

CAMDEN

INSIGHTS FROM CAMDEN MEDICAL CENTRE

camden.com.sg

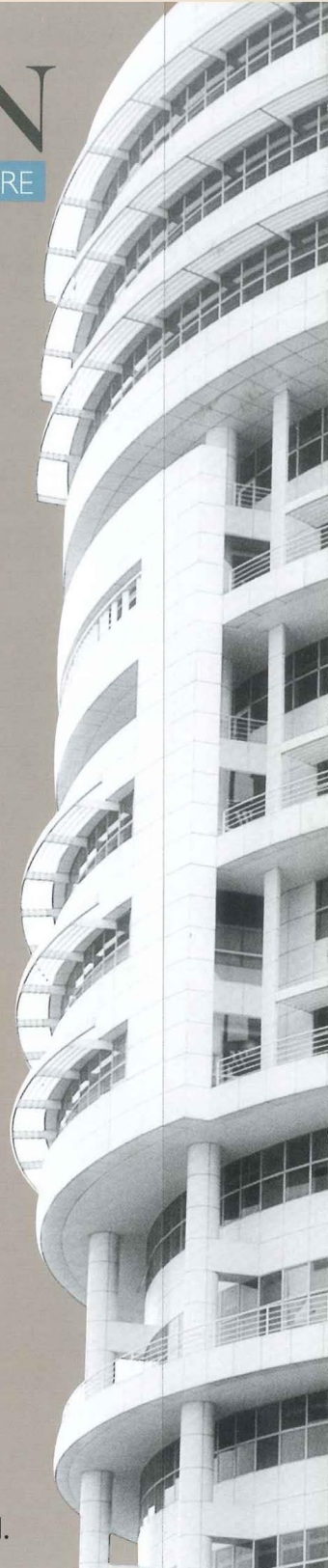
NUTRITION
Comes First

PULLING Yourself
Up At Physio Kit

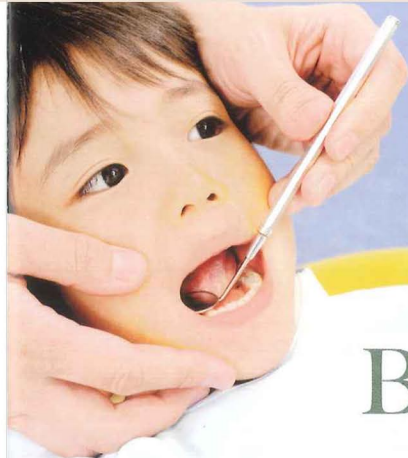
DELECTABLE Tastes
That Will MOO-ve You

BEYOND
Braces

TRIPLE
Connection



MEDICAL EXPERTISE. PRIVACY & LOCATION.



Dr Catherine Lee of Intercept Healthcare believes that when caring for teeth, getting started early is the way to go.

BEYOND BRACES

Ten years ago, Dr Catherine Lee fell in love with Singapore during a brief stopover from New York, where she was trained in orthodontics and cleft cranio-facial orthodontics. She left her then-home, Sydney, and set up Intercept Healthcare at the Camden Medical Centre in 2002.

"Camden's green, leafy environment first caught my interest and I felt right at home," she says. "The location is great – away from the crowds and congestion in town, but still easily accessible. The property is also maintained beautifully."

Aside from being attracted to Camden, Dr Lee was interested in introducing early intervention orthodontics to Singapore's dental healthcare community. This discipline, which is commonly practised in the United States but rarely in Singapore, is what sets her practice apart. She notes that in traditional orthodontics, intervention usually starts at age 12. She, however, encourages parents to send their children for their first orthodontic check-up no later than age seven.

"From then until about age 10, the child's facial bones are not fully fused yet, so it's easier to manipulate the jawbones and mouth to allow proper dental development and facial growth," she explains, adding that early intervention can help many children avoid more serious and costly treatments later in life.

Dr Lee points out that good orthodontic treatment transcends braces and nice straight teeth – it also focuses on proper teeth alignment and correct facial proportions. "The upper and lower teeth must fit together properly for them to last a lifetime. It's equally important to end up with good balanced facial aesthetics following treatment. Fixing your teeth can change your entire appearance – often without plastic surgery," she said.

Dr Lee also advises parents in Singapore to be better informed on at least some important basic dental knowledge and care. "For example, what do you do if your child accidentally knocks a tooth out? I've asked many people here, but quite a few don't really know. This is necessary first aid knowledge for all parents," she emphasises. "Many Australian mothers can tell me that you soak the tooth in milk or saline, or at least keep it moist, and see a dentist right away to re-implant it."

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— Dr Catherine Lee

All smiles with Dr Catherine Lee



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