

DENTAL TRIBUNE

The World's Dental Newspaper • Pakistan Edition



PUBLISHED IN PAKISTAN

pk.dental-tribune.com

NOV-DEC 2021 - Issue No. 06 Vol.8



Prof. Ihsane Ben Yahya starts her tenure as new FDI ...

NEWS

► Page 2



An exclusive interview with Dr Howard Farran

INTERVIEW

► Page 4



Perio Master Clinic 2022 conference to be held in ...

NEWS

► Page 12

INSPIRE DENTAL NETWORK

‘Alvi Dental Hospital ushers affordable dentistry in Pakistan’



Photo: DT Pakistan

DT Pakistan Report

KARACHI - President Pakistan Dr Arif Alvi recently witnessed the Memorandum of Understanding (MoU) signing ceremony between Alvi Dental Hospital and USA's Bringing Smiles Inc. at the Governor House.

The MoU was signed by Awwab Alvi of Alvi Dental Hospital and Dr Anas Athar of Bringing Smiles Inc., which President Arif Alvi and First Lady Samina Arif Alvi witnessed.

The group was named Inspire Dental Network (Pvt.) Ltd (IDN) after the MoU between Alvi Dental Hospital and Bringing Smiles Inc., USA. IDN would improve oral health in Pakistan by facilitating

the young dentists to set up their clinics under supervision with standard and uniform procedures that match the highest hygiene standards.

President Arif Alvi stressed the importance of dental hygiene while addressing the ceremony as a chief guest. He said dentists should focus on the needs of society and the dental health of the masses instead of prioritising the financial gains. He appreciated the agreement between Bringing Smiles Inc. USA and the Alvi Dental Hospital to ensure affordable and quality dentistry for the general public in the country. The president said the project would bring about 25 million dollars investment in the country and create opportunities for healthcare professionals.

Awwab Alvi of Alvi Dental Hospital, while speaking on occasion, said the project was not initiated overnight, but the brief homework was done for this. He said multiple dental health clinics would be established across the country under the agreement. He informed that Alvi Dental Hospital has been credited to provide 'affordable' health care in the country.

Dr Anas Athar of Bringing Smiles Inc. said the project would bring 25 million dollars in Pakistan investments. He said approximately 90 per cent of Pakistan's population was suffering from some dental issues, which was a big challenge. Therefore, awareness regarding dental hygiene and health was needed to be created, he added.

Pakistani dental researchers rank among the world's top scientists

DT Pakistan Report

KARACHI - Ten Pakistani origin dental researchers have recently been featured in the top 100,000 International scientists list.

Elsevier BV published the list, "Updated science-wide author databases of standardized citation indicators", of top 2 per cent scientists on 19 October 2021, which Stanford University, USA released.

The selection was based on provided standardized information on citation, h-index, co-authorship adjusted hm-index, citation to papers, and fulfilled other parameters.

Following Pakistani origin dental researchers have been in the spotlight in the Stanford - Elsevier list, who have made notable research contributions in the year 2020

- Dr Khalid Almas, Imam Abdulrahman Bin Faisal University, Saudia Arabia

- Dr Anwar T. Merchant, University of South Carolina, United States



Dr Kamran Habib Awan



Dr M. Sohail Zafar



Dr Fahim Vohra



Dr Khalid Almas



Dr Anwar T. Merchant



Dr Fawad Javed



Dr Shariq Najeeb



Dr Zohaib Akram



Dr Zeeshan Sheikh



Dr Zohaib Khurshid

- Dr Muhammad Sohail Zafar, Taibah University, Saudia Arabia
- Dr Fawad Javed, Eastman Institute for Oral Health, University of Rochester, United States
- Dr Zohaib Khurshid, King Faisal University, Saudia Arabia
- Dr Zohaib Akram, UWA Dental School, The University of Western Australia, Australia
- Dr Shariq Najeeb, Schulich School of Medicine & Dentistry, Western University, Canada
- Dr Zeeshan Sheikh, University of Toronto, Canada
- Dr Fahim Vohra, King Saud University, Saudia Arabia
- Dr Kamran Habib Awan, Roseman University of Health Sciences, Nevada

The above scientists have been registered in this database for their contribution to salivary research, tissue regeneration, dental biomaterials, periodontics, prosthodontics, implant dentistry, clinical medicine and translational research.

DENTAL TRIBUNE

The World's Dental Newspaper - Pakistan Edition

Publisher and CEO

Syed Hashim A. Hasan

hashim@dental-tribune.com.pk

Editor Clinical Research

Dr. Inayatullah Padhiar

Editors Research & Public Health

Prof. Dr. Ayyaz Ali Khan

Editor - Online

Haseeb Uddin

Designing & Layout

Sheikh M. Sadiq Ali

Dental Tribune Pakistan

3rd floor, Mahmood Centre, BC-11, Block-9, Clifton, Karachi, Pakistan.

Tel.: +92 21 35378440-2

Fax: +92 21 35836940

www.dental-tribune.com.pk

info@dental-tribune.com.pk

Dental Tribune Pakistan cannot assume responsibility for the validity of product claims or for typographical errors. The publisher also does not assume responsibility for product names or statements made by advertisers. Opinions expressed by authors are their own and may not reflect of **Dental Tribune Pakistan**.

International Headquarters

Publisher and Chief Executive Officer

Torsten R. Oemus

Chief Content Officer

Claudia Duschek

Dental Tribune International GmbH

Holbeinstr. 29, 04229 Leipzig, Germany

Tel.: +49 341 48 474 302

Fax: +49 341 48 474 173

General requests:

info@dental-tribune.com

Sales requests:

mediasales@dental-tribune.com

www.dental-tribune.com

Material from Dental Tribune International GmbH that has been reprinted or translated and reprinted in this issue is copyrighted by Dental Tribune International GmbH. Such material must be published with the permission of Dental Tribune International GmbH. *Dental Tribune* is a trademark of Dental Tribune International GmbH.

All rights reserved. © 2021 Dental Tribune International GmbH. Reproduction in any manner in any language, in whole or in part, without the prior written permission of Dental Tribune International GmbH is expressly prohibited.

Dental Tribune International GmbH makes every effort to report clinical information and manufacturers' product news accurately but cannot assume responsibility for the validity of product claims or for typographical errors. The publisher also does not assume responsibility for product names, claims or statements made by advertisers. Opinions expressed by authors are their own and may not reflect those of Dental Tribune International GmbH.

DRAP in action, seizing unregistered drugs

DT Pakistan Report

ISLAMABAD - Drugs Regulatory Authority of Pakistan (DRAP) recently began a crackdown on spurious and unregistered drugs.

The Federal and Provincial Drug Inspector's team conducted a raid on the



Photo: DT Pakistan

General Market of Medicine opposite NICVD Hospital in Karachi. They seized and sealed a large number of stocks of unregistered drugs.

The health ministry said action would be taken against the sellers of these unregistered drugs per the law. Asim Rauf, Chief Executive Officer (CEO), DRAP, said the authority was committed to ensuring the supply of quality medicines and would take effective and thorough action on receiving complaints.

Prof. Ihsane Ben Yahya starts her tenure as new FDI president

DT Pakistan Report

GENEVA - Professor Ihsane Ben Yahya started her two-year tenure (2021-2023) as President FDI. She shared her vision and hopes for FDI during the special virtual edition of the ADA FDI World Dental Congress after the traditional handover of the presidential chain. She was officially sworn in the ceremony.

In her speech, she said that she was truly honoured to take over the FDI presidency. She thanked Dr Gerhard for his leadership over the past two years and was honoured to work at his side.

She promised to be a strong ambassador for FDI. Although being the first African President, she was committed to serving all their members globally and reducing inequalities in oral health so that the most marginalized populations would not be left behind. She believed everyone has the right to good oral health and to live a full,

happy, and healthy life, and by joining forces and as an uplifting federation, she could make that happen.

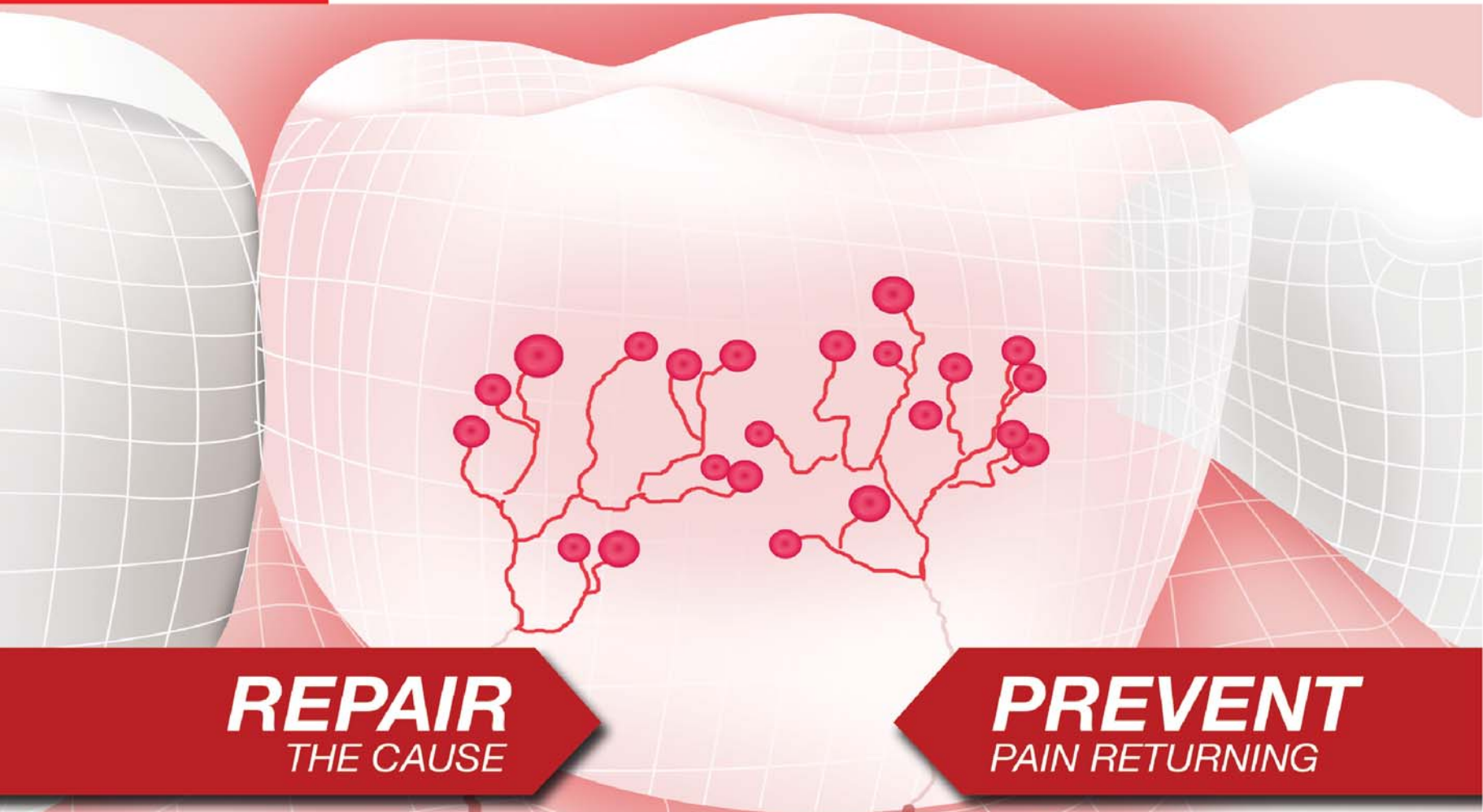
Prof Ihsane expressed she couldn't be successful in her presidential role without the support and trust of a strong team. Since day one of her involvement with FDI, she has seen the impact of teamwork every day as Head of Hospital and Dean of the Dental Faculty at University in Morocco.

The new President said she would work with her team to deliver on FDI's three strategic pillars, i.e., membership, advocacy and knowledge transfer. She thought that FDI's report *Our Vision 2030 - Delivering Optimal Oral Health for All* report had been a critical tool to make it possible.

She considered that the World Oral Health Day campaign had been an excellent opportunity to

Continued on Page 11





REPAIR
THE CAUSE

PREVENT
PAIN RETURNING

THERE'S A BETTER WAY TO TREAT
SENSITIVE TEETH. ¥

REPAIR

Forms a calcium-rich layer and helps repair[†] sensitive areas of teeth for instant and superior relief^{¥, 1-3}



PREVENT

Regular use helps strengthen gums and provides lasting protection to prevent further tooth sensitivity

TREATING SENSITIVE TEETH:
A SIDE BY SIDE COMPARISON

	COLGATE® SENSITIVE PRO-RELIEF™ TOOTH PASTE	ORDINARY SENSITIVITY TOOTH PASTES
TECHNOLOGY PLATFORM	PRO-ARGIN™	POTASSIUM NITRATE
Helps repair sensitive areas of teeth [†] arginine and calcium formulation	✓	
Clinically proven instant and superior sensitivity relief ^{¥, 2-5}	✓	
Acid-resistant occluding layer ⁶	✓	
Relieves the pain of sensitive teeth [†]	✓	✓
Inhibits Plaque and Calculus Buildup	✓	



With continued use. Also helps soothe irritated gums. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute. ¥ In toothpastes with 2% potassium nitrate. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute. Reference 1. Li Y et al. J Clin Dent. 2011; 25(9): 103-107. Reference 2. Namous et al. J Clin Dent. 2009; 23(10): 103-107. Reference 3. Namous et al. J Clin Dent. 2009; 23(10): 103-107. Reference 4. Namous et al. J Clin Dent. 2009; 23(10): 103-107. Reference 5. Namous et al. J Clin Dent. 2009; 23(10): 103-107.

What was your motivation behind establishing Dental Town?

I have never had an original idea in my life. This means I became a dentist like my next-door neighbour. It was in 1999, I was on the ESPN website, and they were talking about soccer and football, and I thought, 'Oh My God, I am into dentistry'.

There was a company called BBB British Bulletin Board, out of London. This is back when you had to write a letter and put an international stamp on it by licking it, and it cost 300 dollars. So simply,



I mailed him 300 dollars cash and never heard from him for like six or eight weeks.

Then I got a letter back. In it had a little floppy disk. The disk was actually a platform that was Dental Town. I just wanted to be able to talk to other dentists about root canals, fillings and crowns. This was five years before Facebook, and it was my huge head start, and I think it was the first social media platform. And what was good about it was that all those six million posts were achieved. Let's say you broke a file inside MB2; you could just go and type in 'MB2', and you'd find every thread wrote, every case ever presented on MB2. So it was a really good reservoir of archived posts of two decades, i.e., every post ever written in dentistry.

“The only value of knowledge is transferring it”

The Internet has played a huge role in the success of Dental Town, in fact, it was formed even before Facebook. How much difference has it brought in your own life?

It's been very great for finding friends and mentors. You might find a separate mentor for root canals and oral surgery. If you want to be good in business, marketing, advertising or have to lead staff, the internet's just a great way to network with people in the same boat as you. The planet has seven and a half billion people, but there are only two million dentists, so there are about sixty-five hundred humans for every one dentist. If you have a problem with a root canal, you could refer to an endodontist. But if you are living in a town where you don't have an endodontist and an oral surgeon, then register yourself in a Dental

Town to be a member, it's free, and you don't have to worry about journalists and news. It's a place where you can be anonymous. So, if you failed a root canal, and you don't want to show how bad you are in root canals, you can just make your account 'Dr Smiley', and everybody's there to help you. I've always been amazed at the love of everybody trying to share to get you to do what you need to do so you can help your 6500 patients save their teeth.

Social media has become a source of information and disinformation. How can one differentiate?

I think this is the first generation on social media, and a lot of people like the disinformation. If you talk about the coronavirus, my entire family doesn't

partials. So, we really need to present it like they're five years old, and that's not insulting. The word 'doctor' comes from the Latin word 'docer', meaning to teach. About 2000 years ago, when we were doctors, we were teachers, and when

“I think what social media and internet has done better than anything it's made all knowledge zero cost”

you're teaching me, I will be a doctor too, but when we're teaching patients about saving their teeth, we got a long way to go. It takes a lot of efforts from doctors to teach their patients regarding the

In dentistry it is not what you know; it's who you know; Dr Howard Farran

by Dr Muattar Hanif

Howard Farran, DDS, MBA, is the founder and owner of Dentaltown.com and Dentaltown Magazine. He has practised dentistry at Today's Dental in the Phoenix metro area for more than 30 years.

In 2017, Incisal Edge magazine ranked him among the 32 most influential people in dentistry. Dr Farran has made a prominent presence on Youtube and iTunes through his timeless "Your 30-Day Dental MBA" series in 1999. Since then, he has released massive amounts of distinguished content, including his monthly "Howard Speaks" column in Dentaltown magazine, the 11-part online CE course "The Virtues of Profitable Dentistry," and his world-renowned podcast series Dentistry Uncensored with Howard Farran. The podcast has released more than 1,500 episodes and has been downloaded more than 8 million times.

Dr Howard has an ever-expanding presence across social media platforms and has lectured internationally on the business of dentistry since 1990, sharing his genuine passion for helping young dental professionals and to provide higher-quality and lower-cost treatment to their patients.

believe in it. They think it was all hype, and it was a cold. As a social media first generation, we're going to hear all the crazy stuff, and that's a lot better if you won't go back. It would get better and better, but it would probably going to take two or three generations before you're not embarrassed about all the crazy people saying crazy stuff.

If a five-year-old comes up to you and says she believes in a tooth fairy. Would you make fun of her? No! You just say she's fine. Similarly, patients don't know the different caps, crowns, bridges and

basics to improve their wellbeing. However, this type of teaching is going to take another generation or two before it's civilized.

Social media has created an over the top demand for achieving the 'perfect smile.' What is your take?

I think it's really going to put a lot of emphasis on teeth. I've lectured in 50 countries, and they started tooth whitening. There's a boom in males getting Invisalign, boys putting on makeup, managing wrinkles and hair. I think this is very profound because, during the pandemic, a lot of people had to work from home. While now seeing themselves on Zoom, they're now worried about their teeth, wrinkles, nail, etc. We've seen our own face more during the pandemic than we did in the first 50 years. When people start wearing masks, they start realizing that teeth and brushing are really important.

I think looking at our faces every day is going to make people start thinking maybe I should make my face look better.

Being the pioneer of digital dentistry, how much has social media played a role in the paradigm shift and origin of modern dentistry?

When I was in school, just a textbook could cost several hundred dollars, and when you were done with the course, you had to sell the book back to get money for the next book. I think what social media and internet has done better than anything it's made all knowledge zero cost.

If you go back 500 years, only the kings and queens could afford teachers for their kids, and now the common peasant can afford it.

I was born in 1962, and in 1972, my mom went to a garage sale and bought some used encyclopedias that were printed in 1952. So my first awakening to the whole world of knowledge

Continued on Page 11



SENSODYNE

CLINICALLY PROVEN RELIEF AND DAILY PROTECTION FOR SENSITIVE TEETH

Repair & Protect

The benefits of **NovaMin®** technology and **sodium fluoride** in a **single formulation**

With twice-daily brushing, it can:

- Create an even harder reparative[†] hydroxyapatite-like layer over the exposed dentine^{*1-7}
- Continually protect your patients from dentine hypersensitivity^{**}
 - Sensitivity relief can start from week 1⁸, and is still making a difference to patients' lives after 6 months of daily use⁹



NO.1 DENTIST RECOMMENDED BRAND FOR SENSITIVE TEETH¹⁰

[†]Forms a protective layer over the sensitive area of the teeth. Brush twice a day for lasting sensitivity protection.*vs. Previously marketed formulation. ^{**}With twice-daily brushing.
References: 1. Greenspan DC et al. J Clin Dent 2010; 21: 61-65. 2. La Torre G and Greenspan DC. J Clin Dent 2010; 21(3): 72-76. 3. Earl JS et al. J Clin Dent 2011; 22(3): 62-67.
4. Parkinson CR et al. J Clin Dent 2011; 22(3): 74-81. 5. GSK Data on File, ML498. 6. GSK Data on File, ML584. 7. GSK Data on File, ML589. 8. GSK Data on File, RH01422.
9. GSK Data on File, RH01897. 10. GSKCH PK IPSOS Study 2019, n = 250 qualified dentists. Date of preparation: February 2021 PM-PK-SENO-21-00003

AMDC conducts orientation ceremony and career counselling symposium

LAHORE - Akhtar Saeed Medical and Dental College (AMDC), Lahore, recently conducted an orientation ceremony and a career counselling symposium for house officers who had just started and completed their house job.

It has been a hybrid event and the first of its kind. The event aimed to provide post-graduation career options to all the BDS students, especially the house officers who had just completed their house job. It also aimed to brief the house job rules and regulations to the new house officers.

Dr Farooq Khan, Chairman, AMDC, Prof Dr Sabir Hussain, Principal Dental College, AMDC, Prof. Dr Col @ Iffat Batool, Dean Dental Section, AMDC, Dr Sadia Minhas, Vice Principal Dental College, AMDC and Dr Agha Sohail, MS Dental Clinics, AMDC, presided over the event.

The new house officers were welcomed and explained the "Academic Aspects of House job", "Administrative Aspects of House job", and "Outline of ClinicoPathological Conferences".

Prof. Dr Col@ Iffat Batool introduced the symposium to the students. Many renowned

dental practitioners from Pakistan and other countries explained different career options. Dr Saiqa Ahmad of Dental Professionals, Lahore, briefed about General Dentistry Management and discussed the key points to a successful private practice.

Prof Dr Sabir Hussain, Prof Dr Col @Iffat Batool, Dr Sadia Minhas and Dr Rabia Chaudhary explained various local post-graduation options like MDS, FCPS, M.Phil/Ph.D in basic and clinical sciences.

Prof. Dr Khalid Mirza and Dr Ahmad Chaudhary, from their personal experience, explained about study

options in France and Malaysia, respectively. Two foreign speakers, Dr Hussain Abbas and Dr Aun Sherazi, enlightened the audience on the pathways to the USA and UK for post-graduation and ultimately clinical practice.

At the end of the event, certificates were presented to Dr Ali Haider and Dr Kinza Khalid for their outstanding performance as 'Best House officers of the year'.

Dr Sadia Minhas concluded the event, thanked the speakers, wished the best to the passing house officers, and welcomed the new ones. **-PR**

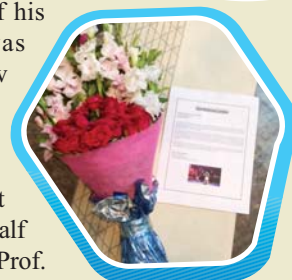
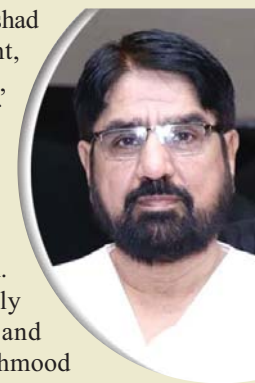


Photos: DT Pakistan

Dr Arshad thanks President ICD for heartfelt sympathy

ISLAMABAD - Dr Arshad Malik, Vice President, Section XV, International College of Dentists (ICD), recently acknowledged Dato' Dr How Kim Chuan, President, Section XV, ICD, for his heartfelt consolation.

Prof. Chuan has recently sent a condolence letter and flowers to Dr Arshad Mehmood Malik on the demise of his mother. Dr Malik was grateful for his fellow feeling and said, "I would like to thank Prof. Dato' Dr How Kim Chuan, President Section XV, ICD, on behalf of ICD Section XV and Prof. Dr Nauman Khan, Deputy Regent Pakistan, ICD, for the heartfelt condolence letters and beautiful flowers expressing solidarity and sharing my grief of the loss of my great mother. I truly appreciate your kind expression of sympathy in this time of sorrow." **-PR**



DUHS accords its first PhD degree to Dr Ambrina Qureshi

KARACHI - The Dow University of Health Sciences (DUHS), Karachi, recently awarded its 1st PhD Degree in Dentistry to Prof. Dr Ambrina Qureshi in the speciality of Community Dentistry after the approval from the Boards of Advanced Sciences and Research, DUHS.



Photo: DT Pakistan

Prof. Dr Ambrina Qureshi publicly defended her PhD thesis under a team of supervisors including Prof. Dr Syed Akhtar Hussain Bokhari, Community Dentistry Specialist, Prof. Dr Zeba Haque, Biochemistry Specialist and Prof. Dr Akhtar Ali Baloch, Endocrinology Specialist. The topic of her thesis was 'Glycemic Control in Type-2 Diabetes Mellitus patients through Non-Surgical Periodontal Therapy- A Three-Arm Randomized Clinical Trial'.

International reviewers evaluated her thesis. After that, she was assessed by two PhD specialists of Community Dentistry and one examiner of Public Health, namely Prof. Dr Muhammad Khalil from Jinnah Sindh Medical University, Dr Farooq Ahmed Chaudhry from Pakistan Institute of Medical Sciences and Prof. Zafar Hydri from DUHS.

She was declared successful on June 12, 2021. During her coursework, she scored the highest GPA in Biostatistics. **-PR**

Dr Zohaib becomes member of Royal College Glasgow

SAUDIA ARABIA - Dr Zohaib Khurshid, Lecturer and Course Coordinator, Department of Biomaterials and Prosthodontic, King Faisal University, Saudia Arabia, has recently been awarded Member of the Faculty of Dental Surgery (MFDS) from Royal College of Physicians and Surgeons (RCPS), Glasgow.

Dr Khurshid received his Bachelor's degree in dentistry from Fatima Jinnah Dental College (FJDC), Pakistan. After graduation, he started working as a lecturer at FJDC. He published international research papers and book chapters and proceeded to Master by Research (MRes) in Biomaterials from the University of Birmingham (UoB), UK. He became the first Pakistani dental researcher to start working on human salivary proteomics, gingival crevicular proteomics, and platelet-rich proteins (PRPs) proteomics.

He has 150 peer-reviewed publications since 2013 in dental biomaterials, tissue engineering and clinical dentistry.

Continued on Page 11

Dr Sohail Zafar associates with Royal College Glasgow

SAUDIA ARABIA - Dr Muhammad Sohail Zafar, Professor and Course Coordinator, Department of Restorative Dentistry, Taibah University, Saudia Arabia, has recently been awarded Member of the Faculty of Dental Surgery (MFDS) from Royal College of Physicians and Surgeons (RCPS), Glasgow.

Prof. Zafar received his bachelor's degree in dentistry from de' Montmorency College of Dentistry, Pakistan, and PhD from Nottingham, UK. After his PhD, he joined the Taibah University College of Dentistry, Saudia Arabia. Prof. Zafar has more than 200 publications [h-index of 40 (Google Scholar)], including journal articles, three edited books and several book chapters.

According to the SCOPUS database, he has 145 publications [h-index of 28]. His research interest covers dental biomaterials, tissue engineering, dental education, and clinical dentistry. Moreover, according to the recent AD Scientific Index 2021, Prof. Zafar has been ranked #3 at the Taibah University (#1 in Dentistry) and ranked #230 among all the Saudi Arabia researchers (#2 in Dentistry). **-PR**

BLEEDING GUMS WHEN YOU BRUSH?

THE CLOCK IS TICKING
ON GUM DISEASE



**67% MINERAL
SALTS**

**IMPROVED
TASTE**



4x MORE EFFECTIVE VS REGULAR TOOTHPASTE*
AT REMOVING THE MAIN CAUSE* OF BLEEDING GUMS

Ask your dentist about gum problems.

PM-PK-PAD-21-00039

*after a professional clean and twice daily brushing.

IADSR provides hands-on workshop on TMJ disorders and splints

LAHORE - Institute of Advanced Dental Sciences and Research (IADSR) recently conducted a one-day workshop on 'Tempromandibular Joint Disorders (TMDs) and Splints'.

space, overjet and overbite in association with TMJ. Furthermore, he elaborated a detailed method of history taking and assessment of TMD patients. Participants then perform history taking along with physical examinations on each other.

on articulated casts with modelling wax. After the hands-on, he explained several areas related to splints loosening and tests for stabilization and types.

In the second half of the class, Dr Toosy elaborated various methods of pain



Photo: DT Pakistan

Dr Waleed Toosy, Assistant Professor, Prosthodontics, Avicenna Dental College, expedited the workshop. He began the session with a booster lecture on the anatomy and physiology of the Temporomandibular Joint (TMJ) with a particular focus on its muscular and ligament attachments. He discussed several mechanisms like mouth opening, freeway

In addition, he elucidated the classification of TMDs along with radiographical and clinical methods used for their diagnosis and treatment planning.

To make the session more interactive, Dr Toosy, after giving a comprehensive lecture on the utility of splint therapy with TMDs, demonstrated and equipped participants to fabricate anterior and posterior splints

management caused by TMDs, comprising a range of approaches from patient education to the use of the occlusal appliance and from exercises to medications.

He concluded the session with a short quiz comprising cases for which participants made diagnoses and treatment plans. The session ended with the adequate achievement of learning objectives. **-PR**

HITEC-IMS conducts Basic Life Support training for faculty

TAXILA - The Faculty Development Committee at Dental College, HITEC Institute of Medical Sciences recently organised a two-day Basic Life Support (BLS) Workshop, which was mandatory for all faculty members.

in BLS and choking management according to American Heart Association (AHA) guidelines for Adults, Children & Infants.

BLS has been one of the essential skills for which every health care worker should



Photos: DT Pakistan

Dr Zeeshan Baig, Assistant Professor, Frontier Medical & Dental College (FMDC), Abbottabad, led the hands-on training program on BLS. Dr Zeeshan Baig has been a certificated BLS trainer of Life Savers Foundation Pakistan, Islamabad.

A comprehensive lecture followed by a hands-on drill on dummies was carried out. Forty-four faculty members were trained

be trained. Dr Mudassir Saleem, Head of Faculty Development Committee, has been actively involved in the program and conducting workshops on a regular basis and aims to continue to do so in the future.

At the end of the second day, Prof. Dr Irfan Shah, Principal, Dental College, HITEC-IMS, handed the certificate and shield to Dr Zeeshan Baig. **-PR**

Students benefit from a two-day perio-implant master class

LAHORE - Institute of Advanced Dental Sciences and Research (IADSR) recently conducted the tenth session of 'Professional Diploma in Periodontology and Oral Implantology', which was comprised of the 2-day workshop.



Photos: DT Pakistan

Dr Muhammad Haseeb, Assistant Professor, University Of Lahore; Dr Myra Ahmed, Assistant Professor, Lahore Medical & Dental College; and Dr Zubair Ahmed Khan, Assistant Professor, FMH College of Medicine and Dentistry, Lahore, facilitated the workshop.

Workshop Day 1: Dr Zubair commenced the day with a detailed and interactive lecture session on 'Full-arch Rehabilitation with Dental Implants' scoping from treatment planning to prosthodontic restoration. The first-hand clinical cases were analyzed and discussed with the participants in order to give them a didactic and pragmatic experience. Moreover, the students were made to perform exercises of diagnosing clinical cases and enumerating the possible treatment approaches. Dr Haseeb then took on the day and concluded it by giving an overview of 'Digital Dentistry' across the globe in Oral Implantology.

Workshop Day 2: The second day was focused on the clinical work of the patients facilitated and rehabilitated by participants under direct supervision.

Four implants were successfully placed by guided implant surgery in one clinic, whereas free gingival grafting was performed in the other clinic. Moreover, several impressions were also taken of the implant cases done at the beginning of this 9-month long course.

The workshop was concluded with an hour-long session of reflections during which participants shared their experiences and got their relevant queries addressed. **-PR**

Dow Dental College promotes oral health at local school

KARACHI - Department of Community Dentistry at Dow Dental College (DDC) recently arranged an oral health promotion visit to Government Boys Secondary School Kotwal building (GBSS).

Community outreach programs to primary and secondary schools are a great way to educate and engage youth on the



Photos: DT Pakistan

importance of oral hygiene practices. In pursuit of this goal, forty-eight third-year dental students from DDC visited GBSS under the supervision of Dr Muhammad Taqi, Assistant Professor, DDC, Dr Adnan Sukkarwallah, Assistant Professor, DDC, Dr Babar Zia, Dr Mona Shah and Dr Amber Saeed.

Continued on Page 11

BUMDC highlights Cerebral Palsy in poster competition

KARACHI - The Department of Community & Preventive Dentistry, Bahria University Medical & Dental College (BUMDC), Karachi, recently organised a poster competition to highlight the dental diseases commonly found in Cerebral Palsy (CP) children.

Cerebral palsy is attributed to a group of disorders that affect muscle movement and coordination. It also affects vision, hearing, and sensation. Cerebral palsy children are one example of a disadvantaged population in Pakistan.

Vice Admiral (R) Khalid Amin HI (M), Director General, BUMDC, and Dr Wahab Buksh Kadri, Principal, BUMDC, graced the event with his presence. Moreover, Prof. Syed Ahmed Omar, Head of Dental Materials Department, BUMDC and Dr Kiran Bana, Assistant Professor, BUMDC, was invited to judge the competition.

The Health Care Professional (HCP) team of the department supervised the students in designing their posters. The HCP team comprises Prof



Photos: DT Pakistan

Kulsoom Fatima Rizvi, Vice-Principal & Head of Community Dentistry Department, BUMDC, Dr Maria Moin, Assistant Professor, BUMDC, Dr Mohsin Haider, Senior lecturer, BUMDC and Dr Hajra Asghar, Lecturer, BUMDC. Further, Mr Qadeer Ahmed Tunio helped the HCP team to arrange the venue for the competition.

Students were divided into four groups, presenting a dental disease commonly found in Cerebral palsy children. The posters highlighted the information about the disease's etiological, risk factors and preventive measures. The

emphasis was more on oral hygiene practices such as meticulous tooth brushing techniques, types of toothbrushes, and mouth rinses helpful in CP.

At the end of every presentation, there was a question, and answer session by the judges and students were able to answer all questions effortlessly. Judges found all the posters commendable and rated them based on the presenter's poster title, content, pictures, graphics, and presentation style. Students were also given certificates according to the position secured by them. **-PR**

UCMD holds introductory seminar on fillers and botox usage in dentistry

LAHORE - The Department of Preventive and Dental Public Health, University College of Medicine and Dentistry (UCMD), University of Lahore, recently arranged a seminar titled, 'From Filling the Teeth to Filling the Cheeks: Introduction to Fillers and Botox in the Scope of Dentistry' for the fresh dental graduates.

Dr Arooj ul Hassan, Head of Preventive and Dental Public Health Department, UCMD, and his team organised a seminar to address this amalgamation of fields. They invited Prof. Dr Atif Kazmi, Professor and Head of Dermatology Department, The University of Lahore Teaching Hospital, Lahore, to introduce some novel procedures to the young dentists.

Dr Muhammad Hassan, Head of Dental Materials Department, UCMD, Lahore, started the session with his lecture on the direct relationship between oral and general health.

Afterwards, Prof. Dr Atif Kazmi took the stage and explained the various skin problems that come with age and their management using



Photo: DT Pakistan

fillers and botox. He emphasised when and not the treatment of this proportion was necessary.

From the types of fillers and botox to their application methodology to the possible side effects of the therapy, Prof. Kazmi introduced the concept in his lecture and concluded with a Question-Answer session.

In the end, Prof. Dr Rehan Qamar, Principal, UCMD, thanked Prof. Kazmi and lauded the organisers' efforts. He presented the certificate of appreciation to Prof Kazmi. **-PR**

University College of Dentistry enlightens patients about sensitive teeth

LAHORE - The Department of Community and Preventive Dentistry, University College of Dentistry (UCD), Lahore, recently arranged the event titled "Season's Greetings" in collaboration with Martin Dow under strict COVID-19 SOPs at the University Dental Hospital, The University of Lahore.



Photos: DT Pakistan



The department conducted the event after the weekly clinicopathological conference. The topic of the discussion was as per the activity to raise awareness about dental health problems and their management. Prof. Dr Rehan Qamar, Principal, UCD and Dr Zahid Pervaiz, Medical Superintendent, The University Of Lahore Teaching Hospital, Lahore, adorned the event with their presence. The senior faculty of UCD also participated in the activity, including Dr Arooj ul Hassan, Dr Aqil Malik and Dr Muhammad Hassan, Dr Muhmmad Haseeb and Dr Adeel Haider. University Dental Hospital decided to welcome the patients with more than smiles on the event day. They deliberately served fresh and cold fruits to them on their arrival.

The activity aimed to raise awareness regarding sensitivity and tooth decay in patients. More than 200 people participated in the event, including students and patients. The participants were asked about sensitivity or pain in their teeth due to the cold or sweet. Students then informed patients about the possible causes of pain and sensitivity of teeth with their treatment and prevention. Representatives of Martin Dow distributed oral health products amongst the participants.

Sensitivity in teeth is one of the patients' most common presenting complaints at the Dental Hospital, University of Lahore. The problem can be related to different causes, including tooth decay and poor oral hygiene. Prevention of these factors can be the best way to avoid sensitivity entirely.

Dr Rehan and Dr Zahid Pervaiz were appreciative of the coordinators of the event. They explained the importance of such events to improve the patient experience and morale of the faculty members. **-PR**