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Dental Hygiene Day, supplement to the 9th CAD/CAM & Digital Dentistry Int'l Conference on 09-10 May 2014
New Philips Zoom WhiteSpeed Light-Activated Whitening System.
A better experience for your patients and your practice.

Philips Zoom In-Office Whitening kit makes treatments easier
Packed in procedural order, you get everything you need for each treatment, including Philips Zoom at-home whitening gel for follow up and maintenance complete in a single package. The Philips Zoom Kit also includes simplified visual instructions.

Unique products for your sensitive patients
Each treatment comes with a Patient Post Care and Maintenance kit that includes the Relief ACP Oral Care Gel. This unique formula combines potassium nitrate for sensitivity relief along with Amorphous Calcium Phosphate (ACP) that helps create healthier smiles through advanced enamel protection. To ensure a more comfortable experience all around, instruct patients to use it for 10-30 minutes after treatment.

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

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

“With this new light the patient’s sensitivity is minimal, making the procedure much more pleasurable.”
– Juban Dental Care - Baton Rouge, LA

Reveal your patients’ most healthy, radiant smile with Philips Zoom WhiteSpeed

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

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

Now better than ever — Philips Zoom WhiteSpeed.

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

By Philips

Dubai, UAE - Philips is proud to present the new Sonicare DiamondClean – a brush that harnesses some tooth brushing to its most sophisticated level and which delivers Sonicare’s best clean yet removing up to 100% more plaque in hard to reach places than a manual toothbrush.

Sonicare DiamondClean harnesses Philips Sonicare’s patented sonic technology to produce a powerful dynamic cleaning action for a difference users can see and feel. It is gentler on teeth and gums than a manual toothbrush, helping to keep teeth stronger and healthier for longer. Philips Sonicare gently whips toothpaste into an oxygen-rich foamy liquid and directs it between and behind teeth and along the gumline – where plaque bacteria flourish.

DiamondClean’s chrome base also features a unique charging technology to charge the toothbrush as it rests in the glass – making it stylish enough to display in the most fashion-forward bathroom.

Not only is Sonicare DiamondClean Philips’ most advanced brush yet, it’s also our most easy to use and stylish. DiamondClean’s power handle has a ceramic finish and a chrome accent ring highlights the elegant neck of the brush. The technology in the handle is hidden so that the sleek matte white finish of the brush is uncluttered by electronic visual displays. Only when the on button is pressed to power up, is the brushing technology revealed to reveal the array of options. These are then simply selected by scrolling down using a one button action.

When travelling or on the go, Sonicare DiamondClean is designed for convenience with users being able to keep their brush fully charged using a revolutionary USB travel case that can be pluged into almost any lap top computer and saves the hassle of having to pack plugs and adaptors. But only the most intrepid travellers need worry about this advanced feature as Sonicare DiamondClean holds an impressive three weeks charge.

Brilliant cut

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

Dental Hygienists are often asked how much do you care for your hands? The correct answer is that it depends on your needs as well as your dental professional’s advice. The brush modes range from:

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

DiamondClean’s chrome base also features a unique charging technology to charge the toothbrush as it rests in the glass – making it stylish enough to display in the most fashion-forward bathroom.

How much do you care for your hands?

By Beverly Watson BDH, Kings College, London

LONDON, UK: It is understood that out of many professions, Dental Hygienists are in the high risk category of suffering from Repetitive Strain Injury RSS or Carpal Tunnel Syndrome CTS. This article aims to evaluate ways to reduce this strain by using the Ultra Sonic Scaler USS as much as possible and by choosing the most beneficial hand instrument on the market today to reduce this risk.

Two widely used brands of Hand instruments are to be evaluated as a comparison, LM DuradrageMax and American Eagle XP Technology.

Method: Online research publications.

Conclusion: After reviewing the information from both LM and American Eagle instruments, it was found that some parts of the LM information in Figure 5 was not able to clearly state what it was trying to prove. Yet with electronic microscopy photographs and the Rockwell hardness test proves the hardness of the cutting edge of American Eagle instruments.

Objectives: To determine the best ways a Dental Hygienist can avoid RSS or CTS through out their career. This will include exercises’ and what to be aware of when choosing ergonomic hand instruments for hand scaling, such as the comparisons LM DuradrageMax and American Eagle XP Technology. The criteria will be judged on the handles lightweight quality, the best grip and the need for sharpening.

XP Technology American Eagle

- Specially filtered titanium nitride/stainless steel alloy not a coating but infused.
- Rockwell hardness test most steel instruments 58-60, XP 89, Diamond 100
- Strokes 1500 XP – 1,500 other

DuraGradeMax LM steel

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

Figure 7 shows its durability out lasts any other instrument including XP Technology.
Help your patients eat, speak and smile with confidence with the Corega® denture care regime.

Are your patients’ dentures truly clean?

Dentures contain surface pores in which microorganisms can colonise.1

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


Date of preparation: June 2014.
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SEM images of denture surface.
*In vitro single species biofilm after 5 minutes soak

Help your patients eat, speak and smile with confidence with the Corega® denture care regime.

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Tel: +971 4 3769555, Fax: +971 3928549 P.O.Box 23816.
For full information about the product, please refer to the product pack.
For reporting any Adverse Event/Side Effect related to GSK product please contact us on contactus-me@gsk.com.
In ‘bleeding on probing’ trials over 4 weeks, parodontax® demonstrated significant effects in reducing bleeding gums by 22% (p<0.01)

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

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

Baseline values [Mean SD]: Control (fluoride-containing toothpaste) group 24.75 (6.34); parodontax® group 25.40 (6.80). After 4 weeks: Control (fluoride-containing toothpaste) group 26.00 (9.14); parodontax® group 19.80 (7.38). *parodontax® vs control p<0.05.
### Prevention
Take regular hand breaks to stretch and exercises the muscles, tendons and ligaments. See Figure 2 for some possible exercises.

Breaks don’t only include time away from scaling, but also time away from the computer and writing notes. Typing can also compress the nerves in the Carpal Tunnel.

### Treatment
If it is not possible to take long term time out from the activity causing the repetitive strain on the small muscle groups, then it is necessary to take regular short breaks and stretch (Figure 2, 5).

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

### A brief history of Hygiene
The earliest recorded text associating through the Carpal Tunnel raising through the Carpal Tunnel the Median nerve running through the Carpal Tunnel the Median nerve running through the Carpal Tunnel was used around a metal inner part then came into production, a very light completely resin handle with a grip for less wear and the need for excessive forces applied by the hand over an extended period of time increasing the risk of strain and inflammation of the wrist muscles and tendons resulting in RSI or CTS (Figure 4).

Sharpening: Numerous articles state the different methods of sharpening instruments, Arkestone different shapes round, flat, long, short, different sizes, angles, grades course, medium, fine. Machines: The Hu-Freidy instrument sharpener, the LM Rondo+ plus electrical disc sharpener

The Neivert Whittler to name a few.

The consistency of the material used for instruments should be chosen in such a way that the fingers hand and wrist. It is human nature not to sharpen them too often, but they do still contain an inner steel. This runs the entire length of the handle increasing the overall weight compared to the completely resin handle of the American Eagle.

The XP Technology instruments requires no sharpening at all, and will allow more repetitive strokes with minimal pressure on the tendons and wrist. The LM DuraGradeMax states a hardened steel alloy more durable than the XP Technology. It is advised to send the instruments back to the LM company for factory sharpening, requiring double the amount of instruments in order to continue a full working schedule, resulting in LM being much less cost effective. Once the XP technology tips becomes dulled it is feasible to use their Quick tip® to replace the tips at less cost than the full instrument.

The statistics in Figure 7 do not clearly state how the results were determined for LM instruments, it is not clear what numbers 9, 7, 5 and 5 represent, minutes, hours, Days, Strokes? It is possible however to see in the photographic evidence 15000 strokes to 1500 from American Eagle instruments.

Regarding the hardness of the Steel alloy of the LM instruments there is no evidence to support this but the American Eagle XP instruments have the Rockwell hardness test to prove their claim.

Conclusion: In conclusion the Ultra Sonic Scaler should be used as much as possible to avoid excessive strain on the transverse carpal ligament and median nerve. It is clear that some calculus deposits remain interdentally after Ultra Sonic Scaling alone. Ultra Sonic Scaling alone is not sufficient and hand instrumentation is necessary in conjunction with Ultra Sonic Scaling. The correct choice of hand instrument is essential for a Dental hygienist to help avoid RSI. It seems the American Eagle lightweight resin handle with the XP Technology blade will be of most benefit long term. Due to its superior strokes came out 15000 to 1500 before starting to dull.

For this reason it seems the American Eagle XP technology would be in the instrument of choice compared to the LM DuraGradeMax. The American Eagle XP will ensure less pressure is exerted on the median nerve, the transverse ligaments and the carpal tendons reducing the risk of RSI or CTS.

### References
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