

TOGETHER IS BETTER
INTERNATIONAL ASSOCIATION OF DENTAL STUDENTS

IADS MAGAZINE

NOVEMBER, 2018



COUNTRY PROFILE
JAPAN

FREE ARTICLE

THE HISTORY OF DENTISTRY
IN ANCIENT EGYPT

IADS REPORT

- 65TH ANNUAL CONGRESS TAIWAN
- TNT EGYPT
- IADS AT THE GLOBAL CONFERENCE ON PRIMARY HEALTH CARE

ADVANCED DENTISTRY

WHAT IS REGENERATION?

“WE CAN NEVER BE A JACK
OF ALL TRADES SO FOCUS ON
ONE FIELD AND DO IT IN THE
BEST WAY POSSIBLE”

GABRIELA RUEDA
SPECIALIST IN ORTHODONTICS
AND MAXILLOFACIAL ORTHOPEDICS

Greta Kersyte

IADS Editor-in-Chief



Dear IADS Family,

Welcome to IADS Magazine NOVEMBER 2018 Issue!

I am very excited to share with you our new magazine issue which has a few changes since last term! First of all, don't rush to read it, just take a quick look at the following pages and you will notice our changed design. For this I want to say big thanks to coordinator of graphic design - Mohamed Fayed who helped me to fulfill my ideas in the best possible way! After quick review of design, I suggest start paying more attention to the articles and read them carefully. We have invited social media celebrity orthodontist Dr. Gabriela Rueda from Mexico for IADS Español section which was combined with IADS Stories, so the interview could be available in both languages Spanish and English. Also, for the first time IADS Magazine has included professional research - study article! In IADS Research section you could read more about effervescent vitamin C effect on resin composite. I want to thank Aws Salah - coordinator of IADS Magazine who was managing work among writers and Zeinab Hussein - coordinator of social media who helped to advertise IADS Magazine in the first place and made it so highly anticipated! Last but not least, liaison officer of editorial board, Silvi Domnori, who coordinated work among the whole team members! Let's not forget coordinator of video editing - Mark Rizkalla who is working on our secret project that you will hear about soon! So thanks to all these people mentioned above and the rest 22 editorial board members my visions were made reality and you are able to have this brand new IADS Magazine issue in front of you!



Ave Pold

President



Dear Readers,

Hooray! A fresh and new IADS Magazine is waiting for You. This issue features a little bit of everything-science and volunteering, internal and external, old and new and much more.

Our members are active all over the world bringing forth dentistry and working on numerous fascinating matters. The world is in a constant change and oral health must be kept as a priority within the local, national and international health agendas. The capacity IADS has is immense with trainings, IVP-s, researches, congresses and partnerships happening all the time. Sharing information, writing articles and making interviews is an efficient way how our members can motivate each other and create new opportunities for self-development.

It makes me happy to see how the magazine has grown and developed with more variety being constantly added by the Editorial Board.

So grab a cup of coffee and check out the pages ahead. Enjoy!



INDEX

IADS REPORTS:

08 TNT EGYPT

10 IADS at the WHO
m-OralHealth Workshop

12 FLOSS - For the Love
of Saving Smiles

14 IADS at the Global
Conference on
Primary Health Care

16 FDI 2018 World
Dental Congress

18 IADS The 65th
Annual Congress Taiwan

Country Profile:

20 Japanese Dental
Students' Association

IADS MAGAZINE

IADS Español + IADS Stories:

22 Entrevista con
Dra. Gabriela Rueda/
Interview with
Dr. Gabriela Rueda

Advanced Dentistry

27 What is Regeneration?

Human Rights

31 Iraq Orphans

32 IADS Lite

IADS Research

34 The effect of
effervescent vitamin C
tablets on the surface
roughness and color
stability of different
resin composites

Free Article

36 Treat Your Self
or You Will Tear Yourself

39 The History of
Dentistry in Ancient Egypt

Ave Pold

President

Country: Estonia
University: University of Tartu
E-mail: president@iads-web.org



Abanob Yosry

General Secretary

Country: Egypt
University: Tanta University
E-mail: secretary@iads-web.org



Greta Kersyte

Editor

Country: Lithuania
University: Lithuanian University Of Health Sciences
E-mail: editor@iads-web.org



Bjorn Bierlich

Treasurer

Country: Germany
University: Dresden University
E-mail: treasurer@iads-web.org



Mustafa Hacilar

International Exchange Officer

Country: Northern Cyprus
University: Near East University
E-mail: ieo@iads-web.org

Wun-Ting Lin

International Scientific Officer

Country: Taiwan
University: Chung Shan Medical University
E-mail: iso@iads-web.org



Andrey Baltaev

Immediate Past President

Country: Russia
University: Saratov State Medical University
E-mail: ipp@iads-web.org



Chairmen Of Standing Committees

2018-2019

Prophylaxis Russia

Anastasia Dmitrieva

Pavlov First Saint Petersburg State Medical University
prophylaxis@iads-web.org



Sanam Rahimi

Shiraz University of Medical Sciences
recruitment@iads-web.org



CREME Iran

External Relations Thailand

Pongkarn Kanjanawattana

Chula University
external.relations@iads-web.org



Viktoría Rethy

University of Gothenburg
iadsfundraising@iads-web.org



Fundraising Sweden

Training Turkey

Deniz Yenidunya

Istanbul University
training@iads-web.org



Marc Tokarski

Dresden University
voluntary@iads-web.org



Voluntary Work Abroad Germany

Byung Chan Kim

Italy

Regional Director of Europe

Università di Foggia
director.europe@iads-web.org



IADS Regional Directors

2018-2019

Protas Msungu

Tanzania

Regional Director of Africa

Muhimbili University of Health and Allied Sciences
director.africa@iads-web.org



Leo Meza Palma

Chile

Regional Director of Americas

Universidad San Sebastián
director.americas@iads-web.org



Movina Wu

Taiwan

Regional Director of Asia

Chung Shan Medical University
director.asia.pacific@iads-web.org



Julien Issa

Lebanon

Regional Director of Middle East

Beirut Arab University
director.middle.east@iads-web.org



IADS Editorial Board

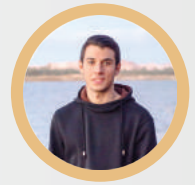
2018-2019



Aws Salah
Magazine Coordinator
Iraq



Silvi Domnori
LOEB
Turkey



Mohamed Fayed
Graphic Coordinator
Egypt



Zeinab Hussein
Social Media Coordinator
Sudan



Mark Rizkalla
Video Editing Coordinator
Egypt

Abdelrahman Magdy	Egypt
Adeleye Mesogboriwon	Nigeria
Amna Fakhar	Pakistan
Bashdar Bashir	Iraq
Daniela Popescu	Romania
Ernest Mugesera	Rwanda
Ibrahim Atyah	Iraq

Joanna Dawcewicz	Poland
Khaleed Umar	Nigeria
Labidi Amina	Tunisia
Maria-Alexandra Dogaru	Romania
Mazen Dawoud	Egypt
Mihaela Raileanu	Romania
Mohamed Ahmed	Egypt
Ranj Surme	Iraq
Shukri Mohamud	Turkey
Soeun Senghor	Cambodia
Walaa Al Absi	Palestine
Walid Meddeb	Tunisia
Ziad Mekled	Egypt
Živa Antolin	Slovenia



Greta Kersyte

Editor In Chief

Lithuania

This brings us to the fourth day, which was full of social activities. All participants and the team of organizers visited the Royal Jewelry Museum in Alexandria where they got to see the beauty of the ornaments and jewelry exhibited inside and took pictures to seize those memories for a remember it for the lifetime. After the museum, the participants went to one of the biggest sights in Alexandria - the Library of Alexandria. They visited the museum of the library and the library itself. They were very impressed by how colossal and wonderful this place, where you can share the knowledge, meet people from different cultures and develop yourself, is. After the Alexandria Library, participants went to eat had lunch in one of the traditional restaurants and drank tea afterwards.

At the end of this long social day, participants were happy to have spent it sightseeing all these places. On day 5, the sub-regional training (SRT) started. All participants got their topics two days in advance to prepare presentations that they would give in the presence of trainers. On day 6, the SRT was completed and at the end of the day, there was a closing ceremony for the TNT finalized with relaxing in a café at the beach. The participants said the TNT was an amazing experience.

TNT EGYPT

From 25th till 30th of July in the pride of the Mediterranean Sea, there were 19 participants with 5 organizers and 4 lovely trainers, 3 of which IADS Certified Trainers and one IFMSA Egypt Trainer. They all came to the fascinating city of Alexandria to participate in the IADS TNT of Egypt. Participants were from different countries-different culture and cities. There were participants from the land of civilizations Iraq and from the Republic of Sudan. They all came just to get trained and to make new friends in one of the wonderful cities in Egypt. The training took place over a 6-day period and was held at the Faculty of Dentistry in Alexandria. During the first day, participants were trained in different subjects like communication, teamwork, leadership, feedback and presentation skills. The second day of training covered the topics of what the role of a trainer should be, training methods, time management and negotiation skills. The third day was about the place of trainer in dentistry and intercultural training.



Aws Salah from Iraq said: "It would be my pleasure to visit Egypt again and to participate in programs like this, because the people of Egypt, the team, the participants and all people that I met in this program were like my second family and I spent memorable days with them. I hope to meet them all in the near future. Big love to IADS family and DSSA-Egypt."

Ludan Mustafa from Sudan: "TNT was a useful program to learn about communication skills, the art of leadership and how to shape personal features; and we have having met other cultures, the most beautiful moments were brought to me by this excellent team - an experience worthy of praise. I hope to visit Egypt again. I would like to thank everyone who had a role in encouraging me to take this step from friends. Nice to meet all of you and big love to family IADS and DSSA-Egypt."

Ziad Mekled from Egypt: "These are unforgettable memories; those days we spent together with different nationalities and cultures, in turn redounded on us a kind of cultural openness, in addition to what we learned. TNT is one of the wonderful things the man can do. In the end I would like to thank Sherien Atef, the former president of DSSA EGYPT, for her efforts and keenness to organize this training in a wonderful way and give us the opportunity to attend such a big event like that here in Egypt; and special thanks to my friend Mohamed Ali, who told me about the TNT."

Fayed from Egypt: "Being involved in new experiences, spending 7 days with new people, gaining new skills, having a great time; it was amazing to be in a group with different mentalities, different skills but all with the same passion to learn and make a great impact."

Mohamed A.M. Ahmed (TNT Egypt Trainer): "The idea of TNT is one of the most successful programs ever done to medical or dental students. Actually, as medical or dental students, sometimes we don't pay attention to life skills. We spend most of our time on improving ourselves scientifically and clinically. We are very great and professional in that, but the great fact is that we are going to deal with patients, we are going to give lectures, some of us will start a new business; all of these need other skills to be fully qualified. This is what TNT offers us, non-medical skills related to medicine and dentistry. When I decided to leave my own country, Egypt, traveling to attend a TNT program, I wanted to acquire such skills. I had the passion to meet different students from various countries, develop a new way of communication and get inspired by everyone's story. Here I am today, in love with travelling, giving training sessions, learning more, sharing more, inspiring and getting inspired."



Writer

AWS SALAH / IRAQ
MOHAMED AHMED MOHAMED/ EGYPT

Proofreader

AWS SALAH / IRAQ
ZIVA ANTOLIN/ SLOVENIA

Designer

IBRAHEM ATYIAH / IRAQ