

DENTAL TRIBUNE

The World's Dental Newspaper 🇵🇰

Published in Pakistan

pk.dental-tribune.com

MAR-APR 2023 - Issue No. 02 Vol.10



PRESIDENT ALVI FOR MORE FOCUS ON PREVENTIVE DENTISTRY

President Dr Arif Alvi has urged the dentists to think out of box to create awareness about oral hygiene to promote preventive dentistry.

Page 02



LATEST ORAL CANCER DETECTION DEVICE AVAILABLE IN PAKISTAN

SBK International, a leading importer of medical equipment in Pakistan, has launched FDA-approved VELscope.

Page 06



LITHUANIAN RESEARCHERS DEVELOP DENTAL EQUIPMENT

The work of dental professionals was significantly affected by the COVID-19 outbreak. For this reason, researchers from Lithuania.

Page 12

Oral hygiene awareness soars during world oral health day in Pakistan

DT Pakistan Report

KARACHI: The World Oral Health Day (WOHD) 2023, organized by Dental Tribune Pakistan (DTP), the official partner of the FDI World Dental Federation, and Dental News Pakistan. In collaboration

clinics across Pakistan to assess their oral health status. If diagnosed with any oral ailments, individuals were urged to seek treatment to safeguard their overall health in the future.

Despite being preventable through timely medical

Mouth'. These initiatives aimed to raise awareness about oral care and the prevention of oral diseases among the population.

One of the most common oral health issues highlighted during the campaign was bad breath, which can be caused by factors

platform to reduce the burden of oral diseases by raising awareness and educating the public, oral health professionals, and policymakers about the link between oral health and overall systemic health. Individuals were encouraged to promptly report



Photos:
DT Pakistan







BE PROUD
OF YOUR MOUTH

#WOHD23
#ShieldMuskurahat

with its sponsor, Shield Pakistan, the event effectively conveyed the message of oral hygiene awareness to millions of people.

The primary objective of the campaign was to encourage individuals to visit dental university hospitals or reputable

intervention, oral diseases, including dental caries, gum diseases, and tooth loss, remain prevalent globally and regionally. In light of this, various programs were conducted during the ongoing WOHD campaign, under the theme 'Be Proud of Your

such as poor oral hygiene, smoking, and underlying diseases of the ear, nose, and throat. Bad breath can have a significant impact on a person's self-confidence, well-being, and ability to socialize and work comfortably. WOHD serves as a global

any dental or oral problems by visiting a dentist for routine check-ups.

As part of the WOHD celebrations, Dental Tribune and Shield Pakistan collaborated with various hospitals and dental

Continued on Page 4

President Alvi for more focus on preventive dentistry

DT Pakistan Report

ISLAMABAD: President Dr Arif Alvi has urged the dentists to think out of box to create awareness about oral hygiene to promote preventive dentistry as the curative side was a bit costly, particularly in a developing country like Pakistan.

The president was addressing the inaugural ceremony of the International Oral Pathology and Aesthetic Dentistry Conference held here. Urging the participants including oral pathologists, dentists, professors and students, Dr Alvi said regular brushing of teeth provided almost 99 percent of prevention from oral diseases. He said the Holy Prophet (Peace Be Upon Him) also taught the frequent use of Miswak as evident from around 20 Ahadith in this regard.

The president, highlighting the importance of dentistry, urged the dentists to establish their collaboration with the stakeholders to promote oral



hygiene and recalled the successful oral hygiene campaign run during the Covid-19 pandemic.

He said the professional dentists needed to reorient their approach and increase the quantum of preventive healthcare in their education. They should broaden their focus to help people benefit from prevention against oral diseases, he added.

He said the professionals would have to change their paradigm for the maximum benefit of the people to pay back the huge financing made by the country on their higher education.

The president, who earlier also inaugurated the first oral

cancer registry, said after oral hygiene, the focus should be on the prevention of oral cancer. He advised against the use and sale of betel and other addictive items that cause oral cancer.

On the occasion, the president also launched the Pakistan Federation of Laser Dentistry and distributed shields among the organisers and collaborators of the event. Earlier, in her address, Pakistan Society of Oral and Maxillofacial Pathology (PSOMP) Federal Zone President Dr Joharia Azhar said Pakistan was among very few countries where there was no oral cancer registry. She also highlighted the need for a body

Continued on Page 4

Pakistan's first OSMF cell line at Ziauddin University

DT Pakistan Report

KARACHI: The country's first-ever premalignant primary Oral Submucous Fibrosis (OSMF) cell line has been established at the Ziauddin University, Karachi.

The cell line was established as a part of an MPhil project of Dr M Shahrukh Khan Sadiq and Dr Anaam Islam. Dr. Saima Akram Butt, Associate Professor, Head of the Ziauddin University Department of Oral Pathology, supervised the project, while Dr Shumaila Usman, Assistant Professor at the Department of Molecular Medicine, was the co-supervisor and technique expert.

OSMF is a chronic, progressive and premalignant condition of the oral mucosa that vitiates the quality of life of the patient. The development of the oral submucous cell line would serve as a reliable, safe and convenient in-vitro platform for experimentation for the disease.



The project was also shortlisted for the Hatton Award Oral Presentation Competition at the 8th Pakistan Association of Dental Research Conference and bagged second prize at the 2nd International Conference of Pakistan Society of Oral and Maxillofacial Pathology.

Ziauddin College of Dentistry Principal Prof Dr Mervyn Hosein lauded the efforts of the entire research team for achieving this significant milestone in dental research in Pakistan. **-PR**

IMPRINT INTERNATIONAL HEADQUARTERS

Publisher and Chief Executive Officer
Torsten R. Oemus

Chief Content Officer
Claudia Duschek

Dental Tribune International GmbH
Holbeinstr. 29, 04229 Leipzig, Germany
Tel.: +49 341 48 474 302
Fax: +49 341 48 474 173

General requests:
info@dental-tribune.com

Sales requests:
mediasales@dental-tribune.com
www.dental-tribune.com

Material from Dental Tribune International GmbH that has been reprinted or translated and reprinted in this issue is copyrighted by Dental Tribune International GmbH. Such material must be published with the permission of Dental Tribune International GmbH. **Dental Tribune** is a trademark of Dental Tribune International GmbH.

All rights reserved. © 2023 Dental Tribune International GmbH. Reproduction in any manner in any language, in whole or in part, without the prior written permission of Dental Tribune International GmbH is expressly prohibited.

Dental Tribune International GmbH makes every effort to report clinical information and manufacturers' product news accurately but cannot assume responsibility for the validity of product claims or for typographical errors. The publisher also does not assume responsibility for product names, claims or statements made by advertisers. Opinions expressed by authors are their own and may not reflect those of Dental Tribune International GmbH.

dti | Dental
Tribune
International

Publisher and CEO
Syed Hashim A. Hasan
hashim@dental-tribune.com.pk

Editor Clinical Research
Dr. Inayatullah Padhiar

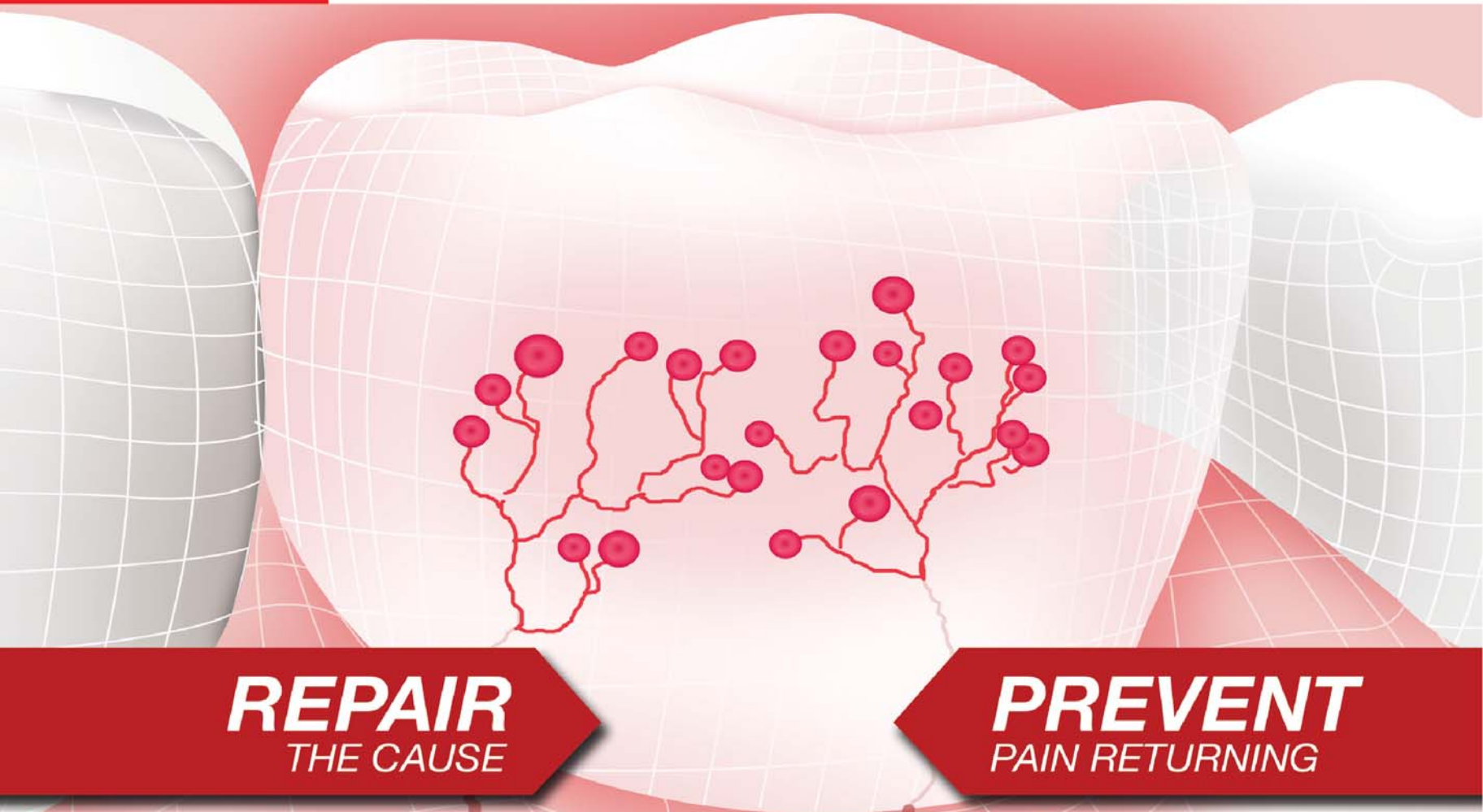
Editors Research & Public Health
Prof. Dr. Ayyaz Ali Khan

Editor - Online
Haseeb Uddin

Designing & Layout
Sheikh M. Sadiq Ali

Dental Tribune Pakistan
3rd floor, Mahmood Centre, BC-11,
Block-9, Clifton, Karachi, Pakistan.
Tel.: +92 21 35378440-2
Fax: +92 21 35836940
www.dental-tribune.com.pk
info@dental-tribune.com.pk

Dental Tribune Pakistan cannot assume responsibility for the validity of product claims or for typographical errors. The publisher also does not assume responsibility for product names or statements made by advertisers. Opinions expressed by authors are their own and may not reflect of **Dental Tribune Pakistan**.



REPAIR
THE CAUSE

PREVENT
PAIN RETURNING

THERE'S A BETTER WAY TO TREAT SENSITIVE TEETH.†

REPAIR

Forms a calcium-rich layer and helps repair† sensitive areas of teeth for instant and superior relief‡, 1-3



PREVENT

Regular use helps strengthen gums and provides lasting protection to prevent further tooth sensitivity

TREATING SENSITIVE TEETH: A SIDE BY SIDE COMPARISON

COLGATE® SENSITIVE PRO-RELIEF™ TOOTHPASTE

ORDINARY SENSITIVITY TOOTHPASTES

TECHNOLOGY PLATFORM	PRO-ARGIN™	POTASSIUM NITRATE
Helps repair sensitive areas of teeth† arginine and calcium formulation	✓	
Clinically proven instant and superior sensitivity relief‡, 2-5	✓	
Acid-resistant occluding layer⁶	✓	
Relieves the pain of sensitive teeth†	✓	✓
Inhibits Plaque and Calculus Buildup	✓	



†With continued use. Always brush correctly.
‡In laboratory tests. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.
Reference: 1. Li Y et al. J Clin Dent. 2012; 25(10): 1032-1035. 2. Nishio S et al. J Clin Dent. 2009; 24(10): 1032-1035. 3. Nishio S et al. J Clin Dent. 2010; 25(10): 1032-1035. 4. Nishio S et al. J Clin Dent. 2011; 26(10): 1032-1035. 5. Nishio S et al. J Clin Dent. 2012; 27(10): 1032-1035. 6. Nishio S et al. J Clin Dent. 2013; 28(10): 1032-1035.

LCMD contest honours top researchers from Sindh

KARACHI: As many as 60 dental professionals and researchers from various cities of Sindh, including Karachi and Hyderabad, submitted 30 articles and 33 synopsis for the Sindh Research Icon 2023 contest, organised by the Liaquat College of Medicine & Dentistry (LCMD) in collaboration with its Committee of Post Graduate Medical Education (COPGE).

The initiative was aimed to honour outstanding research conducted in Sindh and to reward excellence in research, contribution to intellectual development, social welfare and promote publications with higher impact.

The event's chief organisers included LCMD College of Dentistry Principal Dr Navid Rashid Qureshi, COPGE Chairperson Prof Dr Asif Qureshi and Co-Chairperson Prof Dr Tahera Ayub. Dr Asad Farooq and Dr Rizwan Hassan were the moderators and co-ordinators of the event that was hosted by Dr Rizwan ul Hassan and Dr Yusra Nasir.

"Following the vision of our principal, College of Dentistry, to emphasise the significance of evidence-based practices as health care professionals, our faculty's mission is to focus on basic principles of teaching, research and innovation. This marks the special day as all the top performing researchers and innovators will be acknowledged for their contribution towards dentistry



Photos:
DT Pakistan

and thus serving the community. The purpose of conducting the competition was to provide a platform to update the research knowledge of the residents from different fields of dentistry, which has always been the prime aspect of our institute," reads a press release issued by the LCMD.

More than 60 participants from public as well as private sectors got themselves registered for the competition, submitting 30 articles and 33 synopsis, from across the province.

Asia Pacific Dental Federation President Dr Mehmood Shah was the chief guest of the event.

The judges of the research contest included Prof Dr Arshad Hassan (PhD Operative Dentistry, HoD Operative Dentistry & Endodontics at DDC DUHS), Dr Nabeel Naeem Baig (BDS, MPH, IPFP(UK), FRSPH(UK), FICCD(Singapore) Consultant Epidemiologist, College Of Physicians & Surgeons Pakistan, Dr Farah

(MBBS, MCPS, MS, PhD Public Health), Dr Mahwish Kashif (BDS, FCPS-OMFS), Dr Saleema Gulzar (PhD, MScN, BA, BScN, RN Associate Professor, and Director of Research and Innovation, Aga Khan University, School of Nursing and Midwifery Member, Haile T Debas Teachers' Academy, AKU).

The four in-house judges included Dr Amna Rehman, Dr Anjum Fahad, Dr Samreen Malik and Dr Yusra Nasir, who also conducted a question answer session to enable the trainees to understand the research process thoroughly. Out of 30 articles, the top 10 which were shortlisted were submitted by Dr Muhammad Nasir (JSMU), Dr Asad Farooq (LCMD), Dr Aisha Salim (LCMD), Ms Hadiqa Afzal (Altamash Institute), Prof Dr Naheed Najmi (LCMD), Dr Sehrish Rehman (DUHS), Dr Saim Siddiqui (LCMD), Dr Leelan Kanwal (AKU), Dr Saeed Ullah Shah (AIDM).

Continued on Page 8

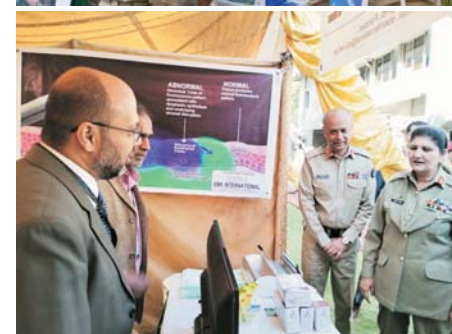
Latest oral cancer detection device available in Pakistan

ISLAMABAD: SBK International, a leading importer of medical equipment in Pakistan, has launched FDA-approved VELscope - Vx-enhanced oral assessment system in the country - used to trace mucosal abnormalities leading to oral cancers.

It is a unique device which centres on a wireless, handheld scope that uses natural tissue fluorescence to enhance the way clinicians visualise oral mucosal abnormalities that might not be visible to the naked eye.



Photos:
DT Pakistan



Supported by clinical studies, illustrating the efficacy of the VELscope's tissue fluorescence visualisation, more than 25 million VELscope Vx examinations have been performed by over 15,000 dental practitioners in 23 countries worldwide.

Keeping in view the necessity of the device in the country, the Drug Regulatory Authority of Pakistan (DRAP) has registered it for sale in the country.

Continued on Page 8

Oral hygiene awareness soars ...

Continued from front page

colleges to organize on-ground oral health activities in 17 cities across Pakistan. Free oral health camps were set up in these locations, allowing the masses to benefit from dental care services. Additionally, free samples were distributed to the visitors, ensuring adherence to Covid-19 safety protocols during the activities.

With oral diseases affecting 90 percent of the global population during their lifetime, WHO serves as an important occasion to shed light on the significant burden caused

by these ailments. The event motivates the public, oral health professionals, and policymakers to take proactive measures in their respective countries to improve the oral health of citizens.

President Alvi for more focus on ...

Continued from page 2

of laser dentistry, considering the new trends and innovations in the field.

She said the oral cancer registry would help maintain the data of the disease in the country, besides establishing collaboration with the partners to broaden the network.

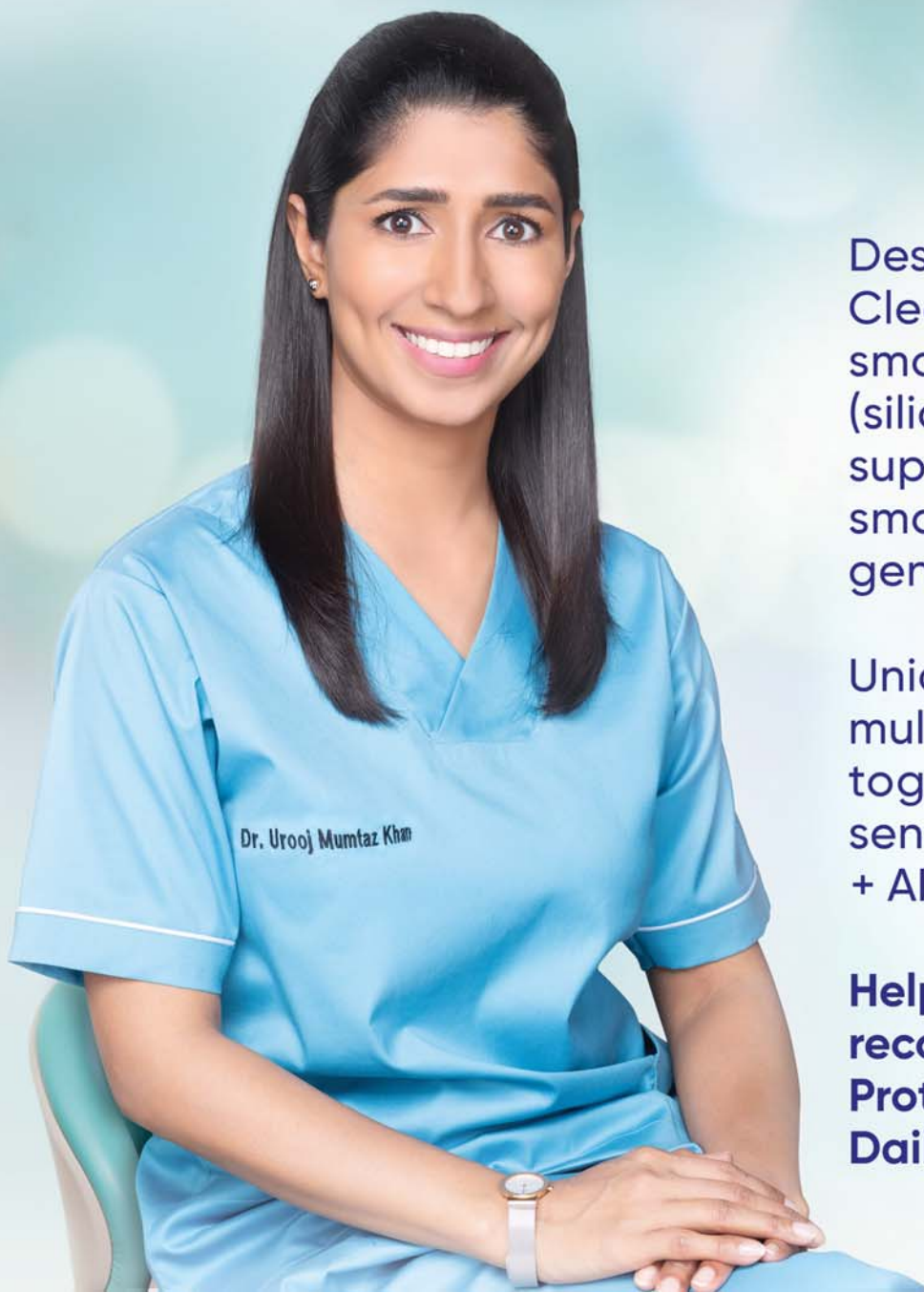
PSOMP President Nauman Rauf said the conference would help broaden the network of professionals to help them embrace the vision of innovations in the field. Focal Person for Islamabad Women Chamber of Commerce and Industry Naima Ansari highlighted the role being played by women chamber in the promotion of basic health without any gender biases.

She said the chamber also had a special focus on the importance of reproductive health, including family planning, through the collaboration of businessmen as well as professionals.

SENSITIVITY PROTECTION +ALL-IN-ONE DAILY ORAL CARE

SENSITIVITY + CLEANING + CAVITY + GUMS
ENAMEL + PLAQUE + FRESHNESS + WHITENING

new



Designed with an Advanced Cleaning System, which includes smooth spherical particles (silica) that help provide a superior cleaning action, even in small amounts, whilst still being gentle to the teeth.

Unique formula combines multiple oral care benefits together with clinically proven sensitivity protection + ALL-IN-ONE daily oral care.

Help your patients by recommending Complete Protection plus for All-in-one Daily Oral Care.

AIDM holds a manuscript writing workshop

KARACHI: At a workshop on manuscript writing held by the Research Development and Review Cell of Altamash Institute of Dental Medicine (AIDM), for house surgeons and postgraduate residents, guest speaker Dr Sohail Lakhani, senior instructor at the Aga Khan University (AKU), explained the process in a professional way.

Manuscript writing is a crucial aspect of the research process, as it involves communicating the findings of a study to the scientific community. In simple terms, it is the process of organising and presenting the results of a research study in a written form that meets the requirements of a specific journal.

Explaining the process, Dr Lakhani said the first section, the introduction, should contain an overview of the research problem and explain the significance of

the study, besides summarising previous research on the topic and identifying gaps in the knowledge.

He further explained that the second section should describe the research methodology and procedures used in the study, including the sample size, data collection methods, and data analysis techniques. And the last section,

Dr Lakhani explained, should contain the findings of the study, usually in the form of tables, graphs, or figures. It should also include a description of any statistical analyses conducted.

The discussion is the crucial part of any study and should contain points that interpret the results of the study and discuss their implications. It also

compares the findings with previous research and addresses any limitations or weaknesses of the study.

And then we need to conclude our research paper by summarising the main findings of the study and providing recommendations for future research.

The event was attended by the faculty, house surgeons, and postgraduate residents in particular.

Altamash Institute of Dental Medicine is known for its brilliance and scholarly repertoires, and it shall continue to excel in the near future as well. The research cell plans on finding out new ways to educate, empower, and enlighten their doctors, they promises nothing but excellence and strive to bring a lot more exciting stuff for the near future as well. **-PR**



Photos:
DT Pakistan

A hands-on rotary endodontics workshop at BUDC

KARACHI: Bahria University Dental College, as a part of its efforts aimed at honing skills and knowledge of its students and giving them exposure to a wide array of topics, treatment modalities and the latest developments in the

dental sphere, holds different seminars and workshops.

To this end, the BUDC Department of Operative Dentistry and Endodontics organised a hands-on rotary endodontics workshop for the House Officers aimed at equipping the fresh graduates with skill and confidence of performing root canal treatment, using rotary machines.

The event featured a presentation by Dr Hasan Hameed, Assistant Professor of Operative Dentistry, followed by a hands-on workshop.

In his lecture, Dr Hasan elaborated upon the mechanics behind the rotary files and how



Photos:
DT Pakistan

they accomplish the cleaning and shaping of the root canal system.

He gave a thorough overview of the steps involved in rotary preparation and explained the importance of each step. **-PR**



LCMD holds workshop on dentistry crown ceramics

KARACHI: A one-day workshop on 'New technological advances in dentistry crown-ceramics' was conducted at the Liaquat College of Medicine and Dentistry, organised by the Continuous Dental Education Committee (CDEC).

After opening remarks by CDEC Chairperson Prof Dr Uzma Zareef, guest speaker Dr Insiya Hussain, Clinical Assistant Professor at Houston Dental School, USA, who also runs a state of the art multi-specialty private

clinic in Texas, equipped with scanner and in-house milling equipment, conducted a session. The session discussed milling of all ceramics crowns, E-max and zirconia in a dental clinic and the

advantages associated with it. It also discussed the ability to repair broken teeth with full coverage crown in one appointment and giving the patient full mouth smile makeover

in a single visit.

Dr Insiya Hussain also gave a live demonstration on crown preparation of PFM, zirconium, E-max and veneers.

The participants termed the workshop fruitful in terms of improving their clinical skills and refinement of their professional knowledge.

The session ended with presentation of a shield to the guest speaker by CDEC Chairperson Prof Dr Uzma Zareef. **-PR**



Photos:
DT Pakistan

HEALTHIER GUMS OR STRONGER TEETH?

NOW YOU DON'T HAVE TO CHOOSE.

RECOMMEND **PARODONTAX** COMPLETE PROTECTION

8 SPECIALLY
DESIGNED BENEFITS
FOR STRONGER
TEETH

& HEALTHIER
GUMS



4x MORE EFFECTIVE VS REGULAR TOOTHPASTE

HELPS HEAL THE MAIN CAUSE OF BLEEDING PROBLEMS
AND HAVE STRONGER TEETH

References:

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

ALWAYS FOLLOW THE LABEL PRIOR TO USE

*removal of plaque, after a professional clean and twice daily brushing. Brush twice a day and not more than 3 times, minimize swallowing and spit out. If irritation occurs, discontinue use. Not suitable for children under 12 years. Keep out of reach of children.

LCMD video contest generates innovative oral health ideas

KARACHI: The Liaquat College of Medicine and Dentistry (LCMD) organized World Oral Health Day Video Competition to create awareness regarding oral health that is considered a gateway to overall human health.

Haque, Head of Department of Community and Preventive Dentistry, enlightened the audience on issues related to public dental health. College of Dentistry Principal Prof Navid Rashid Qureshi highlighted



Keeping in view the importance of modern audio-visual techniques in the age of social media to reach the target audience and to promote oral health, LCMD community dentistry department organized the video contest.

The aim of this event was to design innovative videos to disseminate oral health ideas and popularise oral hygiene practices among the public to help prevent various oral diseases.

The first, second and third year BDS students were imparted video designing techniques to make high-quality videos, under the supervision of Dr Munnawarulhaque, Dr Asfia Anwar, Dr Nousheen Zehra, Dr Sara Maqbool, Dr Afshan Faizan and Dr Muhammad Hassaan Sadiq of LCM Department of Community and Preventive Dentistry.

The BDS students were divided into 12 groups and were assigned the task of making oral health videos aimed at creating awareness among people about the issue on the theme of 'Be proud of your mouth for the lifetime of smiles.'

On the occasion, in his welcome note, Dr Munawarul

the importance of oral health in maintenance of general health and emphasised on educating the people regarding oral hygiene, to prevent oral health problems and improving quality of life and reducing the financial burden, in later stages.

The event's chief guest Prof Ambrina Qureshi, Chairperson, Department of Community and Preventive Dentistry and Principal of the School of Dental Care Professionals, Dow University of Health Sciences, lauded the innovative oral health ideas expressed by the students through their videos in connection with the World Oral Health Day. The first winner of the competition was Group 11 (Second Year BDS), while Group 8 (Second Year BDS) stood second and Group 6 (First Year BDS and Group 7 - Second Year BDS) bagged third position in the contest. A special prize was presented to Group 1 (First year BDS) to appreciate their hard work at the preliminary level.

A special vote of thanks was given by Prof Uzma Zareef, Chairperson of Continuous Dental Education Committee (CDEC) to appreciate the efforts of all the students and faculty for holding the contest. **-PR**



Free dental camp for children with special needs

KARACHI: A free dental check-up camp for differently-able children was organised by the Sindh Boys Scouts Organization at its Training Centre in Gulshan-e-Iqbal, Karachi. The aim of the camp was to conduct free dental examinations of the children with special needs, who often face barriers in getting health care services.

A team of four volunteer dentists -- Dr Ali Mustafa, Dr Tafseer Fatima, Dr Farwa Abbas and Dr Kinza Jamil -- under the supervision of Dr Sana Mirza conducted the camp. The team, equipped with all the necessary dental tools and equipment, set up two dental stations for the check-ups for the children who arrived with their parents and other caregivers.

The dentists explained the check-up process to each child. They first examined their teeth and gums, for any signs of decay or infection, then demonstrated the proper way to brush and floss through 'Tell, show and do technique'. They also gave the children personalised tips on taking care of their teeth.

Some of the children who needed further dental treatment such as fillings, root canals or extraction, were guided accordingly.

The team maintained the medical and dental record of each child for further treatment and follow-ups.

Despite their special needs, the children were full of energy and enthusiasm.

"Volunteering is a powerful way to make a positive impact in the world, and we would encourage everyone to consider volunteering their time and skills to help those in need. The dental check-up camp for differently able children was just one example of the many ways we can give back to our communities and make a difference in people's lives," a team member said, summing up his experience. **-PR**

LCMD contest honours top ...
Continued from page 6

Similarly, out of 33 synopsis, the top five were submitted by Dr Naqqash Ismail (LCMD), Dr Hina Hameed (LCMD), Dr Safia Anwer (FJDC), Dr Wafa Idress (AKU) and Dr Sana Zainab (LCMD).

A poster competition was also held in which participants from different institutes like LCMD, AKU, FJDC, Bahria University, Baqai Dental College, Ziauddin University and Liaquat University of Medical and Health Science, Jamshoro, took part. **-PR**

Latest oral cancer detection ...
Continued from page 4

The device was formally launched and demonstrated during the 13th Pakistan

Conference on Oral & Maxillofacial Surgery held last at the Armed Forces Institute of Dentistry, Rawalpindi.

SBK International, held free seminars and demonstrations at major hospitals of the country for educating dentists, hygienists, maxillofacial surgeons and ENT specialists.

According to SBK CEO Mr Saad Bin Kamil, it is need of the hour that regular screenings for any mucosal abnormalities should be made part of regular dental checkup at dental clinics and hospitals.

According to him, in the past, due to non-availability of such a screening tool in Pakistan, a majority of the oral cancers remained undetected at initial stages, resulting in loss of human lives. **-PR**

IDMC dentists serve impoverished school children

ISLAMABAD: The Islamabad Medical and Dental College (IMDC) dentists provided free oral healthcare guidance and services to underprivileged students at a community school in Rawalpindi in connection with the World Oral Health Day.

The outreach programme was conducted at the Qalam School, a trust-funded institute for impoverished children.

The activity was organised by the IMDC community dentistry department under the



guidance of the Head of the Department (HoD) Dr Sheze Haroon, along with faculty members Dr Saba Masoud and Dr Shandana Sher. Other team members included house officers from Islamabad Dental Hospital (IDH), dental technicians and 2nd-Year BDS students.

The event included informative oral health sessions, oral screening, and basic procedures such as extractions of deciduous teeth, ARTs and SDF fillings, while the complex cases were referred to IDH for further treatment.

The college also distributed free dental hygiene kits among the students and teachers.

The students appreciated the services provided

by the team of dentists under the outreach programme that

was a testament to the commitment of IDH to promoting

oral health and hygiene, especially among vulnerable communities. **-PR**

ZDC house officers hold OSMF awareness event

KARACHI: A team of house officers of the Ziauddin Dental College (ZDC) arranged a programme to create awareness about Oral Submucous fibrosis (OSMF), mostly caused by the habit

harmful items.

The ZDC team evaluated around 50-100 people for OSMF and provided them useful information regarding the harmful impact of their habit of

also considers sweetened and coloured areca nuts as a potential carcinogen. OSMF is a chronic, precancerous condition characterised by inflammatory reaction



of chewing tobacco and betel nut, among the residents of Sikandarabad and Shireen Jinnah Colony, Karachi.

The aim of the exercise conducted by the team, comprising ZDC house officers Dr Ali Mustafa, Dr Zameen Intesara, Dr Tafseer Fatima, Dr Dua Tariq and Dr Mahlaqa Maroof, was to warn the people of the adverse effects of chewing tobacco, betel nut, areca nut and gutka on the oral cavity and ultimately on the overall health of those getting addicted to these

chewing tobacco. They were also given toothpastes by Colgate for better oral hygiene.

The team also guided people about the nutrition that can help reduce the risk of OSMF.

The habit of chewing sweetened and artificially-coloured areca nuts is especially popular among the youth due to its addictive nature. Owing to its sweet and addictive taste, these items are termed 'sweet poison' by the dental professionals. The World Health Organisation (WHO)

inside oral mucosa. These alterations cause fibrosis and stiffness of oral mucosa leading to limited mouth opening and related problems.

OSMF is one of the commonest, potentially malignant, disorders amongst the Asian population.

Arecoline, an enzyme found in the areca nut is found to be the commonest cause of OSMF that has a high prevalence in Southeast Asia due to use of tobacco and areca nut. **-PR**

Refresher courses for dentists

KARACHI: Ziauddin Dental College's operative dentistry department conducted a series of refresher courses under the guidance of Prof Dr Asmat Jameel, for its entire faculty and the faculty of Virtual Simulation lab in February, 2023.

The refresher courses were conducted as a part of continued dental education and for the professional development of the faculty.

The restorative dentistry course was facilitated by Prof Dr Asmat Jameel, Head of the Operative Dentistry department. The endodontic course was conducted by Prof Dr Hina Ahmed and the Paediatric dentistry course was conducted by Assistant Professor Dr Sadaf Ali.

After attending all the demonstrations, the faculty performed all the procedures on extracted teeth and phantom teeth in the skills lab. **-PR**

