

Official newsletter of Indian Orthodontic Society



National Workshop on Research Orientation

D Y Patil University, Navi Mumbai



Have you enrolled for
MISSION EMBRACE?!

▶ If not yet, know how on page 6

NATIONAL WORKSHOP ON RESEARCH ORIENTATION

5th July 2019

National Workshop on Research Orientation for Post Graduate Students in Orthodontics was conducted in the D Y Patil Deemed to be University – School of Dentistry Auditorium, on dated 05.07.19. This day is also very much celebrated by the entire staff of D Y Patil University, the benevolent occasion of Late Mrs. Pushpalata D. Patil's birth anniversary.

The President of Indian Orthodontic Society Dr Pradeep Jain, who was also the Guest of Honour for the event, put forward a detailed presentation for the guidelines on "How to Prepare for a Synopsis"

An equally interesting lecture on "Cochrane Collaboration and 21st Century Learning" was put forth by Dr N.G. Toshniwal, Dean and Head, Department of Orthodontics at Pravara Institute of Dental Sciences.

To further exemplify the workshop, a noteworthy lecture on "Research Methodology" was given by Dr Siddharth Acharya.

The entire event was attended by prestigious delegates including - Founder Chancellor Padmashree Dr D Y Patil Sir, President Hon. Dr Vijay D Patil, Managing Trustee Hon. Mrs Shivani V Patil, Dean Dr Omkar Shetty and also Deans of various colleges.

Also were present the Post Graduate students from various colleges of country in large numbers.

There was a heart-warming cultural program performed by the Post-Graduation Students of Department of Orthodontics and Dentofacial Orthopaedics, including Bharatanatyam dance, Invocation song, and few more melodies.

Head of Department of Orthodontics and Dentofacial Orthopaedics, Dr Vivek P Soni addressed the gathering with a Vote of Thanks to the esteemed guests, speakers and management for their valuable time and effort.

Beyond Orthodontics



Dr Issa Fathima Jasmine
Philanthropist, Social Worker
Orthodontist

Ayyamitu Unn is a signature project where public fridges and an open cupboard stand next to each other and one can deposit excess food and unused household items. A brain child of Dr Issa Fathima Jasmine, an IOS member, the community fridges have captured the nation's imagination and are springing up in communities across the country. The refrigerators have rescued 1.5 crores worth of perishable food weighing about 23 tonnes that would have otherwise gone into the bin, and collected 1900 kgs worth of toys, books, 1963 pairs of shoes and 22864 kgs of clothes and has been channelized to reach the right hands. The refrigerators are also vital in changing people's attitudes towards food surplus – good food that would otherwise be discarded has encouraged others to contribute. Log on to www.thepublicfoundation.org to know more. IOS salutes Dr Fathima for her unwavering dedication to the welfare of the needy.



INDIAN ORTHODONTIC SOCIETY MID YEAR CONVENTION (MYC with a Difference)



Saint Petersburg & Moscow, Russia

August 6th to 12th 2019
6 Night | 7 Days

Scientific Deliberations & Much More
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• Cathedral of the Saviour on Spilled Blood • St. Isaac's Cathedral • Summer Palace
• Hermitage Museum • Pushkin city tour, Peterhoff gardens • Dinner cruise
- Moscow Highlights:** • City tour • Kremlin tour • Red Square • Tank ride
• AK-47 shooting • Victory Park • Sparrow Hills • GUM Mall • Russian circus

For Registration contact: **Dr. Balvinder Singh Thakkar - +91-9829213700**
Dr. Divyaroop Rai - +91-8233625656



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Before



After



DOES YOUR BRACES DOCTOR HAVE THE I.O.S. MEMBERSHIP?

For a lifetime of healthy beautiful smile, ensure that it is made better by an Orthodontist endorsed by Indian Orthodontic Society.



Orthodontic/braces specialists receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India, in addition to the 5-year basic dental training, training to learn the correct method/s to align and straighten teeth, control and utilize facial growth, enhance smile esthetics and jaw function.

Only those who successfully complete this formal education program may call themselves "Orthodontists," and only those orthodontists can be members of the Indian Orthodontic Society, the national association of qualified orthodontists in India. Selecting a member of the Indian Orthodontic Society for your orthodontic care is your assurance that the doctor is a person most qualified for the job at hand.

www.iosweb.net

Official newsletter of Indian Orthodontic Society

For the layman, food particles stuck around the braces, teeth and gums is simply unsightly. However, not cleaning teeth and gums while undergoing orthodontic treatment has serious repercussions. The obvious one is developing cavities around the braces, when food trapped around the braces are not cleared off.

Not cleaning the plaque and food items which might be trapped between the wires and the gums can end up creating **white spot lesions**, or worse still, hypo calcified areas on tooth which crumbles later, attracting and trapping more of the plaque and food particles, eventually developing into cavities. A more sinister effect of not maintaining oral hygiene lies beneath. Plaque and food particles around the gums irritate the gums, which in turn irritates the bone support of the teeth under the gums. Continuous irritation of the bony tissue induces reactions within, that makes the bone support disappear, weakening the bone support of the tooth. In a nutshell, not maintaining excellent oral hygiene, can damage not just the integrity of the visible part of the tooth, it can considerably weaken it too.

Ask your Orthodontist to teach you the correct technique/s to maintain excellent oral hygiene.

Excellent
Oral hygiene
is mandatory



Bejay's newfound swag was all thanks to his orthodontist

Magic of Braces



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- Precise results
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* Weber DJ 2nd, Korluk LD, Phillips C, et al. Clinical effectiveness and efficiency of customized vs. conventional preadjusted bracket systems. J Clin Orthod. 2013;47(4):261-266.

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FULL NAME : Prajakta Gaikwad
BIRTHDAY IS ON : 6th October
HOME TOWN : Pune
COLLEGE : Government polytechnic, Pune
PROFESSION : Actress
CURRENTLY : Acting in Marathi TV serials and movies

FITNESS REGIME:
 Swimming and long walks apart from my routine Gym.

STARTATEGY IN CRISIS :
 A positive attitude is like a magnet for positive results. So in times of stress or crisis, I always think optimistically.

HIGH POINT IN LIFE :
 Lead actress in Swarajya, Rakshak Sambhaji

HOW WOULD YOU WANT THE WORLD TO REMEMBER YOU 100 yrs FROM NOW:

As a good human being

ADVICE TO YOUNGSTERS:

Live your passion.

AWARDS:

Pune Yuva Bhushan Puraskar (2016). Kasba Sanskar Puraskar (2015), Yashwant Rao Chavan Pratishthan Diwali Pahat Puraskar (2018). Kasba Gaurav Puraskar (2019), Lokshahi Anna Bhau Sathe Samaj Gaurav Puraskar (2016). Aharashtra Pradushan Nimantran Mandal and ABP Maza Sneha Gaurav Puraskar (2018)

FUTURE PLANS:

I would love to work in the South Indian film industry.

WHY, IN YOUR OPINION, IS A GOOD SMILE IMPORTANT:

like they say, a smile definitely increases your face value. It is a welcoming sign, free therapy and also a mirror to how we feel inside.

WHAT DO YOU KNOW ABOUT TEETH BRACES, ORTHODONTIC TREATMENT & ORTHODONTISTS:

I know that orthodontics involves correction or straightening of teeth using delicate wires.

ONE WORD DESCRIBES YOU BEST :

cute!

PERSONAL INTERESTS:

Reading, Dancing, Writing

Celebrating Life



Prajakta Gaikwad
 Actress

MISSION EMBRACE - ENROL

- Step 1** Search for www.iosmissionembrace.com
- Step 2** Click on Enrol for Mission Embrace
- Step 3** Enter your correct details, and your pictures
Ensure the postal address is legitimate for easy logistics. Please do not enter your department address, or, staff quarter address. Address of your place of practice, or your permanent address is preferred.
- Step 4** Enter password and reconfirm it.
- Step 5** Submit
- Step 6** Wait for confirmation from Secretariat. It may take a couple of days. Meanwhile you can initiate your process of looking for, or, starting work on the person who will be under your care, as a part of Mission Embrace. Once your details entered, are confirmed,
 - your Log in ID and password will be activated.
 - A social media post will be generated, acknowledging your role in Mission Embrace
- Step 7** Log in with your password
- Step 8** Upload patient details.



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Use special brushes to remove stuff trapped under fixed braces



Member's *Achievement*



DR OP KHARBANDA, past President of Indian Orthodontic Society, as a part of the team from Centre of Dental Education & Research, AIIMS, in collaboration with a team of CSIO, a Council of Scientific and Industrial Research Lab have been granted an United States patent for their work on Automation of 3D facial imaging



DR SATHEESH REDDY has been appointed to the YSR Arogya Sri Expert committee. He is the only dentist/orthodontist on this committee, which will be main committee to lay down policies related to medical/dental profession in the state of Andhra Pradesh.



DR NIKHILESH VAID, past President of Indian Orthodontic Society & President Elect of World Federation of Orthodontists, has been appointed as the Honorary Professor at the Jinan University, Guangzhou, China.



Southwest Tamilnadu Orthodontic Study Group Activity



Southwest Tamilnadu Orthodontic Study Group. & VMRF Deemed University organised a Hands-on Workshop on the topic “Expanding Orthodontic Horizons with Temporary Anchorage Devices(TADS)” on 9th June 2019, at Vinayaka Missions Sankarachariyar Dental College, Salem. Resource person for the workshop was DR.Rajaganesh Gautam, Director, Indian Board of Orthodontics. Dr.Gnana Shanmugam, Hon. Jt.Secretary of Indian Orthodontic Society was the chief guest for the inauguration.



Bombay Orthodontic Study Group Activity

THE CONCEPT : TACTICAL TO PRACTICAL

There were 4 different stations giving demonstrations on 4 different topics. The participants were divided in groups and spend close to 70 mins at each station, post which they would move to the next station. So at the end of the day they learnt 4 skills in one day.

- Pod 1** - Izc Bone screws applications Demonstration - plus hands on By Dr. Rajesh Patil & Dr Raj Ganesh
- Pod 2** - Facebook Usage In Orthodontics - demonstration Dr. Sachin Lad, Dr Manish Agrawal
- Pod 3** - Get creative - Modern Photography Skills For Orthodontist - demonstration plus hands on. Dr. M. S. Kanan & Dr Arun nayak
- Pod 4**- Finishing and Detailing tricks using micro esthetics demonstration Dr. Vishal Gupta

In all 16 demos happened in 5 hours. Everyone was on time, demos finished on time, the hotel staff prepared everything on time and the program ended on time .



Official newsletter of Indian Orthodontic Society



The department of Orthodontics & Dentofacial Orthopaedics, K.D. Dental College & Hospital, Mathura, The HOD Prof Dr Kuldeep DMello, Dr Atul Singh, Dr Jitesh Wadhwa, Dr Pooja Sharma, Dr Vipin Sharma and Dr Neha Sharma, organized a comprehensive 2 days CDE program from 17-06-19 to 18-06-19 on the topic "Biomechanics in Orthodontics" that included lecture and hands-on. The keynote speaker was Dr. Balasubramanain Madhan, Prof Dept. of Ortho. JIPMER. The course was attended by almost 30 IOS registered PG trainee including from neighbouring colleges from Delhi and Haryana.

K. D. Dental College & Hospital, Mathura



The emphasis of this course was on Edgewise technique- evolutionary and contemporary scenarios, fundamentals of biomechanics, intrusion mechanics, retraction mechanics. The attendees learnt the skills for fabricating, modifying and designing arch forms and various loops. 12 credit points were allotted for the same from UP state dental council. Overall it was a very enriching experience for everyone and students look for to more such programme.



JSS Dental College & Hospital, Mysore

JSS Dental College & Hospital in association with Centre for Continuous Learning & Professional Excellence and Special Clinic, "Breathe Healthy" of JSS Hospital organised one day Continuous Interprofessional Education Program (CIPE) on "Upper Airway Health" on 22nd June, 2019 at Sri Gowrishankar Auditorium, JSS Dental College & Hospital, Mysore. The program was inaugurated by Dr Manjunatha B, Registrar, JSS Academy of Higher Education & Research and was presided by Dr Prashanth V, IQAC Coordinator of JSS AHER.



This is the first CIPE Program conducted at JSS AHER and Registrar, Dr Manjunatha B congratulated and wished the program a great success. Dr Prashanth V, IQAC Coordinator, JSS AHER, expressed the need for more such programs which will have an Interprofessional theme.

The Resource faculties for the Program were,

- 1) Air Cmde Balakrishnan Jayan, Air Force Institute of Dental sciences- Orthodontist
- 2) Lt Col Abhijeet Kadu, Delhi University- Orthodontist
- 3) Dr Ravi MD, Paediatrician from JSS Hospital, Mysore
- 4) Dr Bharathi MB, Otorhinolaryngologist, JSS Hospital, Mysore
- 5) Dr Seema Prashanth, Paediatric Dentist, JSSDC & Hospital, Mysore





Calendar Events 2019

July
2019

5
National Workshop on
Research Orientation
Navi Mumbai

August
2019

6-12
IOS Mid Year Convention
St. Petersburg & Moscow
Russia



**THE INDIAN ORTHODONTIC SOCIETY
EXPRESSES ITS SOLIDARITY WITH ALL
HEALTH CARE PROFESSIONALS ACROSS
THE COUNTRY IN THEIR PROTEST AGAINST
VIOLENCE ON DOCTORS.**

**WE SUPPORT THE MOVEMENT INITIATED
BY IMA/IDA AND REQUEST ALL MEMBERS
OF THE IOS TO WEAR A BLACK ARM BAND
ON THE 17TH OF JUNE AS A MARK OF
PROTEST.**

17-06-2019



For more information please visit the
Golden Leaf i.e. www.54thioc.com

21st November 2019 | 9:00 – 17:00

KIIT Convention Centre, Bhubaneswar

7 PRE-CONFERENCE WORKSHOPS

▪ Surgical & Orthodontic Aspects of Sleep Breathing Disorders
▪ Accelerated Orthodontics **PCW1**

Dr Ki Beom Kim | USA



Minimal Orthodontics for Major Root Movement:
How to Save Natural Teeth & Minimize Prosthesis **PCW2**

Dr Kee Joon Lee | Korea



IOS 3D Workshop: Why Go Digital in Orthodontics **PCW3**

Dr O P Kharbada | India
Dr Simon Graf | Switzerland
Dr Rajiv B | India



Invisalign First: Early Orthodontic Treatment, My
Approach with Clear Aligners **PCW4**

Dr Pedro Costa Monteiro | Portugal



Aesthetic Facial Treatment with Passive Self-ligation
& AdvanSync II **PCW5**

Dr Bill Dischinger | USA



Surgery First Orthognathic Approach **PCW6**

Dr San Hsu | Taiwan
Dr Pritam Mohanty | India
Dr Akshai Shetty | India



Planning & Management of Dentofacial Deformities **PCW7**

Dr Arvind Sivakumar | India
Dr S Venkateswaran | India
Dr Ashwin George | India
Dr Aravind Kumar | India
Dr Mahendra Perumal | India



54TH INDIAN ORTHODONTIC CONFERENCE

22nd - 24th November, 2019 | SOA Convention Centre, Bhubaneswar

Greetings to my IOS family. A few of you might be reading this edition while enjoying a steaming cup of tea on a rainy evening whilst others be adjusting the AC temperature to beat the sweltering heat. Wherever you may be, reading this edition will show you what a wonderful month it has been for Indiana Orthodontics. A fresh wave of topics has flooded the scientific scenario with workshops across the nation. We had a new concept of Tactical to Practical in Mumbai that encouraged participants to engage in four different topics by stationing themselves at four workshops on a rotatory basis. Kudos to Bombay orthodontic study group, for this novel concept. The lecture and hands -on on orthodontic implants in Salem by Dr Rajaganesh Gautam and the edgewise mechanics workshop in Mathura by Dr Madan conducted by K.D. Dental College underlined the need for a good and sound understanding of the mechanics. Making a foray into the future, the workshop on Upper airway health organised by J Dental College is the need of the hour.



President's Message
Dr. Pradeep Jain,
President

It is pleasure to see so many of the IOS members be active in such workshops and also on the IOS social media forums. Keep going and spread the good word. A word of caution however, please refrain from using these platforms for personal comments. Lets keep the IOS flag flying high as always.

Jai IOS, Jai Hind

The month of June brought us partial relief in the form of a delayed South West monsoon and more relief with the JIOS reincluded in the UGC list.

Last year several thousand journals were removed overnight from the UGC list and the JIOS was one of them. While we don't have clear answers as to why - we do know that when we sought to have it reincluded, the JIOS met all the criteria of the newly formed CARE (Consortium of research ethics) team whose role includes journal ratification. It might be appreciated that this did not happen overnight but because of the efforts to build quality over the years. Members who teach in institutions and need to meet stringent publication needs would appreciate this. For those members who ask-when will we be pubmedindexed, my plea is this and has been over the last four years as an editor- "Please strengthen the hands of the Editorial team by contributing high quality articles and working with the journal".



From the Secretariat
Dr. Sridevi Padmanabhan,
Honorary Secretary

As we enter the month of July, the IOS gears up to look at various activities for the coming months. The 54th IOC website has opened up to accept submissions for scientific presentations and the last day for submissions is 20th September. Please do make a note of these important dates. The 54th COC has also announced pre conference courses at extremely reasonable rates and we fondly hope this will be an incentive for more registrations.

As new student members join our fold, the IOS announces three typodont workshops in the month of September on 3rd to 5th Sep in Bhubaneswar, 5th to 7th September in Indore and 9th to 11th September in Chennai.

We have PG orientation programmes and zonal conventions also coming up soon. Heads of department and faculty are kindly requested to take note that student members now have E cards issued to them and these are necessary to attend IOS events.

The issuing of Life members ID cards continues in a retrograde fashion and the IOS headoffice is trying to plug the gaps in the member data base as we do this.

Name, Email, Phone, Address, Photograph

Please help our office and website staff by logging onto www.iosweb.net and updating the following details.

Your cooperation and patience as we ask you to do this will be much appreciated.

As I was sitting down to pen this editorial, something crossed my mind. I started to think about adage that the pen is mightier than the sword. Does this adage hold true today? I would say, maybe; if we replace the proverbial pen with the more electronic forms of writing. Does that hold true for clinical practices too? I would again say, maybe. While I maintain that nothing can replace thorough clinical knowledge and applications, digitization of our practice definitely hold merit. From practice management software and treatment simulators to digital imaging technology and digitally guided treatment, it's a whole new world to explore and embrace. Let's open that door into the digital world and ride on (or surf, Perhaps).



From the Editor's Desk (top)
Dr. Gaurav Gupta,
Guest Editor, IOS Times
July 2019

The last month also saw doctors across the nation come together and assertively demand the end of violence against doctors. Various regulatory bodies, medical societies and organizations, student unions and many doctors singularly voiced their displeasure regarding violence against doctors. Candle marches, social media posts, appeals to government bodies and even a never before event of closing individual practices sent out a strong message of solidarity amongst doctors. All this being covered on social media surely paved the way for the higher ups to take notice and acknowledge the problem. That brings us back to where we started, is the pen mightier than the sword? I would say yes, though the

pen is only figurative here. As a guest editor I have tried to compile together an issue as interesting as its predecessors, I do hope you enjoy my (figurative) penmanship.

Happy reading!

IOS TIMES Committee Members

Dr. Silju Mathew, Dr Kavitha Iyer, Dr. Biju Abraham

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IOS TIMES thanks
Dr. Rajaganesh Gautam
for his contribution
for Pages 3 & 4

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