

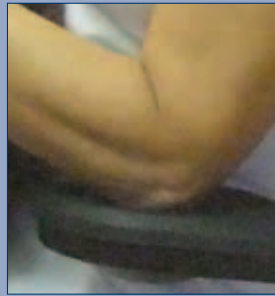
# today



### A camera designed for dentistry

Easy presets for clinical photography and easy to disinfect with a sterilizing towelette.

»Page 6



### Key to protecting your dental career

Free-motion elbow supports key to reducing musculoskeletal disorders.

»Page 8



### Nd:YAG and Er:YAG laser case study

Dual wavelength laser performs TwinLight periodontal and PIPS endodontic treatment.

»Page 10

# Today's the day

• And tonight's the night in the always bustling ASM18 host locale, beautiful downtown Toronto – with world-class shopping, dining and entertainment opportunities. (Photo/ Provided by City of Toronto)



### Final chance for show specials, giveaways and best deals on exhibit floor

■ If yesterday was for looking, today is the day for buying, with the ASM18 exhibit floor scheduled to close at 5:30 p.m., not to open again until next year's Annual Spring Meeting.

A stroll through the aisles reveals a bounty of good deals, show specials and must-have supplies at cash-and-carry prices.

\*see TODAY, page 3

AD

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# Exploring Toronto

■ One of the best features of the Ontario Dental Society's Annual Spring Meeting is its location, the Metro Toronto Convention Centre, which is just steps away from some of the top choices among Toronto's endless attractions.

The list of attractions is enticing: international cuisine, unique shopping venues, diverse cultural facilities and events, trails, parks, distinctive architecture and endless top-caliber entertainment. Following are some possibilities.

## Step out for a bit

- Taste a peameal bacon sandwich (with honey mustard) and a butter tart at the 200-year-old St. Lawrence Market.

- Ride the 501 "Red Rocket" streetcar along Queen Street from The Beaches in the east to the west end, through the heart of downtown and passing through the eclectic neighbourhoods of Leslieville, Riverside, Queen West, West Queen West, Parkdale and Roncesvalles along the way.

- Take the ferry to the Toronto Islands for a day in the parks and on the beaches – a piece of calm outside the hustle and bustle of the city. Refreshing signs read "Please walk on the grass." The islands are home to a community of about 800 people,

who have the distinction of boasting Canada's highest per capita population of artists. Even more appealing, the islands are considered to be the location of North America's largest urban community that is car free.

- Catch live music at one of Toronto's legendary music venues such as the Horseshoe Tavern (where the Rolling Stones have played many surprise concerts), The Rex (for live jazz) or the iconic Massey Hall.

- Wander the eclectic and bohemian Kensington Market for vintage finds, organic coffee, tacos, Jamaican patties, gourmet cheese shops, green grocers and Indian spices.

- Experience the highs and lows of Toronto – from the CN Tower's Skypod observation deck at 447 meters (135 stories) up, down to the underground PATH system connecting downtown's office towers with a 27-km network and more than 1,200 shops and restaurants.

- Stroll along the highest sidewalk at the CN Tower's Edgewalk.

- Visit the Art Gallery of Ontario's premier collections of Canadian art featuring the famous Group of Seven.

- Get lost in the crowds of Yonge-Dundas Square where the billboards and neon lights surround the swarms of people in Toronto's most famous intersection.

- Absorb the Canadian game's his-



• Located just minutes from the downtown core, Toronto Islands are the city's largest parkland. Toronto's ferries can carry more than 4,000 passengers an hour to and from the Islands. (Photos/Provided by City of Toronto)

tory and touch the actual Stanley Cup at the Hockey Hall of Fame.

- Shop at the Eaton Centre and for designer wear at Bloor-Yorkville.

- Eat your way around the world in Little Italy, Little Portugal, Greektown, Chinatown, Koreatown, and Little India, just to name a few.

(Sources: Tourism Toronto and Toronto.com)

## TODAY *from page 1*

The opportunities are everywhere. In booth No. 433, Designs for Vision is offering \$200 off when you order both loupes and an LED DayLite. It's worth a visit just to feel how light in weight and powerful in illumination these are.

Headquartered just down the road in Cambridge, Ontario, Septodont always has its ASM booth (No. 724) loaded up with show specials, demos and other offers. Be sure to learn more about its BioRoot RCS and Endosolv products.

Be sure to check the DIAC coupon book, too, for even extra savings on the exhibit floor. The book has a 2+1 offer you can use in the Dentsply Sirona booth (No. 1103), where you can get a close look at the company's new universal composite restorative TPH Septra ST. The breakthrough technology behind the material makes it non-sticky (easy to work with), highly resistant to staining and 60 percent higher in wear resistance.

Another technological breakthrough can be experienced in booth No. 1647, where ClaroNav has its Navident "Trace and Place" dynamic navigation instru-



• A stroll through the aisles of ASM18 in the Metro Toronto Convention Centre reveals a bounty of good deals, show specials and must-have supplies at cash-and-carry prices. (Photo/Provided by the Metro Toronto Convention Centre)

ment on display. You really do have to see this one to believe it. Registration is accomplished using any recent CT scan of the jaw by selecting on-screen and then tracing three of the patient's teeth or other structures (such as braces or abutments). It's all done in the chair, immediately before surgery. No stent or guide needs to be prepared, and the entire registration process can be completed in about three minutes.

In the Planmeca booth, No. 625, you can learn about the Ultra Low Dose protocol for its CBCT imaging that delivers an average 77 percent reduction in radiation dose with no reduction in image quality. Other advanced technol-

ogy from Planmeca addresses the primary disruptor of CBCT 3-D image quality: patient movement. The company calls the technological advancement CALM, which stands for Correction Algorithm for Latent Movement.

In the Shofu booth, No. 419, you (dentists, hygienists, dental assistants) can hold and handle the new and improved EyeSpecial C-III digital dental camera. Its preprogrammed settings are designed specifically for ease of use in dental applications. Plus, the camera is water-, chemical- and scratch-resistant, and it can be quickly disinfected with a sterilizing towelette.

(Source: Ontario Dental Association)

# Open and say ahhhhh

## MICRO-TOUCH DENTA-GLOVE series designed just for dentistry

### By Ansell Staff

■ Ansell, a global leader in protection solutions and maker of the popular Microflex® and MICRO-TOUCH® examination gloves, has launched its MICRO-TOUCH DENTA-GLOVE series, a highly-diversified portfolio of dental examination gloves, which according to the company outperform the competition.

MICRO-TOUCH DENTA-GLOVE is the first series of examination gloves developed specifically for the needs of dental professionals, according to Ansell.

### Specifically certified for oral examinations

All products in the series are certified for use in oral examinations for patient safety and peace of mind and are designed with the most advanced film technologies to meet the

### Here in Toronto

To learn all about MICRO-TOUCH DENTA-GLOVE examination gloves and to get free samples, you can visit Ansell in booth No. 412. You can also visit the company online at [www.ansell.com/DentaGlove](http://www.ansell.com/DentaGlove).

unique and demanding needs of the dental profession, the company asserts.

All of the products in the series are tested for bio-compatibility, and some feature inner coatings to promote hand health.

For more details about MICRO-TOUCH DENTA-GLOVE examination gloves or to request a free sample, you can visit the company online at [www.ansell.com/DentaGlove](http://www.ansell.com/DentaGlove).



The MICRO-TOUCH DENTA-GLOVE series includes 'Magenta Nitrile Allogel' (pictured), 'Blue Nitrile,' 'Green Neoprene' and 'Laytex Hydracare.' (Photo/Provided by Ansell)

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Booth #  
**433**



# New dental camera built for entire team



• The new and improved EyeSpecial C-III digital dental camera helps dental practices and laboratories increase patient acceptance and productivity. The heavy-duty camera's body is water-, chemical- and scratch-resistant, and it can be swiftly disinfected with a sterilizing towelette, virtually eliminating the possibility of cross-contamination. (Photos/Provided by Shofu Dental)



Revolutionizing clinical photography: Pre-programmed shooting modes enable dental camera users to navigate through tasks without extensive photographic skills or experience

## By Shofu Dental Staff

■ Doctors and their team members who strive to increase the effectiveness of clear aligner therapies in their practice seek products that can engage everyone in the process and improve the hands-on experience of a patient. Digital photography plays a key role in documenting treatments. With the right camera in their hands, team members can help increase the patient's acceptance and practice's profitability.

The EyeSpecial C-III camera from Shofu captures stellar images for case documentation, diagnosis and treatment planning, patient communica-

tion and education. Equipped with dental-specific, pre-programmed shooting modes, the EyeSpecial C-III enables clinicians and their team members to efficiently navigate through photography tasks without the need of extensive photography experience.

For instance, in order to achieve orthodontic photographs with Shofu's camera, the operator will select a button corresponding to FACE MODE to capture extraoral images. In a similar fashion, an operator will choose STANDARD MODE to capture anterior and buccal intraoral photographs, and MIRROR MODE to accomplish the occlusal pictures.

## Here in Toronto

For an EyeSpecial demonstration and to learn how it can improve communication with your dental laboratory and patients, visit Shofu in booth No. 419.

For every step of an orthodontic photo series, the EyeSpecial C-III will automatically set the appropriate f-stop, aperture and focal length to deliver an ideal photograph, leaving the camera's operator to simply select a suitable mode. Incorporating intuitive functions tailored specifically for dentistry, the EyeSpecial C-III is designed to handle clinical applica-

tions without requiring retrofitted add-ons.

When combined with a draw/edit function, which allows for making notes directly on images, this attribute is of an immense value for an effective treatment evaluation or a discussion about the progress or challenges associated with the modality. Engineered to provide functionality, the ultralight (weighing ca. 11lb) EyeSpecial C-III complies with infection control protocols. The heavy-duty camera's body is water-, chemical- and scratch-resistant, and it can be swiftly disinfected with a sterilizing towelette, virtually eliminating the possibility of cross-contamination.



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# Free-motion elbow supports: Key to reducing musculoskeletal disorders

## Improved ergonomics protect dental careers

By Tricia Osuna, RDH, BSDH, FAADH

■ As the dental profession has come to realize that undiagnosed and untreated injuries caused by ergonomically unsound practices are often the cause of physical pain and early retirement, there have been numerous strategies employed to prevent such injuries.

Today's dental professionals are trained to provide dental therapy in a seated position, which varies from earlier training that allowed for standing only. The incidence of musculoskeletal disorders (MSDs) among dental professionals has increased noticeably in recent years.

Because dental treatments often involve working in awkward positions and holding those positions for extended periods of time, many MSDs, especially those involving the neck and shoulders, result from what is known as Prolonged Static Posture (PSP). In addition, the application of a high percentage of Maximum Voluntary Contraction (MVC) of muscles required for many procedures also contributes greatly to the high incidence of MSDs.

To address these problems, such things as improved lighting, magnification and chairs that support proper posture have been introduced. Now, another technology, free motion elbow supports, has emerged to add to the resources available to protect us.

Free-motion elbow supports encourage proper working posture and enable you to work from an ergonomically optimal position. They are a key component in the reduction of work-related musculoskeletal disorders of the back, shoulders and neck among dental professionals. And because this support is applied at the elbow, it also enables you to avoid the excessive wrist flexion that frequently leads to carpal tunnel syndrome, which can be a serious deterrent to the success of your career.

### Look to the science

A comprehensive study published by ASSTSAS<sup>1</sup> used electromyography (EMG) to measure the actual amount of force exerted during the performance of key dental activities.

The study measured hygienists' levels of stress when performing

### Here in Toronto

You can find Posiflex Design products in booth No. 903 (Patterson Dental).

under their normal working conditions and using equipment, postures and techniques they had become accustomed to.

The study found that even when ideal posture was maintained during work, significant muscle stress was observed without the use of free-motion elbow supports. It then followed up those results by testing the same group of hygienists after they had been retrained and provided with seating that made use of gel-padded free-motion elbow supports to reduce specific types of stress.

The results of this study demonstrate that a combination of changes in work habits and posture, coupled with the use of seating equipped with free-motion elbow supports, significantly reduces the stress of PSPs and the percentage of MVC of muscles required to perform dental work.

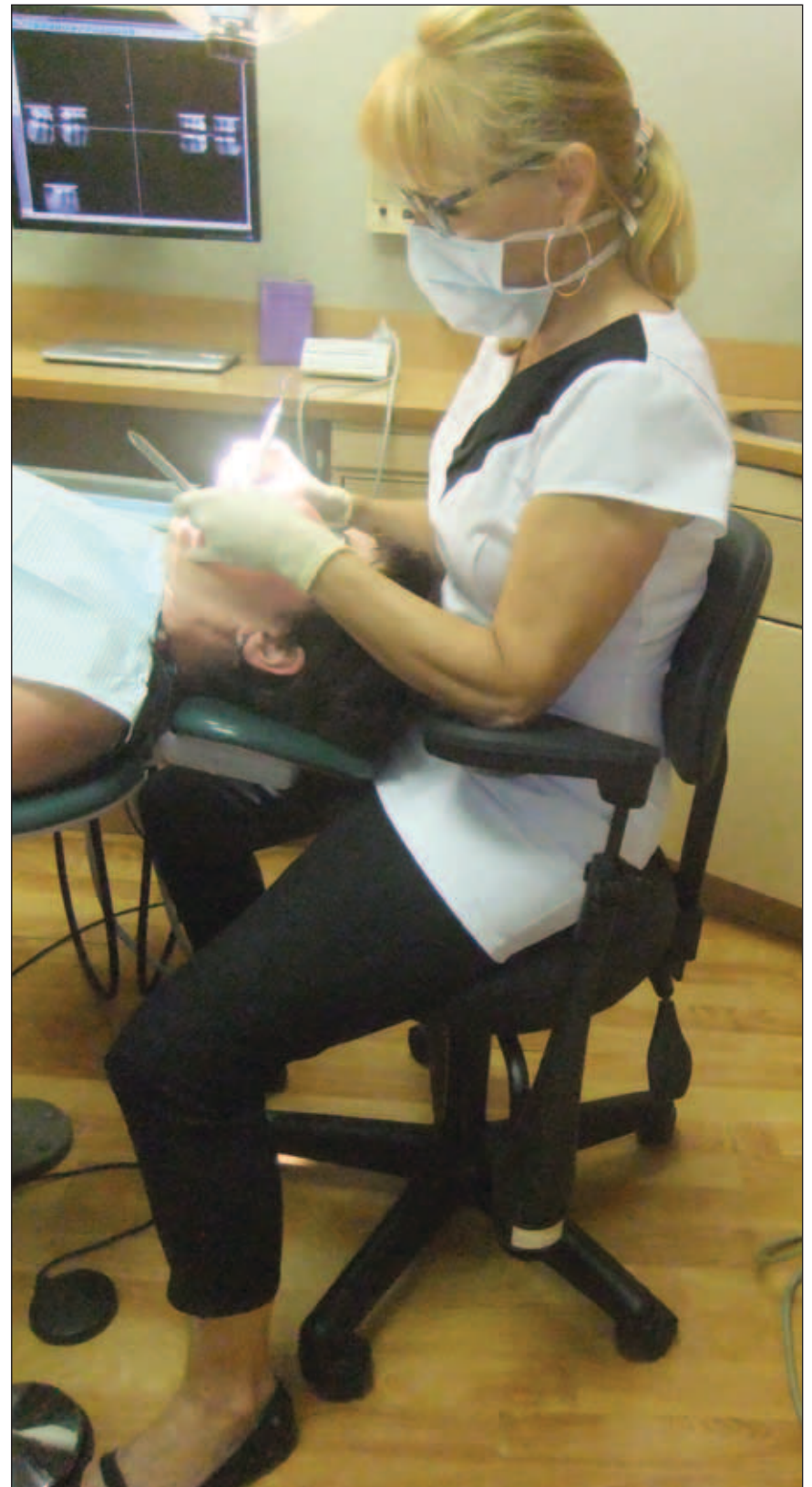
Because the study used EMG devices attached to its subjects to directly measure the stress exerted on specific muscles during the performance of dental tasks, it provides direct evidence based on physiological measurements rather than questionnaires and observation alone in support of its conclusions about the best ways to dramatically reduce MSDs and their associated negative consequences.

### Consider Posiflex Design

Dental professionals should strongly consider acquiring and using the free-motion elbow supports as part of their normal work procedure. If the dental practice is considering the purchase of new operator's chairs, such movable supports are available on chairs manufactured by Posiflex Design.

If operators are currently using satisfactory seating that provides adjustable lumbar support and a seat that can be tilted to the ideal angle, or if no plans to procure other new seating are imminent, then the free-motion elbow supports can be purchased separately and installed on any make or model of operator's chair. Ask your local dealer.

For more information on Posiflex free-motion elbow supports, you can visit the company at booth No. 903 on the ASM18 exhibit floor, or telephone the company at (888) 767-4353.



• Suzanne Guertin, hygienist, on a Posiflex saddle stool with elbow supports. (Photo/Provided by Posiflex Design)

### References

1. The Montréal-based Association paritaire pour la santé et la sécurité du travail du secteur affaires sociale (ASSTSAS) is a non-profit organization managed by a general assembly and a board of directors comprising an equal number of representatives

from trade union associations and sector employer organizations. Additional references for this article and the complete study are available at [www.posiflexdesign.com](http://www.posiflexdesign.com).

(Source: Posiflex Design)



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