

# DENTAL TRIBUNE

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An exclusive interview with Prof. Dr Khalid Almas

INTERVIEW

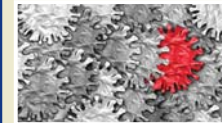
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## FDI's Vision 2030 report aims to improve oral health over the next decade

**G**ENEVA - Coinciding with the 148th session of the World Health Organization Executive Board, where an oral health resolution is on the agenda for adoption by governments, FDI releases Vision 2030: Delivering Optimal Oral Health for All, a timely report that offers a comprehensive, inter-disciplinary roadmap on how to impact health policies and tackle challenges to improve oral health and reduce oral health inequalities over the next decade.

Vision 2030 recommends strategies to address the oral disease burden that communities can adapt to their own needs and circumstances, enabling them to implement relevant solutions. The report also considers how broad societal shifts, such as ageing populations, will require the oral health workforce to adapt and remain equipped to deliver consistent care.

"Vision 2030 outlines the ways in which we can integrate our profession within global development agendas, including the UN Sustainable Development goals and the implementation of universal health coverage, that determine important health priorities," says Prof. David Williams, FDI Vision 2030 Working Group co-chair.

**Prof. Michael Glick, FDI Vision 2030 Working Group co-chair, adds:**  
"How can we, as members of the oral health community, anticipate transformational changes and trends in the global healthcare environment? How do we seize opportunities to become productive members of healthcare teams delivering person-centered care? These are some of the broad questions we strive to answer through Vision 2030"



Photo: DT Pakistan

Achieving optimal oral health for all requires strong advocates who are ready to tackle this major public health challenge. Through the steps laid out in Vision 2030, the oral health profession will be well-equipped to argue for the better integration of oral health within overall health, united behind a set of shared aims.

The authors of the Vision 2030 report, an expert team of professionals hailing from diverse sectors within the healthcare community, have emphasized the need to engage with the public, as well as a range of other stakeholders. Vision 2030 calls for patients themselves to be well-informed advocates for their own oral health and be able to take an active role in their treatment decisions. From the patient to the profession, Vision 2030 drives the message home that there is no health without oral health.



### About FDI World Dental Federation

Founded in 1900, FDI World Dental Federation is an international, membership-based organization that serves as the main representative body for more than one million dentists worldwide, active in some 200 national dental associations and specialist groups in close to 130 countries. Based in Geneva, Switzerland, FDI's mission is to lead the world to optimal oral health.

Vision 2030 Working Group: Michael Glick (Co-Chair), David M. Williams (Co-Chair), Ihsane Ben Yahya, William W. M. Cheung, Enzo Bondioni, Pam Clark, Stefan Listl, Manu Raj Mathur, Peter Mossey, Hiroshi Ogawa, Gerhard K. Seeberger, Michael Sereny. -PR

# Azra Pechuho hits out at PMC over discrepancies in MDCAT result

DT Pakistan Report

**K**ARACHI - Sindh Minister for Health Azra Fazl Pechuho expressed her reservation over the recently conducted test by the Pakistan Medical Commission (PMC) and pointed out discrepancies during the procedure.

14 irrelevant questions.

"Even results had discrepancies as roll numbers and names of many candidates did not match each other," she said adding that conducting tests for medical institutions does not come under the authority of the commission.

She further said that even Punjab province has raised 11 reservations

students from the rural areas were unable to pass the PMC exam.

"This not only deprived students of these rural areas of their basic right to acquire education but also left many seats vacant in the medical universities," Azra Pechuho said.



Photo: DT Pakistan

Terming the questions in the PMC test as out of syllabus, she said that most of the MCQs were from the syllabus of the federal education system including

on the entire testing process. Further shedding light, the minister said that the students are given admission in the province on the basis of a quota system and many

She further said that the provinces are empowered after the 18th amendment and they are mulling over to establish a Sindh medical and dental council.

## PROMOTION

### Dr Kulsoom Fatima Rizvi promotes to the rank of Professor

**K**ARACHI - Dr Kulsoom Fatima Rizvi, Vice Principal Dental Section and Head of the Department of Community Dentistry, Bahria University of Medical and Dental College (BUMDC) has been recently promoted to Professor's position.

Dr Kulsoom has diligently served BUMDC for ten years, and she is amongst the pioneer faculty members of the varsity. -PR



## ANNOUNCEMENT

### Prof. Dr Mehmood Hussain joins JSMU

**K**ARACHI - Prof. Dr Mehmood Hussain has recently joined as Head of Prosthodontics Department, Sindh Institute of Oral Health Sciences, Jinnah Sindh Medical University.

Prof Mehmood Hussain started his carrier from Hamdard University and started FCPS II Training there. He is the Focal Person in College of Physicians and Surgeons Pakistan (CPSP) for Prosthodontics Committee and serves as Regional Coordinator for Pakistan Prosthodontics Association for many years.

He gave many oral presentations in local and international conferences and numerous research publications to his credit. -PR



## Ministry urges early imposition of 'Tobacco Tax'

DT Pakistan Report

**I**SLAMABAD - The Ministry of National Health Services (NHS) has urged the Ministry of Finance to lay Federal Health Levy Bill in parliament to impose a tax on tobacco and sugary drinks to boost revenues and prevent non-communicable diseases.

In a letter to the Ministry of Finance, Prime Minister Imran Khan's Special Assistant on Health Dr Faisal Sultan stressed the need to impose a health tax of Rs10 per pack of 20 cigarettes and Rs 1 per 250 millilitres on carbonated drinks as approved by the federal cabinet on June 18, 2019.

Mr Sultan said non-communicable diseases like heart disease, stroke, cancer, diabetes and chronic lung ailment were collectively responsible for almost 68 per cent of all deaths in Pakistan.

"Pakistan is obligated to reduce one-third premature mortality from these diseases mainly caused by the tobacco by 2030 as a part of its targets set in Sustainable Development Goals (SDGs)," he said.

He said the government could achieve the goal by decreasing the tobacco consumption among the youth through the imposition of the health tax. The imposition of health tax on tobacco and sugary drinks as per the decision of the cabinet will prove as a catalyst to reduce the non-communicable diseases in the country, he said



Photo: DT Pakistan

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## DENTAL TRIBUNE

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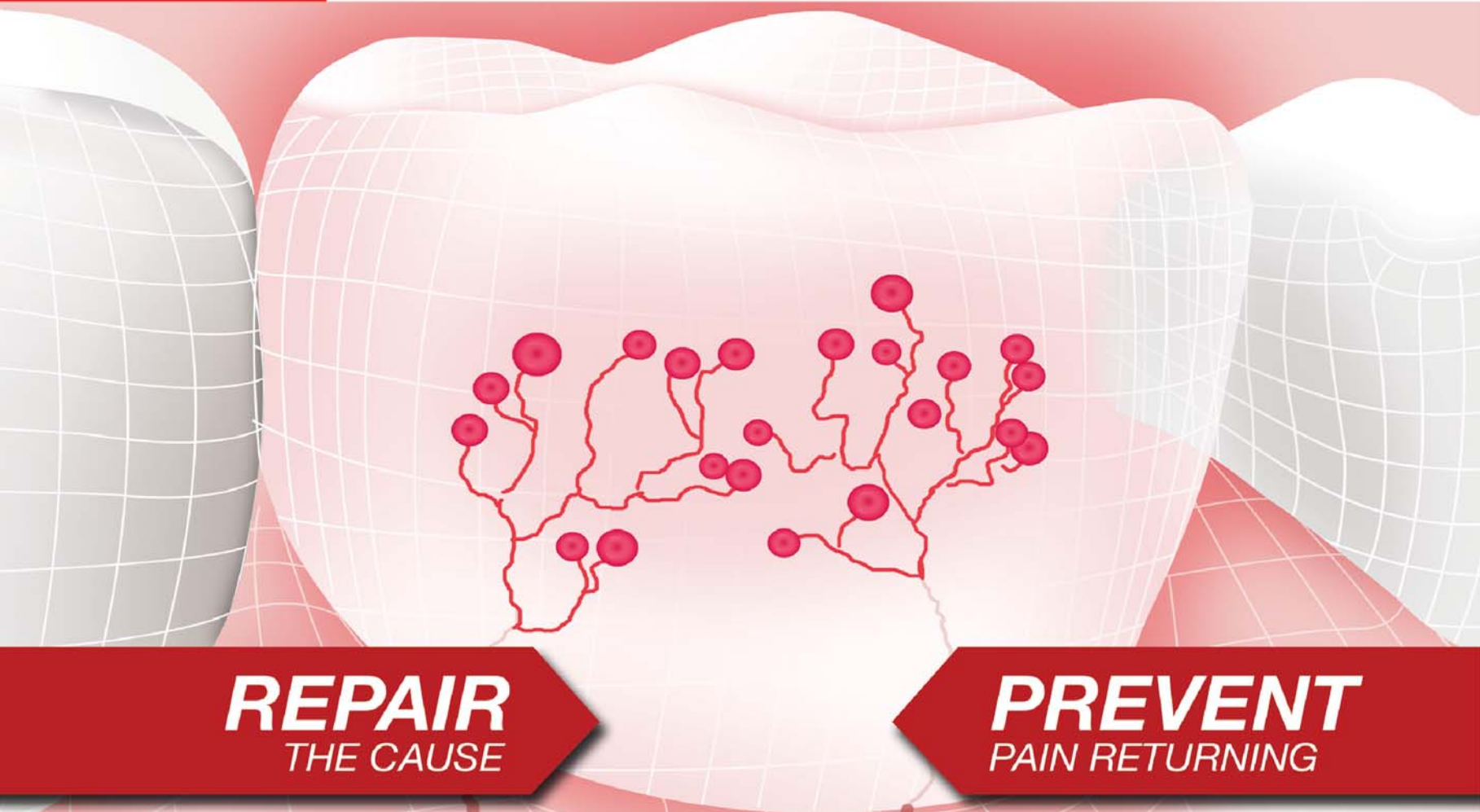
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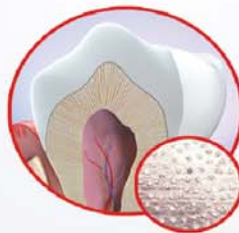
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† With continued use. Also fights cavities.  
 ‡ In toothpastes with 5% potassium nitrate. For instant relief apply directly to the sensitive tooth and gently massage for 1 minute.  
 Reference: 1. J Clin Dent. 2011;25(10):1023-1030. 2. Nishio S et al. J Clin Dent. 2009; 25(10):1023-1030.  
 3. Ajay P et al. J Clin Dent. 2008; 22(10):1023-1030. 4. Ajay P et al. J Clin Dent. 2008; 22(10):1023-1030.  
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**Dental Tribune Pakistan: You have been recently listed among the world's top 2% scientists in the world. What was your reaction?**

**Dr Khalid Almas:** First of all, my instant reaction was to say Alhamdulillah. I was sitting at my office, and one of my colleagues, whose high profile researcher at our workplace, congratulated me. I asked him what happened. And he told me that your name is listed among world's top scientists and asked him what about you? And he said to me that he was searching for his name in the list when he came across mine. So I instantly thanked Allah, who has been gracious; this is all due to His kindness and mercy. And the well-wishers' prayers and parents' prayers, family, wife, Dr Pakeeza Waheed and children for their immeasurable love, unconditional support and unwavering perseverance. Of course, my patients, students all over the world that I have met in the past 30 years of my life. So I have a brief recollection of these things, and then I came back to my reality, and it took me about 30 seconds, and I said Alhamdulillah. And that was my response! After a while, when the news spread, I started receiving messages from my friends and everyone else.

When I informed my children, they didn't seem surprised because they suffered during my career. The reason because it was, to some extent, the cost of family time. And I remember that when my son was three years old, and my elder daughter was peeping at my door, but I ignored them and kept preparing my presentation and proposals. My wife said that you know, don't be so rude and give time to children. I said we are investing in ourselves and the future of the family. All this hardship was reciprocated with the family's smiles, and Alhamdulillah it paid off in the end.

**DTP: How your interest in the field of research developed?**

**DKA:** I think I am not a very social person, but still, I met some excellent friends in my life. I have always tried to ignore the shortcomings of others and wanted to share positivity. That, of course, created efficient teamwork. I have worked with people from many different backgrounds and countries. And these days, you know, I am working

**Science is shifting sand, and every day we are getting new information so which one to believe. The professionals' role is to sieve through all of that information, develop guidelines and evaluate whenever new pieces of information are found and implemented accordingly. I think we lack that component**

in some areas that I haven't worked on before. Like in the animal research and molecular type of research, I am not a scientist. I was trained as a clinician, and later on, I found that I am a full-time faculty. Since I had invested some time in clinical dentistry, I thought I should probably invest more time in innovative thinking. And because I was also the Journal editor at the students Union during my dental college days so, at that time, I also had the habit of reading and writing. You know my father trained me as a researcher, and it was



## Only personal accountability can lead to success; Prof. Dr Khalid Almas

by Dr Muattar Hanif

**P**rofessor Dr Khalid Almas graduated from de Montmorency College of Dentistry, University of Punjab, Lahore, Pakistan. He then moved to the UK, for Master in Periodontology and later Master in Dental Public Health from Eastman Institute of Dental Sciences and the London Hospital Medical College/University College, University of London. He earned a Fellowship in Dental Surgery from Royal Australasian College of Dental Surgery and later a Fellowship in Dental Surgery of the Royal College of Surgeons of Edinburgh, Scotland, UK. Later on, he earned a fellowship of American Academy of Oral Medicine. He is also a fellow of International College of Dentists.

He served as Head of Department of Periodontology and Oral Medicine, and Assistant Professor at de Montmorency College of Dentistry, Lahore, then as an Assistant Professor at King Saud University, Saudi Arabia. He served as an Associate Professor at New York University from 2003 -2007 and then moved to University of Connecticut School of Dental Medicine. He was promoted to full professor rank in 2011 and served as a Clinical Professor, Director predoctoral periodontics program and Director International Fellowship in Advanced Periodontics. Currently, Dr Almas is serving as Professor of Periodontology and Graduate Periodontics Program Director, at Imam Abdulrahman Bin Faisal University. He also maintains his visiting/volunteer professor position at the University of Connecticut, USA and Rawal Institute of Medical Sciences, Islamabad, Pakistan.

His editorial and Ad hoc reviewer services extended to more than 15 biomedical and dental journals. He has also served as International Examiner in top universities of Malaysia, Sweden and Sudan. He has written more than 230 papers in peer reviewed dental and Medical journals, along with two books and many chapters written for books published in different countries.

His exceptional record has made his name listed among world's top 2% scientist. A list that has been compiled by Ioannidis et al from Stanford University who analysed thousands of articles on the Scopus database until May 2020. The inclusion of Dr Khalid name in the list is a true testimony of his hard work and dedication in field of Dentistry and Research. Dental Tribune Pakistan (DTP) recently spoke to Dr Khalid about his efforts toward the positive representation of Pakistan on global and national dental platforms and about his contribution to the dental profession and research.

surprising that he had his library. He gave me some question and would say that these are the books and find out the answer. Sometimes, it will take me a day or at times a week to find the answer to the question. It was more of like an open book exam. Later on, I realised that it was my research training. The questions were usually on the topic of politics, history and religion, and poetry. So I think I had the opportunity to have my initial days of training taught by the parents, good friends, and well-wishers. And I also think it's the conducive environment that we work in. So wherever I worked, I tried to be honest about the place of my work. So my mentor told me that think globally, but locally. And I think I worked on that.

So no matter wherever I travel, I try to live in the moment. I was not much futuristic, and I was not much into the past. So I always said that what is in front of us all the challenges we tried to sort it out. And sometimes, I met difficult people in my career like many others the hardships. I wanted to neglect them, ignore them. I found my way to leave them behind. I tried to grow myself under the enormous trees for some time in the past, which was a failure. So I wanted to develop myself as an independent individual like a little plant on my own. And all these things I think have contributed. I am very fond of going to conferences, travelling and that happened a lot. You get the ideas, you collaborate, you teamwork and develop them, and that's how you proceed.

**DTP: What are the biggest challenges that the field of research is facing in Pakistan?**

**DKA:** I think your question is very valid. The challenges are plenty, and I know it for a fact. I have always taken the challenge as an opportunity.

Coming back to challenges, during my time in Pakistan, I was doing clinics and teaching simultaneously, and of course, after doing it for a year, I soon realised that I am not doing justice to both of these things. And most of my fellows and colleagues had the same routine; teaching and then doing clinics. And I don't blame them because due to hardships and financial reasons, one is bound to continue.

Another thing is that there is a typical mindset. Of course, people's clinical perspective is there, and we have to be clinically competent. But later on, I found that you know that habit of reading every day. I read something before I go to bed. That is still my habit. My children say, why are you wasting your time reading, and I said I am trying to nourish my mind. If I don't read, my mind will be starved during the night before I go to sleep. Every day you learn something, and now you know,

**Don't fall into the trap of money. Make yourself so much value that money itself will follow you. Throughout my career, I worked on this approach. Alhamdulillah, I am comfortable**

random information and the bombardment of it during this internet. So I think it isn't easy, but my initial training in research and reading habits helped. So as I have said, many people's part-time academic career in Pakistan and students and faculty's practice and all things.

Continued on Page 11



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## UCMD presents a workshop on the fundamentals of growth prediction

**L**AHORE - University College of Medicine and Dentistry (UCMD), University of Lahore (UOL) recently organised a workshop titled 'Mastering the fundamentals of growth prediction.' The event was organised by Dr Fareeha Bukhari, Associate Professor, UCMD.

The event started with an informative lecture by Prof. Rehan Qamar about growth prediction methods followed by a task-oriented, video-based and hands-on workshop executed by Dr Fareeha Bukhari.

The individualised hands-on workshop was facilitated by Dr Usman Yousaf, Dr Munawar Manzoor and other faculty members of the Department of Orthodontics, UCMD.

Around 20 participants and Dr M. Aslam, Medical



Photos: DT Pakistan



Superintendent, attended the workshop while following the strict compliance regarding departmental Standard Operating Procedures (SOPs) of COVID-19 pandemic. Prof. Moghees A. Baig, Dean and Principal, UCMD and appreciated all members' activity and participation in an exemplary manner.



The session ended with the distribution of certificates to the participants, speakers, and facilitators. **-PR**



Photos: DT Pakistan



## Prof Arshad conducts 'Exodontia workshop'

**L**AHORE - An 'Exodontia workshop' was recently organised by the Institute of Advanced Dental Sciences and Research (IADSR) at Centre of Professional Development, Lahore.

The workshop was conducted by Prof. Dr Arshad Mahmood Malik, Principal/Dean, HBS Dental College Islamabad. The participants included undergraduate students, postgraduate students, house surgeons and general dental practitioners.

The workshop was comprised of detailed lectures, hands on learning on patients. Such activity gave opportunity to every participant to learn every aspect of exodontia.

The participants appreciated the efforts of the organising committee, headed under the supervision of Prof. Dr Ayyaz Ali Khan. **-PR**

## Expert highlights ways to perform oral surgery with COVID-19 SOPs

**L**AHORE - University College of Medicine and Dentistry (UCMD), University of Lahore (UOL) recently organised a workshop titled 'Mandibular 3rd Molar Surgery during COVID-19 with Standard Operating Procedures (SOPs).' The event was part of the 2nd UHS International Dental Conference. The event aimed to raise awareness about the significant challenges faced during surgical procedures such as the spread of the COVID-19 among patients and healthcare workers.



Photo: DT Pakistan

The event was broadcasted live to all the registered participants. The facilitators practically demonstrated standard barrier techniques and COVID-19 SOPs for performing the surgical procedure.

*Continued on Page 11*

## UCMD gives insight on excelling 'MS Excel'

**L**AHORE - University College of Medicine and Dentistry (UCMD), University of Lahore (UOL) recently organised a workshop titled 'Excel with MS Excel.' The event was part of the 2nd UHS International Dental Conference. The event aimed to inculcate the skills and knowledge of using MS Excel to all Health Professions Educators ranks.



Dr Arooj ul Hasan, Assistant Professor of Department of Community and Preventive Dentistry and Dr M. Waheed Azfar, Senior Demonstrator of Department of Medical Education at UCMD were the facilitators for the workshop.

Facilitators highlighted various techniques on data management. They also demonstrated tools that help in organising and reporting multiple types of data. These techniques were even applied by the participants, who responded with positive reviews of using the introduced variety of methods.

Prof. Moghees A. Baig, Dean and Principal, UCMD praised the facilitators' efforts for their collaborative efforts in organising an online workshop during the COVID-19 pandemic. **-PR**

## ZU puts spotlight on essentials of CBCT

**K**ARACHI - Ziauddin University (ZU) recently held lecture in Continuing Dental Education (CDE) lecture on the topic, 'Essentials of Cone Beam Computed Tomography (CBCT) for Dentists.'



Photos: DT Pakistan



The lecture was planned and facilitated by Dr Ayesha Hanif, Faculty, Department of Periodontology, Ziauddin College of Dentistry, ZU. The guest speaker for the session was Dr S M Abdullah Salman, Assistant Professor, Baqai Medical University.

The event aimed to highlight the indications, advantages and disadvantages, identify anatomical landmarks, 3D imaging and its judicial usage, and manoeuvre through various anatomical planes and treatment planning with CBCT.

*Continued on Page 11*





# BLEEDING GUMS WHEN YOU BRUSH?

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Photo: DT Pakistan

## LCMD organises workshop on 'Formatting BCQs'

**K**ARACHI - The Department of Health Professional Education (DHPE), Liaquat College of Medicine and Dentistry (LCMD) recently organised a series of workshops entitled 'Formatting Best Choice Questions (BCQs) for faculty members of Medicine and Dentistry.

The objectives of the workshops were to introduce the faculty to the newly developed Q-Bank software and to standardize the format of BCQs that are submitted to the Q-Bank.

The workshops were conducted by Prof. Dr Irfan Ashraf, the Director of Professional Development Center (PDC), LCMD. He also emphasised that the purpose of a BCQ is to check the knowledge of students and not to confuse them into making mistakes.

The workshop was attended by all concerned faculty members. The participants appreciated the efforts of the college in conducting workshops focused on professional development. **-PR**

## AIDM faculty completes certification in health professional education

**K**ARACHI - The faculty members of Altamash Institute of Dental Medicine (AIDM) recently completed their Certification in Health Professional Education (CHPE) from Jinnah Sindh Medical University (JSMU). The JSMU-CHPE program's objective



Photo: DT Pakistan

was to improve the teaching and assessment practices in institutions and form a platform for advancing standards in health professional education.

The faculty members of AIDM included Prof. Dr Hasnain Sakrani, Dr Maria Ghani, Dr Seeme Nigar, Dr Batool Sajjad and Dr Maria Shakoor Abbasi. Out of the 45 participants enrolled in

*Continued on Page 11*

## Top achievers in prize distribution ceremony



Photo: DT Pakistan

**K**ARACHI - Bahria University Medical and Dental College (BUMDC) recently organised a prize distribution ceremony. The cash awards were presented to the position holders of each batch of Medical and Dental Section. The event aimed to acknowledge the students' hard work and efforts to achieve good grades and position in the professional examination.

Rear Admiral Imtiaz Ahmed HI (M),

*Continued on Page 11*



Photos: DT Pakistan

**K**ARACHI - The Department of Periodontology, Altamash Institute of Dental Medicine (AIDM) recently arranged the best house offices award distribution. Dr Hasain, Principal, AIDM along with Dr Zaheer Hussain Chachar, Head of Department of Periodontology distributed awards and gave token of appreciation to house officers. **-PR**

## Final year students showcase skills in Orthodontic presentation competition

**K**ARACHI - The Department of Orthodontics, Bahria University Medical and Dental College (BUMDC) recently organised a presentation competition of final year BDS students as an end-rotation activity.

The event aimed to create learning opportunities, encourage students' self-learning ability, boost their confidence, and gauge their understanding. Each student had to prepare the case to emphasise the aetiology, clinical presentation, diagnosis, and preventive or interceptive management.

The event's chief guest was Prof. Dr Kulsoom Rizvi, Vice



Photo: DT Pakistan

Principal, Dental section, BUMDC. The event was organised and supervised by Dr Farheen Fatima, Senior Registrar, BUMDC and Dr Tauqeer Bibi, Registrar, BUMDC.

The judges scored the presentations based on content, time management and

presentations skills. The winner and runner ups of the competition are Chaudhry Muhammad Aizaz Tahir and Abeer Rashid. Certificates were awarded to the winner and runner ups by Prof. Dr Kulsoom Rizvi and Dr Tabassum Ahsan Qadeer, Associate Professor, BUMDC. **-PR**



Photo: DT Pakistan

## BUMDC bids farewell to Dr Sameera

**K**ARACHI - Bahria University of Medical and Dental College (BUMDC) recently arranged a farewell for Dr Sameera, Senior Registrar, Department of Oral Medicine, BUMDC.

The ceremony was attended by Prof. Dr Wahab Kadri, Principal, Dental Section, BUMDC,

*Continued on Page 11*





A German dentist was harshly criticised on social media platforms for putting pressure on his dental team to receive the COVID-19 vaccine. However, in the opinion of political leaders and ethics councils, a compulsory vaccination for healthcare workers could be possible in the near future.  
(Image: Halfpoint/Shutterstock)

## Dentist facing charge for putting pressure on employees to get COVID-19 vaccine

By Franziska Beier

**P**FAFFENHOFEN AN DER ILM, GERMANY - Healthcare providers worldwide have started administering the long-awaited COVID-19 vaccine. In many countries, dental teams are included in the first group eligible to receive it. Recently, a Bavarian dentist arranged vaccination appointments for his entire practice staff. However, he also threatened negative consequences for anyone who refused to be vaccinated. As no legal basis for such a requirement has yet been established in Germany, the dentist was reported to the authorities.

Many dental associations around the world are fighting for dental teams to be included in the first vaccination phase in order for them to be protected during dental treatments. The *Donaukurier*, a Bavarian local daily newspaper, reported the case of a dentist who had planned to have all of his employees vaccinated for their own and for his patients' protection. However, he announced that anyone who refused to receive the immunisation would be suspended

from work without pay. After this statement, he was strongly criticised and may now face legal consequences.

Even though the dentist admitted to the newspaper that the wording of his message was inappropriate, he is still convinced that his approach was justified. "If one of my patients contracts SARS-CoV-2, I am responsible for it," he told *Donaukurier*. "I strongly support this vaccination. Anyone who wants to work in a medical profession in the future will have to be vaccinated. The core of it is that all employees get the best protection," he added. He had expected his employees to react positively to his vaccination appointment, he said, adding that he is willing to go to court.

### ***Will there be a mandatory vaccination for healthcare workers?***

Dr Markus Söder, minister-president of Bavaria, has advocated for a debate on a partial compulsory vaccination in order to increase the number of vaccinations. The compulsory vaccination would be for healthcare workers working in retirement and care homes. "If very few employees are willing to get vaccinated, this

matter should be discussed," he told *Nordbayern*. "The German Ethics Council should look into this," he added. However, Söder emphasised that there will be no general compulsory vaccination.

According to theologian and philosopher Prof. Nikolaus Knoepffler, who is a member of the Bavarian Ethics Council, doctors and nurses who reject the vaccination violate their moral duty. "In my opinion, if someone works in a nursing profession or a medical profession, he or she violates this moral duty in several ways," he said to *Donaukurier*. "Those who refuse the vaccination do not fulfil their function as a role model, which is to encourage others to get vaccinated, and they put others at risk," he explained.

For employees in the health sector, a general vaccination requirement by the employer would be conceivable even without generally introduced compulsory vaccination, clarified Peter Betz, a labour lawyer in Pfaffenhofen, to *Donaukurier*. "Even the introduction of a general vaccination requirement for these occupational and personal groups is

not out of the question. After all, there is already a general vaccination requirement for other infections. For example, the recently introduced compulsory vaccination against measles for certain groups of people and industries," he continued.

However, at the moment, employers cannot require their employees to be vaccinated against SARS-CoV-2, as this would interfere with the general right of personal and physical integrity protected by the German constitution. If an employer threatened to impose labour law-related consequences without a legal basis, this would be the criminal offence of coercion, said Betz.

### ***Legal and personal consequences***

The Bavarian dentist is now facing a criminal charge. The public prosecutor's office is currently investigating whether there is sufficient evidence of a criminal offence.

According to *Donaukurier*, "the dentist and his staff are facing massive hostility, especially on social media". For this reason, the newspaper did not state the dentist's name in its article. - *Dental Tribune International*