |                             |                             | **Poster Competition**      |
| 2.30-3.30pm  | Way Forward for the Dental Technician  
**Mr Abd Rahaman Jaafar**  | SCAPE Forum — Embracing Your Inner Zen, Alleviating Work Related Stress and Anxiety  
**Professor Dr Allan Pau, Dr Ha Kien Oon, Dr Neoh Leong Seng, Dr Brendan J. Gomez,  
Moderators: Professor Dr Ngeow Wei Cheong, Dr Lyra Lee Juo Pei**  |                             |                             | **Young Voices**             |
| 3.30-4.30pm  | Act 737 and Subsidiary Legislation  
**En Dinesh a/l Murgis**  |                                                      |                             |                             |                             |
| 4.30-5.30pm  | Tea Break / Trade Exhibition                        |                                                      |                             |                             |                             |
### Saturday, 15th Feb 2020

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<tbody>
<tr>
<td>7.30-8.30am</td>
<td>Registration Hall 6A &amp; 6B (Level 1)</td>
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<td>9.00am Trade Opening Ceremony</td>
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<tr>
<td>8.30-9.30am</td>
<td>Improving Endodontic Treatment Outcome in General Practice</td>
<td>Roles of Dentists in Prevention and Management of Osteonecrosis of the Jaw</td>
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<td>Dr Neoh Ein Yau</td>
<td>Lt Col Dr Sophia Ann Murray</td>
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<td>9.30-10.30am</td>
<td>Losing Sleep over TMD: The TMD, Sleep Bruxism, and Sleep Apnea Connection I</td>
<td>Application of LASER for Restorative Dentistry</td>
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<td>Professor Dr Adrian Yap</td>
<td>Dr Kelvin Chua</td>
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<td>10.30-11.30am</td>
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<tr>
<td>11.30-12.30pm</td>
<td>Losing Sleep over TMD: The TMD, Sleep Bruxism, and Sleep Apnea Connection II</td>
<td>Back to Basics in Orthodontics</td>
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<td>Professor Dr Adrian Yap</td>
<td>Professor Dr Zamri Radzi</td>
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<tr>
<td>12.30-2.30pm</td>
<td>Lunch Break (Conference Hall 1-3, Level 3)</td>
<td>CSR Forum: Healthy Lifestyle in the New Decade</td>
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<td>2.30-3.30pm</td>
<td>Update Your Removable Partial Denture Knowledge for Better Success Rate</td>
<td>Simple and Predictable Implant Treatment Modalities I: Hard Tissue Management</td>
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<td>Dr Nur Atikah Mustafa</td>
<td>Dr Jone Kim</td>
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<td>3.30-4.30pm</td>
<td>Peri-Implant Disease: What We Know and What We Need to Know</td>
<td>Simple and Predictable Implant Treatment Modalities II: Hard Tissue Management</td>
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<td>Dr Erni Noor</td>
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<td>Tea Break / Trade Exhibition</td>
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### Saturday, 15th Feb 2020

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<tr>
<td>7.30-8.30am</td>
<td>Registration Hall 6A &amp; 6B (Level 1)</td>
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<td>Intervarsity Debate Tournament</td>
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<tr>
<td>8.30-9.30am</td>
<td>Masterclass: Interceptive Orthodontics - Learning How to Incorporate It Into Our Daily Practice</td>
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<td>Oral Competition</td>
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<td>9.30-10.30am</td>
<td>Adjunct Associate Professor Dr Loh Kai Woh</td>
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<td>Tea Break / Trade Exhibition</td>
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### Sunday, 16th Feb 2020

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<th>Hall 7A (Level 3)</th>
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<tr>
<td>7.30-8.30am</td>
<td>Registration Hall 6A &amp; 6B (Level 1)</td>
<td>Managing the Occlusion of Anterior Aesthetic Restorations. Analog and Digital I</td>
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</table>
| 8.30-9.30am  | Bondoc Aesthetic Restorations in the Anterior Dentition: Contemporary Minimal Intervention Concepts in Utilising Direct and Indirect Techniques for Maximum Aesthetic Results I  
**Dr Anthony Mak** |                                                                                   |
| 9.30-10.30am | Bondoc Aesthetic Restorations in the Anterior Dentition: Contemporary Minimal Intervention Concepts in Utilising Direct and Indirect Techniques for Maximum Aesthetic Results II  
**Dr Simon Ng** | Managing the Occlusion of Anterior Aesthetic Restorations. Analog and Digital II  
**Dr Simon Ng** |
| 10.30-11.30am | **Tea Break / Trade Exhibition**                                                  |                                                                                   |
| 11.30-12.30pm| The Role of Allied Health Personnel in the Dental Act 2018  
**Dr Haznita bt Zainal Abidin** | Minimally Invasive Full Mouth Rehabilitation with Chairside CAD / CAM Technology  
**Dr Michael Tsao** |
| 12.30-2.30pm | **Lunch Break (Conference Hall 1-3, Level 3)**                                    |                                                                                   |
| 2.30-3.30pm  | Glass Ionomer Cements: Their journey from Past to Present  
**Associate Professor Dr Norhayati Luddin** | Overcoming Clinical Challenges in Day to Day Practice with CAD / CAM Technology  
**Dr Hsuan Chen** |
| 3.30-4.30pm  | Hypnosis and Behaviour Management in Dentistry for Children  
**Dr Rohaida Abdul Halim** | Every Failed Primary Root Canal Treatment Deserves a Second Chance  
**Dr Wong Lishen** |
| 4.30-5.30pm  | **Tea Break / Trade Exhibition**                                                  |                                                                                   |

### Sunday, 16th Feb 2020

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<tr>
<th>Time</th>
<th>Meeting Room 304 (Level 3)</th>
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<th>Meeting Room 306 (Level 3)</th>
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</table>
| 7.30-8.30am  | Registration Hall 6A & 6B (Level 1) | Intervarsity Debate Tournament | Masterclass I & II: Diagnosis and Management of TMD: Why, When, Who, What and How?  
**Professor Dr Adrian Yap** |
| 8.30-9.30am  | Workshop: Root Canal Instrumentation and Obturation  
**Dr Neoh Ein Yau** |                             | Masterclass III & IV: Diagnosis and Management of TMD: Why, When, Who, What and How?  
**Professor Dr Adrian Yap** |
| 9.30-10.30am |                             | Intervarsity Debate Tournament | Workshop: Direct Composite Aesthetics Using the Injection Technique  
**Dr Anthony Mak** |
| 10.30-11.00am|                             |                             |                             |
| 11.00-12.00pm|                             |                             |                             |
| 12.00-1.00pm |                             |                             |                             |
| 1.00-5.00pm  |                             |                             |                             |
| 5.00-6.00pm  | **Tea Break / Trade Exhibition** |                             |                             |

*disclaimer: tentative programme subject to changes*
Overseeing Malaysia’s Oral Healthcare

Principal Director of Oral Health Dr Doreyat Jemun shares his experience and views on public oral healthcare as well as some highlights of his career thus far.

Interviewee: Dr Doreyat Jemun, Principal Director of Oral Health

By: Khaw Chia Hui
What do you hope to achieve during your tenure as Principal Director of Oral Health?

Strengthening network and partnership, working with various stakeholders to advocate oral health as one of the common NCDs, are an important agenda through inter-sectorial collaboration. For example, we can strengthen oral healthcare services in Malaysia through the 12th Malaysia Plan, Oral Health Programme, Ministry of Health Malaysia (OHP MOH) Action Plan for 2020 and the National Oral Health Plan for 2021-2030.

I hope to reduce oral health inequalities such as improving access to oral healthcare, particularly the marginalised population i.e. rural, poor, low education background, senior citizens, special needs children via a targeted approach.

We can also improve oral healthcare via development and expansion of dental facilities to improve delivery, improve access, increase dental services utilisation, and ultimately, I hope this will improve the oral healthcare status of Malaysians.

What are the most pivotal moments in your career that keeps you motivated?

Innovation – it is very close to my heart. I took the challenge by joining several innovation programmes such as Head of coordinators, Innovation Secretariat, Johor State Health Department (2018); Health of Panel Judges of the Pharmacy Creativity and Innovation Convention, MOH (2018); Health of Panel Judges for Melaka State Health Department Innovation Convention (2016); Head of Panel Judges for he Innovation Carnival at Selangor State Health Department (2015), among others.

I believe it is highly important to inculcate an innovation culture in our organisation as it develops value through solutions that meet new oral health products, process, services and technological needs, unarticulated needs, or existing market needs in unique ways.

Innovative staff also increases productivity by creating and executing new processes which in turn may increase a competitive advantage and provide meaningful differentiation.

Meanwhile, clarity of roles, increased responsibilities, strategic partnerships, senior management support, organisational restructuring, and investment in human resources can enrich organisational culture and innovation.

What are your thoughts about the challenges you have faced in this role?

The oral health literacy about oral health as part of general health among Malaysians need to be improved. For example, some Malaysians still putting themselves at risk seeking dental treatment with the fake dentists in hotel rooms, houses, wet markets and other questionable premises.

We need to continuously promote the importance of seeking oral healthcare services to registered dental practitioners.

Another example, based on National Oral Health Survey for Adults 2010 (NOHSA 2010), only one in four adults, had a dental visit in the last one year.

We tend to forget that we need to be putting the mouth back in the body as highlighted at the FDI 2019 World Dental Congress.

Applying common risk factors approach can ensure stakeholders and industry players see the importance of oral health.

I would also like to address barriers to implement changes, especially for new approaches. It can be introducing a paradigm shift from curative to promotive and preventive approaches.

Staff may refrain in the beginning but it is because they are so used to curative approaches.

Areas to ponder especially related to the workforce, may be attitudes towards changes, commitment, understanding the changes and their impact, communication, resistance to organisational goals and aspiration.

The oral health literacy about oral health as part of general health among Malaysians need to be improved.
What are your thoughts regarding the new Dental Act that will be enforced?

I look forward to the Dental Act 2018. Under this Act, we can take action against illegal dental practices.

Dental graduates will have to pass the Professional Qualifying Examination as one of the criteria for registration. This is to ensure quality and safe services are provided by dental practitioners.

Dental surgeons who fulfils the criteria to register as dental specialists will be registered under the Specialist Division of the Dental Register.

This will ensure that all dental specialists are identified and able to carry out specialist treatment.

Dental therapists will be registered under the new Dental Act. Thus, allowing them to work under direct supervision of dental surgeons.

What are the common oral health issues plaguing the nation?

- The need to strengthen oral healthcare services for toddlers and preschool children.
- Optimising performance and output of oral health work force. Number of cases treated by dental surgeons/dental therapists (restorations, scaling, fissure sealant, fluoride varnish, etc)
- Prevention is better than cure. Oral health problems can be completely prevented in most cases. Once people have dental problems, it can be very complex to treat. Prevention is cheap and easy, on the other hand cure can be terribly expensive and painful. Thus, we need to strengthen our promotive and preventive approaches complemented by the curative approach.
- Data accuracy. There is a need to reduce variation in disease diagnosis such as between examiners and for the same examiner in two or more occasions (inter and intra examiners calibration), and the need to strengthen clinical audit.
Is there truth to media reports that we have a surplus of dental surgeons in Malaysia?

At present, there is no surplus or oversupply of dental surgeons in Malaysia. Currently, the ratio of dental surgeons to the population is 1 to 3,339 in 2018. Our target is to have the ratio of 1:1,500.

I know some reports stated that fresh dental graduates have to wait up to a year for a compulsory service placement. After checking with my department, the waiting period is between three and six months.

In some cases, the candidates decide to defer their placements until they receive the location of their choice, while there are those with application issues and some graduated from dental colleges that are not recognised in Malaysia.

But I admit that our public healthcare is stretched.

We need to continuously advocate for moratorium with the Education Ministry to ensure that there will be no new dental degree programmes from existing local universities, and the quota limited to an intake of 800 students annually.

Under the Dental Act 1971, every new registrant registered is supposed to undergone compulsory service in the any other public sector agency. Once the Dental Act 2018 is enforced, we will implement vocational training, particularly those who wish to go for compulsory service at private dental clinics.

In this way, we will be able to provide new dental graduates with compulsory service placement in a more timely fashion.

You will be retiring by the end of March. What are your plans?

I’m a kampung boy at heart so I have plans to return to my hometown of Muar to see how I can help the town. But firstly, I would like to take it easy.

What is your life philosophy?

Treat people the way you want to be treated. Talk to people the way you want to be talked to. Respect is earned, not given. We need to treat people with respect in order for others to respect you.

We need to treat people with respect in order for others to respect you.
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Contact Us

Dr Chong 017-7809798
Dr Yeo 017-7569685

10th Borneo Dental Congress
10bdc_2020
Managing Dental Patients with Mental Health Issues

By:
Associate Professor Dr Mas Suryalis Ahmad
Deputy Dean (Students Affairs and Alumni) & Specialist in Special Care Dentistry, Faculty of Dentistry, Universiti Teknologi MARA.

Dr Daniel Lim Khim Hock
Specialist in Oral and Maxillofacial Surgery, Faculty of Dentistry, University of Malaya.

Dr Aminda Faizura Omar
Trainee Lecturer in Special Care Dentistry, Faculty of Dentistry, Universiti Teknologi MARA.

Oral health of patients with mental illness may be compromised due to several factors namely (1-3, 21, 23):

- Lack of financial resources
- Low motivation & self-esteem
- Reduced ability to sustain self-care & dental attendance
- Lack of trained/willing dentists
- Unhealthy habits - smoking, alcohol, cariogenic diet
- Side-effect of medications (dry mouth, extrapyramidal symptoms)
- Poor awareness in oral health
- Low perceived oral health treatment needs
- Fear of acquiring anxiety or dental phobia in addition to other issues
- Stigmatization or discrimination of healthcare providers
- Language and culture
- Type, severity and stage of mental illness

Oral complications experienced by people with mental illness include:

1. Xerostomia (4, 5, 21, 22)
   Xerostomia has been reported in patients with psychiatric disorders. This may be due to a number of factors, such as:
   - Side effects of medications (particularly psychotropic drugs with anticholergenic effect).
   - Stress-related reduction in salivary flow.
   - Stress-related reduction in IgA level and buffering capacity.

2. Dental caries (4, 6, 7)
   It was found that patients with psychiatric condition experience high prevalence of caries compared to the general population. DMFT scores were reported to have a direct relation to the severity of psychiatric illness and length of hospitalization, as well as age and level of education.
   Individuals with psychiatric disorders are predisposed to a higher risk for dental caries due to a number of factors, such as:
   - Diminished salivary flow.
   - Neglect and low motivation.
   - Cariogenic diet.
   - Unhealthy habits: smoking, taking illicit drugs and excessive alcohol consumption.
   - Poverty or financial issue.
3. Periodontal disease (4, 5, 21, 22)

Prevalence of periodontal disease amongst individuals with psychiatric disorders were reportedly higher than the general population, described as having higher bleeding and plaque scores, presence of calculus as well as deeper periodontal pockets.

Numerous factors may contribute to a higher risk of developing periodontal disease such as:
- Poor oral hygiene
- Stress-related reduction in the level of salivary IgA
- Stress-related reduction in saliva production, causing decreased clearance of oral debris
- Altered immunity as an impact of their psychological status
- Unhealthy habits such as smoking, poor diet and taking illicit drugs.
- Secondary to xerostomia
- Parotid gland pathology (observed in patients with bulimia).

4. Facial and masticatory muscle pain and bruxism (8, 9, 24):

Orofacial pain may result from a temporomandibular disorder or a manifestation of conversion hysteria. Masticatory muscle pain, may also result as a side effect of psychotropic medications. Antipsychotic medications with extrapyramidal side effects can affect muscles of mastication, causing symptoms such as muscle inflammation, spasm and tremors.

Oral discomfort, either due to orofacial pain or presence of oral mucosal lesion has been reported to have caused difficulty in eating amongst 34.1% of patients with severe mental illness. TMDs has been noted to affect psychiatric patient especially those dealing with depression and schizophrenia. Generally, it presents as difficulties in opening or closing the mouth or clicking at the joint.

5. Dental erosion (10-14)

Dental erosion has been associated with:
- Bruxism activity
- Abrasion due to vigorous toothbrushing technique observed in some patients such as those with OCD or body dysmorphic disorder
- Stress-related gastro-esophageal reflux disease
- Vomiting behaviour amongst bulimics.

6. Other oral health outcomes (3)

A systemic review by Matevosyan 2010 also discussed other oral health outcomes which were reported (though to a lesser extent) in patients with severe psychiatric illness which include sialorrhoea, edentulousness, malocclusion, orofacial trauma, oral infections and oral cancer/precancerous lesions.

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Dental treatment planning considerations for patients with mental health issues (15-20):

1. Consult with the patient’s psychiatrist or medical practitioner to identify:
   - Patient’s current medication regimen and degree of compliance.
   - Current health status and psychological profile.
   - Potential interactions of patients’ medications, including oral side effects.

2. Assess patient’s salivary flow, to determine the risk of caries, periodontal disease, candidiasis and other oral complications.

3. Manage altered quality and/or quantity of salivary output:
   - Maintain adequate hydration.
   - Consider the use of saliva stimulants (e.g. xylitol chewing gum) and/or substitutes.
   - Consult with physician on the use of sialogogues such as pilocarpine, cevimeline and bethanecol to manage dry mouth.
   - Avoid oral hygiene products with additives, e.g. toothpaste with Na laurel sulphate, mouth rinse containing alcohol.
   - Undertake regular examination of oral soft tissues.

4. Recommend an enhanced preventive education program:
   - Provide oral hygiene instruction, and review patient’s compliance to oral hygiene practice on a regular basis
   - Arrange for frequent recall appointments
   - Use fluoridated toothpaste daily
   - Rinse with chlorhexidine mouth wash/gel foam, for not more than 2 weeks.
   - Apply remineralising agents- e.g. CPP/ACP tooth mousse, fluoride therapy.
   - Conduct dietary analysis and counselling as appropriate.

5. Patient with facial and masticatory muscle pain should be referred to an Oral Medicine specialist for further management.

6. Determine whether the patient feels well enough to tolerate treatment. Otherwise, defer treatment if necessary.

7. During dental treatment, monitor vital signs because of cardiovascular and respiratory side effects of some medications.

8. Short appointments, short waiting period (in the waiting room) and stress-reduction protocol may be required for anxious patients.
9. While patient is on the dental chair, minimize rapid changes in position to prevent orthostatic hypotension and syncope. After supine positioning, position the chair upright and allow the patient to sit in this position for at least 2 minutes before standing and leaving the chair.

10. Symptoms of blood dyscrasias may be experienced by patients on chronic medication therapy. These symptoms may include infection, bleeding and poor healing. Request for medical consultation for blood studies may be arranged in a patient with symptoms of blood dyscrasia, while having dental treatment postponed until normal values are re-established.

11. Be alert of the adverse effects of psychotropic medications, especially those causing oral complications, which need to be managed accordingly. If there are significant xerostomic side effects (e.g. incidence of caries, sore tongue, dysphagia, ill-fit denture), discuss with medical counterparts on the possibility of changing patient’s medication.

12. Give patient both written and verbal post-treatment instruction to avoid confusion.

13. Involve carer/ family members when providing oral hygiene instruction, including recommending suitable instruments and products for personal care. Preparing a nursing care plan with appropriate management protocols would be helpful.

14. Be aware of drug interactions with vasoconstrictors, NSAIDs and other medications. Use local anaesthetic agents containing epinephrine judiciously by aspirating and injecting slowly.

15. Liaison with medical counterparts is essential when planning to use medications with CNS depressant activities.

Conclusion

Mental illness is common and is likely to be encountered in the dental practice. It is a duty of the dentist to recognize these individuals, prepare a rational dental management plan and be equipped with knowledge to handle orofacial manifestations of psychiatric disorders and treat them with respect and dignity. Interdisciplinary liaison with psychiatric personnel, medical/ healthcare team, carer, psychiatric services and social support workers is essential to ensure that patients will receive optimal level of care.

References:


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