

# DENTAL TRIBUNE

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## 2,555 GRADUATES, 610 POSTGRADS AWARDED DEGREES AT LUMHS CONVOCATION

Recently, Liaquat University of Medical and Health Sciences celebrated its 19<sup>th</sup> convocation.

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## COLGATE PAKISTAN'S ORAL HEALTH WEEKS – A NATIONWIDE DRIVE FOR BRIGHTER SMILES

Maintaining good oral health is a fundamental aspect of overall well-being and quality of life.

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## INTERVIEW

Dentists need to have patient-centred approach: Dr Qurat ul Ain Malik.

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# Alvi sees AI pivotal role in healthcare sector

DT Pakistan Report

LAHORE: President Dr Arif Alvi highlighted the significance of artificial intelligence (AI) within the healthcare sector, aiming to enhance the provision of better medical services to the public.

During his address at the Instacare Future Health Forum 2023 held at a local hotel, he said AI holds immense promise for advancements in health and medicine, envisaging a future where medical graduates could leverage AI for patient treatments. The president pointed out that doctors no longer need to rely solely on their memory, as extensive information can now be stored and accessed through mobile phones and computers. He cited the example of Pakistan's effective utilisation of available data during the COVID-19 pandemic, which



President of Islamic Republic of Pakistan, Dr Arif Alvi addressing the audience at the "Instacare Future Health Forum 2023".  
—Photo: DT Pakistan

resulted in saving numerous lives. Notably, the country experienced a lower COVID-19 mortality rate compared to neighboring nations.

Emphasising the availability of abundant data in Pakistan, he stressed the pivotal role of AI in formulating precise questions to extract accurate answers.

He also underlined the democratisation of knowledge, asserting that anyone can access

information freely, making control over it nearly impossible.

The president also highlighted the Islamic principle of promoting community welfare and betterment through state actions. He drew parallels between scientific advancements and the ease they bring to people's lives, suggesting that AI should similarly serve to facilitate human well-being.

In a preceding segment, the president conferred awards upon

individuals and institutions that have contributed technological and AI-driven innovations to the healthcare domain. Dr Javed Akram, Punjab's Minister for Health and Social Welfare, also addressed the attendees.

The forum saw the attendance of First Lady Begum Samina Alvi and a substantial gathering of healthcare professionals, reflecting its significance for the medical community.

# London Dentistry Show promises exciting events for professionals

DT Web Desk

The Digital Dentistry Theatre, conducted by the International Digital Dental Academy (IDDA) President, Prof. Adam Nulty will be the hallmark of the two-day Dentistry Show 2023, to be held in London on 6 and 7 October, showcasing cutting-edge technologies that are transforming patient care and revolutionizing the field of digital dentistry.

The objective of the Digital Dentistry Theatre is to provide high-quality education,

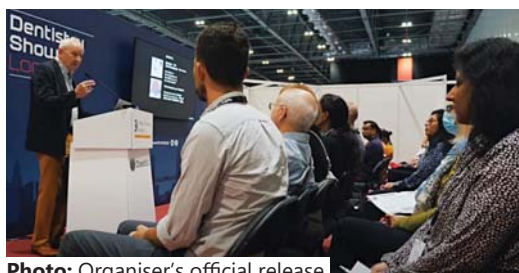


Photo: Organiser's official release

explore current and future trends, offer practical implementations, and foster engagement among attendees.

The lineup of speakers includes esteemed

figures in digital dentistry who will share their expertise in various sessions of the show.

Highlighted sessions include 'A Dental Lab Perspective Regarding Bases on Implant Abutments' by Magdalena Frackiewicz, 'Digital Smile Design Innovations & Workflows' by Quintus Van Tonder, 'Facially Driven Smile Concepts in Implantology' by Chris Lefkaditis, 'Restoratively Driven Implantology' by Patrik Zachrisson, and 'Occlusion Evolution' by Riaz Yar.

Prof. Nulty will also speak on the influence

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# 2,555 graduates, 610 postgrads awarded degrees at LUMHS 19<sup>th</sup> convocation

DT Pakistan Report

JAMSHORO: Recently, Liaquat University of Medical and Health Sciences (LUMHS) celebrated its 19<sup>th</sup> convocation, recognising the exceptional accomplishments of 2,555 graduates and 610 postgraduates on the university campus in Jamshoro.

Sindh Minister for Universities and Boards, Ismail Rahu, the chief guest, in his address congratulated all the degree recipients and emphasised the crucial role of literature and education in society.

During the welcome address, Vice Chancellor Prof. Dr Ikram Din Ujjan expressed immense pride in the accomplishments of the graduates and postgraduates, as they embark on a new journey to serve humanity.

The convocation awarded degrees and diplomas to a total of 3,165 Liaquatians, including 1,381 MBBS graduates, 383 BDS graduates, 220 Doctors of Physiotherapy, 184 Doctors of Pharmacy, 154 Biomedical Engineers, 233 Bachelor's in Nursing graduates, and 610 postgraduates in various medical fields, including Dentistry, Public Health, and Basic Medical Sciences.

Prof. Ujjan expressed hope that the graduates and specialists would follow in the footsteps of their predecessors, tirelessly working to improve the health status of people in the region and the country, thereby upholding the reputation of their alma mater and the medical profession. He lauded the university's commitment to providing exceptional healthcare



Sindh Minister for Universities and Boards, Ismail Rahu, and Vice Chancellor Prof. Dr Ikram Din Ujjan, presenting degrees to accomplished students. –Photo: DT Pakistan

facilities and the dedication of the faculty members, especially during the challenging period of the COVID-19 pandemic.

Liaquat University Hospital in Hyderabad and Jamshoro, along with the Diagnostic and Research Laboratory, were acknowledged for their efforts in caring for critical patients and offering standardised services to Covid-19 patients across the province.

The VC also shared the university's ongoing projects sponsored by the Higher Education Commission (HEC), including the establishment of the Research Institute of Endocrinology and Diabetes, Examination Center, and extensions of the Institute of Ophthalmology and Medical Research Center. These initiatives aim to benefit students, patients, and the community at large.

To address the need for skilled technical staff in government hospitals, Prof. Ujjan highlighted the establishment of a College of Technology, providing training in MRI, CT scan, and ultrasound operations. Moreover, the transformation of Civil Hospital Kotri into Bilawal Medical College

Hospital represents a significant milestone in delivering high-quality healthcare services to the community.

The VC announced the establishment of LUMHS Trauma Center in Hyderabad, a facility that will greatly benefit patients requiring specialised care. An Advanced Dental Care Center has also been set up in Hyderabad to offer dental treatment at subsidised rates, while also providing training to postgraduate students in dentistry.

Prof. Ujjan concluded by stressing the importance of literacy, dedicated citizens, good governance, and high-quality graduates in fostering socioeconomic growth. He encouraged the graduates and postgraduates to demonstrate their skills, contribute to the competitive job market, and work towards improving the prevailing socioeconomic conditions. The 19<sup>th</sup> convocation ceremony exemplified LUMHS's unwavering commitment to excellence in education and healthcare, producing highly skilled professionals in the medical and health sciences fields.

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## President Alvi offers condolences to late Dr Talha's family

DT Pakistan Report

KARACHI: President Dr Arif Alvi and his son Dr Awab Alvi paid a visit to the residence of late Dr Talha M Siddiqui, Principal of Baqai Dental College, who suddenly passed away recently, to condole his sad demise.

Dr Arif Alvi expressed his profound grief in his meeting with the bereaved family of late Dr Siddiqui over his sudden and untimely death and offered Fateha for the departed soul.



President Dr. Arif Alvi and his son Dr. Awab Alvi offering heartfelt condolences and reciting Fateha in memory of the late Dr. Talha M. Siddiqui, with the grieving family. –Photo: DT Pakistan

Dr Alvi paid rich tribute to late Dr Siddiqui for his contribution to the field of dental education and services for the dental fraternity, and prayed that the departed soul may rest in eternal peace and

Allah Almighty grant courage and patience to the bereaved family to bear this irreparable loss.



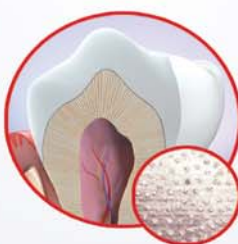
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† With continued use. Also fights cavities.  
‡ vs. toothpastes with 5% potassium nitrate. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.  
Reference: 1. Li Y et al. J Clin Dent. 2011; 20(Spec 10):23-30. 2. Nishio S et al. J Clin Dent. 2009; 20(Spec 10):23-30. 3. Ayed F et al. J Clin Dent. 2009; 20(Spec 10):23-30. 4. Ayed F et al. J Clin Dent. 2009; 20(Spec 10):23-30. 5. Nishio S et al. J Clin Dent. 2009; 20(Spec 10):23-30. 6. Laverde et al. Am J Dent. 2010; 23 Sp 16:144-154.

## IDA holds second session of oral surgery workshop

KARACHI: Irfans Dental Academy (IDA) successfully hosted the second session of a one-day hands-on workshop titled "Advanced Oral Surgery Techniques (Level-II)," building upon the initial session held in June 2023.

The workshop, with a primary objective of providing the participants with comprehensive insights into crucial oral surgery procedures, was led by Dr Daud Sultan, a distinguished oral and maxillofacial surgeon and implantologist, who currently serves as an assistant professor at DIKIOHS.



Attendees engrossed in the lecture during the 'Advanced Oral Surgery Techniques (Level-II)' workshop. -Photo: DT Pakistan

The event was an engaging combination of informative lectures and interactive hands-on sessions. A diverse group of participants representing various dental institutions and private clinics from the city, who took part in the workshop, commended Dr Daud's expertise and unwavering commitment to education.

The workshop focused on topics such as delicate soft tissue manipulation, strategic flap designs, proficient suturing methods, socket preservation, precise surgical extractions, and both labial and lingual frenectomies. The practical exercises provided participants with hands-on experience, as they individually performed procedures on goat mandibles.

Upon conclusion, the participants were presented with certificates of attendance as a testament to their active engagement. Dr Daud was honoured with an appreciation shield, presented by Dr Umer Bin Irfan, CEO of IDA, and Dr Adil Bin Irfan, MD of the academy, in recognition of his exceptional contribution.

Looking ahead, IDA has exciting plans for its upcoming workshop titled "Biomimetic Posterior Restoration and Anterior Layering Technique," scheduled for 3 September, 2023. Renowned expert Dr Jazib Memon, a restorative specialist who holds an FCPS in operative and endodontics and serves on the faculty at LUMHS Hyderabad, will be leading this insightful session. -PR

## Colgate Pakistan's Oral Health Weeks – A nationwide drive for brighter smiles

DT Pakistan Report

KARACHI: Maintaining good oral health is a fundamental aspect of overall well-being and quality of life. Dr. Ayyaz Ali Khan, the esteemed founding President of the International Association of Dental Sciences & Research (IADSR) and Editor in Chief of the Journal of Pakistan Dental Association (JPDA), highlighted the importance of comprehensive oral care during a press conference for the "Keeping Pakistan Smiling" Oral Health Weeks 2023, being marked by Colgate Pakistan. With a distinguished career in dentistry, Dr Ayyaz Ali Khan is a prominent advocate for comprehensive oral care and awareness.

Dr Khan emphasised the urgent need to address global oral health issues. He noted that historically, oral health has been overlooked in the context of global health. However, the substantial increase in oral diseases can be addressed through cost-effective measures, as outlined in a recent report.

He referenced a World Health Organization (WHO) report from the previous year, revealing a staggering 1 billion rise in global oral disease cases over the past three decades. This rise underscores a significant gap in access to prevention and treatment of oral ailments.

Drawing parallels with noncommunicable diseases like cancer, cardiovascular diseases, diabetes, and mental disorders, Dr Khan pointed out that oral health inequalities mirror those of these conditions. Common risk factors such as excessive sugar consumption, various forms of tobacco use, and harmful alcohol consumption contribute to the ongoing



Prof. Dr. Ayyaz Ali Khan being honored with a prestigious shield by Omer Qadri, Director of Marketing at Colgate-Palmolive Pakistan. -Photos: DT Pakistan

global oral health crisis, he added.

Omer Qadri, director marketing Colgate-Palmolive Pakistan, highlighted the organisation's achievements in the realm of oral health. He explained that the "Keeping Pakistan Smiling" Oral Health Weeks 2023 is an initiative by Colgate Pakistan to promote oral health awareness and provide free dental check-ups across 21 cities and towns in Pakistan. Taking place from 28 August to 21 September 2023, this campaign underscores Colgate's commitment to enhancing oral hygiene across all segments of society.

"Colgate's dedication to offering free oral care to millions of individuals has resulted in positive outcomes from their previous mass-oriented initiatives," stated Mr Qadri.

Anum Sadik, Senior Brand Manager Marketing at Colgate-Palmolive, sharing important insights during the press event revealed that on average, individuals

in Pakistan use 85g of toothpaste per person, which is lower compared to the global average. She provided details about Colgate's execution plan, explaining how the upcoming campaign will unfold.

Central to the initiative is the collection of visitor data by volunteers at dental health camps. This data will contribute to research and help spread awareness about oral hygiene. The "Keeping Pakistan Smiling" Oral Health Weeks 2023, hosted by Colgate Pakistan. This campaign spans 21 cities and towns in Pakistan, covering over 750 locations, including institutions, hospitals, clinics, and schools. It serves as evidence of Colgate's unwavering commitment to promoting better oral hygiene.

With a rich legacy of 35 years in Pakistan, Colgate Pakistan remains dedicated to the mission of "Keeping Pakistan Smiling." By providing essential knowledge about maintaining oral health, Colgate envisions a future where the nation's smiles are not only brighter and healthier but also free from cavities, radiating confidence and well-being.

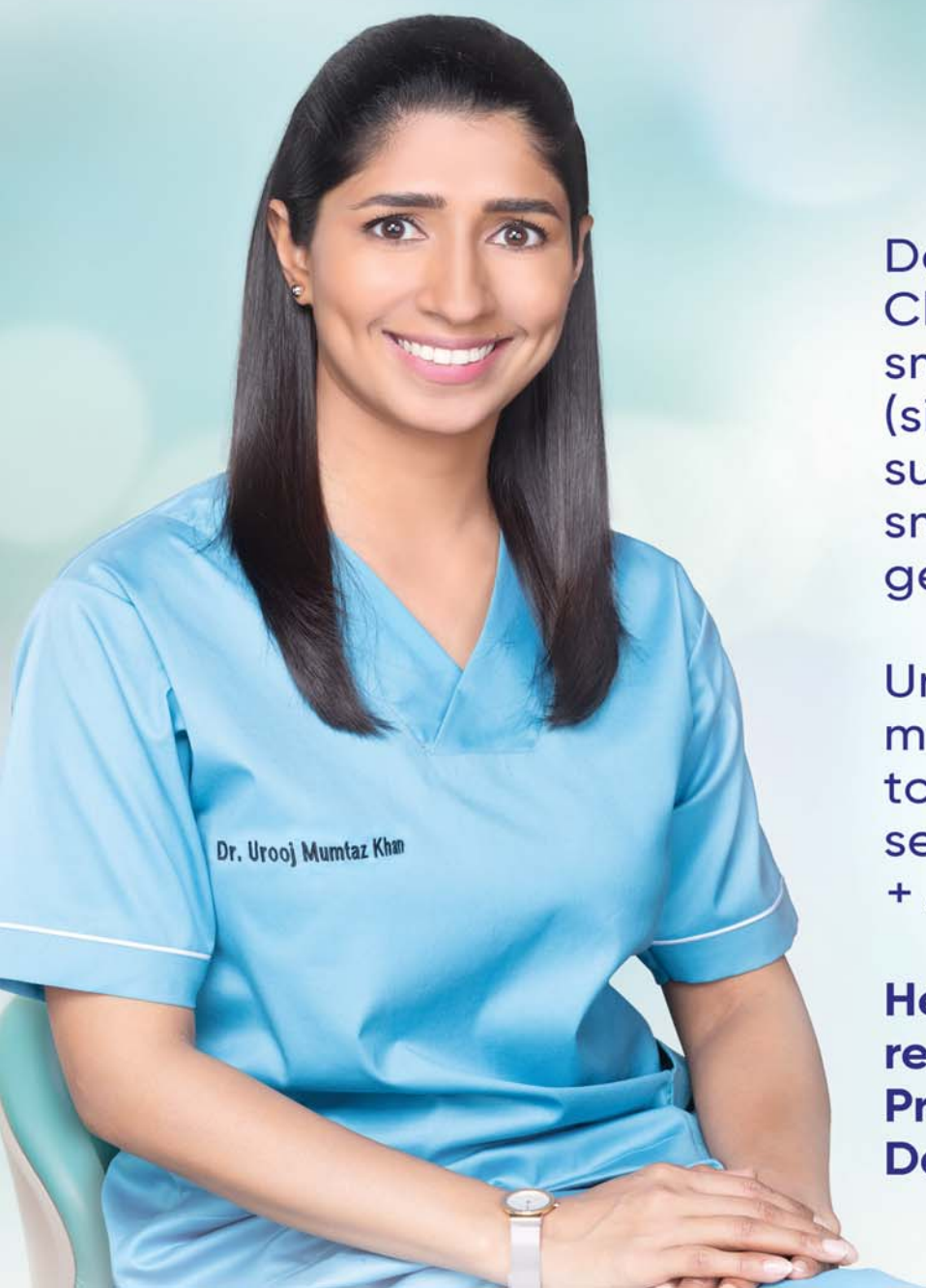
The Oral Health Weeks go beyond celebrating vibrant smiles; they symbolise the vital role that oral hygiene plays in the overall well-being of every individual.



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# PIMA Faisalabad holds moot on mandibular molar surgery

DT Pakistan Report

**FAISALABAD:** A seminar focusing on the Surgical Management of Impacted Mandibular Molars was held by Pakistan Islamic Medical Association (PIMA) Faisalabad, in collaboration with Prof. Arshad Malik from HBS Dental College Islamabad, drawing a diverse audience including faculty members, postgraduate students, and private practitioners.

The primary objective of the seminar was to offer a comprehensive understanding of the intricacies involved in surgical procedures related to impacted mandibular molars.

The seminar was led by Prof. Arshad Malik, Dean of HBS Dental College Islamabad.

It provided the attendees with an opportunity to witness a comprehensive presentation of practical aspects of these surgical techniques. The seminar also featured a live demonstration of patient procedures, meticulously captured in video presentations to provide an immersive learning experience to attendees.

The seminar was well-attended by dental professionals from various institutions, including representatives from Punjab Medical College and Medina Dental Colleges.

The session, which spanned three hours, facilitated an in-depth exploration of the subject matter. Prof. Malik's engaging presentations, covering both theoretical foundations and practical applications of surgical procedures for impacted mandibular molars, held the attendees' attention. The incorporation of patient procedure videos ensured a thorough grasp of the discussed techniques.



A gathering of dedicated dental professionals at a seminar, delving into the art of Surgical Management of Impacted Mandibular Molars by PIMA. —Photos: DT Pakistan

Dr. Arshad highlighted PIMA Faisalabad's dedication to advancing dental education and fostering excellence in oral healthcare. Through collaborative initiatives and seminars, PIMA Faisalabad strives to offer

dental professionals and students continuous learning and professional development opportunities.

Seminar's success was attributed to the organizing committee, particularly Dr Iqbal and Dr Saad, who displayed exceptional dedication and effort in ensuring the seamless execution of the event.

The seminar not only enhanced participants' knowledge and expertise but also forged stronger bonds within the dental community in Faisalabad and beyond.

Prof. Malik was lauded for his expertise and contributions to oral healthcare education and research, promoting dental education and practices in Pakistan.



Prof. Dr Arshad Malik being awarded a shield by Dr Iqbal, with Dr Saad adding to the moment's significance.

## Biostatistics workshop held at AIDM

**KARACHI:** The Altamash Institute of Dental Medicine (AIDM) hosted an enlightening workshop on fundamentals of biostatistics, led by Dr Sohail Lakhani, a distinguished senior teacher in Community Health Sciences at the Aga Khan University Hospital Karachi, for doctors interested in research.

This workshop explored practical application of STATA, a statistical software known for its role in shaping descriptive and inferential statistics in the field of medicine and dentistry.



A group photograph of lecturers, along with principal Prof. Dr Hasnain Sarkani and Dr Beenish Fatima. —Photo: DT Pakistan

The event was organised by the Research Development and Review Cell, under the supervision of Prof. Naseer Ahmed, from AIDM and attended by the Dean and CPSP Counsellor, Prof. Ambreen Afzal and Principal Prof. Hasnain Sarkani.

Senior faculty members and postgraduate trainees of FCPS part II also actively participated in the workshop managed by AIDM Administrator Dr Resham Nadeem and Dr Beenish Fatima. —PR



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HELPS HEAL THE MAIN CAUSE OF BLEEDING PROBLEMS  
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#### References:

1. Akwagyriam et al, 2015. 2. Kakar et al, 2014 3. GSK data on file (GCCSS-GH-001 - parodontax complete protection toothpaste). 4. Akwagyriam et al, 2013. 5. Jose et al, 2018. 6. Attin T and Hornecker E, 2005. 7. Williams et al, 1992.

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\*removal of plaque, after a professional clean and twice daily brushing.  
Brush twice a day and not more than 3 times, minimize swallowing and spit out.  
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## BLOG

## Oral health advantages of invisible braces

By Dr Raminay Farooqi

Misaligned teeth can have a negative impact on our oral health if left untreated, hindering their ability to perform essential functions. Seeking the expertise of an orthodontist is crucial for addressing crooked or misaligned teeth, not only for aesthetic reasons but also to ensure optimal oral health.

Invisible braces present a transparent alternative to conventional metal braces, providing a discreet and comfortable solution for straightening teeth. Similar to traditional metal braces, clear braces exert controlled pressure on the teeth, gradually guiding them into their correct alignment while maintaining a subtle appearance. Most instances of crooked teeth can be effectively corrected using invisible braces. Only an orthodontist can evaluate the case and determine the suitability of invisible braces for the patient. These clear braces are an excellent choice for individuals who are conscious of their appearance, as they function like traditional braces while remaining inconspicuous.

Various types of discreet braces are available, including ceramic braces, lingual braces, and clear aligners. Ceramic braces resemble traditional braces in function, but the brackets are tooth-coloured instead of metal, making them less noticeable and appealing to those who prioritise aesthetics. Lingual braces are the most specialised and uncommon option, necessitating specific orthodontic expertise. Positioned discreetly behind the teeth, they create the illusion of invisibility.

Clear aligners consist of a series of transparent, removable trays that are custom-fitted to the teeth. The quantity of aligners required depends on the specific orthodontic issues. Like traditional braces, clear aligners apply gradual force to guide tooth movement, without the use of wires and brackets.

The selection of invisible braces hinges on factors such as patient preference, affordability, the complexity of the case, and the practitioner's proficiency. It also relies on the personalised treatment plan devised by the orthodontist, which takes into account individual conditions, needs, goals, and preferences.

Costs of the braces vary among patients; for mild cases, clear aligners might prove more cost-effective than conventional visible braces. Lingual braces often carry a higher cost due to increased laboratory fees and adjustment appointments.

# Study explores link between tooth brushing, heart diseases

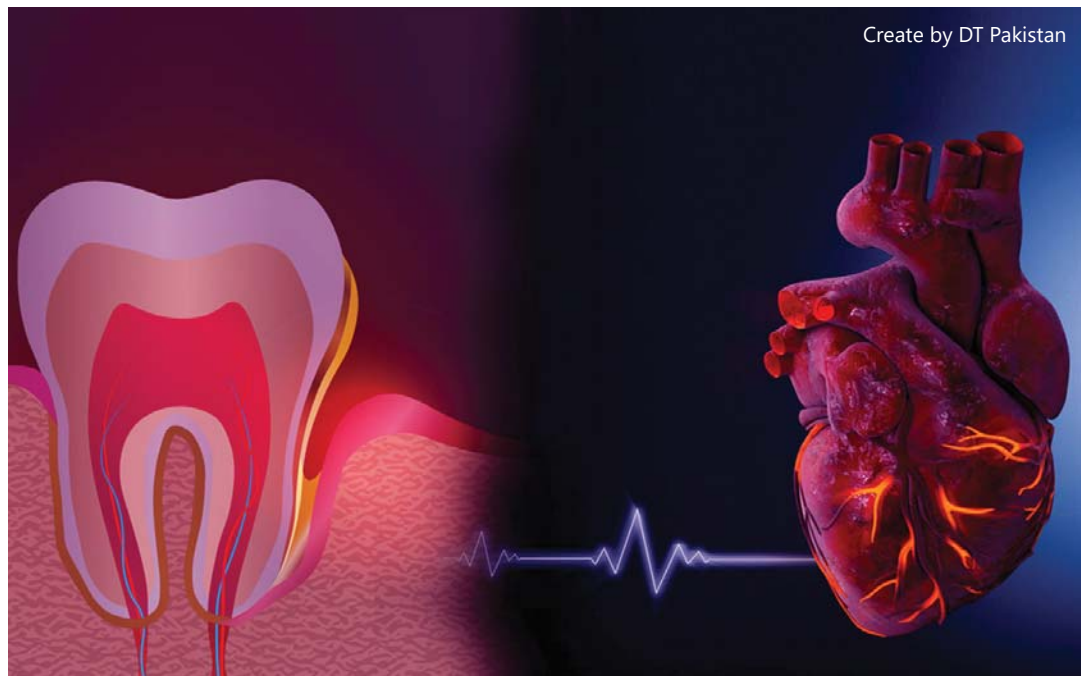
DT Web Desk

In a recent publication in the *Scientific Reports* journal, researchers conducted a study to explore the connection between tooth-brushing habits and the risk of cardiovascular diseases (CVDs) in individuals aged 20 years or older.

This study, carried out at Osaka University Hospital in Japan, provides valuable insights into the significance of consistent dental hygiene practices in preventing CVDs.

events such as heart failure, arrhythmia, myocardial infarction, angina pectoris, and valvular and aortic diseases requiring surgery.

The study findings demonstrated that the individuals in the 'MN' and 'Night' groups exhibited significantly higher survival rates compared to those in the 'None Group'. Additionally, dental indicators varied among the groups, with the MN group having the highest number of participants with deep dental pocket depths and increased tooth mobility.



While previous research has emphasised the importance of oral care in managing various health conditions, including respiratory, gastrointestinal, and cardiovascular diseases, these studies have mainly focused on tooth brushing in relation to dental health without delving into its impact on systemic diseases such as CVDs.

The study involved 1,675 participants, who either visited the hospital's Unit of Dentistry for dental treatment, perioperative oral care, and infection screening or were hospitalised for examination, surgery, or treatment.

Based on their tooth-brushing habits, the participants were categorised into four groups: 'Group MN' members brushed their teeth twice daily (morning and night), those in 'Group Night' brushed their teeth only at night, 'Group M' brushed their teeth only in the morning, and 'Group None' participants did not brush their teeth at all.

The researchers analysed various factors, including age, gender, smoking history, follow-up results, as well as reviewed the dental and medical records of all participants. They evaluated the occurrence of cardiovascular

Interestingly, the researchers noted that many individuals who neglected tooth brushing at night cited alcohol consumption as a reason for their omission. Furthermore, factors such as learned habits from childhood, lifestyle choices, regional variations, and a general lack of interest in dental hygiene contributed to the neglect of nighttime tooth brushing.

The study emphasised the importance of tooth brushing both in the morning and at night. While breakfast and lunch increase the risk of oral deposits, brushing only in the morning is insufficient for maintaining good oral hygiene. Brushing before bed is crucial in reducing the buildup of oral bacteria during sleep, which is associated with reduced salivary flow.

Overall, the findings of this study underscore the critical role of regular tooth brushing in preventing cardiovascular diseases. While brushing teeth before breakfast is necessary, the habit of brushing before bed is even more vital in maintaining oral health and reducing the risk of CVDs.



# Dentists need to have patient-centred approach

## Dr Qurat ul Ain Malik



In the world of dental care and oral well-being, certain individuals radiate eminence and expertise.

Dr Qurat ul Ain Malik, a distinguished board-certified (by the American Board of Periodontology) periodontist and implant specialist, stands as a shining example of dedication in dentistry.

Graduating from Fatima Jinnah Dental College in Karachi and holding a DDS degree from New York University, her journey to success is marked by unrelenting commitment.

Dr Malik's pursuit of excellence led her to specialise in periodontology and implant dentistry, besides getting certificates from UCLA. Her extensive experience and insights are now shared in an exclusive interview with Dental

Tribune Pakistan, highlighting her transformative contributions to the field. We hope her story will inspire aspiring dentists, showcasing the outcomes of one's passion for one's craft.

By Dr Raminay

**Can you provide an overview of the expertise in implantology and periodontics?**

Periodontist is a specialist in dentistry who specialises in diagnosis, treatment and prevention of any disease pertaining to the gums or bone around teeth and also the placement and maintenance of dental implant; placement means lack of bones and insufficient thickness of the gums needed for the implant. This is where a periodontist is needed to protect and regenerate bone and the lost tissue and make sure there is ample space for the placement of implants.

**What is your advice to an individual on how they can maintain good oral hygiene?**

Make sure you are brushing your teeth twice a day, flossing after every meal, using a soft bristle toothbrush and not going vigorous on your gums as it will cause recession. And consistency is key to maintain good oral hygiene.

**What causes gum diseases such as gingivitis periodontitis, and what are the warning signs one should look out for?**

There are many factors involved in gingivitis and periodontitis, but most common is plaque and how our body responds to it. Formation of plaque is normal, but if we don't clean it manually or by an ultrasonic scaler it can form tartar which is a collection of bacteria. Once formed, it starts to break down tissues by releasing toxins. Pink and firm gums are healthy, but if they are not and if they are showing symptoms of gum disease like redness, swelling, having pus or mobility, then you should get a checkup

**Can the consequences affect a person's well-being?**

Gum diseases can cause increased risk of diabetes, stroke and other cardiovascular conditions. The toxins released from tartar can enter blood streams and clog your arteries and cause stroke. If we talk about diabetes, increased sugar level makes a conducive environment for bacterial growth, and cause periodontal diseases. We need to take care of our mouth, so our entire body is taken care of.

**How important is patient education when it comes to managing gum diseases?**

First appointment matters the most. Invest your time in informing the patient about the problems he/she has and how to prevent them, besides how the treatment will benefit the patient. Give them brochures, show videos, and demonstrate them oral hygiene techniques, for example brushing and flossing techniques.

**What are the similarities and differences if we compare dental education in USA and Pakistan?**

Both USA and Pakistan have four-year dental programmes and one-year house job or GPR training after that. There are major difference in time management, risk management, patient management and clinical hours. All of this can help us to be a better dentist by having a patient-centred approach; the more you stay in clinic and practice, the more experience you get.

**What are the benefits?**

It helps you to treat patients regarding every aspect. Give evidence-based treatment to the patients and other than

dental history, ask about nutrition, lifestyle, habits etc., as our concern is not only the oral cavity.

**Are there any financial aids or scholarships that can help students in studying abroad?**

There are financial aids options, which allow the students to pay in increments. But the cost in the brochure of the programme does not include the cost of transportation and accommodation. Though there are no scholarships available in dental programmes, there is an option to get loan. There are many two-week observership programmes which a dental student or graduate can apply for.

**What is the typical procedure when you are applying abroad?**

TOEFL exam is mandatory and you have to score 92 and above, and 22 in each section of the exam. Next step is to give National Licensing Board exam and then apply for transcripts in Pakistan, evaluate and get them converted to the GPA format. After this, you can apply for DDS or any residency programme.

**Does studying abroad contribute to personal and professional growth?**

Yes, you learn intercultural communication, get independent and learn the value of time management. And most importantly, you learn that the patient is always right and have a patient-centred approach.

**How do you stay updated with developments in implant dentistry and periodontology?**

We should manage our time wisely

*Continued on Page 11*