

TOGETHER IS BETTER  
INTERNATIONAL ASSOCIATION OF DENTAL STUDENTS

IADS



MAGAZINE

SEPTEMBER 2020



COUNTRY  
PROFILE  
Bulgaria

IADS  
SNEAK PEEK  
Editorial  
Board

IADS  
HALL  
of  
FAME  
Tomaž Špindler

**IADS EXPERIENCE**

- Green Dentistry 2020
- Online Training Sessions
- AVEP Thailand
- QuaraStories & Chill

**DENTISTRY  
TODAY**  
Ceramics 101

**BEYOND  
DENTISTRY**  
Oral Health  
in Athletes

**IADS LITE**  
Tips & Tricks  
to Stop Bad  
Breath

How can you  
dream about  
being a dentist  
if you don't  
dream about  
being the  
best version of  
yourself?

**DR. JOÃO  
BORGES**

Dentist, Lecturer, CEO and  
Clinical Director of João  
Borges Aesthetic Dentistry



# Björn Bierlich

IADS President

Dear IADS Magazine Readers,  
Dear IADS Family,

The past months have been very special for all of us, everywhere in the world. The impact a global pandemic is visible in all parts of life, business, and most importantly health. Therefore, we hope you and your families are all safe!

We've seen complete lockdowns in many countries; but also Dental Practices as healthcare providers have been confined - by their owners or by institutional orders. Universities around the globe closed their campuses, medical faculties stopped their clinical education.

The question is which role Dentistry as a part of universal health coverage is given in our society? The postponement of elective therapies in order to minimise infection risks might be an acceptable measurement to fight COVID-19, but who takes care of painful emergencies? For how long a postponement is acceptable?

How do the governments support healthcare providers in this time of economical loss? Are Dental Practitioners considered? Can clinical education be transformed (partially) into digital formats? These questions have been answered differently in different communities and societies in the world - one of our next goals is to gather information and analyse and compare those different strategies around the globe.

Dear Dental Students,

As you all already noticed, the global pandemic is also affecting us as a global international association. Our Workflows needed to be digitised completely, Face2Face Meetings are impossible, events had to be cancelled.

And Last but not least, we had to digitise our highest institutional body - the General Assembly. After months of research we've found our Software of desire that allows us to discuss and debate as naturally as possible in the World Wide Web. Thanks a lot dear Airmet Support Team, that helped us 24/7 to make this digital GA possible.

We do not know when we will see each other again, face to face, without any screens, and we don't know whether this special „reunion“ will look like Apollo 11.

But we know something with certainty:  
We will see each other again, wherever and whenever it will be!  
Until then we will all try to practice something that has never worked: Replace F2F experiences with Webcams.

Together is better!  
#IADS360



# Živa Antolin

IADS Editor-In-Chief

Dear readers of the IADS Magazine,

I am very proud to present to you the **September** issue of our magazine! Even though the Editorial Board's work wasn't much affected by the COVID-19 pandemics, this issue is still a bit different from the rest. First of all, our »IADS Experience« section is a bit shorter than usual and it is relying on the virtual events, which has been the only option to organize any kind of meetings in the



past months. The only exception is the Thailand exchange article, for which we asked the participants to take a path down the memory lane back to 2018. And secondly, in normal circumstances, this issue would be released at the beginning of August and the attendees of the 67th IADS Annual Congress in Russia would be reading the printed version of this IADS Magazine. But unfortunately, we had to cancel the meeting and the issue was pushed to September and it's available as a soft copy only. Last but not least, this is the fourth and the last issue of IADS Magazine prepared by the **Editorial Board 2019/ 2020** and me as the Editor in chief. The working process to release this issue was the longest one so far, as we started preparing it at the beginning of June. On this point, I would like to say huge thank you to everyone who contributed their work and time to the IADS Magazine this year. I am very grateful to have such an amazing team and it was an absolute pleasure to work with all of you!

For all the readers of IADS Magazine, I hope that you enjoy the content that we prepared for you. When I started my term as the IADS Editor one year ago, I had a certain vision for IADS Magazine. Until 2013, IADS Magazine was called »IADS Newsletter« and it was solely focused on the work of the association. My goal was to include more IADS-related content in the Magazine, this is why we introduced sections like IADS Hall of Fame and IADS Sneak Peek, while also including some dentistry-related content that we don't hear about in dental school. Once again I want to thank the Editorial Board for helping this vision come to life and for the contribution of your ideas on how to make it better.

The next issue of IADS Magazine will be prepared by the new editor in chief and by the new Editorial Board. I wish you a lot of ideas and creativity to keep preparing interesting content for our readers. And especially I wish that we will be able to meet and read the hard copies of the IADS Magazine together again soon!



## **09 IADS EXPERIENCE**

- 09** QuaraStories & Chill
- 12** Online Training Sessions
- 13** Green Dentistry 2020
- 16** My Exchange Experience: Thailand

## **19 COUNTRYPROFILE**

Bulgaria

## **22 IADS STORIES**

Interview with dr. João Borges

## **26 IADS in Polsih**

Możliwości rozwoju na studiach

## **29 DENTISTRY TODAY**

Ceramics 101

## **32 IADS RESEARCH**

Benefits of Coenzyme Q10 Supplement to Conventional Therapy of Chronic Periodontitis

## **37 IADS Hall of Fame**

Interview with Tomáš Špindler

## **40 BEYOND DENTISTRY**

Oral Health in Athletes

## **43 IADS Sneak Peek**

Editorial Board

## **45 IADS LITE**

Tips & Tricks to Stop Bad Breath





## Björn Bierlich

IADS President

Country: *Germany*

University: *Technische Universität Dresden*

E-mail: *president@iads-web.org*



## Greta Keršytė

General Secretary

Country: *Lithuania*

University: *Lithuanian University  
Of Health Sciences*

E-mail: *secretary@iads-web.org*



## Racem Abid

IADS Treasurer

Country: *Tunisia*

University: *University of Monastir*

E-mail: *treasurer@iads-web.org*



## Živa Antolin

IADS Editor

Country: *Slovenia*

University: *University of Ljubljana*

E-mail: *editor@iads-web.org*



## Huthaifa Abdulqader

International Scientific  
Officer

Country: *Turkey*

University: *Hacettepe University*

E-mail: *iso@iads-web.org*



## Byung Chan Kim

International Exchange  
Officer

Country: *Italy*

University: *University of Foggia*

E-mail: *ieo@iads-web.org*



# 2019 - 2020

## CHAIRMEN OF STANDING COMMITTEES

CREME

**Country:** Sudan

**University:** Al-Neelain University

**E-mail:** [recruitment@iads-web.org](mailto:recruitment@iads-web.org)



*Ahmed Balla*

*Ali Theyab*



External Relations

**Country:** Iraq

**University:** University of Wasit

**E-mail:** [external.relations@iads-web.org](mailto:external.relations@iads-web.org)

Voluntary

**Country:** Egypt

**University:** British University in Egypt

**E-mail:** [voluntary@iads-web.org](mailto:voluntary@iads-web.org)



*Merna Maher*

*Julien Issa*



Prophylaxis

**Country:** Lebanon

**University:** Beirut Arab University

**E-mail:** [prophylaxis@iads-web.org](mailto:prophylaxis@iads-web.org)

Training

**Country:** Lebanon

**University:** Beirut Arab University

**E-mail:** [training@iads-web.org](mailto:training@iads-web.org)



*Ismail Rifai*

*Felix Behnke*



Fundraising

**Country:** Germany

**University:** Technische Universität Dresden

**E-mail:** [iadsfundraising@iads-web.org](mailto:iadsfundraising@iads-web.org)



# 2019 - 2020

## REGIONAL DIRECTORS



**Dan Kientega**

Regional Director Of  
Africa

**Country:** Burkina Faso

**University:** Joseph Ki Zerbo University

**E-mail:** [director.africa@iads-web.org](mailto:director.africa@iads-web.org)



**Ghina Baba**

Regional Director Of  
Middle East

**Country:** Lebanon

**University:** Beirut Arab University

**E-mail:** [director.middle.east@iads-web.org](mailto:director.middle.east@iads-web.org)



**David Gonzalez  
Quintanilla**

Regional Director Of  
Americas

**Country:** Chile

**University:** Universidad Autónoma  
de Chile

**E-mail:** [director.americas@iads-web.org](mailto:director.americas@iads-web.org)



**Maria Alexandra  
Dogaru**

Regional Director Of Europe

**Country:** Romania

**University:** Carol Davila University of Medicine and Pharmacy

**E-mail:** [director.europe@iads-web.org](mailto:director.europe@iads-web.org)



**Mizuki Tawa**

Regional Director Of Asia  
Pacific

**Country:** Japan

**University:** Hiroshima University

**E-mail:** [director.asia.pacific@iads-web.org](mailto:director.asia.pacific@iads-web.org)



# 2019 - 2020 EDITORIAL BOARD



**Živa Antolin**

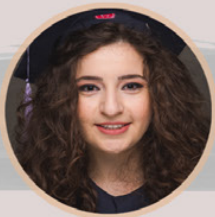
Editor In Chief  
Slovenia



**Rajaa Antar**  
LOEB / Lebanon



**Yahya Abu Shehab**  
IT Specialist / Jordan



**Silvi Domnori**  
Turkey



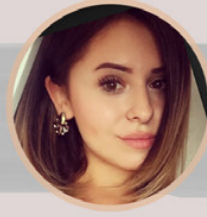
**Marah Tayyem**  
Jordan



**Mihaela Raileanu**  
Romania



**Yasmine Damergi**  
Tunisia



**Irina Bodnar**  
Romania



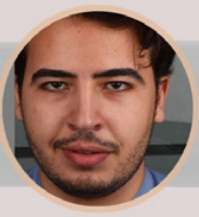
**Walaa Al Absi**  
Palestine



**Khaleed Umar**  
Nigeria



**Lotfi Boufawra**  
Tunisia



**Mohamed Ahmed**  
Egypt



**Walid Meddeb**  
Tunisia



**Aws Salah**  
Iraq



**Shubhankar  
Nandkhedkar**  
India



**Shukri M. Jama**  
Turkey



**Reem Osama**  
Sudan



**Amina Labidi**  
Tunisia



**Isra Bereer**  
Sudan



**Joanna Dawcewicz**  
Poland



**Safa Ben Haj Kacem**  
Tunisia



**Jawhar Maazoun**  
Tunisia



**Adel Kadah**  
Sudan



**Ignas Mickevičius**  
Lithuania



**Ziad Mekled**  
Egypt



**Abdelrahman Magdy**  
Egypt



**Mark Rizkalla**  
Egypt



**Abubaker Mukhtar**  
Sudan



**Fatih Karakaş**  
Turkey



**Ashraf Assinnari**  
Sudan



**Mohamed Amine  
Ben Ammar**  
Tunisia





**SIGN UP NOW!**  
The world's dental e-newsletter

**DENTAL TRIBUNE**



**Stay informed  
on the latest news  
in dentistry!**

[www.dental-tribune.com](http://www.dental-tribune.com)

**dti** Dental  
Tribune  
International





# QuaraStories & CHILL

Written by: Safa Ben Haj Kacem, Silvi Domnori, Irina Bodnar  
 Proofread by: Silvi Domnori  
 Graphic Design by: Marah Tayyem

**2020** has so far been a very happy year, has it not?

**T**his is a joke we were sharing all over social media groups during and after the quarantine and social distancing period. **But don't fret, we still got 2021 to make ours!** I am sure when most dental students were asked to stay home until further notice because of the COVID-19 pandemic, they never thought they would be spending the next two months inside; little did we know we would be learning how to bake, make lists of top 5 Netflix Series that would later on turned to the top 10 or back to exercising after the massive home workouts wave that hit us on Instagram. In a nutshell, nobody knew where we were heading. Humanity was suffering and losing hope and what's even more scary is THE WHOLE world was in a dark place.



**Thankfully,** with the tremendous effort of medical personnel; the COVID-19 ARMY as well as the rising consciousness of the people who saw a little glimpse of light inside all the negativity and followed the prevention guidelines, we survived and we are here today still standing; sending our prayers to all the victims of the pandemic and

everyone who lost a loved one. As dental students, we were no different than any of the others. We were unsure of the future, especially the class of 2020 who probably cancelled all their graduation ceremonies due to this catastrophe.

However, I want to mention an amazing initiative that a Tunisian dentistry intern started that marked my lockdown days **Dr.Wael SAAD** who made a series of Instagram live videos where he invited other students to share their failure stories about dentistry and studies in general. It was encouraging how we can create from the chaotic situation a beautiful outcome that unites students and especially gives them hope. I know many dental students used this quarantine opportunity to develop some skills they did not have, like shooting videos or starting something they wanted for so long and finally got the chance. Over all, each one of us certainly learned something looking back to those days.

