DENTAL TRIBUNE

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PMC allows filling vacant medical, dental seats for session 2021-22

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Bill Gates first-ever visit to Pakistan, lauds COVID-19 control

Photo: DT Pakistan

DT Pakistan Report

ISLAMABAD - Bill Gates, the co-founder of Microsoft and a renowned philanthropist, recently visited Pakistan for the first time and met with Prime Minister Imran Khan. He was informed of efforts to combat the coronavirus pandemic and eradicate poliovirus from the country.

Gates attended a National Command and Operation Centre (NCOC) session and met Planning Minister and NCOC Chief Asad Umar.

Gates was briefed on the NCOC's performance, the coronavirus condition in the country, and systematic efforts to manage it with non-pharmaceutical interventions, according to a statement from the NCOC.

The statement added that he was briefed about genome sequencing and coronavirus variants detected in Pakistan.

"Gates appreciated Pakistan's success against COVID-19 despite resource constraints and introducing excellent initiatives and measures for public health safety," according to the statement.

Gates also talked about the pandemic and efforts to tackle it through vaccination. He took an interest in various initiatives by the NCOC, particularly smart lockdown and micro-smart lockdown strategy enforcement measures and Pakistan's vaccine administration regime. Umar later tweeted about hosting Gates at the NCOC.

The Microsoft founder was appreciative of the COVID response effort in Pakistan, Umar concluded his post. The philanthropist also visited the anti-polio programme where Programme Chief Shehzad Baig briefed him about polio prevention measures in the country.

'Short term immunity' drops COVID-19 cases in Pakistan

Photo: DT Pakistan

DT Pakistan Report

ISLAMABAD - Prof Dr Javed Akram, a prominent public health expert and member of the Scientific Task Force on COVID-19, recently stated that the sudden decrease in coronavirus cases in the country was caused by factors such as short-term immunity.

While speaking to the media, Dr Javed Akram, Vice-Chancellor, University of Health Sciences, Pakistan's national positivity ratio, declined. He said that when a large population is exposed to a pandemic, human bodies try to build short-term antibodies against the disease, also known as sub-clinical disease or asymptomatic disease. It means that people may become infected but exhibit few or no symptoms. It's also known as Exposure Induced Immunity, and it causes disease or cases to drop suddenly in society, he explained.

According to Dr Javed Akram, other factors behind the decline in new infections included the ban on large gatherings and the implementation of the COVID-19 protocols.

While emphasising the need for booster shots, Dr Akram said people should remember that the disease has been reduced but not eradicated. They should strictly follow standard operating procedures because the virus can resurface.

According to Dr Akram, 'Stealth Omicron (BA.2)' has been reported in Norway and Sweden.

"We don't know how infectious and transmissible the new sub-variant is, but keep in mind that the world is a global village, and every variant has spread worldwide. There is a strong possibility that new variants will emerge in the future," he said.

In Pakistan, however, the population seems to have developed a short-term immunity to COVID-19 as daily cases began to fall in the first week of February.

PMC allows filling vacant medical, dental seats for session 2021-22

DT Pakistan Report

ISLAMABAD - For the first time in Pakistan, around 5873 public and private medical and dental colleges seats could not be filled this year.

The Pakistan Medical Commission (PMC) has established a unique strategy to fill the vacant seats for the 2021-22 session in light of this situation.

Colleges that did not upload their names of admitted students by February 18 were allowed to do so under the policy. The PMC will give vacant seats to suitable students who have not been admitted after that date. To guarantee that all admissions are completed by February 28, one-time placements will be granted only based on merit.

Photo: DT Pakistan

According to a document available to the local media, 1,566 seats are vacant in Sindh, 1,331 in Punjab, 72 in Balochistan, 58 in Islamabad and 51 in Azad Jammu and Kashmir.

Last year, the PMC informed public and private medical and dental institutions about the admission process, timings, and procedures for the conduct of admissions for the session 2021-22 through its Medical and Dental Undergraduate Education (Admission, Curriculum, and Conduct) Regulations 2021.

According to the laws, both private and public colleges must adhere to the statutory admissions timetables and submit the list of admitted students on the PMC portal according to the published and declared schedule.

WHO praises Pakistan on administering 200 million COVID vaccines

DT Pakistan Report

ISLAMABAD - Pakistan was recently commended by the World Health Organization (WHO) for administering 200 million COVID-19 vaccine doses in its fight against the pandemic.

The WHO Pakistan chapter just posted on its official Twitter account, "Heartiest Congratulations to Pakistan."

This accomplishment is a result of the government's unwavering commitment to vaccination administration, according to the statement.

The letter of congratulations arrived on the same day that the National Command and Operation Centre (NCOC) declared that, due to improved Covid-19 infection rates, limitations in cities with less than 10 per cent positivity would be eased.

The country "achieved a critical COVID vaccination milestone as the total vaccine doses delivered have topped 200 million," NCOC said in a statement.

Photo: DT Pakistan

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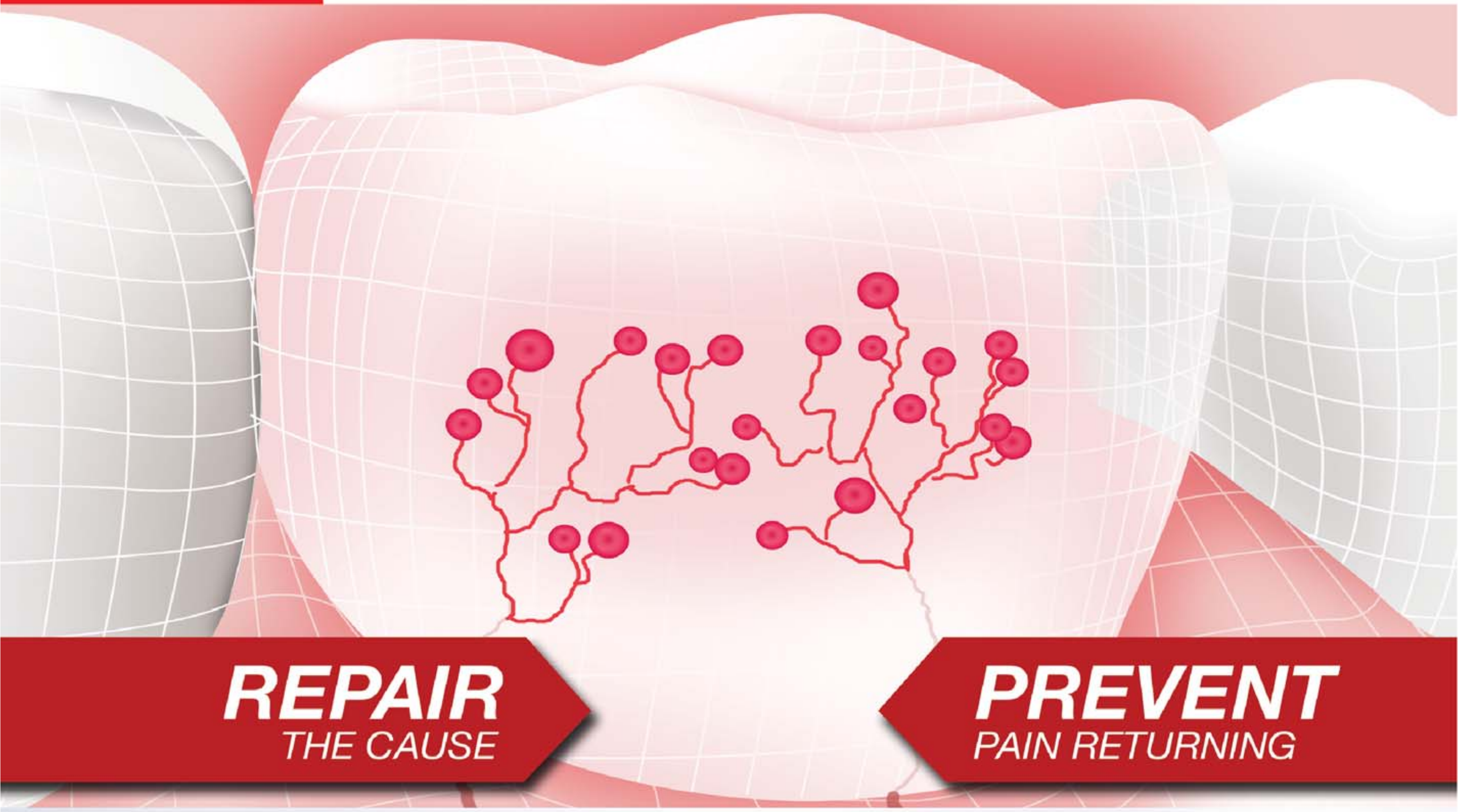

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TREATING SENSITIVE TEETH: A SIDE BY SIDE COMPARISON

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Helps repair sensitive areas of teeth[†] arginine and calcium formulation	✔	
Clinically proven instant and superior sensitivity relief[¥,2-5]	✔	
Acid-resistant occluding layer[6]	✔	
Relieves the pain of sensitive teeth[†]	✔	✔
Inhibits Plaque and Calculus Buildup	✔	

† 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; 22(Spec Iss):113-120. **2.** Nathoo S et al. J Clin Dent 2009; 20(Spec Iss):123-130. **3.** Ayad F et al. J Clin Dent. 2009; 20(Spec Iss): 10-16. **4.** Ayad F et al. J Clin Dent. 2009;20(Spec Iss):115-122. **5.** Nathoo S et al. J Clin Dent 2009;20(Spec Iss):123-130 **6.** Lavender et al, Am J Dent, 2010; 23 Sp Is A:14A-19A

A system that rewards merit attracts and retains the best minds; Dr Anwar T Merchant

Stanford - Elsevier featured Dr Anwar T. Merchant among the top scientists based on his career-long data

by Dr Hiba Shams

Dr Anwar T Merchant, who started his career as a Senior Instructor at the Department of Community Health Sciences at Aga Khan University, Karachi, is now a Professor at the University of South Carolina at Columbia, South Carolina. Dr Merchant is a Doctor of Dental Medicine (DMD) from Shiraz University, Iran. In 1989, he completed his Masters of Public Health (MPH) from Harvard School of Public Health, USA. He went on to get a Doctor of Science (ScD) in Nutritional and Epidemiology from the same institute. Here, he also worked as a Research Fellow and Research Associate. He then worked as an Assistant Professor at McMaster University, Canada. He routinely reviews manuscripts and grant applications for leading national and international journals and funding agencies, including for the Journal of the American Dental Association, Journal of Dental Research, Journal of the Dental Association of Thailand, and Journal of Pakistan Dental Association, where he also serves as an International Advisory Board member. He is a Fellow of the American College of Epidemiology and has been a member of several professional bodies, including the American Diabetes Association, International Association for Dental Research, and Society for Epidemiologic Research.

He has successfully conducted numerous clinical researches in both medical and dental areas. He has also been frequently invited as a guest speaker and examiner in different conferences and universities worldwide.

Dental Tribune: Briefly tells us about your background in dentistry?

Dr Anwar: Shiraz (formerly Pahlavi) University in Iran, where I studied dentistry, had an excellent library. I had to find an original research paper for a class at some point. That was the first time I was introduced to Index Medicus. This set of volumes was published yearly and contained citations of all the medical literature published in the prior year by topic and author. After going through several heavy volumes (this was the pre-computer era), I found the citation I was searching for and wrote it down on paper. Next, I went through rows of archived journals to find the article and took it to the photocopy machine (yes, we had those). After that, I knew where to find new information.

I worked as a general dentist in Karachi many years later, and I got to know a group of prominent dentists in the city through dental society meetings. We met approximately once a month to discuss compelling cases or published research over dinner. People from that group started conducting their research and even established the Journal of the Pakistan Dental Association Karachi, in which I published my first paper. I wrote that by hand, had it typed out at a typing institute near my clinic, and hand-delivered it to the editor's office.

My interest in public health grew from volunteering with the Aga Khan Health Board. That institution conducted medical examinations for school-aged children and noticed that many had terrible teeth. For several years, I screened the children for oral health, established mobile dental clinics to do fillings, and started a fluoride gel application program to prevent caries. That was when I felt the need to be better trained in public health and left for a year to do a Master's in Public Health at Harvard. While working at Aga Khan University, I had the opportunity to conduct research and developed an interest in epidemiology.

A system that rewards merit attracts and retains the best minds and becomes the engine that drives innovation

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

Modern medical and dental research is a broad-based endeavour integrating and synthesizing information from the laboratory, clinical practice, and populations. The biggest challenge in conducting research is developing and sustaining a critical mass of expertise in these diverse content areas. This is a long-term commitment requiring a three-pronged approach. The first step is developing a culture where research findings are analyzed, interpreted, and used to guide clinical and policy decisions. The second step is developing and nurturing a workforce with the required expertise. Finally, it provides the workforce with a viable career path based on merit. The last point is critical.

The National Institutes of Health in the United States is a leading example. However, research can flourish on a much smaller scale if the endeavour is based on the same principles. For example, Thailand has developed a robust dental research program at a much lower cost than the US.

Are there opportunities for fresh graduates abroad in dental research?

The undergraduate dental curriculum provides graduates with an excellent foundation in human health and the basic sciences.

The best way for dental graduates to enter the research field is to get additional training in specific areas such as epidemiology, health policy, biostatistics, behavioural health, molecular biology, or any of the basic sciences.

Why do you think Pakistani dental researchers are not at par globally?

The research infrastructure in Pakistan is in its infancy. Apart from at elite institutions, there are few opportunities for dental research.

Do you think there's a lack of a research curriculum at the undergrad level, your comment?

At a minimum, the undergraduate dental curriculum should prepare graduates to critically analyze and interpret published research, thus preparing them for lifelong learning and staying up to date with new knowledge.

Fluoride varnish application on newly erupted primary teeth prevents childhood caries but is underutilized. By the time a child sees a dentist, it is often too late because caries has developed

What are the significant challenges facing the dental community today?

The high cost of dental care is possibly the most significant challenge worldwide. Advances in dentistry are impressive but remain out of reach for most people. More research is needed to prevent oral disease and provide dental care to more people, particularly to the less wealthy segments of society. Even known preventive care is not universally available. For example, fluoride varnish application on newly erupted primary teeth prevents childhood caries. It is well-established, inexpensive, and takes a couple of minutes at a pediatric or primary care clinic.

What are the recent advancements in dental research?

There have been impressive advances in technology, materials, understanding of basic mechanisms of oral disease, and the connection between oral and systemic health.

Any last messages for young dental students?

A couple of decades ago, the problem was too little information, and today it is too much information. Learn to distinguish between good research and that which is questionable. Do not depend upon Facebook, WhatsApp, and other social media because they are often the source of fake news.

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NO.1 DENTIST RECOMMENDED BRAND FOR SENSITIVE TEETH[10]

†Forms a protective layer over the sensitive area of the teeth. Brush twice a day for lasting sensitivity protection.*vs. Previously marketed formulation. **With twice-daily brushing.

References: 1. Greenspan DC et al. J Clin Dent 2010; 21: 61-65. **2.** La Torre G and Greenspan DC. J Clin Dent 2010; 21(3): 72-76. **3.** Earl JS et al. J Clin Dent 2011: 22(3); 62-67. **4.** Parkinson CR et al. J Clin Dent 2011; 22(3): 74-81. **5.** GSK Data on File, ML498. **6.** GSK Data on File, ML584. **7.** GSK Data on File, ML589. **8.** GSK Data on File, RH01422. **9.** GSK Data on File, RH01897. **10.** GSKCH PK IPSOS Study 2019, n = 250 qualified dentists. Date of preparation: February 2021 PM-PK-SENO-21-00003

LIAQUAT COLLEGE OF MEDICINE & DENTISTRY

LCMD holds Grand Alumni Convention 2022

KARACHI - The Liaquat College of Medicine & Dentistry (LCMD) recently held its first-ever Grand Alumni Convention at Al-Safaa Banquet Hall, Karachi. The institute has over 890 BDS Alumni. Many alumni who are abroad were virtually invited to attend the convention. The reunion aimed at creating a special bond between the students who have passed out and have established themselves already in the competitive world.

Mr Amir Waliuddin Chishti, Chairman Board of Trustees of LCMD, Prof. Dr Navid Rashid Qureshi, Principal LCMD, and Dr Syed Ali Farhan Razi, Vice Chairman LCMD, graced the event with their presence.

Dr Tauseef Ahmed, President of the Alumni Association, organised the event along with the other organising committee members, including Dr Asma Shahid, Dr Shumaila Aziz, Dr Faizan Feroz, Dr Talha Bin Saeed, Dr Faiza Afzal, Dr Nousheen Zehra, Dr Javaria Baig, Dr Shariq, Mr Shahbaz Khan, Mr Moiz Majid and other volunteers.

Dr Samiha started the event with the holy verses of the Qur'an and Prof. Dr Uzma Zareef with the opening speech. Dr Iqra Ali, Dr Abeer Saleem, and Dr Saad Ahmed hosted the event. In the Alumni Appreciation Ceremony and Awards, all the eighteen batches (B.D.S) alumni were awarded appreciation awards for their contribution to the institute and the outside world.

Dr Sania Ahmed, Dr Saba, Dr Kanwal Naz and Dr Zohaib showcased brilliant mimicry performances by re-enacting their Professors and reviving the alumni's memories.

Dr Ayesha, Dr Maria, Dr Mathew and Dr Hijab Farid chanted the whole hall with their beautiful voices and outstanding performances. Moreover, to extend the fun across the audience Dr Saad and his team played JEETO LCMD, where gift hampers and exciting prizes were distributed against various games and challenges completed by the audience.

Dr Navid Rashid Qureshi, Mr Amir Waliuddin Chishti and Dr Syed Ali Farhan Razi privileged the pioneer batches with Alumni Appreciation Awards. Prof. Dr Naheed Najmi, Vice Principal LCMD, gave a special closing ceremony note. The event ended with a musical concert performance by the JamBroz band.

A trade exhibition for all the Alumni was also placed by consistent support of the Dental Health News, High Q Pharma, Medicore Technologies, Pakland International, LasoDent Academy, Swiss Impant Future D Pakistan, Searle Pharma, Skin Careproducts and Mehwish S Calligraphy. ***-PR***

IADSR awards One-year Diploma in Periodontology & Implantology

LAHORE - Institute of Advanced Dental Sciences and Research (IADSR) recently held the final assessment and award ceremony for the participants registered as the first batch of One-year Professional Diploma in Periodontology & Implantology.

Dr Muhammad Haseeb, Course Director (Perio-Implant Masterclass) & Dr Myra Ahmed, Course Director (Perio-Implant Masterclass), evaluated the assessment. Every participant presented the individual case on the procedures they performed by utilizing the knowledge and skills they were taught during the course.

In the end, a diploma awarding ceremony was organized. Successful participants were awarded the diploma.

Every participant gave positive feedback about the course, highlighted the techniques they learned during it and appreciated the administration's efforts. Participants emphasized that such initiatives should be encouraged as they provide you with skills necessary for efficient practice. ***-PR***

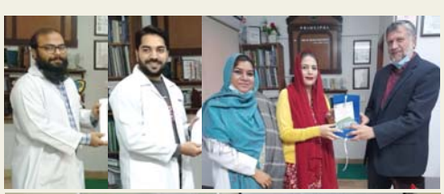
LCMD makes easy CPD designing, wax-up

KARACHI - Liaquat College of Medicine and Dentistry (LCMD) recently arranged a two-day hands-on workshop on "Cast partial denture designing and wax up".

In collaboration with the Department of Prosthodontics, Prof. Dr Uzma Zareef, Chairperson Continuing Dental Education Committee, LCMD, organised the session.

Dr Irum Munir Raja was the facilitator and keynote speaker whereas, Dr Saim Siddiqui and Dr Anas Kamran were the co-facilitators.

The cast partial denture designing demonstration followed Dr Irum's lecture on both days. The participants performed cast partial denture designing on the ideal model and adapted wax patterns on their design using different casting waxes. They were supervised by cofacilitators Dr Saim Siddiqui and Dr Anas Kamran.



The workshop aimed to achieve confidence in dentists to design cast partial dentures according to different Kennedy's classification and identify any errors in the fabricated prosthesis.

At the end of the workshop, Prof. Dr Navid Rashid Qureshi, Principal College of Dentistry, LCMD, distributed shields and certificates to the facilitators and participants. ***-PR***

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THE CLOCK IS TICKING ON GUM DISEASE

67% MINERAL SALTS

IMPROVED TASTE

4x MORE EFFECTIVE VS REGULAR TOOTHPASTE*

AT REMOVING THE MAIN CAUSE* OF BLEEDING GUMS

Ask your dentist about gum problems.

*after a professional clean and twice daily brushing.

PM-PK-PAD-21-00039

Diploma in Advanced General Dentistry

LAHORE - Institute of Advanced Dental Sciences and Research (IADSR) recently held the final assessment of participants registered in the 13th Professional Diploma in Advanced General Dentistry (PDAGD).

Dr Sumair Farooq evaluated the assessment. Every participant presented the individual case on the procedures they performed by utilizing the knowledge and skills taught to them during the course.

Different cases covering procedures such as extraction, root canals, removal of the periodontal flap, etc., were presented. Dr Sumair assessed the participants and highlighted the possible improvements they could have made to improve the result. As case presentation was an important element to get the diploma, a diploma awarding ceremony was organized by the end of an evaluation.

Successful participants were awarded the diploma. Every participant gave positive feedback about the course, highlighted the techniques they learned during it and appreciated the administration's efforts. ***-PR***

Photo: DT Pakistan

FJDC conducts workshop on lasers in periodontology

KARACHI - Fatima Jinnah Dental College (FJDC) recently held an extensive workshop on the 'Use of Lasers in Periodontology'.

Dr Ashar Jamelle, Associate Professor and Head of Periodontics Department, FJDC, led the workshop. Dr Tasleem Hosein, Principal FJDC, Prof. Dr Saqib Rashid, Head of Operative Dentistry Department, FJDC, Dr Babar Ashraf, Vice-Principal and Head of Orthodontics Department, FJDC, senior faculty and house officers of FJDC attended the lecture.

The workshop commenced with a brief talk by Mr. Fahim of GSK on the uses and efficacy of Paradontax and Sensodyne toothpaste. Dr Ashar's lecture discussed the physics of lasers, their uses, types and utility planning. Different periodontology cases done under laser at FJDC were shown, including frenectomy, crown lengthening, gingivectomies, depigmentation, etc.

A live demonstration of laser surgery followed the lecture, which was relayed on the screen in the lecture hall and seen live by all the participants. All appreciated the live demonstration.

Photos: DT Pakistan

The hands-on component of the workshop required the house officers to perform soft tissue procedures on the goat head with the laser. All the attendees appreciated the workshop.

After its success, the next hands-on workshop will be conducted on 9th Feb 2022. ***-PR***

COVID-19 Vaccination Center set up at FJDC

KARACHI - Fatima Jinnah Dental College (FJDC) recently held the facility of COVID-19 vaccination and booster doses at its campus.

Dr. Inayat Ullah Padihar (S.I) getting a booster shot at ATGH

Azam Town General Hospital, an FJDC & Hospital Trust project, has arranged the facility to administer COVID-19 vaccines and booster doses at FJDC's hospital.

The trained and competent staff have been performing the vaccination, whereas the District Head Office (DHO) Vaccination Team supervised the overall activity to complete the process safely. Moreover, all the queries and concerns of people regarding COVID-19 would be addressed at the vaccination centre.

FJDC has been encouraging people to get vaccinated and play as responsible citizens amid the pandemic. They have given a solution to those who have been waiting for their COVID-19 vaccination and booster doses and people who are afraid of crowded vaccination centres far away from their place. ***-PR***

Dr Sajjad Mustafa becomes President PMA Gujranwala

GUJRANWALA - Dr Sajid Mustafa, a senior dental surgeon, recently won Pakistan Medical Association (PMA) elections and took the presidency of PMA Gujranwala.

The dentists of Gujranwala have been seen uplifting the profession and the whole doctors' community by taking up leadership roles.

Dr Sajjad Mustafa won PMA Elections with a heavy margin and became President PMA Gujranwala for the second time. On this occasion, the President and Cabinet of PDA Gujranwala congratulated him and his cabinet. They looked forward to working together on future projects for the professional uplift of doctors and the general public's well-being more efficiently. ***-PR***

FJDC CEO conveys views on International Day of Education

KARACHI - Dr Hussain Askary, Chief Executive Officer (CEO) and Head of Community Dentistry Department, FJDC, addressed at the International Day of Education and emphasised access to quality education.

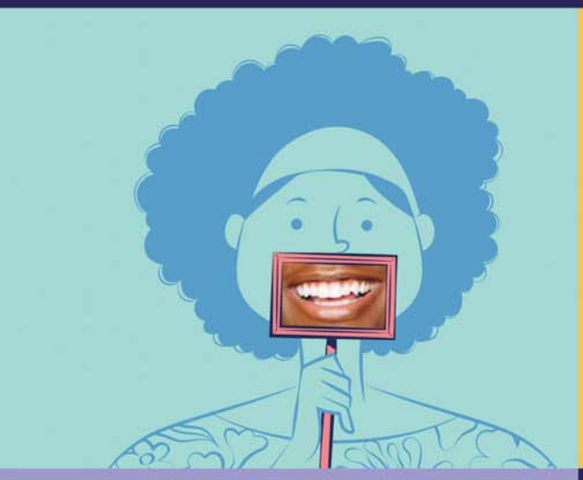
He said, "A range of factors - including economic circumstances, low-quality teaching, geographic location, gender, and disability - prevent millions of Pakistani children from learning.

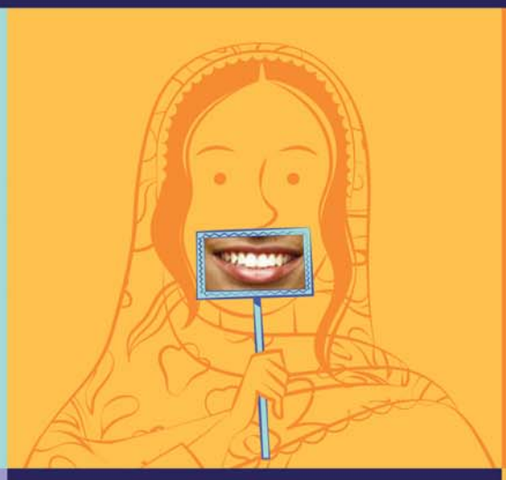
International Day of Education, observed globally, is an opportunity to enlighten students and the community about what education looks like for children worldwide. We must find ways to advocate for and promote the importance of improving access to quality education. As educators, we know that primary education empowers our students, helps them achieve their goals, and sets them up for a lifetime of success.

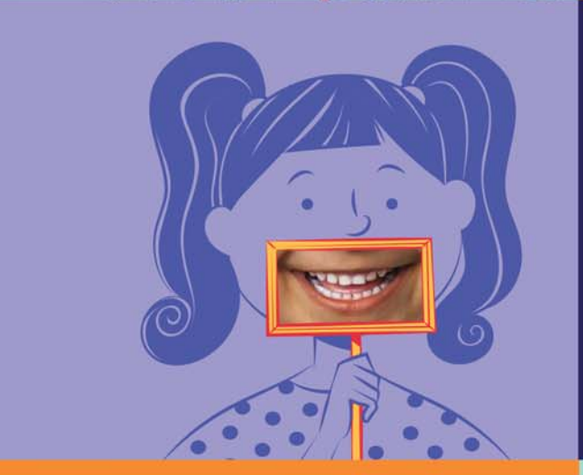
Today is a call for action. Together we can take concrete steps towards supporting teachers and unlock the potential in every person to contribute to collective well-being." ***-PR***

BE PROUD OF YOUR MOUTH

Oral health impacts happiness and well-being







GET INVOLVED

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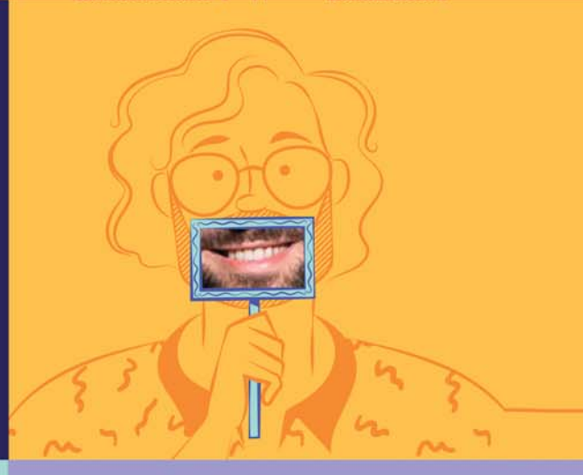

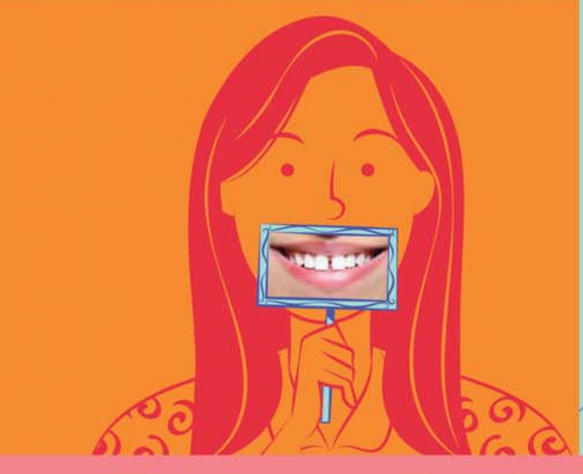

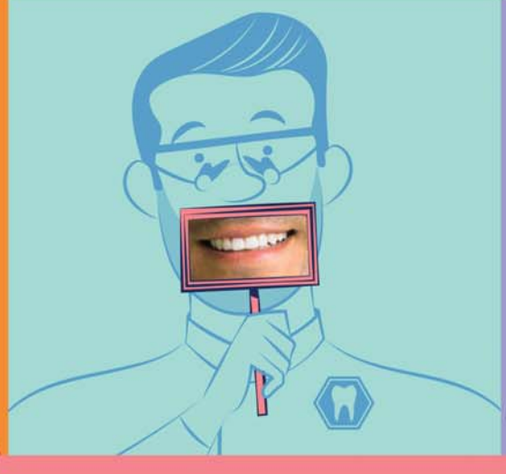

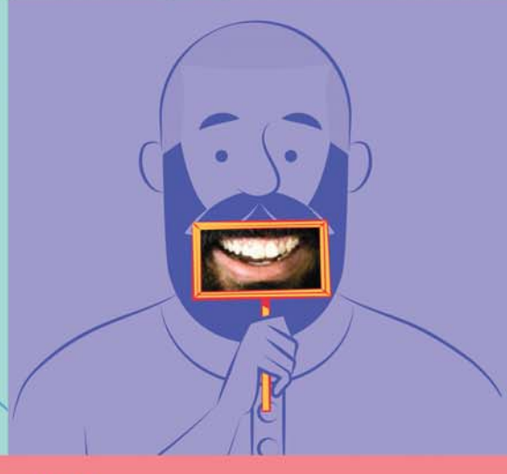

World Oral Health Day
20 March

fdi FDI World Dental Federation

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