

DENTE.

MODERN DENTISTRY

JAN
'24



AUTHOR OF SMA BISSE
Carina Vesterlund Løvstad

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Carl Demadema, BOHSc

Dear Readers,

As we step into 2024, we are thrilled to bring you the January issue of Dente Magazine, marking the beginning of an exciting exploration into the realm of AI dentistry. This edition is packed with insightful articles that delve into the innovative intersection of technology and dental care, offering you a glimpse into the future of oral health.

In recent years, artificial intelligence has made significant strides in various fields, and dentistry is no exception. We have two articles that will take you on a fascinating journey through the world of AI dentistry, exploring how cutting-edge technologies are revolutionizing diagnostics, treatment planning, and patient care. From smart dental devices to machine learning algorithms, we uncover the breakthroughs that are reshaping the landscape of oral healthcare.

But that's not all – this issue also shines a spotlight on the trailblazers in the dental space who drive positive change and push the boundaries of what's possible. We have a few articles that introduce you to the movers and shakers who are shaping the future of dentistry. Learn about their inspiring stories, innovative approaches, and the impact they are making on the industry.

As we embark on this new year, I want to express my gratitude for the unwavering support from our readers, contributors, and the entire Dente Magazine community. Your enthusiasm for our publication motivates us to continue delivering high-quality content that informs, inspires, and entertains. Thank you for being an integral part of the Dente family.

In the spirit of the new year, let's embrace the boundless opportunities that lie ahead. As technology evolves and dentistry transforms, we are committed to informing you about the latest trends, breakthroughs, and thought-provoking stories in the dental world.

Here's to a year filled with exploration, discovery, and the pursuit of knowledge. May 2024 bring you joy, success, and good oral health!

Wishing you a fantastic year ahead,

Warm regards,

**Carl Demadema, BOHSc
Editor-in-Chief, Dente Magazine**



The Future is Now: Integrating Artificial Intelligence in Dentistry by **Krisa Swanson, RDH**

As we stand on the cusp of 2024, the landscape of dentistry has gone through a transformative shift propelled by the rapid integration of technology, particularly artificial intelligence (AI). The traditional methods of patient care are evolving, and the modern dental professional needs to recognize the immense potential that AI brings to the forefront. In this article, we will delve into the exciting future of dentistry and explore how AI is reshaping how we care for our patients, offering a glimpse into the vast possibilities.

Historically, dentistry has been a field deeply rooted in manual processes and the expertise of practitioners. There has been little investment in innovation and reinventing the wheel. However, the advent of AI is ushering in a new era where technology collaborates seamlessly with human expertise. Thus, it is now more critical than ever for the modern dental professional to understand, acknowledge, and embrace this change as they strategically plan for the future.

Diagnostic Assistance

Many studies have contributed to the advancement of AI in dentistry. Most of the documented work is focused on AI models that rely on convolutional neural networks (CNNs) and artificial neural networks (ANNs). Traditional radiography provides valuable insights into oral health. However, AI takes it to the next level by analyzing and comparing images with unmatched precision, helping dentists assess and detect dental caries, calculus, and alveolar bone loss. In the future dentists may be able to definitively diagnose root abnormalities and oral cancer with the aid of AI but we are just in the beginning so you might have to hold tight, rest assured the future is bright.

As we know, AI algorithms can sift through vast amounts of data, identifying patterns and anomalies that human eyes might overlook. AI improves the accuracy of diagnoses and enables early detection of potential oral health problems. As we advance into 2024, integrating AI into imaging processes is not just a technological leap but a commitment to providing patients with the highest standard of care. (Khanagar et al., 2021)

Teledentistry and Mobile Dentistry

According to the World Health Organization (WHO), an estimated 2.5 billion people suffer from untreated dental caries.

(www.who.int, 2022) This staggering number represents a large population with limited access to dental care. However, with technological advancements, we have found creative ways to treat patients effectively. For example, Teledentistry (virtual dental care driven by technology) provides a newer approach to screening and diagnosing oral diseases. It helps patients manage oral diseases when immediate dental care is unavailable.

(American Dental Association, 2022) Teledentistry allows more people in underserved and rural areas to be reached. The use of AI in Teledentistry is now being used for second opinions. When patients upload their electronic images into the AI system, it will evaluate them and email a diagnosis with treatment recommendations from a local teledentist. AI advancements in mobile dentistry are the next step. Reaching out to and educating these communities will help significantly reduce the amount of decay and other dental-related health issues. Dental providers can make a true impact on many people's lives. (The Teledentists, 2023)

Efficiency in the Practice

As someone with consulting experience in the dental industry, it has been discovered that AI technology has many advantages. It improves productivity, increases case acceptance, and promotes continuity of care between clinicians. It is beneficial when training new hygienists with minimal experience. For example, AI technology enhances their ability to co-diagnose confidently and precisely, which has significant financial benefits to a practice. Additionally, it allows for better reimbursement from insurance companies.

When consulting with dental practices, metrics track growth opportunities and check a practice's pulse. Most dentists spend hours printing reports to track these numbers, which is time-consuming. However, AI technology can save time by analyzing data and finding missed opportunities, allowing more focus on the practice. It can help one open their eyes to even more possibilities.



Patient Education

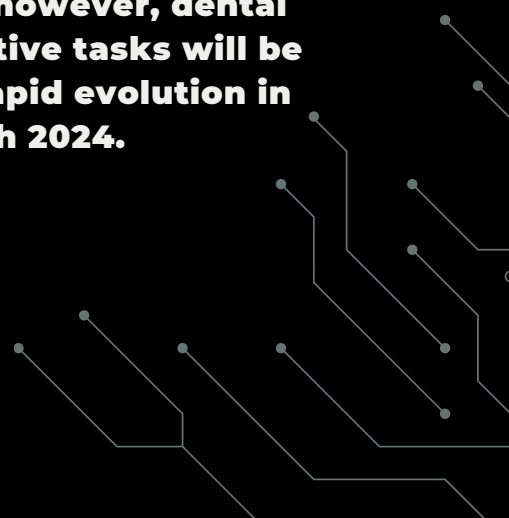
Another benefit of AI technology is that it helps patients become more engaged in their oral health. By providing individuals with an interactive and educational approach, they can visualize what is happening in their mouths, better understand their condition, and take ownership of their health status. In turn, this creates value and retention. Educating patients about their oral health and the oral-systemic link can have a profound and lasting impact on their lives and foster the patient-provider relationship.

Custom-made treatment planning

AI is a flexible solution that can be adapted to different cases as it learns patient history patterns. It empowers professionals to create customized treatment plans tailored to each patient's needs. Machine learning algorithms can analyze a patient's oral health history, lifestyle factors, and genetic predispositions to recommend customized preventive measures and treatment options. This level of personalization ensures that patients receive targeted care, optimizing outcomes and enhancing overall satisfaction. Integrating AI becomes paramount in delivering customized treatment plans prioritizing individual well-being as the dental industry moves towards a patient-centric model.

Administrative Tasks

Beyond clinical applications, AI is making significant progress in streamlining administrative tasks within dental practices. AI-powered systems can automate repetitive tasks, allowing dental professionals to focus more on patient care. Automated administrative processes save time and reduce the likelihood of errors, enhancing the practice's efficiency. By no means does this indicate replacing administrative staff; however, dental professionals who leverage AI for administrative tasks will be better equipped to meet the demands of a rapid evolution in dentistry, especially as we approach 2024.



Communication Lines

Moreover, AI-powered chatbots can address patient queries in real time, improving communication and ensuring patients feel connected to their dental care providers. This level of engagement empowers patients and strengthens the dentist-patient relationship, fostering a sense of trust and collaboration.

While the integration of AI in dentistry holds tremendous promise, it has its challenges. Privacy concerns, data security, and ethical considerations surrounding the use of patient information are critical aspects that demand careful attention. Dental professionals must ensure that the implementation of AI aligns with established ethical guidelines and complies with data protection regulations.

Additionally, there is a need for ongoing education and training to equip dental professionals with the skills required to harness the full potential of AI. As technology evolves, staying abreast of the latest advancements is essential for optimal patient care.

As we stand at the crossroads of traditional dentistry and the exciting future powered by AI, the choice is clear – embrace the change or risk falling behind. The potential benefits of integrating AI into dental practices are vast, from improved diagnostic accuracy to personalized treatment plans and enhanced patient engagement.

Dental professionals who strategically plan for 2024 and beyond by incorporating AI into their practices will stay ahead of the curve and contribute to the evolution of dentistry. The future is here, and it is time to harness artificial intelligence's power to improve oral healthcare.



**CHECK OUT
KRISA'S BLOG**





Veganism and Oral Health

Rhodene Leydekkers, RD(SA)

Did you know that what you eat plays a crucial role in maintaining your oral health? As the saying goes, "There is no health without oral health." That's why it's not just about eating for a healthy body but also for a healthy smile.

Veganism has witnessed a surge in popularity as more individuals embrace it for personal well-being and environmental care. A vegan diet cuts out any animal products or items involving animals in the production process. While this plant-based way of eating offers numerous benefits, it's essential to acknowledge that it can lack certain essential nutrients, which can have a negative impact on your dental health.

In this article we explore the nutrients that are essential for oral health, and how someone following a vegan diet can ensure they get in all the important nutrients to keep those pearly whites in the best shape they possibly can.



Advantages of a vegan diet on oral health:

A vegan diet places a strong emphasis on plant-based foods rich in vitamins, minerals, and antioxidants, which play a vital role in reducing inflammation and protecting cells against damage. These essential nutrients contribute not only to overall health but also to oral well-being. The anti-inflammatory properties associated with a plant-based diet can positively impact oral health by reducing the risk of developing conditions such as gingivitis. Additionally, individuals following a vegan lifestyle may adopt a more health-conscious approach, extending their focus to oral hygiene practices. This health awareness could lead to maintaining optimal oral health, including regular dental check-ups and proper oral hygiene routines.







Protein:

Protein serves as the building block for essential bodily structures, including muscle mass, bones, and periodontal tissues. Ensuring an adequate protein intake is crucial not only for maintaining a robust physique but also for promoting oral health. Ensuring an adequate protein intake is crucial on a vegan diet, as it can easily fall short. Inadequate protein intake can be linked to oral health issues such as gum disease and cavities. To address this concern, it is important to incorporate a variety of plant-based protein sources with every meal. Foods like beans, lentils, chickpeas, nuts, nut butters, seeds, soybeans, and tofu can serve as excellent alternatives.



Calcium:

As children, we were often taught to drink milk for strong bones and teeth due to the essential role of calcium in our health. However, the exclusion of animal products, including milk and dairy, in a vegan diet requires a conscious effort to obtain sufficient calcium from alternative sources. Vegans must prioritize incorporating calcium-rich foods into their diet to ensure adequate bone and dental health. Opting for kale, broccoli, oranges, plant-based milk, yogurt and cheese fortified with calcium (check the label to ensure the product has been fortified with calcium), and soybeans and tofu made with calcium phosphate are some ways to help you meet the recommended daily calcium intake. If you do struggle to consume enough calcium rich foods, it is recommended to talk to your health care professional about supplementation, as well as go for regular check-ups.



Vitamin D:

Vitamin D plays a crucial role in collaboration with calcium and phosphorus to support the development of strong bones and teeth. The human body naturally produces Vitamin D when exposed to sunlight. Additionally, incorporating Vitamin D-rich foods into your diet can enhance its production; examples include fatty fish, eggs, and fortified dairy products. Notably, many of these Vitamin D sources are animal-based, posing a challenge for individuals following a vegan diet. Therefore, it becomes essential for vegans to prioritize sun exposure (while still adhering to sun safety guidelines), and regularly assess their Vitamin D levels, and consider supplementation if necessary.

Phosphorus:

As previously mentioned, phosphorus plays a vital role in the development of robust bones and teeth. While animal products such as chicken, turkey, meat, and dairy are traditional sources of phosphorus, it's reassuring that plant-based alternatives like lentils, seeds, nuts, and whole grains also provide this essential nutrient. To optimize its benefits, it's crucial to incorporate these phosphorus-rich foods alongside calcium-rich foods and ensure adequate sun exposure. This synergistic approach ensures you receive a variety of nutrients crucial for the support and maintenance of your bones and teeth.

Vitamin B12:

Vitamin B12 is a crucial nutrient primarily found in animal products such as meat, chicken, eggs, and fish. Consequently, a vegan diet may pose a risk of B12 deficiency. While nutritional yeast and fortified cereals offer plant-based alternatives, consulting with your healthcare professional about B12 supplementation is advisable. When focusing on oral health, a deficiency in vitamin B12 could potentially lead to issues like gingival bleeding, mouth ulcers, and other oral health concerns.



Iron:

A potential deficiency risk for vegans is iron. Traditionally associated with meat, chicken, and liver, iron can also be found in plant-based foods, known as non-haem iron. Examples include beans, lentils, and spinach. While plant-based iron may be less bioavailable, pairing non-haem iron sources with Vitamin C-rich foods enhances absorption. Citrus fruits, strawberries, potatoes, broccoli, and bell peppers are among the Vitamin C-rich options. Regularly testing iron levels is crucial, as a deficiency can lead to severe health complications, including mouth ulcers and other dental issues.

Reduce sugar:

When eliminating animal products from your diet, it is important not to replace them with refined carbohydrates and sugary treats. Carbohydrates break down into sugars in the mouth, acting as a feast for bacteria that contribute to tooth decay. Instead, prioritize balanced meals and snacks to protect your oral health. A practical guide for a well-rounded plate is to fill half with vegetables, a quarter for plant-based protein, and the other quarter to high-fiber carbohydrates.

Trade in the conventional crisps, biscuits, and cakes for healthier snack alternatives such as nuts, veggies with hummus, fruit paired with nut butter, or a handful of edamame beans.

Beyond dietary considerations, maintaining proper oral hygiene practices is crucial for optimal health. While adopting a vegan diet can have numerous health benefits for both you and the environment, it is important that it is implemented correctly. If not, it can lead to unintended consequences for both your body and oral health. If you are uncertain about meeting essential nutrient requirements while on a vegan diet, contact a dietitian to help and guide you. Their expertise can help ensure your body and mouth receive the necessary nutrients, allowing you to achieve the pinnacle of health and well-being.

Introducing Presto Smile™



**Billie Prisby,
RDA,BS,MBA**

In the ever-evolving landscape of dental technology, Billie Prisby stands as a trailblazer, the visionary CEO and Co-Founder behind Presto Smile AI. In an exclusive interview, she shared insights into her journey, the challenges faced, and the driving force behind the creation of this groundbreaking dental innovation.

The Spark of Innovation

Billie's inspiration to delve into dental technology and craft Presto Smile AI was born from a desire to reshape dentistry using cutting-edge technology. It was a pivotal moment when she realized the transformative potential of AI and advanced imaging technology in revolutionizing smile makeovers and cosmetic dentistry. With a mission to empower dental professionals, Billie set out to create a solution that not only enhances patient well-being but also boosts revenue growth within the field.

A Background Shaped by Experience

Her foray into the dental world began nearly three decades ago as a dental assistant. Experiencing firsthand the challenges both patients and clinicians faced in achieving optimal smile makeovers ignited her passion. This early exposure fueled her vision to bridge the gap between dentistry and technology. Her journey through the dental field highlighted the need for a seamless, clinician-focused solution to smile enhancement—a vision that birthed Presto Smile.

Overcoming Challenges with Innovation

The inception of Presto Smile wasn't without hurdles. Ensuring the accuracy and reliability of AI algorithms in simulating smile makeovers posed a significant challenge. Billie and her team navigated this challenge through extensive research, collaboration with dental and tech experts, and rigorous testing, refining the AI models for precise predictions and visualizations.

Clinician-Centric, User-Friendly Design

Maintaining a clinician-focused approach while ensuring user-friendly functionality was paramount. Actively involving dental professionals in the app's development was key. Their insights helped shape Presto Smile's features to align seamlessly with dental practice workflows. Simultaneously, intuitive interfaces were prioritized to ensure easy navigation for both clinicians and patients.

Rapid Possibilities in 30 Seconds or Less

The allure of Presto Smile lies in its promise of swift smile possibilities. This feat is achieved through the integration of advanced proprietary AI algorithms and real-time image processing technologies. The synergy of these components allows for instant visualizations of potential outcomes in under 30 seconds.



A Marketing Marvel and Game-Changer

Presto Smile isn't just an app; it's a compelling marketing tool for dental practices. Offering interactive, personalized consultations showcasing potential smile transformations in real-time, elevates patient engagement and understanding. This, in turn, enhances case acceptance for cosmetic procedures, redefining the marketing landscape within the dental industry.

Transforming Dental Experiences

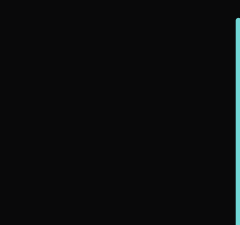

Envisioning a paradigm shift, Billie sees Presto Smile seamlessly integrating advanced technology into cosmetic dentistry. For clinicians, the app streamlines processes, improves communication and ultimately leads to better treatment outcomes. Patients, on the other hand, gain clarity and actively participate in decision-making, fostering trust and satisfaction.

The Power of a Diverse Team

The creation of Presto Smile was a collaborative effort, bringing together a diverse team of clinicians, tech experts, and marketing professionals. The qualities sought were expertise, a shared passion for innovation, adaptability, and a collaborative mindset. This fusion of talents was instrumental in Presto Smile's success.

Staying Ahead in a Dynamic Industry

Innovation demands continuous evolution. To keep Presto Smile at the forefront, Billie emphasizes ongoing research and development, strategic partnerships, and gathering feedback from clinicians and patients. This commitment ensures that Presto Smile evolves in sync with technological advancements and changing market landscapes.



Lessons Learned and Words of Wisdom

Reflecting on the journey, Billie shares invaluable lessons. Perseverance, collaboration, user-centric design, and adaptability are key. Embracing setbacks, fostering teamwork, valuing user feedback, and being open to change are the pillars of success she advocates.

In conclusion, Presto Smile embodies the relentless pursuit of innovation and the transformative power of technology in the realm of dental care. Billie Prisby's journey and the creation of Presto Smile serve as a testament to the potential of merging technology with healthcare to enhance lives and redefine industries.



CHECK OUT THE WEBSITE

ZINAH AL SAYHOOD

In the dynamic world of dentistry, professionals often find themselves presented with diverse career opportunities beyond the traditional clinical path. Zinah Al Sayhood, a former dental assistant turned territory sales representative at Hiossen, shares her inspiring journey and valuable insights on navigating a career transition within the dental industry. From her initial role in patient care to her current position facilitating the adoption of cutting-edge dental innovations, Al Sayhood's story will guide young professionals to the wealth of opportunities available for them.





The Evolution: From Dental Assistant to Sales Representative

Zinah Al Sayhood describes her transition as a fulfilling evolution within the dental industry. Her role as a dental assistant provided her with firsthand experience in patient care, understanding dental procedures, and building relationships with patients and professionals. However, her growing fascination with the business aspect of dentistry led her to seek a role that bridged the gap between innovation and practice, ultimately propelling her into a sales position at Hiossen. Al Sayhood emphasizes that this shift was a seamless blend of her passion for patient care, understanding of clinical aspects, and the desire to facilitate the adoption of cutting-edge dental innovations.

Valuable Insights from Dental Assistant to Sales Representative

Al Sayhood acknowledges the invaluable aspects of her experience as a dental assistant in her current sales role. Her understanding of the daily challenges within a dental practice, gained from her time as a dental assistant, allows her to empathize deeply with the needs of dental professionals. This unique perspective enables her to approach sales by offering tailored solutions to specific challenges, rather than merely pitching products. Al Sayhood emphasizes the importance of speaking the same language as dentists and dental staff, facilitating smoother communication and a better understanding of their needs.

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Encouraging Career Diversity in Dentistry

Addressing the traditional notion that dental professionals usually pursue clinical practice, Al Sayhood encourages young dental professionals to explore alternative career paths within the dental industry. She emphasizes the broad scope of the dental field, including avenues such as sales, research, education, product development, and consulting. Al Sayhood's journey serves as a testament to the wealth of opportunities available beyond clinical practice.

Key Skills for Transitioning to Sales

Al Sayhood outlines key skills and qualities that dental professionals can leverage when transitioning to a sales role within the dental industry. These include clinical knowledge, critical thinking, attention to detail, and business acumen. She highlights how these skills, honed during clinical practice, can be valuable assets in understanding product specifications, adapting to diverse situations, and driving sales results.

Challenges and Triumphs in Bridging Roles

Transitioning from a clinical background to a sales-focused role presented challenges for Al Sayhood. However, she emphasizes the importance of accepting the shift in role and mindset. By focusing on translating her clinical knowledge into tangible advantages for dental practices, Al Sayhood successfully overcame these challenges. She highlights the shift from direct patient care to providing solutions through products and services, emphasizing the clinical benefits and improvements in patient outcomes and practice efficiency.

Contributions to Dental Practices and Patient Care

In her role as a territory sales representative at Hiossen, Al Sayhood sees herself as a bridge between cutting-edge dental technology and dentists. By helping dentists understand the clinical benefits of Hiossen's products, she believes she is unlocking a new level of patient care for them. Al Sayhood emphasizes how Hiossen's reliable and effective products make her job easier, building trust with customers and contributing to enhanced patient experiences and outcomes.

Supporting Career Growth at Hiossen

Al Sayhood highlights Hiossen's commitment to fostering a supportive work culture that encourages diversity and inclusion. The company offers comprehensive training programs tailored to equip professionals, including dental assistants transitioning to sales roles, with the necessary skills, product knowledge, and industry insights. Regular feedback and performance evaluations contribute to individual growth aligned with company objectives.

Setting Hiossen Apart: Product Quality and Approach

According to Al Sayhood, Hiossen stands out due to the reliability and effectiveness of its products. This, she believes, makes her role as a sales representative more straightforward, as she can confidently communicate the quality and benefits of Hiossen's offerings to customers. This trust, in turn, helps build stronger relationships and instills confidence in customers choosing Hiossen.

Envisioning Future Career Opportunities

Looking ahead, Al Sayhood envisions an exciting future for dental professionals, with diverse career paths beyond traditional clinical practice. The evolving landscape includes opportunities in research, teaching, public health, entrepreneurship, tele-dentistry, and digital health. With advancements in technology and healthcare, dental professionals have a growing array of options to explore based on their interests and skills.

Continuous Learning in Dentistry: A Shared Imperative

Al Sayhood stresses the importance of continuous learning and staying updated with industry trends for professionals in both clinical and sales roles within the dental field. For clinical professionals, ongoing education ensures the delivery of optimal patient outcomes and maintaining high standards of care. In sales roles, staying informed about industry trends allows professionals to understand the changing needs of dental practices, effectively communicate the value of products, and build trust with dental professionals.

Zinah Al Sayhood's journey from a dental assistant to a territory sales representative at Hiossen exemplifies the exciting possibilities for career evolution within the dental industry. Her insights provide valuable guidance for young dental professionals considering alternative paths, emphasizing the importance of diverse skills, continuous learning, and seizing opportunities for growth. As dentistry continues to evolve, professionals like Al Sayhood pave the way for a dynamic and thriving future in the field.



PRODUCT REVIEW

balene

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In the vast realm of oral care, innovations often come in small packages, and the Balene Brush is no exception. Having ventured into uncharted territory with this double-sided dental marvel, I found myself pleasantly surprised by its effectiveness and unique design.

The first thing that struck me about the Balene Brush was its unparalleled ability to leave my teeth feeling smoother than ever before. It navigated through the nooks and crannies of my dental landscape with precision, revealing areas that had been previously neglected by conventional brushes. This, I realized, was a game-changer in dental hygiene.

The swivel at the base of the brush proved to be a breath of fresh air, especially when reaching those elusive molars. Its innovative design allowed for a more comprehensive clean, ensuring that every tooth received the attention it deserved.

For anyone grappling with the challenge of brushing behind the teeth or accessing the molars effectively, the Balene Brush emerged as a reliable ally.

However, like any groundbreaking tool, the Balene Brush had a learning curve. It took a brush or two to fully acclimate to its unique design and understand how to optimize it for personal use. The key, I discovered, was to trust the brush and avoid applying excessive pressure during the cleaning process. Once this adjustment period passed, the results were nothing short of remarkable.

One notable highlight is the Balene Brush's suitability for individuals with dexterity issues. Its user-friendly design ensures that even those facing challenges in maneuverability can achieve a thorough and effective clean. This inclusivity is a testament to the brush's commitment to making oral care accessible to all.

While the Balene Brush excelled in most aspects, it fell short in the realm of tongue brushing. Its design, optimized for teeth and molars, didn't translate as well to the tongue-cleaning experience. It's a minor drawback, considering the brush's primary focus on teeth, but worth noting for those who prioritize comprehensive oral care.

In my evaluation, I would rate the Balene Brush an impressive **8.5 out of 10. Its effectiveness in reaching neglected areas, coupled with its innovative swivel design, makes it a formidable contender in the world of oral care. I wholeheartedly recommend it, particularly for those seeking an advanced solution to address dental hygiene challenges.**

With its thoughtful design and undeniable efficacy, it has earned its place as a valuable addition to my oral care kit. Embrace the future – embrace the Balene Brush.

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Introducing Balene® – the revolutionary double-sided toothbrush

Balene®, the revolutionary double-sided toothbrush from Spain, clinically proven to clean the inside and outside of the teeth at the same time, is now available in South Africa at Dis-Chem, selected pharmacies and dental practices.

Balene is designed to efficiently clean the inside and the outside of the teeth simultaneously. It is backed by clinical research, including the most recent study published in the International Journal of Dental Hygiene, which demonstrates Balene's remarkable efficacy in removing plaque and promoting good oral hygiene.

How to use your Balene toothbrush

- **Wet the bristles.**
- **Apply toothpaste to both sides of the head.**
- **Gently bite, closing your teeth on the brush.**
- **Slide the brush horizontally along your teeth.**
- **Rinse the bristles and leave to air dry.**

Explanatory Video:





Where to find Balene

There are two Balene® manual toothbrushes available in South Africa, each in a range of happy colours:

- **The original Balene manual brush, for adults and children aged 12 and older. Comes in three colours – coral, blue, and aquamarine.**
- **Balene Junior, for children aged 6 to 11 years. It comes in four vibrant colours - blue, purple, fuchsia, and green.**

Balene® is more than a toothbrush; it's a leap forward in oral care, making comprehensive cleaning effortless and accessible to all.

Join the Balene® brushing revolution today.

Balene's recommended retail price is R350. You'll find it at Dis-Chem stores, online at www.dischem.co.za as well as selected pharmacies and dental practices (in South Africa, Botswana, Namibia and Zimbabwe).

Balene® – a more efficient way to brush.

Små Bisser:

Nurturing Healthy Habits for Your Little Ones

In the realm of dental care for toddlers and young children, Carina Løvstad stands as a beacon of innovation, education, and compassionate care. As a dental hygienist and the mastermind behind 'Små Bisser' (translated as 'Little Teeth'), Carina has spearheaded a movement to revolutionize how parents approach and nurture their children's oral hygiene.

The crux of her contribution lies in a captivating book titled 'Små Bisser: A book to make tooth brushing fun!' This literary gem is more than just a guide—it's a handbook that encapsulates everything essential about dental care for children aged 0-5. With an emphasis on play, learning, and accessibility, Carina decodes the toothbrushing process in a manner that resonates directly with parents' concerns and queries.



Early Influences and Inspirations

Carina's journey into the world of dental hygiene is rooted in her childhood experiences. Visiting the children's dental care clinic was a cherished affair—a safe, pleasant space where the staff exuded warmth and friendliness. These encounters left an indelible mark on her, planting the seeds of a future where she could replicate those positive experiences for other children.

Her interest burgeoned during orthodontic treatment at 13, sparking fascination with the transformative potential of dental care. This, combined with the vibrant atmosphere of dental clinics, fueled her desire to venture into the field professionally.

Pivotal Moments and Specializations

Driven by a deep-rooted fascination for improving lives through behavioral change, Carina's dental hygienist journey was characterized by a passion for pediatric dentistry. Her studies honed her focus on health education, psychology, and communication—skills she expertly channels today in her book and clinical practice.

The revelation of the dental hygienist profession became a pivotal turning point, revealing a path unexplored but perfectly aligned with her interests. From Danish public school to university, her educational journey laid the foundation for a career dedicated to transforming dental care perceptions.

Professional Milestones and Shaping Perspectives

Her career path wasn't without challenges. Despite her intrinsic interest in communication and teaching, she observed a lack of emphasis on these aspects within various positions. This realization spurred her to advocate for oral health education within schools, a cause she championed in her early employment with children's dental care in Copenhagen.

However, Carina's passion extends beyond borders. Her involvement with 'Dental Health Without Borders' illuminated the transformative power of dental education in underprivileged countries. The correlation between improved oral health, education, and future opportunities fueled her drive to make a broader impact.

"Making dental care a joyous moment! Here, I'm assisting a young one with tooth brushing, ensuring a steady and positive experience for both child and adult. Agreement and gentle support make this routine a happy and effective one."



Passion for Children's Oral Health and Overcoming Challenges

As a mother herself, Carina recognized the dearth of early childhood dental hygiene support within Denmark's healthcare system. This realization birthed 'Små Bisser' on Instagram—a platform that offered advice, shared personal anecdotes, and engaged families in the discourse around dental hygiene for young children.

Challenges surfaced, primarily centered around the struggle many parents faced with toothbrushing their young children. Carina aimed to redefine this narrative, emphasizing the importance of making dental care a natural, enjoyable routine in a child's life.

Creating a Dental Hygiene Book

The genesis of her book stemmed from an incident where she overheard a mother contemplating skipping tooth brushing due to her child's resistance. This starkly contrasted Carina's belief—a conviction that skipping dental care was a more significant intrusion than the minor protests during brushing.

Formulating the book's content became a delicate dance between academic knowledge and accessible language. Carina meticulously crafted the narrative, ensuring it catered to diverse educational backgrounds, avoiding a condescending tone, and offering practical guidance.

Cultural Influence and Personal Touch

Denmark's healthcare system, although strong in school dental care, still faced challenges related to children's diets impacting oral health. Carina addressed this in her book, underscoring the effects of dietary changes and the need for mental health considerations during toothbrushing.

Her personal anecdotes and those gathered from various families rendered the book relatable and credible, infusing it with real-life experiences that resonated deeply with readers.

Impact and Future Vision

The impact of Carina's book reverberates through heartwarming testimonials from readers whose toothbrushing experiences transformed positively after implementing the book's techniques. Carina's overarching goal is to make dental care more accessible and enjoyable for families across Denmark.

Future aspirations include expanding her educational efforts through collaborations, educational materials for global projects, and continued engagement through her Instagram platform.



Challenges, Achievements, and Advice

Navigating the path of self-publishing was fraught with challenges, from book misprints to the uphill task of gaining recognition without the backing of a major publisher. Yet, Carina's persistence prevailed, leading to successful placements in Danish libraries and impactful collaborations.

Her advice to aspiring dental hygienists echoes the essence of commitment, curiosity, and genuine care for people. Engaging with children and parents with optimism and dedication lies at the heart of fostering a positive attitude toward oral hygiene.

Carina's journey exemplifies the transformative power of passion, dedication, and a genuine desire to effect positive change in children's oral health. Through her book, 'Små Bisser,' she has catalyzed a paradigm shift, making dental care for toddlers not just a routine but a joyful, integral part of family life in Denmark and beyond.



CHECK IT OUT



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