

DENTAL TRIBUNE

The World's Dental Newspaper • Middle East & Africa Edition

PUBLISHED IN DUBAI

www.dental-tribune.me

May-June 2018 | No. 3, Vol. 8

ENDO TRIBUNE

"No Anaesthesia"
endodontics in children

LAB TRIBUNE

Dental Technician Int'l
Meeting was a success

HYGIENE TRIBUNE

M(oral) Education tested in
Dubai Youth Hub

IMPLANT TRIBUNE

CAPP's Clinical Implantology
Programme live surgical ...

ORTHO TRIBUNE

Digital Orthodontics Symposium
addresses progressive topics

►A1-8

►B1-4

►C1-4

►D1-4

►E1-4

13th CAD/CAM attendance record over 2,500 delegates

Scientific Conference & Digital Orthodontics Symposium & Dental Technicians Int'l Meeting focuses on digital revolution in dentistry

By Dental Tribune MEA / CAPPmea

Centre for Advanced Professional Practices (CAPP) Events recently concluded the 13th edition of the

CAD/CAM Conference and Exhibition. Over 3,000 dental professionals, trade visitors, VIPs and students from the MENA region, Americas, Asia, Australia and Europe congre-

gated at the Madinat Jumeirah Conference Centre in Dubai from 4 to 5 May to share in the latest developments, innovations and ideas that have transformed the field of den-



Delegates and visitors during the 13th CAD/CAM & Digital Dentistry Conference & Exhibition in Madinat Jumeirah Conference & Events Centre in Dubai, UAE

MIND BLOWING

What if your patient could have a new crown in one visit?

MyCrown

Chairside CAD/CAM system



Find out more on
www.fonadental.com



tistry. The event was held in conjunction with the Digital Orthodontics Symposium (4 May) and the Dental Technician International Meeting (5 May) and featured various activities, including the scientific conference (4-5 May), multidisciplinary pre- and post-event hands-on training courses (2-12 May), round table training and an exhibition (4-5 May) with 26 free continuing medical education (CME) training sessions in special training zones.

The scientific programme, chaired by Dr Munir Silwadi, provided speakers with a platform to discuss advancements in digital dentistry, the digital workflow and innovative practices, while sharing their cases and research with over 2,500 attendees at the conference. Topics covered the digital workflow, CAD/CAM chairside and in-laboratory applications, digital and conventional impressions (intra-oral, laboratory and face scanners, new materials in digital dentistry and 3-D printing), laboratory and clinical options, digital and conventional restorations, digital imaging, computer-guided implantology, practice software, one-day restorations and CAD/CAM software. The main aim of the conference is to provide a practical overview of digital dentistry; to be a stimulus for improved adoption of the areas that have been proven and to aid the integration of new technologies that benefit dental professionals.

One of the main highlights of the event was that it provided dental professionals with the opportunity to earn up to 84 CME credit hours over the course of 11 days. The CME accreditations provided for these courses included Dubai Health Authority, Health Authority Abu Dhabi and CAPP, which is recognised by the American Dental Association Continuing Education Recognition Program (ADA CERP) as a provider of CE credits. Apart from this, visitors had

the opportunity to attend free CME training sessions that were conducted by sponsors and exhibitors during the exhibition, thereby facilitating networking and the exchange of ideas and providing exhibitors with the opportunity to showcase their latest technological advancements and innovative solutions in digital dentistry.

CAPP has always been committed to encouraging innovative research and advancements in the field of dentistry that not only revolutionise dentistry, but also advance patient health. Therefore, according to tradition, dental professionals and students from across the world were invited to present their outstanding research and findings to be reviewed by academics and industry experts at the poster presentations event.

The plethora of innovations and a multidisciplinary approach have always played a key role in ensuring that CAPP's conferences, scientific programmes and courses are among the most sought-after learning opportunities for dental professionals. Dr Dobrina Mollova, founder and Managing Director of CAPP, said: "Such events encourage the implementation of best practices, the integration of new technologies and the adaptation of the latest innovations in dentistry due to continuous research and development in close collaboration with dentists and input from across the dental profession, as they are delivered by some of the world's most renowned dental experts in a quest to contribute positively to maintaining and improving patient health." ¹

CAPP EVENTS

Tel: +971 4 347 6747

Mob: +971 50 4243072

E-mail: events@cappmea.com

Web: cappmea.com

13th CAD/CAM & Digital Dentistry Conference & Exhibition Impressions



Delegates and visitors during the 13th CAD/CAM & Digital Dentistry Conference & Exhibition in Madinat Jumeirah Conference & Events Centre in Dubai, UAE



Chairman, Dr. Munir Silwadi during his opening speech



Prof. Dr. Ahmed Adel Abdel Hakim, Egypt



Dr. Roberto Molinari, Italy



Dr. Eduardo Mahn, Chile



Delegates during the CME sessions at the exhibition



Delegates during the Round Table Training at DTIM



Delegates during the scientific programme

Agreement between Ajman University and CAPP Training Institute signed

By Dental Tribune MEA / CAPPmea

Agreement for Continuing Education and Professional Development Programmes was signed between Ajman University (AU) and CAPP Training Institute. The ceremony was held in Ajman University, UAE on 19th of April 2018. The contract was signed by Prof. Salem Abu Fanas, Dean – College of Dentistry on behalf of Ajman University and Dr. Dobrina Mollova, Founder and Managing Director of CAPP Events and CAPP Training Institute.

The focus of the agreement is the utilization of Ajman University premises with regards to the live-patient treatment clinical days on the “Clinical Implantology Certificate and Diploma” programme with faculty lead Prof. Göran Urde, Sweden from the British Academy of Dental Implantology (BADI) and British Academy of Restorative Dentistry (BARD). For more information about the programme visit <https://cappmea.com/>

About Ajman University

Ajman University has been at the forefront of UAE education since being founded as the first private uni-



The contract was signed by Prof. Salem Abu Fanas, Dean – College of Dentistry on behalf of Ajman University and Dr. Dobrina Mollova, Founder and Managing Director of CAPP Events and CAPP Training Institute.

versity in the Gulf region 30 years ago. With the recent addition of a College of Medicine, the landmark institution now encompasses 9 colleges offering 23 undergraduate and 10 graduate programs. The University's programmes are accredited by the UAE's Ministry of Education. Since opening in 1988, AU has graduated more than 36,000 students who hail from 84 nations. Working in a variety of professions – from dentistry to information technology;

pharmacy to law; mass communication to business administration – AU alumni now comprise 14 alumni chapters around the globe.

About CAPP

Centre for Advanced Professional Practices (CAPP) was founded in 2005 in Dubai, UAE with the sole purpose of delivering excellence in Dental Continuing Medical Education in the Middle East and beyond. CAPP is an American Dental As-



From the left: Dr. Mohammad Kashif Shaifq Khot, Prof. Salem Abu Fanas, Dean – College of Dentistry, Dr. Dobrina Mollova, Founder and Managing Director of CAPP Events and CAPP Training Institute, Eng. Tazeen Sharif and Kinga Mollov.

sociation (ADA) C.E.R.P. Recognised Provider, specialising in Continuing Medical Education (CME) and Continuing Professional Development (CPD) dental education programmes – conferences, short and long term hands-on courses leading to certificates, diplomas and fellowships, workshops and self-instruction programmes. For the past 13 years CAPP has facilitated over 410 CME programs educating over 62,000 international participants. CAPP is also the franchise owner of Dental Tribune Middle East (DTMEA) and in 2016 CAPP opened its own Dental Training Centre (CAPP Training Institute) in Dubai. **DT**

IMPRINT

GROUP EDITOR

Daniel ZIMMERMANN
newsroom@dental-tribune.com
Tel.: +44 161 223 1830

CLINICAL EDITORS

Nathalie SCHÜLLER
Magda WOJTKIEWICZ

EDITOR

Yvonne BACHMANN

EDITOR & SOCIAL MEDIA MANAGER

Monique MEHLER

JUNIOR PR EDITOR

Kasper MUSSCHE

COPY EDITOR

Ann-Katrin PAULICK
Sabrina RAAFF

PUBLISHER/PRESIDENT/ CHIEF EXECUTIVE OFFICER

Torsten R. OEMUS

CHIEF FINANCIAL OFFICER

Dan WUNDERLICH

CHIEF TECHNOLOGY OFFICER

Serban VERES

BUSINESS DEVELOPMENT MANAGER

Claudia SALWICZEK-MAJONEK

PROJECT MANAGER ONLINE

Tom CARVALHO

JUNIOR PROJECT MANAGER ONLINE

Hannes KUSCHICK
Chao TONG

E-LEARNING MANAGER

Lars HOFFMANN

EDUCATION DIRECTOR TRIBUNE CME

Christiane FERRET

EVENT SERVICES/PROJECT MANAGER TRIBUNE CME & CROIXTURE

Sarah SCHUBERT

MARKETING SERVICES

Nadine DEHMEL

SALES SERVICES

Nicole ANDRÄ

ACCOUNTING SERVICES

Karen HAMATSCHEK
Manuela HUNGER
Anja MAYWALD

MEDIA SALES MANAGERS

Melissa BROWN (International)
Hélène CARPENTIER (Europe)
Matthias DIESSNER (Key Accounts)
Antje KAHNT (International)
Weridiana MAGESWKI (Latin America)
Barbora SOLAROVA (Eastern Europe)
Peter WITTECEK (Asia Pacific)

EXECUTIVE PRODUCER

Gernot MEYER

ADVERTISING DISPOSITION

Marius MEZGER

DENTAL TRIBUNE INTERNATIONAL

Holbeinstr. 29, 04229 Leipzig, Germany
Tel.: +49 341 48 474 302
Fax: +49 341 48 474 173
www.dental-tribune.com
info@dental-tribune.com

DENTAL TRIBUNE ASIA PACIFIC LTD.

Room A, 20/F
Harvard Commercial Building
105–111 Thomson Road, Wanchai, HK
Tel.: +852 3113 6177
Fax: +852 3113 6199

THE AMERICA, LLC

116 West 23rd Street, Ste. 500, New York
N.Y. 10011, USA
Tel.: +1 212 244 7181
Fax: +1 212 244 7185

DENTAL TRIBUNE MEA EDITION EDITORIAL BOARD

Dr. Aisha SULTAN ALSUWAIDI, UAE
Prof. Paul TIPTON, UK
Prof. Khaled BALTO, KSA
Dr. Ninette BANDAY, UAE
Dr. Nabeel HUMOOD ALSABEEHA, UAE
Dr. Naif Almosa, KSA
Dr. Mohammad AL-OBADA, KSA
Dr. Meshari F. ALOTAIBI, KSA
Dr. Jasim M. AL-SAEEDI, Oman
Dr. Mohammed AL-DARWISH, Qatar
Dr. Dobrina MOLLOVA, UAE
Dr. Ahmed KAZI, UAE
Dr. Munir SILWADI, UAE
Dr. Khaled ABOUSEADA, KSA
Dr. Rabih ABI NADER, UAE
Dr. Ehab RASHED, UAE
Aiham FARRAH, CDT, UAE
Retty M. MATTHEW, UAE

PARTNERS

Saudi Dental Society
Saudi Ortho Society
Lebanese Dental Association
Qatar Dental Society
Oman Dental Society
American Academy of Implant Dentistry
International Federation of Dental Hygienist
British Academy of Restorative Dentistry
British Academy of Dental Implantology

DIRECTOR OF mCME

Dr. Dobrina MOLLOVA
mollova@dental-tribune.me
Tel.: +971 50 42 43072

DIRECTOR

Tzvetan DEYANOV
deyanov@dental-tribune.me
Tel.: +971 55 11 28 581

DESIGNER

Kinga ROMIK
k.romik@dental-tribune.me

PRINTING HOUSE & DISTRIBUTION

Al Nisr Printing
P. O. Box 6519, Dubai, UAE
800 4585/04-4067170

©2018, Dental Tribune International GmbH. All rights reserved. Dental Tribune International makes every effort to report clinical information and manufacturer's product news accurately, but cannot assume responsibility for the validity of product claims, or for typographical errors. The publishers also do not assume responsibility for product names or claims, or statements made by advertisers. Opinions expressed by authors are their own and may not reflect those of Dental Tribune International.

Solutions for better, safer, faster dental care



Dentsply and Sirona have joined forces to become the world's largest provider of professional dental solutions. Our trusted brands have empowered dental professionals to provide better, safer and faster care in all fields of dentistry for over 100 years. However, as advanced as dentistry is today, together we are committed to making it even better. Everything we do is about helping you deliver the best possible dental care, for the benefit of your patients and practice.

Find out more on
dentsplysirona.com

Clinical Procedures

- Preventive
- Restorative
- Orthodontics
- Endodontics
- Implants
- Prosthetics

Platform Technologies

- CAD/CAM
- Imaging Systems
- Treatment Centers
- Instruments

THE DENTAL
SOLUTIONS
COMPANY™

 **Dentsply
Sirona**

Following a simpler path from prep to crown

A case study by Dr. Carlos Eduardo Sabrosa, DDS, MSD, DScD featuring 3M™ RelyX™ U200 Self-Adhesive Resin Cement

Introduction

Indirect restorative procedures can be time-consuming and complicated: many different processes from impression taking to cementation are carried out in the dental office, and in each of them, different strategies may lead to success. However, some of the available materials and

techniques will involve a lot of effort, while others enable users to proceed quickly and simplify the complete procedure. A simplified workflow from prep to crown that really make life easier for the dental practitioner is described below.

Comments

The described patient case shows that it is possible to significantly reduce the number of working steps in an indirect restorative procedure. In this way, potential sources of error are eliminated and chair-time is decreased. Key to success is the use of innovative, high-quality materi-

als that offer ease of use and lead to increased efficiency in the dental office. These include the above-mentioned monophasic impression material, the bulk fill composite, the temporization material that does not require polishing and the self-adhesive resin cement all offered by a single manufacturer.

Before using the products described, please refer to the instructions for use provided with the product packages.

The featured 3M product may be known with an alternative name in different regions. ¹⁷



Fig. 1: Initial situation. The failed composite restoration covering a large part of the left mandibular first molar's occlusal surface needs to be re-placed.



Fig. 2: Due to the size of the restoration, the amount of remaining tooth structure might not be sufficient to ensure the required stability for a direct composite restoration.



Fig. 3: Upon removal of the old filling, it becomes clear that a crown is needed to ensure the required stability. The tooth is built up with 3M™ Filtek™ Bulk Fill Posterior Restorative, which may be placed in conjunction with 3M™ Single Bond Universal Adhesive and in increments of up to 5 mm.



Fig. 4: Following tooth preparation, a temporary crown is produced chairside with 3M™ Protemp™ 4 Temporization Material. This material exhibits a high strength and a natural gloss without polishing.



Fig. 5: One week after the preparation procedure, healthy soft tissue conditions are obtained. They lay the foundation for a high-quality precision impression.



Fig. 6: In order to allow for a detailed capture of the preparation margin, the gingival tissues are retracted using the double-cord technique. Alternatively, a single cord may be applied in combination with 3M™ Astringent Retraction Paste.

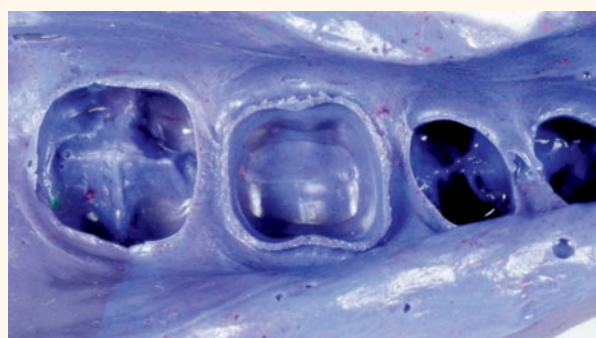


Fig. 7: Monophasic impression taken with 3M™ Impregum™ Penta™ Soft Medium Body Polyether Impression Material. A very detailed representation of the preparation margin is obtained with this simple technique.



Fig. 8: Situation at intraoral try-in of the crown. It is made of a 3M™ Lava™ Zirconia coping and an IPS e.max® Ceram (Ivoclar Vivadent) porcelain layer. Ideal intraoral conditions (smooth margins, healthy tissues) are visible.



Fig. 9: Sandblasting of the crown's intaglio surface to create a microretentive surface structure that is beneficial for cementation. This procedure is recommended for oxide ceramic materials.



Fig. 10: Situation after crown placement, removal of the excess cement and thorough cleaning. The crown blends in nicely with the surrounding tooth structure.



Fig. 11: At the check-up several days after crown placement, a great overall picture is obtained. The patient is happy with the final restoration in terms of aesthetics and function.

3M, Filtek, Impregum, Lava, Penta, Protemp and RelyX are trademarks of 3M or 3M Deutschland GmbH. Used under license in Canada. All other trademarks are owned by other companies.

© 3M 2018. All rights reserved. Dr. Sabrosa has received an honorarium from 3M Oral Care.



Dr. Carlos Eduardo Sabrosa, Brazil

Dr. Sabrosa is an Associate Professor at the State University of Rio de Janeiro Dental School. He received his DDS in 1992 from the State University of Rio de Janeiro Dental School and the Clinical Advanced Graduate Studies (CAGS) in Prosthodontics from Boston University Goldman School of Dental Medicine in 1996. He earned the Steven Gordon Research/Clinical Award in 1995 and 1996 and the Tylman Research Grant Award in 1993 from the American College of Prosthodontics. Dr. Sabrosa also received his MSD and DScD in Prosthodontics/Biomaterials from Boston University Goldman School of Dental Medicine in 1997 and 1999 consecutively. He has a private practice, focused in Oral Rehabilitation and Implantology, in Leblon, Rio de Janeiro, Brazil.

3M Science.
Applied to Life.™

Simple. Proven. Rely-able.

Your practice depends on working smarter, not just harder. Smarter means increasing the efficiency of people, technology and supplies. That's something 3M knows a lot about.

For 50 years, and around the world, customers have trusted 3M cements to deliver reliable, predictable results that become the cornerstone of successful practices.

**3M™ Dental Cements
Trusted for Generations.
3M.com/dentalcements**



RelyX™

Durelon™

Ketac™

Futudent announces dentistry's first miniature 4K Camera, and a new super-lightweight POV Camera

By Futudent

Helsinki, Finland: On March 29th 2018, Futudent tripled its product portfolio by introducing two new cameras: the microCam and proCam. These newest innovations represent Futudent's continued commitment to bringing the benefits of video to every dental professional. Video helps dental care providers explain and document more easily than ever before. This in turn helps patients replace fear with understanding and informs better decision-making for their treatment.

The new proCam is the world's first miniature 4K (3840x2160@30 fps/13Mpix stills) dental camera and can be mounted on loupes or chair lights. It captures stunning video and high quality photography without interrupting the procedure, keeping the doctors focus on the patient.



The new microCam is a super-lightweight 18 grams camera, designed for easy loupe-mounted POV filming. It delivers clear full HD (1080p30) images from its professional Sony IMX sensor. These two new products join the eduCam to set the new state-of-the-art standard in

dental video technology. Futudent founder, Lars Kähre says, "We are very proud to once again be changing the game and innovating new and powerful ways to help dentists communicate and document better than ever before. Globally, videos are becoming more and more popular

for educating patients, communicating with treatment teams, and is a superior tool for documentation. Futudent is dedicated to improving the dental experience for doctors and patients alike, and the proCam and microCam fits seamlessly into everyday dental workflow in all practices."

Benefits of video

Video is already an integral part of dental education today. Educators and learners use video to demonstrate techniques, evaluate, document and present in universities, CE and private training. Futudent supports these applications, and extends the same benefits to private practice. Video helps dentists visually document and explain cases and treatments to patients and colleagues more easily than a mirror and a still camera. Dentists know that patients who understand their treatment plans are much more likely to accept

the new procedure. Video is the easiest way to review treatments with patients and even send visual advice home straight to their smart phones.

Ease-of-use

All Futudent's cameras are designed to be used on either loupes, chair lights, or a flexible arm, with each having different advantages depending on the application. At 18 grams the microCam is optimised for all day loupe mounting. The 26 gram proCam can also be worn on the loupes, but its high 4K resolution means that digital zooming can be used to capture clear, unpixelated close-up video and photographs from the chair light. The eduCam offers a good compromise of both price and performance. [DT](#)

More information at www.futudent.com

The new Charisma® Diamond – Welcome to the next dimension of natural beauty

Innovative chemistry provides a beautiful smile.
Charisma Diamond – Your assets at a glance.



KULZER
MITSUI CHEMICALS GROUP

By Kulzer

The Charisma Diamond chemistry:

A patented matrix and newly developed nano-hybrid filler system result in improved aesthetics, durability and handling. This means minimum shrinkage and shrinkage stress, a very smooth surface, elasticity optimised to tooth structure and optimised surface hardness.

The Charisma Diamond versatility:

This is how you create beautiful restorations. Charisma Diamond adapts to the colour of the surrounding tooth structure for an outstandingly natural look. What's more, the Charisma Diamond layering technique is a distinct aesthetic advantage and ensures virtually undetect-

able restorative margins. You easily achieve very good results with the single-shade technique for simple cases and first and foremost excellent results using the multilayer technique.

The Charisma Diamond workability:

Charisma Diamond comes with un-

compromising capabilities even for the most challenging restorations.

It offers minimal stickiness and improved efficiency during sculpting. It also provides an extended working time even when under operating light illumination. To top it all off, ultrafine filler particles create a polish that is comparable to natural enamel. Our innovative formula de-

livers all the ingredients for an outstandingly natural look.

Aboubakr Eliwa

Area Manager Middle East
T: +97 (1) 4 294 35 62 (Office)
F: +97 (1) 4 294 35 63
M: +97 (1) 56506 89 76
E: aboubakr.eliwa@kulzer-dental.com
W: www.kulzer.com



MIND BLOWING

MyCrown

- Fully Integrated System
- Fast and Easy to Use
- Grow Your Clinic



Find out more on
www.fonadental.com

FONA
CLOSER TO YOU

Pink & White Aesthetics with BEAUTIFIL II

By Shofu

BEAUTIFIL II ENAMEL and GINGIVA from Shofu are developed as a complementary line extension of BEAUTIFIL II series to easily create life-like direct aesthetic restorations. A special one-push syringe ensures controlled dispensing of the smooth and creamy material that is easy to sculpt into fine details and recreate the surface textures seen in natural teeth & gum.

Integration of nanofillers and newly developed organic-inorganic filler complex into a unique silanol modified resin network imparts Beautifil II Enamel and Gingiva with exceptional handling characteristics, longer working time, high abrasion/wear resistance, stable shades, effortless and superior polish with sustained polish retention for lasting aesthet-

ics. Shofu's proprietary S-PRG fillers impart bioactive characteristics to the material offering all round fluoride protection and anti-plaque benefits.

BEAUTIFIL II ENAMEL is available in 4 naturally translucent and opalescent, Value based enamel shades that facilitate life-like shade reproduction and value adjustment in the final restoration to meet individual clinical needs.

Beautifil II GINGIVA is available in 5 natural shade variations of pink to match all ethnicities and easily mimic patient's individual gum while restoring areas with receded or missing gums/papilla, cervical defects, root caries/erosion, exposed PFM margins and abutments to achieve red and white aesthetic harmony. [DT](#)



Making the move to 3D digital imaging easy

By Carestream

3D digital imaging is particularly valuable in dental practices when high quality and detailed images are needed, such as when offering dental implants or orthodontic treatments.

The CS 8100 3D system by Carestream Dental makes the move to 3D digital imaging easy because it provides the benefits of 3D technology in one versatile system. As it is ultra-

compact, it can easily fit into tight spaces within almost any practice. Plus, it is accessible to all users and requires minimal training.

This system is ideal for daily use and it can capture accurate images in as little as seven seconds. The CAD/CAM abilities make it suitable for a range of tasks, from traditional panoramic examinations to endodontics, implant planning, oral surgeries and orthodontic applications. To find out

how to incorporate 3D digital imaging into your practice, contact Carestream Dental today. [DT](#)

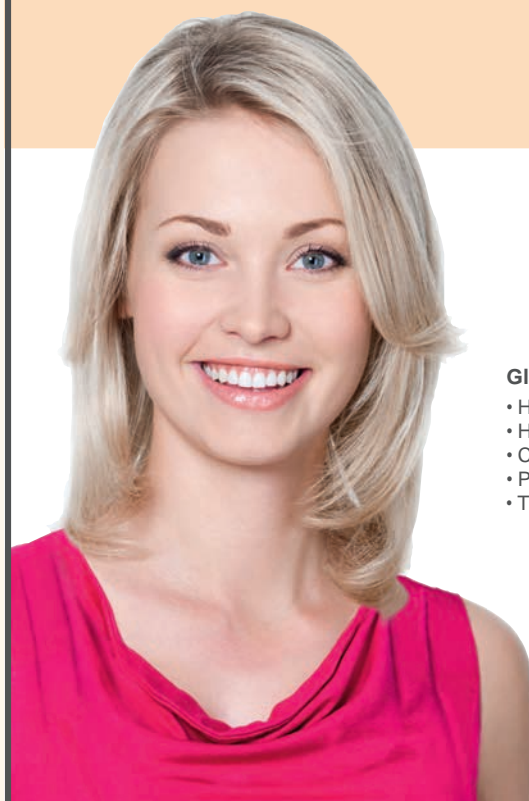
For more information, visit www.carestreamdental.com

For the latest news and updates, follow us on Twitter @Carestream-Dentl and Facebook



PROMEDICA

Highest quality made in Germany



Glass ionomer luting cement

- High level of adhesion
- Highly biocompatible, low acidity
- Continuous fluoride release
- Precision due to micro-fine film thickness
- Translucency for an aesthetic result



Glass Ionomer Filling Cement

- For fillings of classe I, III and IV
- Excellent biocompatibility and low acidity
- High compressive strength
- No temperature rise during setting
- Enamel-like translucency
- Excellent radiopacity
- Stable and abrasion resistant



Light-curing micro-hybrid composite

- Applicable for various indications and all cavity classes
- High translucency and a perfect colour adaption
- Polishable to a high gloss
- Excellent physical properties for durable fillings
- High filler content
- Packable consistency (also available as Composan LCM flow)

Visit www.promedica.de to see all our products



PROMEDICA

Dental Material GmbH
24537 Neumünster / Germany
Tel. +49 43 21 / 5 41 73
Fax +49 43 21 / 5 19 08
eMail info@promedica.de
Internet www.promedica.de

PINK and WHITE Aesthetics



BEAUTIFIL II ENAMEL & GINGIVA
are the latest line extension that complement
BEAUTIFIL II series by enlivening the final restoration and
restoring **RED-WHITE** aesthetic balance.

For more information, simply contact your nearest

Shofu Dealer TODAY!



SHOFU DENTAL ASIA-PACIFIC PTE. LTD.
www.shofu.com.sg

Official Partner



Minimally Invasive
Cosmetic Dentistry