

# Chairside



## Ergonomics – the key to pain free dentistry

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Does your dental stool  
have your back?

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Controlling aerosols  
helps control risk

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How to create healthy  
balanced lighting

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What do you look for  
when buying dental  
equipment?

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**Ergonomics –  
The key to pain free  
dentistry**  
**PG 04**

**A-dec lever  
foot control**  
**PG 08**



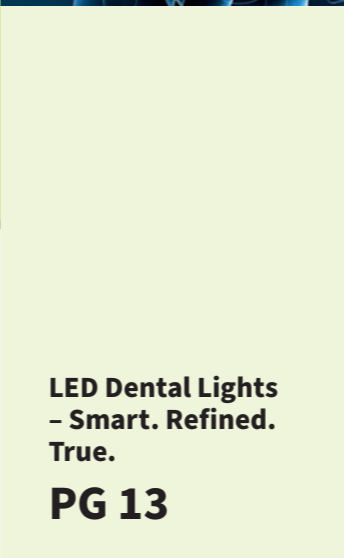
In this edition of Chairside, we have included articles focusing on ergonomic products to deliver ergonomic benefits to you and your practice. We also feature a number of dental surgeries that have invested in their wellbeing and how these decisions are benefiting them in their day-to-day activities.

**FEEL THE DIFFERENCE WITH SMART ERGONOMICS**

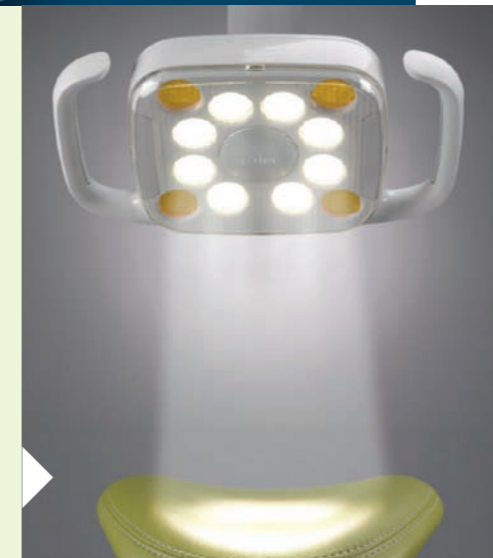
Dentistry is a physically demanding profession, with repetitive reaching, twisting, and turning that can lead to chronic back and neck pain. But it doesn't have to be that way.

A good set of core equipment (patient chair, dental light, delivery system and dental team seating) will enable and encourage comfortable patient positioning and also provide excellent access to the patient's oral cavity. This combination completes an ergonomic solution that benefits the dental staff's health and well-being.

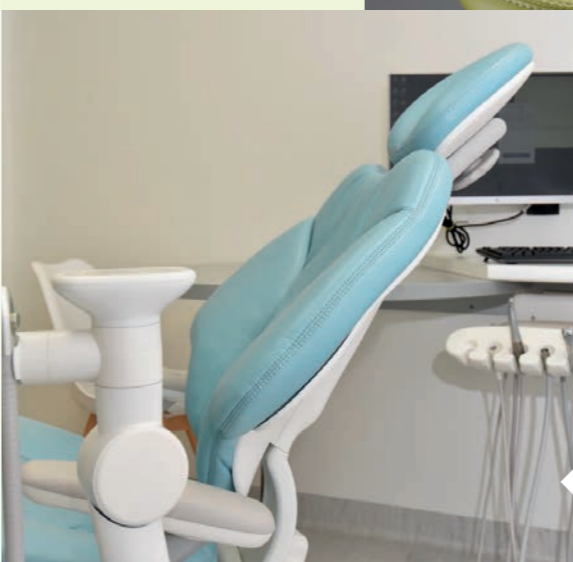
From the thin backrest and headrest on the A-dec 500 dental chair to the precise manoeuvrability of the A-dec LED dental light, A-dec's ergonomic dental equipment helps you maintain good form and posture. It's a difference you can feel.



**LED Dental Lights – Smart. Refined. True.**  
**PG 13**



**Surgery in Focus: Nice Bite Orthodontics**  
**PG 14**

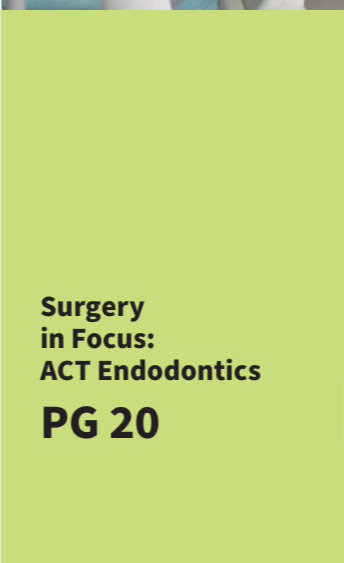


**Surgery in Focus: Marvel Orthodontics**  
**PG 16**



**A-dec 500: Australia's leading premium chair.**  
**PG 18**

**i** If you have any questions about how to ensure a safe and productive practice, contact your local A-dec Territory Manager or authorised dealer. Find your nearest A-dec dealer



**Surgery in Focus: ACT Endodontics**  
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**Acteon PSPIX: Fast, quality images.**  
**PG 25**



# Ergonomics: The Key to pain free dentistry

It is a fact of life that many dentists develop pain and injuries affecting the spine, muscles, ligaments and nerves in the neck, back and limbs. These musculoskeletal disorders (MSDs) are often the direct result of poor work posture and can be debilitating and ultimately – career restricting.

But you don't have to put up with the pain and risks to your health. When it comes to ergonomics, A-dec has you covered from head to toe with ergonomically proven solutions to look after your body day after day!

Given the long hours spent working in a seated position, the decision to purchase an ergonomically superior patient chair such as the A-dec 500 and matching supportive A-dec 500 dentist's and assistant's stools is a wise investment for the working life of both your team and your practice.

As is the choice of a delivery system to minimise reaching and twisting and taking the load off the hands and wrists while working in the oral cavity.



## Seating tips for workplace health:

When seated, the hips should be above the knees to tilt the pelvis forward which helps create an 'S'-shaped spine. Sitting with your legs parallel to the floor causes the hips to rotate back which is likely to create an unhealthy 'C'-shaped spinal curve, putting pressure on the spine.

When adjusted correctly, the new A-dec 500 dentist's stool naturally puts the operator's hips in the correct position. Optional armrests provide additional support to the lower arms while working in the oral cavity, while a completely redesigned seat section has 'performance zones' to properly support the operator in comfort without restricting blood flow to the thighs like conventional stools do.

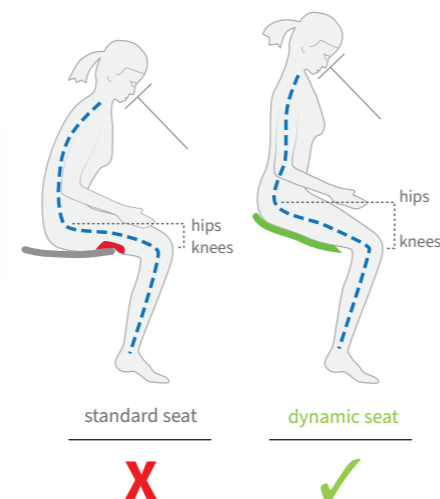
In the case of the assistant, who is seated higher and therefore must lean forward to work, a torso support arm is required, together with a foot-support ring, like that fitted to the A-dec assistant's stool to alleviate back strain and muscle fatigue.

Often, poor patient chair design prevents dentists working in an ideal position, causing the operator to hunch over the patient, especially if the chair has a hard, thick backrest or if it cannot be positioned low or high enough. Other problems exist with chairs that aren't ambidextrous as the operator is forced to do a 'work around'. This can cause serious musculoskeletal problems with long term health consequences.

The A-dec 300, 400 and 500 patient chairs have a large range of vertical motion and ultra-thin and flexible backrests. This enables dentists to position the oral cavity closer to the body, creating angles of access for optimum working positions.

Because of their pressure-mapped contoured backrest and folding armrests, these premium model A-dec chairs also offer superior patient comfort, including shoulder and elbow support – especially important during longer procedures. The A-dec 500 armrests also pivot forward so you can work without obstruction.

## Healthy seated posture



## LIGHTING

A-dec's award-winning A-dec 500 LED operatory light with its bright 'daylight' balanced light temperature and unique 'cure safe' mode for working with composites, also contributes to an ergonomic working environment. And because it's an LED, there's no heat from the lamps like conventional halogen lights.

The broad spread of light and innovative 'stadium effect' overlapping multi-LED light output minimises shadowing and the softly feathered light pattern reduces eye fatigue.

The A-dec LED surgery light has a three-axis pivot arm with more than 360° horizontal rotation, making positioning of the dental light fluid and comfortable using only one hand.

When integrated with the A-dec 300 or A-dec 500 chair, the built-in hands-free operation turns the light on automatically when the chair-back reclines, and off again when the chair is brought to the entry/exit position, eliminating unnecessary reaching.

“

I would highly recommend the A-dec 500 dental chair for unsurpassed patient comfort, ergonomics and innovative functions.”

Dr. Ishita Puri  
Praxis Dental  
Pacific Pines, QLD, Australia



540° of horizontal rotation mean that you can rotate the light 1½ times in either direction. Combine that with 120° head tilt and 80° diagonal adjustment and perfect placement is a sure thing.



## A-dec 500 'Continental' delivery system:

### Unparalleled Ergonomics

Engineered to eliminate reaching and twisting, the A-dec 500 Continental delivery system delivers unparalleled ergonomics.

All your instruments and controls are right at your fingertips, in a unique design that eliminates pull-back on the handpieces for less fatigue.

Even electrics feel lighter, so you can work more comfortably. The new A-dec 500 has an unbelievably easy to position pivoting delivery arm and control head to put the instruments exactly where you want them whether working over the patient, or from either side.

The unique inbuilt capacitive touch switch in the central grab handle unlocks the airbrake, allowing the control head to glide into position. Release your hand and the delivery system is securely held in place where you want it, without drifting or sagging.

The latest A-dec 500 has six positions for dynamic instruments – turbines, ultrasonic scaler, electric motor, intraoral camera, and Triplex syringe. And convenient clip-in tray holders for all your instruments, consumables and even room for auxiliary equipment such as apex locator or separate endodontic motor.

### Wise instrument choice

With A-dec, your handpieces and small equipment are fully integrated into your delivery system and operated through the Deluxe Plus touchpad controls.

Easily retrieve and return handpieces and other instruments without taking your focus away from the oral cavity for not only less neck strain, but better concentration and less eye strain – resulting in higher patient throughput and more productivity. All this ergonomic support is invisible, but it's helping you every day!

## New A-dec NLZ Electric Motor:

The new lightweight A-dec NLZ electric motor completes the package.

Made with lightweight titanium, which is 30% lighter, yet more durable than stainless steel, for exceptional feel and lasting durability.

Quiet and powerful with constant torque, the NLZ lets you delicately control low-speed applications including endodontics – or power through procedures like heavy crown reductions, sectioning roots and removing metals in far less time.

The result: Less fatigue and greater productivity. Your patients will thank you too, with faster procedures and quieter, smoother operation compared to air-driven turbines.

### FEATURES:

- Balanced handling and optimal ergonomics
- Best for high- and low-speed applications, including endodontics
- Lightweight to reduce fatigue
- Program settings for activation, speed, torque and direction
- Autoclavable, brushless, and maintenance-free.



## Looking after your team:

### A-dec 500 assistant's instrumentation

Since most procedures begin and end with the assistant, providing for them with the A-dec 500 12 o'clock assistant's instrumentation and optional A-dec 545 treatment console, means your assistant can quickly and efficiently access everything needed during a procedure.

This radius, chair-mounted assistant's instrumentation provides comfortable access to vacuum instruments and accessories whether you're working by yourself or with an assistant.

Every detail of the assistant's instrumentation is designed for an advanced range of motion and ultimate comfort and convenience, with everything at their fingertips supporting fourhanded dentistry.

Available in a choice of single 3-position, single 4-position, or dual 2-position holders with a large bore 15 mm HVE plus the inbuilt chair and light controller touchpad. Auto-electric holders switch instruments on and off automatically. EasyFlex vacuum tubing reduces hand and wrist fatigue.

### Easy to Customize

With so many positioning options, assistants can adjust the A dec assistant's instrumentation to their individual needs. The round, height-adjustable A-dec 545 worksurface has ample room for materials storage and easily moves left-to-right and pivots horizontally to position it where needed.

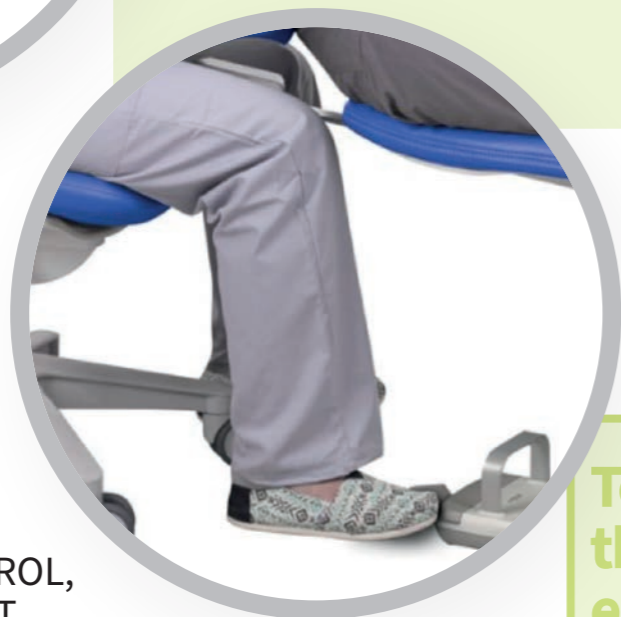
Pivoting holders let your assistant position the syringe, vacuum instruments, and other devices where they're the most comfortable and accessible. When not in use the assistant's arm and work surface can be simply moved out of the way.

# Put your foot down! A-dec Lever Foot Control:

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Think of it as cruise control. Once you have determined the desired speed, you can relax your foot. You still have complete functionality, but drive in a more relaxed state.

Sam Zemke,  
Senior Product Manager



## METICULOUS CONTROL, MINIMAL MOVEMENT

Enjoy a foot lever control designed to encourage an ergonomic “athletic stance” for better posture. With just a slight, natural shift of the foot, the A-dec lever foot control delivers precise modulation of your electric handpiece motor speed. Once you’ve reached the desired speed, you can rest your foot flat on the floor and continue working in a more relaxed state.

## KEEP YOUR FOCUS

The A-dec lever foot control is designed with straightforward left- or right-lever movement, so you can intuitively switch between wet and dry cuts without taking your eyes off the patient. It’s never been easier to stay focused and in total control.

To discuss  
the most  
ergonomic  
options  
for your  
practice

Contact your local A-dec  
Territory Manager on  
1800 225 010



# NEW! A-dec Third-Hand HVE Holder:

## HANDS-FREE AEROSOL CAPTURE

### Control Aerosols, Control Risk

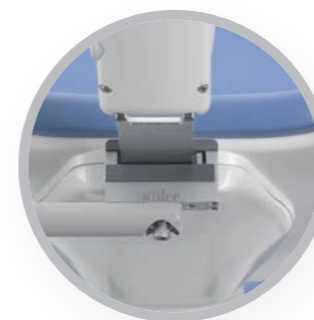
With a renewed focus on dental office aerosols, A-dec is here to support you with proactive solutions so you can stay safe and continue using the tools you trust.

Efficiency and safety come together in a practical solution for aerosol capture. The A-dec Third-Hand HVE Holder makes it easier to practice two-handed dentistry while maintaining essential aerosol control.

Effortlessly integrate essential aerosol capture during two- or four-handed dental procedures. This flexible arm securely positions the HVE tip to within an inch (25mm) of the oral cavity, efficiently capturing aerosols at the treatment site while keeping hands free for scalers and other instruments. Capturing aerosols has never been more important, so this handy new accessory couldn’t be more timely.

Now you have an ‘extra hand’ to help you during procedures whether your assistant is there or not!

Installing on your current chair is easy. Contact your local A-dec dealer for further information.



Glide bar clamp attaches securely to your A-dec chair with no special tools needed.



Flexible design accommodates patients of all sizes, for easy entry and exit from chair.



From hands-free to hands-on: Simply lift the HVE out of the holder for direct control.



Easily adjusts for right- or left-handed clinicians, and four-handed procedures.

# Ergonomics summed up:

Together – choice of patient chair, delivery system, instruments, lighting, dentists’ and assistants’ stools – and even the work surface and foot control, plus the new ‘Third Hand’ HVE Holder – all combine to create a more ergonomically sustainable work environment, supporting your occupational health and productivity every day.

Contact your local A-dec dealer or Territory manager to help set up an ergonomically ideal surgery designed to enhance and extend the working life of your team and your practice.

# Does your dental stool have your back?



If you've ever suffered from back pain, you know that it can affect your mood, sleep, work and overall quality of life. What you may not know is that the design of your dental stool can have a direct impact on how your back feels at the end of each working day.

Hours spent twisting and leaning over patients to get the best possible view of the oral cavity can lead to strain, fatigue and pain over time. This is why the majority of dental health professionals have reported at least one musculoskeletal disorder (MSD) during the past year, with up to 60-percent of dentists reporting lower back pain<sup>1</sup>—a major factor in shortened dental careers.

Rather than choosing early retirement or changing professions, A-dec believes back pain can be better mitigated with dental seating that promotes a healthy posture.

Some MSDs, particularly ischemia and premature disc degeneration, are

directly connected to how dental professionals are taught to sit: thighs parallel to the floor with hips at a 90-degree angle. This posture is likely a legacy of the flat, non-adjustable stools of early dental chair design.

Research by a physical therapist for Dental Economics found that positioning the hips higher than the knees (for an increased hip angle) reduced lower-back muscle activity and disc pressure. Chairs with a tilting seat were recommended to maintain the natural curve of the lower back. This type of seat design decreased pressure on discs, allowing closer positioning to the patient while reducing lower back pain overall.

Assuming you typically practice sitting down, working a typical 37.5-hour week over 48 weeks equates to 1,800 hours spent sitting on your dental stool each year. If your stool is unsupportive, it may be causing you harm, making it time to invest in a more ergonomic solution.

A dental stool that promotes healthy posture will provide adjustability, sufficient back and seat support, and dynamic performance. The A-dec 500 dental stool, for example, is specifically designed to flex, form and adjust to your every move, for all-day comfort and support. The contoured backrest cradles the spine, while a tilted seat distributes weight from seat to feet, encouraging blood flow and promoting proper circulation.

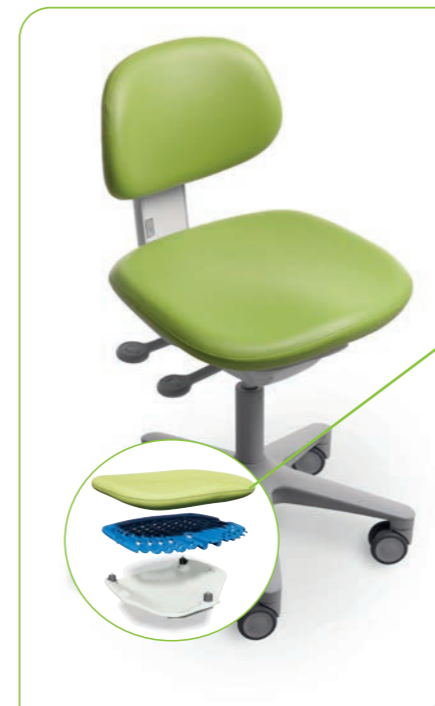
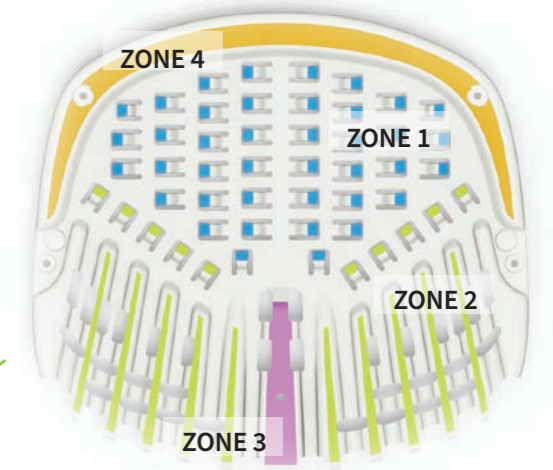
Whether you've just started to notice the occasional ache, or you're feeling it every day, a better dental stool could not only ease your back pain, it could actually extend the length of your dental career.

<sup>1</sup> Hayes, M., Cockrell, D., & Smith. (2009). A systematic review of musculoskeletal disorders among dental professionals. *International Journal of Dental Hygiene*, 7(3), 159-165.

To learn more, download our white paper **Dental Professional use of ergonomically designed seating**



# Ultimate comfort and support



“

I can easily say that the A-dec 500 dentist and dental assistant stools are the most comfortable stools I've used. I actually look forward to sitting down in my dentist stool knowing that it's comfortable, well cushioned and supportive of my back.”

**Dr Kenneth Chan**  
Capstone Dental  
Seven Hills, NSW

## A-dec 500 Stools

### UNIQUE PERFORMANCE ZONES

The A-dec 500 stool's Dynamic Seating System features a flexible, body-contoured armature. Divided into four individual performance zones, the design allows good blood flow to the legs, while setting up the lower lumbar area for a proper, healthy torso posture all day long.

#### Zone 1 | Flexible Seat Springs

Flexible springs provide vertical support for sit bones, yet move and flex with your body as you change positions throughout the day. Plush foam and supple upholstery add an additional layer of comfort and luxury.

#### Zone 2 | Thigh Support

Most chairs have a rigid structure that inhibits blood flow to the legs and feet. Zone 2 is designed to provide extra soft support that minimizes blood flow restriction and maximizes comfort.

#### Zone 3 | Slip Prevention Pommel

Positioning hips above the knees with a comfortable, pelvis-forward tilt (athletic stance), places the lumbar area of the back in a healthy, balanced posture. This front-edge feature adds no-slip security all day long as you work.

#### Zone 4 | Structural Outer Edge

The three isolators and two glide surfaces mount the middle layer to the bottom layer within the Dynamic Seating System. This ensures proper support for the softer tissue to ensure all-day comfort and reduce “hot spots.”

**i Learn More**



# LED Dental Lights – Smart. Refined. True.

## HOW TO CREATE HEALTHY BALANCED LIGHTING

Dental lighting has improved considerably since the first overheads were introduced in the 1950s. Today, you'll find a wide variety of lighting options – and almost as many opinions about which is best. Maybe you're thinking about moving up to an LED headlight, for example. Does that mean it's time to scrap your overhead dental light?

Look a little closer, and you'll see that while headlights offer many benefits, it's wise to think of them as an addition to your overhead lights, rather than a permanent replacement.

### Broad illumination or focused task lighting?

The answer is that both types of dental lighting have a place in your practice. Each has a different design to serve a different purpose.

Overhead dental lights give you the highest degree of uniform light. They illuminate the oral cavity broadly, with minimal shadowing. Permanently mounted to ceiling, cabinet, wall or delivery system, you can adjust overhead lights manually as needed.

Headlights are made for directional task lighting. This single-point 'spot light' creates a small, high contrast field of view. Headlights move with you, shining on a parallel path to your line of vision.

Lighted handpieces create an even smaller area of illumination, lighting the specific area being treated as your hand moves. Because the light source is pointed directly at the surface being treated, it's the most focused of task lighting.

So what are the pros and cons of each? Small, directional lights produce a narrow beam that's easy to focus on a target, but they create dark shadows on adjacent surfaces. Large overhead lights do a nice job of reducing glare and dark shadows, but may need to be adjusted more often. Used together, overhead lights and headlights balance one another to give you optimal illumination.

### Do you have a healthy lighting ratio?

Chances are, you've never heard of the TB ("target-to-background") ratio. It's the difference between the brightness of the surface you're working on, versus the rest of the mouth and face. And it makes a big difference in how well you can see, and how comfortably you work.

SurgiTel, a leading manufacturer of medical/dental headlights, suggests a 3:1 TB ratio for optimal clinical illumination. That means your targeted work area should be about three times brighter than the background area. The good news is that this ratio is ideal for boosting visual acuity and reducing eye strain. The bad news? It's impossible to get with a headlight alone.

If you're using a headlight for target illumination, having an overhead dental light bridges the 'illumination

gap' to create an eye-healthy 3:1 TB ratio. In return, the directional lighting of the headlight minimizes the need to move the overhead dental light. Just position it directly above the oral cavity, at arm's length, and you'll only need to tilt it an inch or so when working on the mandible or maxillary surfaces.

### Make an enlightened choice

If you decide to add a headlight to your practice, having a high quality, overhead LED dental light is essential. A-dec's award-winning dental lights conform to the latest ISO 9680 standards for brightness, color rendering and uniformity.

To reduce eye strain and fatigue, our overhead dental lights are designed to provide a soft, feathered light pattern, evenly distributed light intensity, and to minimize shadows. The A-dec 500 LED dental light, for example, features a 'stadium light' design specifically engineered to reduce shadows from all points of view.

In addition, A-dec recently introduced the A-dec 300 LED dental light – created for those who want the same clarity and accuracy in a simple, economical version that doesn't compromise on quality, reliability or clinician comfort.

If you're ready to achieve healthy lighting for your team, we invite you to learn more about A-dec LED dental lights – and the complete line of creative, reliable A-dec dental products.



## EASY ON THE EYES

Innovative light distribution creates a uniform pattern with a "stadium" effect to minimize shadowing. A feathered edge light pattern reduces eye fatigue.

## EXCEPTIONAL ILLUMINATION

A high color rendering index (CRI) of 94 mimics sunlight's clarity and floods the oral cavity with light that reflects colors accurately for soft and hard tissue diagnosis. See image: High CRI (left), Low CRI (right).

The high-quality light pattern on the A-dec 500 LED dental light conforms to the latest ISO 9680 standards for brightness, color rendering, and uniformity.



With the A-dec 500 LED light, you can see everything clearly and it is very easy to move around"

Dr. Pia Oparkcharoen  
Docklands Dental Studio  
Melbourne, VIC, Australia



## ECOLOGICALLY AND ECONOMICALLY SMART

Low heat LED lights are free of toxic chemicals and produce little infrared light and close to no UV emissions. A-dec LEDs also consume 80-90% less power, are more than 20% brighter than most halogen lights, and have a life expectancy of 40,000 hours—all without ever having to change a bulb.



**i** To learn more, download our white paper on the use of LED's in the dental surgery environment.



# Surgery in Focus: Nice Bite Orthodontics Strathfield NSW

## FEDERATION FUSION WITH MODERN FUNK

When establishing her dream practice, Sydney orthodontist, Dr Divya Sriram has transformed a 100-year-old character property into a state-of-the-art design statement which has been a real hit with patients.

Walking inside through the classic federation façade – so typical of the historic inner western Sydney suburb of Strathfield, provides a surprising transformation into a waiting room adorned with modern décor and furnishings.

Dr Sriram said she wanted first impressions to be ‘warm and welcoming’ – like stepping into a living room with comfortable lounges and homely ambience. “And I wanted the clinical area to be funky, inviting and fun.”



This vision has been achieved through great design and attention to detail, including using brightly coloured A-dec patient chairs and matching stools in bright fuchsia, parrot, and paprika upholstery to provide added pizzazz.

Dr Sriram said she wanted an open plan design in the main clinic, with a separate private treatment room for initial consultations, adults and high care patients.

Based on her experience with A-dec equipment over the past 25 years, Dr Sriram said A-dec’s durability made it a first choice, but the new model A-dec chairs were “well ahead” on comfort.

“The new A-dec 400 chairs with sewn upholstery feel luxurious. They are definitely way more comfortable, and the patient feedback has been great,” she said.

The ‘12 o’clock’ A-dec 541 rear-delivery systems were recommended by Sydney A-dec dealer, Presidential, to make it easier for patients to move in and out of the chair without bumping into the delivery system or colliding with the dental assistant.

“James Wallace from Presidential and A-dec’s territory manager came here in their own time to see what I needed, and I quickly felt I could work with them. We then met Scott Donoghue (Presidential’s principal). Scott and their technician Neville Lynch, really know what they are doing and were always courteous and polite. It was fantastic dealing with them.”

Dr Divya Sriram with James Wallace from Presidential.

Dr Sriram added that the flexible positioning and comfort of the dental chairs made it easy to talk to patients in the chair and swivel the chair to show them X-ray images on the nearby patient monitor.

“Presidential also measured the dental tubing so that it did not drape onto the floor and there were no tangles,” she said. “That is a constant thing you can struggle with in a high-volume practice. I love the clean workspace which is perfect for infection control and it can all be easily cleaned and gives a nice, uncluttered look.”

On Presidential’s recommendation, Dr Sriram also opted for ceiling-mounted A-dec LED operatory lights and A-dec’s unique ‘Duo’ delivery system with its a-dec 545 articulating round assistant’s work surface and integrated suction, chair and light controls.

“Poles interfere with patient dismount, so with ceiling-mounted lights no one bumps into the light. I love the A-dec Duo delivery system – it has fantastic ergonomics, and it changes the way patients move in and out of the chair.”

Dr Sriram said the entire team made the fit-out and equipment installation very smooth, despite the scale and complexity of the build. “The builder, Bosko Seric from MOJ Projects has prior experience in specialist medical practices and was so accommodating and easy to work with, and nothing was too much trouble for him, even moving walls.”



### Equipment:

- A-dec 400 + A-dec 300
- A-dec 541 ‘Duo’ delivery systems
- A-dec 545 assistant’s work surface
- Ceiling-mounted A-dec LED lighting



For more surgery examples follow #MyA-dec on the below.



“ I love the A-dec Duo delivery system – it has fantastic ergonomics, and it changes the way patients move in and out of the chair.”

Dr Divya Sriram  
Nice Bite Orthodontics  
Strathfield NSW



# Surgery in Focus: Marvel Orthodontics Gordon NSW

## BARE CHAIR IDEAL FOR ORTHODONTICS

Sydney orthodontist, Dr Jessica Li and her partner, Patrick Mei have together established boutique practice, Marvel Orthodontics in Gordon on Sydney's upper north shore.

The couple was quite clear that they did not want a typical 'clinical' style practice, but something conveying modern simplicity with a 'premium' feel - reflecting the personalised care they offer their patients.

Dr Li said an important part of the new practice was efficiency, which meant setting it up with the right equipment suited to orthodontic work.

Based on her previous experience working with a wide range of equipment brands, Dr Li chose A-dec for its reputation for reliability and also for its flexible configuration and ergonomics which made it perfect for orthodontic work.

After visiting the A-dec showroom in Mascot and consulting with Sydney-based equipment specialist, James Wallace from Presidential, Dr Li was able to come up with a package that met her requirements.

This includes a premium A-dec 400 chair with plush sewn upholstery for all initial patient consults and also longer procedures where chair comfort is paramount.

The practice also has two A-dec 300 chairs with seamless formed upholstery for routine procedures such as band adjustments where patient turnover is rapid, and a smooth upholstery surface makes it easy to clean between patients.

Dr Li also specified wall-mounted delivery systems and ceiling-mounted A-dec LED operator lighting so that all the patient sees is a 'bare chair' with no confronting dental instruments on it. This also makes the streamlined chair much easier to access for patients and the dental team.

The discrete A-dec 300 delivery system is completely tucked away out of sight under a benchtop when not in use and can be easily positioned behind the head of the patient when instruments are required.

The A-dec chairs have also been chosen in three distinctive shades to give each surgery its own personality including a 'silver pearl' (light dove grey) A-dec 300 in Surgery 1, a cyan (vivid blue) A-dec 400 chair in Surgery 2 and a paprika (orange) A-dec 300 in Surgery 3.

Dr Li said the entire dental fit-out and installation went smoothly, and the practice had already received several walk-in patients thanks to its highway location in Gordon, which is a transport hub for some of the North Shore's best private schools.



### Equipment:

- A-dec 400
- A-dec 300 x 2
- A-dec ceiling mounted LED operator lighting



For more surgery examples follow #MyA-dec on the below.



Dr Li chose A-dec for its flexible configuration and ergonomics which makes it perfect for orthodontic work.

Dr Jesse Li  
Marvel Orthodontics  
Gordon NSW

# A-dec 500: Australia's leading premium chair

**i** Find your local dealer

A-dec's flagship model, the A-dec 500 has quickly become a top seller in the Australian premium dental chair market.

Although it had big shoes to fill in replacing the outgoing model A-dec 500 which was A-dec's flagship chair brand for 15 years, the new model A-dec 500 has succeeded in raising the bar even higher, delivering new levels of quality, reliability and ergonomics.

The sales of the new model A-dec 500 have increased year-on-year since its release just two years ago and are heading towards a new sales record – even surpassing those set by the previous model over the past decade.

"The A-dec 500 really encapsulates all that is great about A-dec in a premium offering," says A-dec Product Manager, Shal Hafiz. "No other chair answers the question: 'Why A-dec?' like the A-dec 500."

"We've taken an excellent platform and made it even better. That is the result of more than a decade of product development and research where every single aspect of the chair was tested, refined, and improved, with the input of dentists all over the world, including Australia."

The result is a superlative chair that excels in the key areas of:

- Quality and reliability
- Ergonomics
- Backup and support

"The A-dec 500 is great for dentists and great for patients. It really gets back to the heart of offering superior care to your patients and looking after the dental team year after year.

"All dentists like to look after their patients. If you are performing long procedures, there is simply no other chair in the market you want your patients on," Mr Hafiz said.

Patient comfort was already a hallmark of the original A-dec 500 thanks to its unique orthopaedically pressure-mapped upholstery. However, the new A-dec 500 provides an even greater level of support and comfort for a wider range of patients.

This was a result of a reinforced lift arm and new lift cylinder, new seat and upholstery design and new load-bearing armrests which resulted in an extremely stable and sturdy chair, offering total comfort and support.

Consequently, the class-leading load capacity has been further increased from 181kg to an extraordinary 227kg (500lbs).

"Being a company with engineering heritage, a lot of the stability built into this chair is under the covers where you don't see it, but you can see and 'feel' the build quality," Mr Hafiz said. "The whole structure of the chair has changed and has been strengthened for greater stability.

"When a patient shuffles in most other chairs, the whole chair and the light will move. But when a patient is entering or exiting the chair or shifting position on the new A-dec 500 it doesn't shake and just feels 'planted' because it is on a more stable platform.

"It is also more comfortable in the backrest and the new armrests give patients something to hold on to during recline or getting out of the chair. The armrests make them feel more secure and comfortable during procedures but can be quietly folded out of the way for greater access when required.

"Most of the time when I ask dentists how their new A-dec 500 chair is going they just say 'the patients love it!'"

In terms of practical benefits to the dentists, Mr Hafiz said the key features were the ultra-thin and flexible backrest for greater access and the slick, revised delivery system.

Apart from A-dec's legendary reputation for reliability and backup service, he said there are three distinct features that make the new A-dec a winner in the eyes of dentists:

1. LED lights for air and water
2. Anti-drift 'positive positioning system'



The relocated centre grab handle is far easier to reach, and the touch-activated capacitive switch automatically unlocks the air brake clutch mechanism, allowing the delivery head to glide easily into position.

"Most people who use it for the first time are really surprised at just how light and easy it is because of the new positive positioning system," Mr Hafiz said. "It is smooth and precise and stays where you place it."

### Superior delivery systems

The new larger delivery head now has room for more inbuilt modules for up to six instruments and although it is larger than before, the ease of positioning of the delivery arm takes the 'bulkiness' out of it so it feels light and agile.

### Traditional delivery system

The handpiece holder on the new A-dec 500 traditional delivery system now has angle adjustment to reduce the risk of needle stick injury and the new intuitive icon-based touch screen is fully adjustable from side to side for the perfect viewing angle.

### Continental delivery system

Unique rubber backed whip arms take the weight of handpiece off the dentist's hand without excessive resistance like older systems and also have just the right amount of tension to help put the instrument back in the holders.

The result is far less fatigue and risk of repetitive strain injury while working. Whether you're working trans-thorax or from the side of the patient, the Continental system also stops the possibility of instruments falling to the ground and being damaged.

Mr Hafiz said the Continental system is also superior from an ergonomics and

productivity point of view as the eyes do not need to leave the patient when picking up or replacing a handpiece from the control head.

"Ergonomically it's a 'Phase One' movement from the patient's mouth to the delivery system. You just need to move your hand in one direction to retrieve an instrument or to put it back without looking up or changing focus."

### An investment in the life of your practice

Despite the significant engineering and ergonomic advancements in the A-dec 500 chair design, Mr Hafiz said A-dec had retained the proven A-dec pneumatic control block at its core which was responsible for its legendary reliability and simplicity of maintenance.

"The A-dec 500 has become the workhorse of many public and private clinics and teaching institutions around the world and A-dec has further refined its design, features and dependability without adding unnecessary technical complexity.

"The A-dec 500 is definitely a worthwhile investment. It has proven a sound investment time and time again which pays back tenfold in better productivity and patient comfort, with less maintenance and more chair availability to your patients or students.

"Our customers and their patients love the A-dec 500 and many are now repeat purchasers – or have upgraded from other brands and models to invest in a superior quality chair for the life of their practice.

"They also have the comfort of knowing A-dec has the best service and support network in Australia. Many of our A-dec technicians and dealers have 10, 20 and 30+ years' experience with A-dec chairs and you also know the A-dec Dealer network, Territory Managers and head office in Australia is there for you, backed by international support from the world's most awarded dental chair manufacturer."

3. Superior delivery systems – Continental and traditional

### LED indicator lights

Thanks to the tell-tale LED indicator lights on the water and air controls in the side of the delivery head which show the handpiece which is in use, dentists don't have to turn the air completely on and off to identify which handpiece they are adjusting.

### Positive positioning system

One of the biggest pain points among dentists in the past was the delivery system drifting away on dental units, which is a known and annoying problem among many brands.

The new A-dec 500 inbuilt air brake system now holds the control head even more securely in place without drifting.



# Surgery in Focus: ACT Endodontics Forrest ACT

## A-DEC 500 TOP CHOICE FOR ENDODONTIST

When ACT based endodontist, Dr Martin Habibi fitted out his Canberra practice, he wanted no compromise when it came to the choice of dental equipment.

Dr Habibi is a leading practitioner, credited with saving the teeth of many patients by performing transplants, root canal therapies, treating cracked and damaged teeth and providing emergency dental services.

In 2020 Dr Habibi carried out the complete renovation of his stylish new Fitzroy Street practice, where he incorporated the latest dental units, Zeiss microscopes and 3D imaging systems.

While the diagnostic aids are important in case diagnosis and prognosis, he says the key equipment supporting his patients and his work are the new A-dec 500 dental units.

“With longer procedures, patient comfort is paramount as they are in the chair for a long time. The A-dec 500 is so comfortable some patients can fall asleep in them. Many have commented on the comfort of the chair and its supportive neck rest,” Dr Habibi said.

The streamlined design of the new A-dec 500 and its advanced delivery system also supports the practitioner, enabling the patient to be seated low in the lap of the doctor while still allowing the overhead microscope to be used to help guide procedures.

To take advantage of the patient chair’s ergonomic benefits, Dr Habibi also invested in matching ‘A-dec 500’ dentist’s and assistant’s stools which provide enhanced ergonomic support, enabling the operator to maintain a good working posture.

Poor posture is a major cause of musculoskeletal injury among dentists, and the new A-dec 500 stools were literally designed from the ‘bottom up’ to address this problem.

A cleverly designed seat cushion attached to a specially shaped armature underneath creates different ‘performance zones’ using differing density foam filling – providing a balance of comfort and support where needed, without restricting blood flow to the thighs.

The angled adjustment of the seat base transfers part of the operator’s weight to the legs which alleviates strain on the lower back, while a fully adjustable backrest means the operator works in an upright position with the needed lumbar support to alleviate neck and back pain.

The dentist’s stool has unique ‘oscillating’ armrests which follow the natural movement of the lower arms. This proves a real godsend when holding instruments during long procedures.

A matching assistant’s stool with footrest and padded torso support offers similar benefits to dental assistants, allowing them to work at the optimum height while being properly supported whilst leaning over the patient to provide suction and

practice fourhanded dentistry.

Meanwhile, the A-dec 500 dental unit has a completely revised delivery head, featuring an intuitive icon-based touchpad and centrally located grab handle with inbuilt capacitive ‘touch’ switch that automatically unlocks the air brake to hold the delivery arm securely in position without drifting when the operator’s hand is released.

The larger six position delivery head accommodates a full suite of turbines, electric motor and contra angle handpiece, ultrasonic scaler, intraoral camera and A-dec triplex syringe.

Optional clip-in trays are ideal for placing ancillary equipment – in this case a reciprocating endodontic motor, together with hand instruments and consumables.

ACT Endodontics has two styles of delivery systems – the Continental as used mostly by Dr Habibi and a traditional delivery system used by his associate specialist endodontist, Dr Christopher Punch.

Both systems offer ambidextrous ability to suit all operators. Dr Habibi finds the Continental unit enables him to retrieve and replace handpieces while still viewing the microscope, safe in the knowledge that the handpiece cannot be dropped on the floor.

The latest A-dec 500 features revolutionary rubber whip arms which enable more fluid movement with minimal resistance compared to other systems, while still supporting the handpiece and handpiece tubing.

Apart from its ergonomic advantages (reduced need for reaching and twisting, and less handpiece weight while in the operator’s hands), the Continental system ensures there are no dangling cords which eliminates potential tangling or snagging when patients enter or leave the chair.

Dr Habibi (left, above) was assisted in his equipment selection by equipment specialist, Luke Williams (right, above) from authorised A-dec dealer, Presidential which arranged installation of the dental units and ongoing service support.

“

The A-dec 500 is so comfortable some patients can fall asleep in them.”

Dr Martin Habibi  
ACT Endodontics  
Forrest ACT

For more surgery examples follow  
#MyA-dec on the below.






## There's an A-dec for everyone

Every dental practice is unique. That's why A-dec offers a full line of dental chairs, with a wide variety of options and price points, all designed for comfort, performance, and reliability.

From the entry-level A-dec 200, the stylish A-dec 300, to the classic A-dec 400 and the premium A-dec 500, there's an A-dec chair to fit your practice, your personal style, and your budget.

 [View the our range of chairs here and see which one suits you best](#)

## Equip your practice for success.

### EQUIP YOUR PRACTICE FOR SUCCESS

Purchasing dental equipment is one of the most important decisions you'll make for your practice.

Choosing the right dental equipment increases your comfort, productivity, and ultimately, your success.

To help you choose, we have created a 'What to Look for When Buying Dental Equipment' guide, which includes information based on input from doctors, dental industry experts, dealers and technical specialists – all designed to help you choose with confidence.

 [Download your FREE copy here](#)



# A-dec can help you straighten things out

A-dec's Angles of Access app shows you the healthy ways to position yourself for a clear view of every region of the oral cavity.

DOES YOUR BODY FEEL LIKE THIS BY THE END OF THE DAY?



DOWNLOAD THE POSTURE SAVING APP.

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# Acteon PSPIX: Fast, quality images



Newly established Randwick dental practice, Vital Dental believes getting the vital elements right is the recipe for a successful practice.

Managing director of Vital Dental, Randwick, Andreas Schilling, has 10 years' experience in running medical, dental and radiology clinics.

Given his background, Mr Schilling was looking for dependable digital imaging equipment that could provide high quality images and equipment that fitted easily into the practice.

This included dependable Acteon DC digital X-ray generators in each of the surgeries, and an Acteon PSPIX phosphor plate image scanner, together with an Acteon Prime CBCT 3D unit.

The Acteon PSPIX is the world's smallest and fastest phosphor imaging unit. It also stands out on quality of image, ease of use and speed.

The PSPIX automatically starts scanning as soon as the phosphor plate is inserted, automatically detects the size of the plate, optimises the processing of the image, and ejects the plate after scanning.

The image is available in just seconds on a networked computer such as a linked monitor right alongside the patient in the surgery. The unit is so small it can be accommodated on any benchtop – making it suitable as a 'personal image scanner' for each surgery in a practice.

Mr Schilling was most impressed with the compact footprint of the PSPIX unit and its great potential to expand with the practice.

"Our experiences with the PSPIX phosphor plate scanner are positive. It is easy to use and works well. It is a good solution when having multiple chairs running," he said.

This latter point is a salient one, given the practice has already been designed to accommodate future expansion and the PSPIX unit can be networked to up to 10 workstations.

Most importantly, the image quality is extremely high, with excellent clarity and well contrasted images showing hard and soft structures for accurate diagnosis.

PSPIX works perfectly with the Acteon ecosystem of software which is an open platform which easily accepts images from scanners, CBCT and 3D extraoral units, X-ray sensors and intraoral cameras.

Acteon PSPIX, X-ray units and Sopro intraoral cameras are supplied by A-dec dealers nationally and supported by A-dec and locally based Acteon imaging specialists.

“

The PSPIX phosphor plate scanner is easy to use and works well. It is a good solution when having multiple chairs running”

Andreas Schilling  
Vital Dental  
Randwick NSW

# A-dec dealers Understanding your practice:



## RELIABLE AND DEPENDABLE

A-dec and our dealer partners go to extraordinary lengths to keep your practice humming along like a well-oiled machine.



## AUTHENTIC AND DEDICATED

Our national authorised dealer network, consists of partners who reflect the same values and commitment to customer satisfaction.

Through the years, the dealers chosen to represent our company have repeatedly demonstrated their dedication to the success of our doctor's practices. They play a significant role in the practice, from surgery design and education, to technical service and support.

## IF YOU SUCCEED, WE SUCCEED

We're all in this together: A-dec, your authorised A-dec dealer, and you.

We're partners with a common goal of helping you succeed. That's why we enjoy a strong referral base in the industry. We take great pride in that – and we are thankful for the large number of enthusiastic, satisfied customers around Australia who make it possible. We hope you'll consider joining them.

# Let's get social!



## Follow us



Keep up to date on all the latest A-dec product news and events.

Need some inspiration for your next surgery design?

Check out some of our many chair installations around the world.  

Are you proud of your A-dec surgery? Follow us and post with **#MyAdec** to be featured.



**FOR MORE INFORMATION, CONTACT YOUR LOCAL AUTHORISED A-DEC AUSTRALIA DEALER**



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