

News Journal

Crowns and Computers

Auhor: Maryellen Amato, M.D., Member, ICON Users Group, MO

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Like most professions, dentistry has been deeply impacted by computer technology. Many dentists, for example, have been using digital x-rays. Several months ago in an article entitled *Musings on Medicine*, I discussed the advantages of using digital radiography, including quicker imaging times and decreased radiation.

Another major facet of dentistry that has been affected by computers has to do with the way dental crowns are made. A crown is a small prosthetic cap that fits over an entire tooth to restore its strength and appearance. A crown may be necessary for a variety of cosmetic and/or functional reasons. A tooth might require a crown if it is broken, racked, heavily decayed, worn, damaged in some way, or compromised by a root canal.

I had a number of crowns made back in the “old days” before the advent of computers. A tray of gooey putty was placed over my teeth for a few minutes and then the impression was sent off to a distant lab where the permanent crown was made. In the meantime, for the next two weeks I had to endure a fragile temporary crown.

All that has changed with CEREC-3d CAD/CAM. CEREC stands for “Chairside Economical Restoration of Esthetic Ceramic Crowns.” CAD/CAM stands for ‘computer assisted design/ computer assisted manufacturing.’

CAD/CAM has been used in industry for many years, but dental CAD/CAM applications were not available until the 1980s, and CEREC technology has only become popular in the last decade.

My dentist, Mr. Jeff, DD, was one of the first dentists in Springfield to embrace this technology approximately 10 years ago. He has made several crowns for me with this technique, and it was so much easier than the old method – and much faster, too. Instead of taking two visits and two weeks to get the permanent crown, it only required about two hours total in one visit to have the new crown made and placed in my mouth.



Ceramic tooth material

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News Journal

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Membership

LCACE membership is open to all individuals and families interested in personal computing. Annual dues are \$20.00 per individual/family. Applications for membership may be obtained at the monthly meeting, by request on the club hotline, and are now available on our web site at <http://www.lcace.org>.

Meetings

LCACE meetings are usually held on Saturdays at the Grayslake Area Public Library, 100 Library Lane, Grayslake, Illinois. The meeting room opens at noon and the formal meeting begins at 12:30 p.m. All meetings are open to the public. Bring a friend!

Newsletter Submissions

Club members are welcome to submit classified ads, reviews, tips and other articles for publication, to our newsletter editor in Microsoft Word format (.doc). **Publication deadline is the 20th of the month for all ads and articles.** Please do not use tabs or special formatting.

Newsletter Advertising

Ad rates per issue: Full page - \$25, Half page - \$15, Quarter page - \$10, Business Card - \$5. Discounts are available on advance purchase of multiple issues. Please send camera-ready copy and payment to the club address by the 15th of the month preceding publication. For more information on ad pricing, please call our Hotline. Ads are **FREE** to all paid members.

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Phil's Ramblings



Hello, all....

The 2019 holiday season is in full swing! The leftover turkey and stuffing are long gone, and the Thanksgiving decorations put away. Now it's on the winter holidays! No better way to begin the festivities than with our annual holiday party at the State Bank of the Lakes in Grayslake!

Liz Barnett has been soliciting volunteers to bring food and help with set-up and clean-up; J.J. Johnson and Judy Dunham have arranged for our raffle prizes and tickets, and are counting on your help to sell and/or buy enough to at least cover our raffle costs, we'll have another **Ugly Sweater Contest** and there will be plenty of time for casual conversation with fellow members – old and new. Please encourage current and former members you know or may run across to join us; the more, the merrier!

The details:

Early-bird set-up and appetizer display begins at 11:30 am, with main course display and dining beginning at 12:00 or so. Please plan your arrival accordingly – and please remember to park to the east side of the bank. (The bank is open until 1:00 p.m. on Saturdays and they expect us to leave the

parking spaces in front available for bank customers.).

We will be selling raffle tickets at the door, so bring lots of money with you. The more tickets you buy, the more chances you will have to win! (If you have sold tickets beforehand to yourself or others, please be sure to bring the proceeds and the ticket stubs to give to Judy before the drawings begin.)

Beg, buy or create the ultimate Ugly Sweater for our contest. Remember, something you would not be caught dead in elsewhere may gain you fame among your fellow LCACE members!

If your schedule permits, please plan to stick around after our party to help clean up. The bank is happy to make their meeting room available to local groups like ours but expects in return that we leave the room clean and in the same arrangement as we found it.

Looking forward to 2020, new members are always welcome! As you know, our motto is “members helping members”. If you have friends, co-workers, fellow church or club members or family members who could use some help in their digital life, please tell them about our club and invite them to a meeting.

(To help you describe our club to prospective members, we have added a digital copy of the LCACE descriptive brochure currently available in the information rack of the Grayslake Library to our LCACE website. You can download it and print a few copies to distribute to potential members or email them a link to the digital copy. Here is where to find

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Here is what is involved: The first thing my dentist does is take a picture using a dental program which allows him to make a 3D map of my teeth, including top and side views. This allows him to design the crown chairside right then and there on his computer monitor, bypassing the need for filling my mouth with goop and sending the impression off to a lab. This computer data is then transferred wirelessly to a milling instrument that carves the crown out of a block of strong nonmetallic ceramic material. A block of a harder material is chosen for back teeth because they are subjected to stronger



The milling machine used to make crowns using CAD/CAM technology.

grinding forces. The milling machine (about two feet long by one foot wide) takes up to 30 minutes to make the crown, which is then bonded into place in the patient's mouth.

This method is so precise that there is virtually no risk of damage to adjacent teeth. My crowns also have a very natural feel because they are customized to my bite. They blend in well with the rest of my teeth and look and feel natural.

Dr. Jeff estimates he has made approximately 3,000 crowns using CEREC CAD/CAM. Currently only about 20% of dentists in the Springfield area have this technology, so if you need a crown, be sure to check if it is available at your dentist's office and ask how many crowns they have made using it, since like everything else with computers there is a learning curve.

In summary, I am very lucky that my dentist is on the cutting-edge of dentistry and that he could offer me this computer-based technology. I can attest from my personal experience that it is definitely easier, faster, and more accurate than the old method of creating crowns.



Tom's Tech-Notes

Free Windows Programming Tools

Visual Studio 2019 Community Edition

Author: Tom Burt, Vice-President, Sun City Summerlin Computer Club, NV

July 2019 issue, The Gigabyte Gazette
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Most of our club members are content to simply use software programs that are provided with their computer's operating system, or programs that they purchase or download for free. However, a few may wish to have the freedom and flexibility that comes with being able to create your own custom programs to do some specific function or to use a preferred user interface. Programming an application for Windows can be daunting because so much of the coding effort goes into managing the screen, keyboard and mouse interactions.

For several years, Microsoft has been providing a free version of their Visual Studio developer tools called "Visual Studio Express" or, recently, "Visual Studio Community Edition". The newest version is "Visual Studio 2019 Community Edition". It includes

the Visual Basic.Net, Visual C#.Net and Visual C++ languages, an extensive set of built in interactive components, plus an Integrated Development Environment with debugger and Microsoft's "Intellisource" assistance to make Windows programming easier than ever. It is designed to run on the Windows 7, 8.1, and 10 desktops. It can create many types of applications, including traditional desktop apps, "Modern/Metro/Universal" apps, web applications and even apps for Android and iOS mobile devices.

You can download Visual Studio 2019 Community Edition at the following hyperlink:

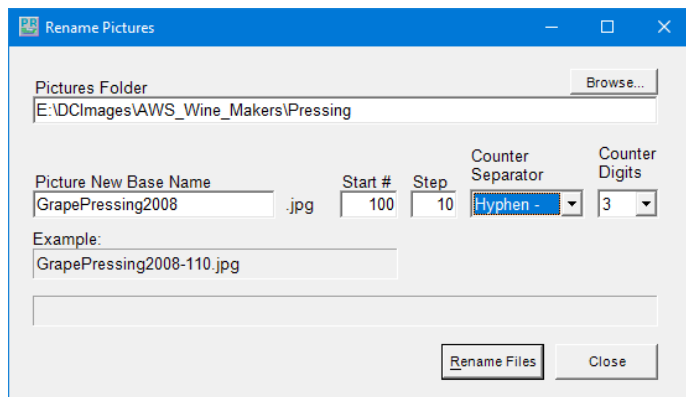
<https://visualstudio.microsoft.com/vs/>

Space here doesn't allow me to even scratch the surface of programming in Visual Studio, which uses the ".Net" framework runtime environment. However, for those interested, I've built PictureRenamer.exe, a simple bulk picture renaming tool using VB.Net 2019. I use this tool often to rename a set of images in a folder to something more meaningful than the "Img-nnnn.jpg" names that come from my cell-phone camera.

The picture renamer program lets you select a folder of images, set a base name, a starting number, a step increment, a separator pattern and the number of digits to use in the sequence number to use for the resultant file names. As these settings are changed, an example of the resultant file name is displayed.

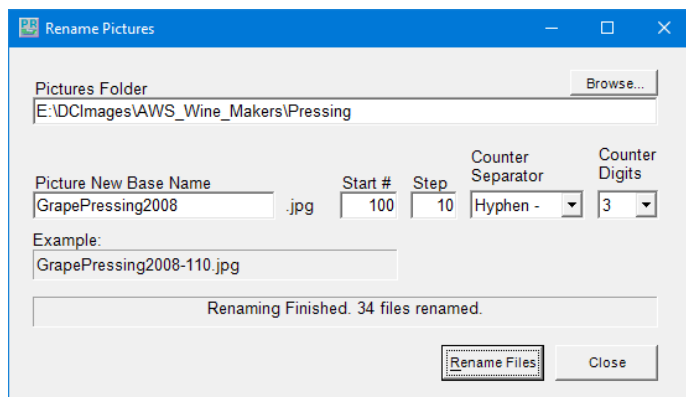
When the rename settings are suitable, the user clicks the "Rename Files" button and the program sets about renaming the image files in that folder. A file is considered an image file if its suffix is: .jpg, .png, .bmp or .tif. Files with other suffixes are ignored.

See the following screen shot to get an idea how this actually looks.



Picture Renamer Set Up to Perform Renames

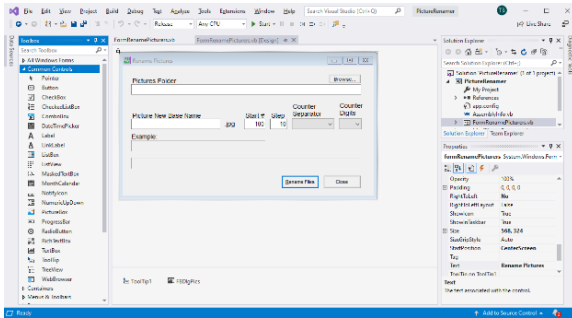
After the user clicks the "Rename Files" button, the program renames the qualifying image files in the folder using the base name, separator and successive sequence numbers.



Picture Renamer After Run

The Picture Renamer program is implemented as a Windows Desktop application. It has only a single screen. The "Browse" button opens a standard Windows "Select Folder" dialog that allows the user to pick the folder whose images are to be renamed.

To view or edit the program's project file and source code, you must first have installed Visual Studio 2019 Community Edition. Double click the PictureRenamer.vbproj file in the extracted set of files. From there you're off and running.



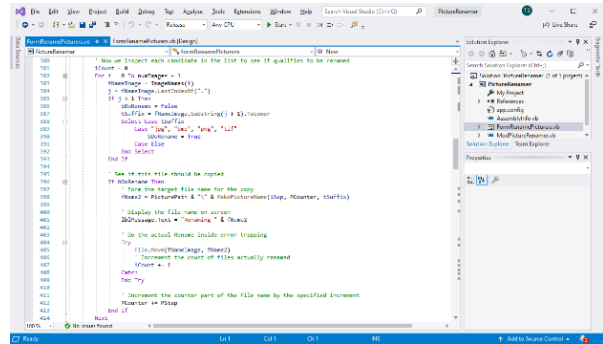
Visual Studio 2019 Developer Interface – Design View

In the Design view, the program’s window appears as it would look when it is running. The developer can drag and drop Windows “Controls” (buttons, text boxes, check boxes, labels, dropdown lists, ...) onto the program window and then set their properties by dragging with the mouse or by typing into the control’s property sheet. Controls can be given meaningful names (e.g. btnRenameFiles instead of Button1) to make the underlying program code easier to understand.

Once the program’s window is laid out nicely, with all the controls properly sized and aligned, the developer moves to the Code view and enters the program code needed to operate the user interface and perform the application’s functions. When a user clicks on or types into a Control, that action is converted by Windows into a message that is sent to the application indicating which Control was acted on and what type of action it was (click, double-click, keypress). Each such message is received by the program and converted by the .Net runtime to a function call to an event handler. The developer codes event handlers for actions he/she wants the program’s UI to respond to in some special way.

In this example, they key action is the user clicking on the “Rename Files” button. That action triggers a Click event that is sent to the Click handler function for the “Rename Files” button. That Click event handler function executes a sequence of VB.Net code instructions that carries out the actual series of file renames for the image files in the designated folder. In the programming world, this is called an event-driven, object-oriented model.

The following screen shot shows the code window displaying the key VB.Net code loop that does the image file renames. You can right click on it and choose “Copy Image” to copy the screen shot to an image editor like MS Paint to view it in more detail.



Visual Studio 2019 Developer Interface – Code View

I’ve uploaded the Picture Renamer program to the club website as a .zip file. The direct hyperlink is: <http://www.scscclb.com/smnr/PictureRenamer.zip>. Just click the link or copy and paste it into your web browser’s address bar. Your browser will download the .zip file to your PC’s hard drive. If you’re interested in getting the source code and project files, send me an email at [tomburt89134 *at\) cox.net](mailto:tomburt89134@cox.net) and I’ll send you a .zip file with the complete package.

Unlike many Windows programs, the Picture Renamer does not need to be *installed*; just copy it to some folder on your hard drive To *run* the Picture Renamer, just double-click on the PictureRenamer.exe file. To make a desktop *shortcut*, left click the PictureRenamer.exe file to select it, then right-click to bring up a context menu. Choose “Send to” and then “Desktop (create shortcut)”.





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this brochure on our website: [LCACE](#)

We had an interesting discussion about digital technology, security and privacy trends at our November meeting. A copy of the associated presentation is available at [Current Trends in Technology, Security & Privacy](#) to jog the memory of the meeting attendees and give everyone else a general idea of the items we talked about.

Looking forward to seeing you all at our 2019 Holiday Party! And, for everyone, best wishes for a very merry holiday season and a happy, healthy 2020!

Phil



Happy New Year

#241265358

COOL TECH GIFTS THIS YEAR

Best Tech Gadgets for 2019

If you are still shopping for that perfect gift, then here are some you might consider.

[Put these on your list!](#)

ELLI-Q

Bring the world to you and you to the world

UGLY CHRISTMAS SWEATER CONTEST

Mark Your Calendar.

December 14, 2019

The annual *Holiday Party* is only a month away so it's time to get out that Ugly Sweater for this years contest. There will be prizes for the First, Second and Third place winners.

Candy Tasting Challenge

Name That Flavor

Name that flavor and win a prize

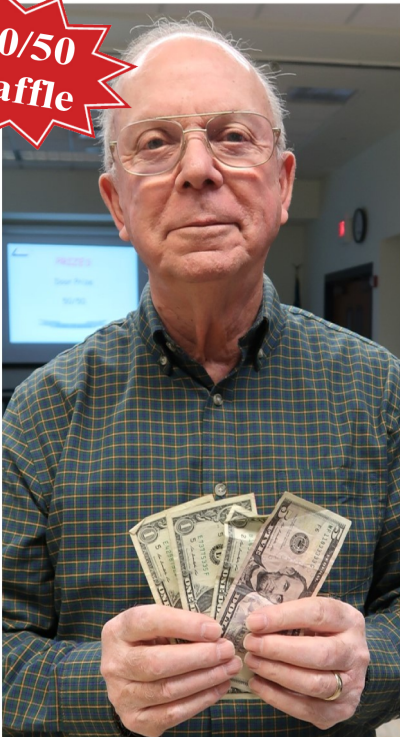
WINNERS

L.C.A.C.E. HISTORIAN



L.C.A.C.E. Club Historian
History Report, 2019-10-9 Meeting
By Les Larkin
LesLarkin@AIM.com

50/50
Raffle



Our November meeting was conducted by Phil Bock.

Linda Busch made the coffee, and she, as well as Liz Barnett, provided munchables for us.

Phil Bock and the Club each won \$8.00 in the 50/50 raffle. The door prize was won by Eric Rehberger.

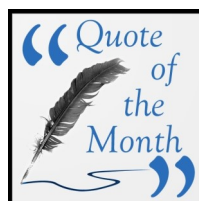
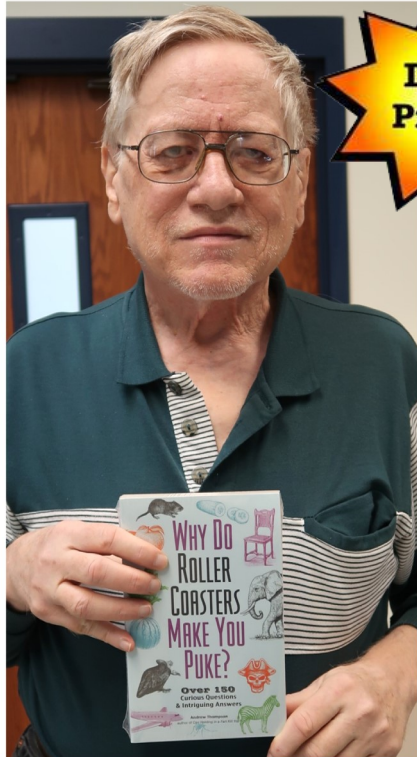
November's presentation was by Phil Bock, "Current Trends in Technology, Security & Privacy." For copies of the presentation material, as well as a video of the presentation, please follow this link:

<http://lcace.org/presentation/presentations.html>

You will also find materials of previous presentations there.

Another great meeting, and I hope to see you at our December meeting.

Door
Prizes



Progress is impossible without change; and those who cannot change their mind cannot change anything.

George Bernard Shaw



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HOLIDAY RAFFLE 2019

1st Prize:



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Tickets: \$1 each, 6 for \$5, or 25 for \$20

Drawing December 14, 2019



Lake County Area Computer Enthusiasts

Do you have computer questions
or need help with your computer,
smartphone or tablet?

WE'RE READY TO HELP!



HELPDESK



11:15 a.m.-12:15 p.m.

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