



Official newsletter of Indian Orthodontic Society

Happy
New
Year

Merry
CHRISTMAS





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Official newsletter of Indian Orthodontic Society

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Dear Fraternity,

Recently, we lamented the passing of two distinguished senior orthodontists this month, Late Dr. Daksha Chitre and Late Dr. U.S. Krishna Nayak, whose priceless contributions to our profession will never be forgotten.

Late Dr. Daksha Chitre was senior academician, former Dean of Terna Dental College and played key role in founding Dr. H.S. Sheikh Memorial Oration in IOS. Late Dr. U.S. Krishna Nayak was the Dean of the A. B. Shetty Memorial Institute of Dental Sciences, Past President of the IOS, and the esteemed recipient of the IOS Lifetime Achievement Award-2024.

You leave behind a legacy that will forever shine bright in the world of dentistry, orthodontia and beyond. As we approach the end of 2024, I reflect on our achievements and future aspirations. On a brighter note, it was a proud moment for the Indian Orthodontic Society when Dr. N.R. Krishnaswamy delivered an inspiring lecture at the APOS Meeting in Taiwan and on behalf of IOS, presented the IOS plaque to the APOS President.

I also extend heartfelt congratulations to our Honorary Secretary, Dr. Sanjay Labh, for the resounding success of the Lingual Conference in Kochi. Another significant milestone was the first training session of Smile Train's Digital Workflow for cleft patients, conducted at my clinic, which welcomed participants from five countries and showcased our commitment to innovation and collaboration. The success of the 2nd Executive Committee Meeting this month deserves special mention, as it played a crucial role in streamlining the workflow of IOS for 2025.

We now have a strong foundation for many power-packed plans that will unfold in the coming months.

Building on the success of phase-1 of Smiling Bharat, which benefited nearly 40,000 patients, we aim to rekindle our efforts and reach an ambitious milestone of 1 lakh population in Smiling Bharat 2.0 beginning in January 2025. As part of our commitment to honour the hard work of our surveyors, we will soon release e-certificates and provide incentives based on the number of cases surveyed.

We bow to your dedication in achieving the mission of prioritizing enhanced access to orthodontic care in India for the masses. I would like to extend my invitation to everyone to the 28th IOS Postgraduate Convention, which will take place from February 20 to 23, 2025, at Manav Rachna Dental College in Faridabad.

Please visit <https://www.28thiospgconvention.com/> for registration and other information.

As we look forward to additional success and accomplishments from our IOS members in 2025, I urge each of you to be involved, curious, and dedicated in keeping with IOS 2024-25 theme, GLOBAL – SUSTAINABLE – DIGITAL ORTHODONTICS.

Together, let us keep pushing the envelope, assuring Indian orthodontists stays at the forefront worldwide.

Happy New Year to everyone!

Jai Hind, Jai IOS!



President's Message

Dr. Puneet Batra

President, Indian Orthodontic Society

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Dear Members,

As the year draws to a close, the month of December 2024 has been an inspiring period for the Indian Orthodontic Society. With a variety of events that balanced education, innovation, and professional growth, this month has reinforced the Society's commitment to advancing the field of orthodontics.

On the 14th of December, Mumbai hosted an enriching Clinical Photography Workshop, where participants honed their skills in capturing accurate and high-quality images essential for clinical documentation and patient communication.

The workshop received excellent feedback for its hands-on approach and practical takeaways. To conclude the month, the highly anticipated Practice Management and Ethical Marketing session took place virtually on the 20th and 21st of December. This two-day event delved into strategies for managing orthodontic practices effectively while adhering to ethical principles.

These events reflect the vibrant and forward-looking ethos of the Indian Orthodontic Society. As we move into the new year, let us carry forward the learnings, collaborations, and camaraderie fostered in December. It is with profound sorrow that we share the passing of two stalwarts of our profession, Dr. U.S. Krishna Nayak and Dr. Daksha Chitre. Their invaluable contributions to orthodontics, immense dedication to education, and mentorship have left an indelible mark on our fraternity.

Their legacy will continue to inspire generations of orthodontists, and they will forever remain in our hearts. Amidst this somber moment, we also celebrate the global representation and accomplishments of our society.

It fills us with immense pride that Dr. Nikhilesh Vaid continues to lead the way as the President of the World Federation of Orthodontists (WFO) during the APOS event. His leadership exemplifies the stature and influence of Indian orthodontics on the international stage.

Further, we congratulate Dr. N.R. Krishnaswamy (NRK Sir) for representing the Indian Orthodontic Society officially on an international platform.

His contributions to global orthodontic dialogue strengthen our ties with the international community and highlight the expertise and dedication of Indian orthodontists.

Wishing you all a joyous holiday season and a prosperous New Year ahead!

Warm regards, Dr. Sanjay Labh

Hon. Secretary, Indian Orthodontic Society



Secretary's Message

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Dear Members,

While I realize the new year will have its own ongoing challenges, I also feel the inevitable excitement of new beginnings.

It brings time to think, set goals and look ahead to what the future holds. New year's resolutions can be daunting, and sometimes we set goals too big to accomplish. But I along with my committee members strive to work even more harder and get the best from our members .

We are privileged to have the opportunity to work for the Official Newsletter in helping—along with our associate editors, editorial committee —to guide the newsletter towards excellence .

As editors, we strive to make submission to the newsletter as effortless as possible and ensure a rapid response to our members regarding the submission .

We find our work as the journal's editors exciting, and we are privileged to have the opportunity to learn from all the interesting contents for submission. We thank our members for sending us fresh contents every month .

There's no better way to jump into the new year than with fresh insight on what can be new in the newsletter . I hope you enjoy learning more about the incredible contents transpiring here every month. As we embrace the new year, I extend my warmest greetings and gratitude to you all, hoping that 2025 brings happiness, health, and safety to you and your families.

With my kindest regards,

Dr. Swati Acharya

Editor , IOS Times

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Obituary

Dr. U.S. Krishna Nayak

December 16, 1961-December 4, 2024

December 4, 2024, marks an irreparable loss for the Indian Orthodontic Society (IOS) and the field of dentistry. Dr. U. S. Krishna Nayak, Professor and Principal of A. B. Shetty Memorial Institute of Dental Sciences (ABSMIDS), passed away at the age of 63, leaving behind an indelible legacy of academic excellence, leadership, and humanity.

Born on December 16, 1961, Dr. Krishna Nayak was the son of one of Mangalore's pioneering dentists, Dr. U. S. Mohandas Nayak, and Indira M. Nayak. An alumnus of St. Aloysius High School and College, he completed his BDS in 1982 and MDS in 1985 from the College of Dental Surgery, Manipal.

Dr. Nayak began his illustrious career as a teacher in orthodontics at ABSMIDS, rising through the ranks to serve as Professor & HOD and Principal. Known for his approachable nature, he was deeply admired by his students and colleagues, earning the affectionate title of "BOSS" from the many postgraduates he mentored.

A Life of Accomplishments

- **Celebrated Professional:** Dr. Krishna Nayak was the youngest President of the Indian Orthodontic Society (IOS) at the age of 38 (1999-2000). He was honored with the IOS Lifetime Achievement Award in 2024. Dr Keki Mistry Scroll of Honour (2021) and Dr A V Arun Outstanding Professor award (2014)
- **Academic Excellence:** Guided over 300 postgraduate students, many of whom are now esteemed professionals and active IOS members.
- **Awards and Recognition:** His accolades include the Karnataka State Rajyothsava Award (2003), Farnent Excellence in Dentistry Award (2016), and The Best Dental Administrator Award at the World Dental Conference (2019, Malaysia). Most recently, in 2024, he was named among the '20 Most Prominent Principals in Higher Education.

'Inspiring Humanitarian

Beyond his professional achievements, Dr. Krishna Nayak was known for his warmth, humility, and compassion. He tirelessly spread messages of love, friendship, and unity, leaving a profound impact on all who knew him.

Personal Life:

Dr. Nayak is survived by his wife, Shaila; son, Dr. Arjun Nayak; daughter, Dr. Ektha; and their family. As we mourn his passing, let us pledge to carry forward his principles of excellence, compassion, and unity. His contributions to orthodontics, education and humanity will continue to inspire generations.

May his soul rest in eternal peace.

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Obituary

Dr. Daksha Chitre
5th December 2024



The Indian Orthodontic Society is deeply saddened by the demise of Dr Daksha Chitre, one of the senior most lady members of our Society, who left for the heavenly abode on 5th December, 2024.

Dr Daksha Chitre was the better half of an equally illustrious Maxillo-Facial Surgeon, Dr A. P. Chitre. She was the Past President of Maharashtra State Branch of The Indian Dental Association and a proud Alumnus of the Nair Hospital Dental College, Mumbai. She taught Orthodontics with distinction alongside Dr HS Shaikh during the 1960s & 1970s at the Govt Dental College & Hospital, Mumbai.

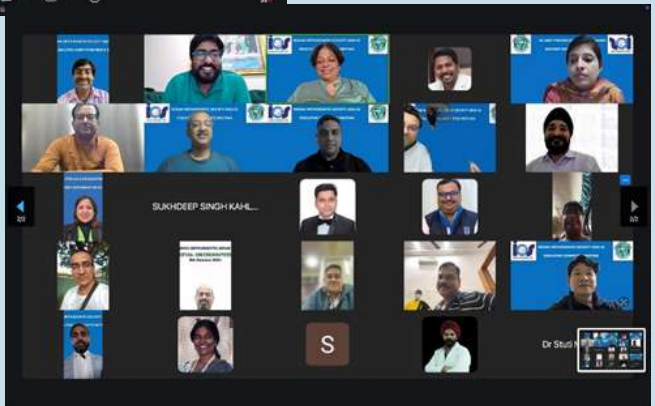
An educationist to the core, she was the former Principal of the Terna Dental College & Hospital, Navi Mumbai. Dr Daksha Chitre was a genteel, warm person who commanded respect as a teacher and a successful private practitioner. She was instrumental in the Dr HS Shaikh Foundation getting the IOS to initiate the Oration in Sir's name at the IOS PG Students' Convention in 2009-10. Our condolences go out to Dr A. P. Chitre and their daughter, Dr. Aparna and other family members.

May her soul rest in Eternal Peace.
Om Shanti

Reported as received



The President welcomed all the office bearers and executive committee members for the virtual meeting. All the agendas for the day were discussed and appropriate recommendations were made.



Reported by Managing Editor
Dr. Mayank Gupta



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2024 INTERNATIONAL LINGUAL ORTHODONTIC CONFERENCE, COCHIN



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"Teamwork is the ability to work together towards a common vision" with this thought the Organising committee of 2024 International Lingual Orthodontic Conference had played a great role in contribution of one of the most successful Lingual Orthodontic Conference at Flora Airport Hotel and Convention Centre, Cochin from 23rd to 24th November, 2024.

This conference was headed by Organising Chairman Dr. Sanjay Labh, Organising Secretary Dr. Suryakanta Das, Joint Secretary Dr. G Dharmadeep, Scientific Convenor Dr. Sakshi Tiwari. The inauguration ceremony was led by our esteemed guests Dr. Roberto Stradi and Dr. Carla Maria Melleiro Gimenez along with Dr. Sanjay Labh, Dr. Suryakanta Das and Dr. G. Dharmadeep.

The conference was kick started by the eminent International Speakers Dr. Didem Aktan Meric (Turkey), Dr. Roberto Stradi (Italy), Dr. Carla Maria Melleiro Gimenez (Brazil), Dr. Nour Taras (Australia), Dr. Ricardo Gallardo A.(Chile). The renowned and distinguished National Speakers were Dr. Sanjay Labh, Dr. Suryakanta Das, Dr. G. Dharmadeep, Dr. Aravind M, Dr. Kavita Iyer, Dr. Benoy Mathew, Dr. Prathemesh Jalindre.

2 Day Pre-conference course was held from 21st to 22nd November, 2024 where the simplified Lingual Orthodontic Techniques with On-patient Training were demonstrated by Dr. G Dharmadeep and the simplified wire bending techniques were decoded by Dr. Suryakanta Das.

The 2024 International Lingual Orthodontic Conference was concluded by the Grand Banquet that explicit a lavish feast, impeccable decor and an atmosphere of sophistication. Here are some memorable moments from the 4 days of this hallmark conference.





2024 TAO APOC Taipei Taiwan

***IOS Times acknowledges
Hon. Secretary
Dr. Sanjay Labh
for his contribution towards this page***



Amidst this somber moment, we also celebrate the global representation and accomplishments of our society. It fills us with immense pride that Dr. Nikhilesh Vaid continues to lead the way as the President of the World Federation of Orthodontists (WFO) during the APOS event. His leadership exemplifies the stature and influence of Indian orthodontics on the international stage.

Further, we congratulate Dr. N.R.Krishnaswamy (NRK Sir) for representing the Indian Orthodontic Society officially on an international platform. His contributions to global orthodontic dialogue strengthen our ties with the international community and highlight the expertise and dedication of Indian orthodontists.

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Dr Hrushikesh Aphale attended the 14th Asia Pacific Orthodontic Congress and the 37th Annual meeting of the Taiwan Association of Orthodontists, held in Taipei, Taiwan on the 2nd to 5th Dec 2024.

Dr Hrushikesh Aphale was invited to present a paper in the same as a 'Rising Star' from India.

His name as a Rising Star from the country was nominated by the Indian Orthodontic Society and accepted by APOS.

His presentation dealt with biomechanics of intrusion of upper anterior using MI's was well attended and was well received. One representative from each country in the Asia Pacific Region was invited to present their work at the 14th APOS and Dr Aphale had the privilege to do the same for India.



Reported by Managing Editor Dr. Mayank Gupta

Clinical Photography FULL DAY hands on course by Dr. Matrishva B. Vyas

On 12th December, 2024 the Department of Orthodontics and Dentofacial Orthopaedics of the DY Patil University, School of Dentistry in association with the Indian Orthodontic Society and the Navi Mumbai Orthodontic Study Group successfully hosted a Full-Day Hands-On Course on Clinical Photography. The workshop was led by the renowned Dr. Matrishva B. Vyas and was a highly engaging event that empowered Orthodontists and dental professionals to integrate advanced photography techniques into their clinical practice.



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The inaugural ceremony was graced by our honourable Dean Dr. Gaurang Mistry, Vice Dean Dr. Treville Pereira, our Esteemed Speaker of the day Dr. Matrishva Vyas, our dynamic Head of Department, Dr Sameer Narkhede, Chairman Dr. Shailesh Shenava, NMOSG Scientific Convenors Dr. Sushma Sonawane and Dr. Nitin Gadhiya, the highly initiative driven Faculty of the Department of Orthodontics, Dr. Karthick Shetty, Dr, Rakesh Singh, Dr. Aparna Khamatkar, Dr. Veera Sawant, Dr. Keval Shroff, Dr. Vighanesh Kadam, Dr. Pranita Jadhav and all the postgraduate residents of our esteemed Institute and neighbouring Dental Colleges in and around Maharashtra.

Dr. Matrishva B. Vyas, a respected Orthodontist and Photography mentor, brought his wealth of knowledge and experience to the workshop. Known for his achievements as an official mentor for Sony Imaging and Nikon School of Photography and the recipient of awards like Photographer of the Year 2024 at the Pangolin Pro Challenge in Botswana, Dr. Vyas combined his technical expertise and artistic perspective to deliver an impactful learning experience.



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The course offered a comprehensive guide to mastering clinical photography, covering everything from camera selection to advanced composition techniques. Participants engaged in both theoretical and practical sessions, learning key highlights such as :

- * How to choose the right camera and lens for clinical applications
- * Techniques for managing lighting, depth of field and exposure to capture high-quality images
- * Specialized methods for extra-oral and intra-oral photography
- * Preparing clinical images for publication and professional presentations
- * Tips and tricks gathered over Dr. Matrishva Vyas' vast clinical experience Dr. Vyas emphasized condition-specific, practical approaches to photography, demonstrating how to achieve outstanding results with minimal equipment.

The hands-on sessions were particularly impactful, allowing attendees to apply what they learned in real-time.



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For the participants, the workshop was more than just a training. It was an opportunity to refine their skills and elevate their practice. By the end of the day, attendees had not only gained technical proficiency but also confidence in their ability to use photography as a powerful tool for diagnostics, documentation and patient communication. The event also served as a platform for networking and professional growth.

Attendees appreciated the clarity of the lectures, the interactive nature of the sessions and the opportunity to learn directly from an expert like Dr. Vyas. The workshop underscored the importance of photography in modern dentistry, showcasing how this essential skill can improve clinical efficiency, enhance patient comfort and contribute to the overall success of a dental practice. For those who participated, the day was a perfect blend of learning, inspiration and practical application. It is a transformative experience that will undoubtedly impact their clinical pursuits for years to come.

Reported by Associate Editor Dr. Shantanu Khattri



The latest innovations in clear aligners: SPARK

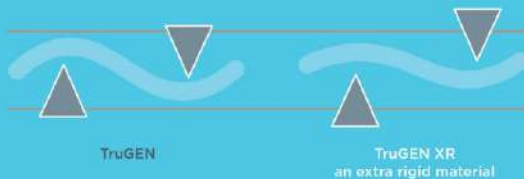
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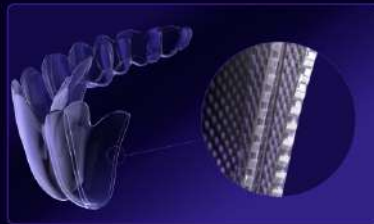
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DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS G. PULLA REDDY DENTAL COLLEGE AND HOSPITAL, KURNOOL, A.P

On the occasion of NATIONAL ORTHODONTIST DAY on October 5th 2024, Department of Orthodontics & Dentofacial Orthopaedics, G. Pulla Reddy Dental College and Hospital had conducted the Orthodontic Awareness Camp in G. Pulla Reddy Engineering College, Kurnool. The screening of over 1500 students were done by the Department of Orthodontics & Dentofacial Orthopaedics, G. Pulla Reddy Dental College and Hospital, Kurnool. The camp was conducted for 2 days, 30th September and 1st October, 2024. The participants were faculty members and postgraduate students of Department of Orthodontics & Dentofacial Orthopaedics, G. Pulla Reddy Dental College and Hospital in co-ordination with faculty members and interns of Department of Public Health Dentistry.

Various activities were organised by Department of Orthodontics & Dentofacial Orthopaedics, G. Pulla Reddy Dental College and Hospital for undergraduate students like creative wire bending, dental arts, short videos for orthodontic awareness.



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Activities like makeover of Department of Orthodontics & Dentofacial Orthopaedics, G. Pulla Reddy Dental College and Hospital along with creative wire bending and dental arts were also organised for postgraduate students of Department of Orthodontics & Dentofacial Orthopaedics, GPRDCH. All the students have taken active participation and contributed to the success of program.



Reported by Managing Editor Dr. Mayank Gupta

Kolkata Orthodontic Study Group

Kolkata Orthodontic Study Group conducted its 3rd CDE Programme of the year on 15th December 2024 at Kolkata. The speaker for the programme was the dynamic and knowledgeable Prof(Dr) Balaji Krishnan. In this daylong session titled: **DIAGNOSIS AND TREATMENT PLANNING IN 3 DIMENSIONAL ERA**, Dr Balaji spoke in details about diagnosis and treatment planning in 3D era, fundamentals of 3D scanning, treatment planning and bio mechanics of aligners. The participants keenly interacted on his demonstration of aligner softwares. The second half of the programme dealt with 3D printing and thermoforming with live demonstration. The programme concluded with lecture on in house aligner set up and work flow. The programme was well appreciated by the doctors particularly the PGTs.

IOS Times thanks Dr. Prakash Banerjee for his contribution towards this page



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ORTHODONTIC AWARENESS & SCREENING CAMP

On 4th December 2024, the Mangalore Orthodontic Study Group, in collaboration with department of Orthodontics & Department of Public health dentistry Yenepoya Dental College, organized a dental awareness, screening, and treatment camp for the employees of the Income Tax Office in Mangalore.

The event was graced by the presence of Dr. Laxmikanth Chatra, Principal of Yenepoya Dental College, and Prof. Dr. Sham S. Bhat, Dean of Yenepoya Dental College, who supported the initiative. The talk probably felt like more than just a professional obligation—it was a way to bridge the gap between your growth as a dental professional and the community you belong to. The event aimed to raise awareness about the importance of oral health, focusing on early detection and treatment of dental issues, including malocclusions.

Dr. Mithun Naik, led the session, explaining the significance of early orthodontic intervention and how treating malocclusions at an early age can prevent more severe dental problems in the future. During the camp, employees and attendees received dental check-ups, with a focus on identifying orthodontic issues such as misaligned teeth, bite problems, and jaw discrepancies. The camp also provided information about various orthodontic treatments, such as braces, aligners, and other corrective procedures, highlighting their role in improving both dental health and aesthetics.





Dr. Supriya gave a talk on maintaining oral hygiene, highlighting the importance of regular brushing, flossing, and routine dental check-ups to maintain overall oral health. The camp included a screening session where the participants received free dental check-ups, and the team provided treatment advice and recommendations for further care. The camp concluded with a Q&A session, allowing participants to clarify their doubts and express interest in seeking further dental care. This initiative was a successful effort in improving dental health awareness and providing valuable services to the Income Tax Office employees.



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Report of CDE programme

As a tribute to Dr. Krishna Nayak the Department of Orthodontics at Yenepoya Dental College, in collaboration with the Indian Orthodontic Society and the Mangalore Orthodontic Study Group, hosted a highly informative and engaging program titled: "Growth Modulation & Emphasis on Craniofacial Orthoepadics in Contemporary Orthodontics"

The event, held at Yenepoya Dental College in Mangalore, aimed to provide an in-depth understanding of Growth Modulation & Emphasis on Craniofacial Orthoepadics in Contemporary Orthodontics. The program commenced at 9:00 AM with a warm welcome address by Dr. Vivek Amin, Professor, Department of Orthodontics at Yenepoya Dental College.








YENEPLOYA DENTAL COLLEGE
 DEPARTMENT OF ORTHODONTICS & DENTOFACIAL ORTHOPEDICS

Cordially invite you to the hands-on course on

"GROWTH MODULATION AND EMPHASIS ON CRANIOFACIAL ORTHOEPADICS IN CONTEMPORARY ORTHODONTICS"

16 DEC 2024
 9:00 AM - 12:00 PM

VENUE Dental Auditorium, 8th floor
 Yenepoya Dental College

Speaker



Dr. Kiran Kumar H.G.
 Professor & HOD (Ortho)
 Yenepoya Dental College
 Ooty, Coimbatore



Prof. Dr. Laxmikant Chavre
 Principal
 Yenepoya Dental College



Prof. Dr. Sham S Shet
 (Jawahar)
 Yenepoya Dental College

Chief Guest



Dr. Akhilesh Upadhyay
 Professor Emeritus,
 Dept of Orthodontics, IISc



Prof. Dr. Hassan Barabas
 Vice principal
 Yenepoya Dental College

A Tribute to
PROF. DR. U.S. KRISHNA NAYAK



In memory of Prof. Dr. U.S. Krishna Nayak, former principal and dean of All India Memorial Institute of Dental Sciences, his legacy continues to inspire all who were fortunate to work with him. His impact on the institution and the field of dental sciences will never be forgotten.



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“GROWTH MODULATION & EMPHASIS ON CRANIOFACIAL ORTHOEPADICS IN CONTEMPORARY ORTHODONTICS”

Sir expressed his gratitude to the distinguished guests, participants, and members of the orthodontic community for their presence and support. The chief guest, Dr. Akther Hussain, was then invited to speak. Dr. Hussain addressed the gathering and gave an insight into Dr. Krishna Nayak's legacy. Dr. M.S. Ravi Professor and HOD, Department of orthodontics, A.B. Shetty memorial institute of dental sciences addressed the gathering and shared his thoughts. The Department of Orthodontics mourns the loss of Dr. Krishna Nayak.

The presidential address was delivered by Dr. Laxmikanth Chatra, Principal of Yenepoya Dental College. Dr. Chatra spoke about the college's dedication to fostering academic excellence and creating platforms for students and professionals to interact with leading experts in the field of orthodontics. Following this, Dr. Mithun K introduced the keynote speaker, Dr. Kiran Kumar, Professor and HOD, Bapuji Dental College, Department of Orthodontics and Dentofacial Orthopedics, who was the resource person for the day.

Dr. Kiran Kumar's talk focused on Growth Modulation & the importance of head gear in Contemporary Orthodontics. The highlight of the day was the hands-on demonstration on head gear wire bending.



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held on 09th December 2024 at Yenepoya dental college

This practical session gave participants the opportunity to apply the concepts they had learned and gain hands-on experience, which are designed to improve treatment efficiency and patient comfort. The event was a resounding success, with over 80 participants from various parts of the region. The vote of thanks was delivered by Dr. Pooja Harish, who thanked the chief guest, Dr. Akther Hussain, the resource person, Dr. Kiran Kumar, and all attendees for their active participation.

She also expressed gratitude to the organizing team for their efforts in making the event a success.

The event was coordinated by Dr. Mithun K. Naik, Chief Convenor of the Mangalore Orthodontic Study Group, with the support of Dr. Laxmikanth Chatra and Dr. Shravan Shetty. Their efforts ensured the seamless execution of the program.



Reported by
Associate Editor
Dr. Shantanu Khattri



Official newsletter of Indian Orthodontic Society

Report on Continuing Dental Education Program

The Patna Orthodontic Study Group successfully conducted its Continuing Dental Education (CDE) Program on Sunday, December 1, 2024, at the esteemed Hotel Maurya, Patna. The event brought together nearly 60 participants, including life members, student members, and postgraduate students from prominent dental institutions, creating an environment of collaborative learning and professional growth.

The highlight of the day was the presence of Dr. (Prof.) Sanjay Labh, Honorary Secretary of the Indian Orthodontic Society, who served as the guest speaker. With his vast expertise and engaging delivery, Dr. Labh led two meticulously structured sessions that offered attendees both theoretical depth and clinical insight.



The morning session focused on the diagnosis and management of Class II malocclusions, a pivotal area in orthodontics. Dr. Labh discussed the critical decision-making process surrounding extraction versus non-extraction treatment approaches, supported by clinical examples that provided clarity and practical guidance to participants.

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The post-lunch session transitioned seamlessly into the contemporary topic of biomechanics of aligners, addressing the growing role of clear aligner therapy in orthodontic practice. Dr. Labh simplified the complexities of aligner treatment planning and execution, offering attendees a comprehensive understanding of its biomechanics and real-world applications.

The program commenced with a warm welcome address by Dr. (Prof.) Rajeev Lall, who set the tone for a day of learning and professional exchange. Dr. (Prof.) Neal Bharat Kedia followed with an insightful introduction of the guest speaker, highlighting Dr. Labh's significant contributions to the field of orthodontics.



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The event was further enriched by the presence of senior members of the orthodontic fraternity, including Dr. Anurag, Dr. Amesh, Dr. Daya, Dr. Jyotirmay, Dr. Amit, Dr. Rashi, and Dr. S. Jha. The active participation of postgraduate students from Buddha Institute of Dental Sciences and Hospital and other nearby colleges added dynamism to the sessions, fostering meaningful discussions and knowledge-sharing.

The program concluded on a highly positive note, with participants expressing appreciation for the well-curated sessions that offered a blend of scientific knowledge and clinical application. The event underscored the importance of continuing education in keeping pace with advancements in orthodontics, particularly in treatment planning and technology-driven solutions like aligners.

Special acknowledgment to the convenors, Dr. (Prof.) Rajeev Lall, Dr. (Prof.) Neal Bharat Kedia, and Dr. (Prof.) Rashi Chauhan, for their exceptional planning and seamless execution of the event. Their efforts ensured that the program met its objective of providing high-quality academic enrichment to all attendees. Additionally, the smooth functioning of the program was made possible by the contributions of Dr. Anuradha Pandey, Dr. Anushka, Dr. Anmol Kedia, Dr. Shalini, Dr. Priyanka, and Dr. Apurva, whose support and coordination played a significant role in the event's overall success.

The Patna Orthodontic Study Group extends its sincere gratitude to Dr. Sanjay Labh for his invaluable contributions and to all participants for their enthusiastic involvement. Events like these reaffirm the role of such platforms in advancing professional standards and fostering continuous learning in the orthodontic community.

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**PATNA ORTHODONTIC
STUDY GROUP**



TOPICS:

- Orthodontic Management of Skeletal Complexity
- Treatment Planning with Aligners

Dr. (Prof.) Sanjay Labh
Hon. Secretary, IOS

GUEST SPEAKER



SUNDAY

01 DECEMBER 2024



TIME

10:00 AM- 5:00 PM



VENUE

HOTEL MAURYA, PATNA

REGISTRATION

SLM: ₹ 700/-

LM [POSG Members]: ₹ 1200/-

LM [Non-POSG Members]: ₹ 1500/-



BANK DETAILS:

Name- Patna Orthodontic Study Group
A/C- 201001225069
Bank- IndusInd Bank
IFSC- INDB0000531

CONVENORS

Dr. (Prof.) Rajeev Lall

Dr. (Prof.) Neal B. Kedia

Dr. (Prof.) Rashi Chauhan

*Organized by:
Patna Orthodontic
Study Group*

*Date:
Sunday,
December 1, 2024*

*Venue:
Hotel Maurya,
Patna, Bihar*

Reported by
Managing Editor
Dr. Mayank Gupta



Official newsletter of Indian Orthodontic Society

Event Report: "The Power of MBT: Precision Driven Advancements in Orthodontics".

On 25th November 2024, the Department of Orthodontics at Yenepoya Dental College, in collaboration with the Indian Orthodontic Society and the Mangalore Orthodontic Study Group, hosted a highly informative and engaging program titled "The Power of MBT: Precision Driven Advancements in Orthodontics". The event, held at Yenepoya Dental College in Mangalore, aimed to provide an in-depth understanding of the MBT (McLaughlin-Bennett-Trevisi) system and its transformative role in modern orthodontics.

The program commenced at 9:00 AM with a warm welcome address by Dr. Sandeep Shetty, Head of the Department of Orthodontics at Yenepoya Dental College.

Dr. Shetty expressed his gratitude to the distinguished guests, participants, and members of the orthodontic community for their presence and support.

The chief guest, Dr. Akther Hussain, was then invited to speak. Dr. Hussain highlighted the importance of precision-driven orthodontic systems like the MBT system in enhancing treatment outcomes and improving patient satisfaction. He emphasized how systems like MBT have revolutionized modern orthodontics by offering more predictable results and greater control over treatment.

Department of Orthodontics
at Yenepoya Dental College,
in collaboration with the
Indian Orthodontic Society
and the Mangalore
Orthodontic Study Group

3M Science Applied to Life™

3M invites you to a workshop on:
The Power of MBT: Precision-Driven Advancements in Orthodontics
by
Dr. Akhai Shetty

Cohosted by 3M

Date: 28th November 2024 | **Time:** 9:00 am - 3:00 pm | **Venue:** Yenepoya Dental College

Abstract

Over the past decade, orthodontics has witnessed remarkable advancements that have expanded the range of treatable conditions within traditional practice. These innovations, driven by the complex interplay of factors behind malocclusions, have broadened treatment possibilities and improved outcomes.

Orthodontics doesn't rely on a one-size-fits-all solution; instead, it's the synergy between modern technology and traditional techniques that has enhanced treatment effectiveness, particularly for complex malocclusions. The MBT system stands as a prime example of this harmonious integration. With its adaptable and versatile designs, MBT aligns seamlessly with contemporary innovations, offering comprehensive solutions for diverse orthodontic cases.

This collaborative approach not only improves treatment results but also gives orthodontists a more versatile toolkit, enabling customized care tailored to each patient's needs. It's inspiring to see these advancements continue to shape the field, making orthodontic treatment more effective, precise, and accessible than ever before.

Program Schedule

9:00 am - 9:30 am	Registration and breakfast
9:30 am - 11:00 am	Lecture 1
11:00 am - 11:30 am	Tea break
11:30 am - 1:00 pm	Lecture 2
1:00 pm - 2:00 pm	Lunch
2:00 pm - 3:00 pm	Q & A, Bonus on Self-Ligation

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The presidential address was delivered by Dr. Laxmikanth Chatra, Principal of Yenepoya Dental College. Dr. Chatra spoke about the college's dedication to fostering academic excellence and creating platforms for students and professionals to interact with leading experts in the field of orthodontics. Following this, Dr. Subramanya Shetty introduced the keynote speaker, Dr. Akshai Shetty, who was the resource person for the day. Dr. Shetty's talk focused on the Power of MBT in the Modern Era. He elaborated on how the MBT system has transformed orthodontic treatment by providing precise control, improving treatment outcomes, and enhancing patient comfort.

He emphasized the system's versatility, making it applicable for a wide range of cases, from mild to complex orthodontic issues. To engage the participants more actively, Dr. Shetty conducted two case discussions, encouraging the attendees to participate in treatment planning and decision-making. This interactive session allowed the participants to experience firsthand how to utilize the versatility of the MBT system in different clinical scenarios, reinforcing the practical application of the system.



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The highlight of the day was the hands-on demonstration on bonding 3M SmartClip brackets on typodont models. This practical session gave participants the opportunity to apply the concepts they had learned and gain hands-on experience in the precise placement of these advanced brackets, which are designed to improve treatment efficiency and patient comfort.

The event was a resounding success, with over 130 participants from various parts of the region. The session not only provided valuable insights into the MBT system but also offered practical experience that will significantly benefit participants in their clinical practice. The program fostered professional development, collaboration, and knowledge exchange among orthodontic professionals.



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The vote of thanks was delivered by Dr. Pooja Shetty, who thanked the chief guest, Dr. Akther Hussain, the resource person, Dr. Akshai Shetty, and all attendees for their active participation. She also expressed gratitude to the organizing team for their efforts in making the event a success. The event was coordinated by Dr. Mithun K. Naik, Chief Convenor of the Mangalore Orthodontic Study Group, with the support of Dr. Chitra Lakshmi and Dr. Shravan Shetty.

Their efforts ensured the seamless execution of the program. In conclusion, the event successfully highlighted the power of the MBT system in orthodontics, offering both theoretical insights and practical experience that will enhance the participants' skills and knowledge. The day was a valuable learning experience for all attendees and reinforced the importance of continuous professional development in the field of orthodontics

*Reported By Associate Editor
Dr. Shantanu Khattri*



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REPORT

“NATIONAL ORTHODONTIST DAY CELEBRATION - 2024”

The Department of Orthodontics and dento-facial Orthopedics, Pushpagiri College of Dental science, in association with Indian Orthodontic Society, celebrated “National Orthodontist Day” by conducting orthodontic awareness month from October 5th to November 5th .

It was a great opportunity to educate the undergraduates about the importance of orthodontic health, the benefits of orthodontic treatment, and getting it done by an Orthodontist, we conducted the Orthodontic awareness programmes for all UGs , CRRIs and PGs of our college.

*PUSHPAGIRI COLLEGE OF DENTAL
SCIENCES*





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As a part of ORTHOVAGANZA, Orthodontic month celebration with the theme – “ORTHODONTIC AWARENESS”, On 30TH October Rangoli competition was held in the college foyer from 1-1:45 pm , 10 teams participated with 5 participants each. Smile competition was also held as a part of this programme in the Department and the participants were requested to send their individual portrait photos, we received over 100+ entries from all batches including UGs and Pgs. E poster competition was also held on the topic – “Modern Orthodontics” ,with 2 participants as a team. The valedictory function on 5th November 2024 was chaired by Prof. Dr Jacob John [HOD, Department of Orthodontics] and inaugurated by Prof. Dr Aby Mathew [Principal, PCDS] at 2pm in the college auditorium. The winners of the above mentioned competitions were announced and cash prizes were distributed. The programme was concluded by 3pm with the National Anthem.





INDIAN ORTHODONTIC SOCIETY &
PUSHPAGIRI COLLEGE OF DENTAL SCIENCES
DEPARTMENT OF ORTHODONTICS
PRESENTS



ORTHOVAGANZA

as a part of Orthodontic month celebrations
Inauguration and prize distribution on
November 5, 2024 - 2:00PM
at College Auditorium

THEME: ORTHODONTIC AWARENESS
Eligibility: 1st BDS to PGs

RANGOLI COMPETITION

Date: October 30,
1-1.45pm
Venue: Foyer

Rules

Topic: Orthodontics
Diameter of 80cms
5 participants/team
45min time limit

CASH PRIZE
1st: 1000
2nd : 750

SMILE COMPETITION

Venue: Department

Rules

Individual
Portrait photos

CASH PRIZE
1st: 500
2nd : 250

E-POSTER COMPETITION

Rules

Topic: Modern
Orthodontics
MS PowerPoint single
slide
Words not exceeding 200
2 Participants /team

CASH PRIZE
1st: 500
2nd : 250

Send your entries to orthopcdsdept@gmail.com by 30th Oct

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GUEST LECTURE ON ORTHODONTIC MANAGEMENT OF SKELETAL COMPLEXITY AND TREATMENT PLANNING WITH ALIGNERS



Certificate of appreciation given to the Guest speaker Dr. Sanjay labh by Dr. N.K Ahuja (Founder Of MOSG) and Dr.Pradeep Raghav (Past Convenor of MOSG).

MEERUT ORTHODONTICS STUDY GROUP conducted a highly successful guest lecture on "ORTHODONTIC MANAGEMENT OF SKELETAL COMPLEXITY AND TREATMENT PLANNING WITH ALIGNERS" by Dr. SANJAY LABH (HON.SECRETARY IOS) on 04.11.2024 . This educational extravaganza was attended by 32 Orthodontist. This guest lecture stated that the management of skeletal complexity with aligners. The prime object of the medical profession is to render service to humanity; reward or financial gain is a subordinate consideration both the objectives will be fulfilled when we upgrade our knowledge regularly with latest technology by attending the CDE programmes conducted by IOS at study group level.



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Lecture delivery by the Guest speaker
Dr. Sanjay Labh



Welcoming the guest speaker by
Dr. Munish Reddy



Orthodontist attending guest lecture.



MOSG Convenor
Dr.Amit khera and
Co-Convenor Dr.Ankit Garg
&
Dr. Pankaj Wadhwa
with Abbott Team.

Reported By
Associate Editor
Dr. Shantanu Khattri

Official newsletter of Indian Orthodontic Society

Message From The

CHAIRMAN'S DESK

Dr. Salil Nene

**Indian Board
Of
Orthodontics
(2024-2025)**



It gives me immense pride and gratitude to address you all as the Chairman of the Indian Board of Orthodontics (IBO), as we embark and celebrate the 25 glorious years (Silver Jubilee Year 2025) of IBO's existence.

As we mark this significant milestone, we honour the vision and tireless efforts of our founders, who established the first Dental speciality Board of India in the year 1998 with the mission of promoting clinical excellence among its members thereby enhancing the quality of orthodontic care rendered to the public at large in the whole country. Our team and I, as the chairman, Vice chairman Dr.Mala Ram Manohar, Secretary and Treasurer Dr.Ajit Kalia , Directors Dr. Kiran Kumar HC and Dr. Ashish Garg will do our best to continue the great legacy of all the past chairmen of the board.

Our vision is to encourage more and more members to take up an enriching journey of the Board certification. As compared to many other international Boards the percentage of the IBO certified members is sparse and calls for the need to rise without diluting the examination standards.

We will continue to strive for excellence and adapt to the changing landscape of orthodontics and will always be open to the new ideas and suggestions. I would like to take this opportunity to thank the IOS head office for their incessant support and encouragement for all the IBO activities and also thank IOS Times Editor and her team for their immense support in covering all the Board activities.

As we celebrate our silver jubilee, we also look forward to the future with renewed enthusiasm and commitment.

I would like to express my sincere gratitude to our founding members, past chairmen, and the entire IOS community for their unwavering support and dedication.

The silver jubilee year is not just a celebration of the past but definitely a catalyst for the future.

Reported by Section Editor Dr. Pavithra M Bai

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IBO Section



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IBO CERTIFICATION Online Phase -II Examination(Theory)

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of IOS eligible for the
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31st
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**IS YOUR BRACES DOCTOR A
MEMBER OF THE IOS ?**



BEFORE



AFTER

<https://findanorthodontist.bracespecialists.com/>

IOS Times acknowledges Dr. Shobha Sundareswaran for her contribution towards the Public Awareness Page.



BEFORE

*Has your braces
doctor undergone
more than 5000 hrs
of training in
orthodontics?*



AFTER

<https://findanorthodontist.bracespecialists.com/>

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Is your Orthodontist IOS endorsed?



Before After

The patient was treated during Covid with necessary precautions

IOS times Acknowledges Dr. Kamal Bajaj for this contribution towards the public awareness page

IOS TIMES since December 2017

Instagram 1383 followers www.iosweb.net Facebook 4.5k followers

The First Post

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IS YOUR BRACES DOCTOR A MEMBER OF INDIAN ORTHODONTIC SOCIETY?



BEFORE AFTER

IOS times Acknowledges Dr. Ashwini Hegde for this contribution towards the public awareness page

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The Second Post

Is your braces doctor listed on the IOS website?

www.iosweb.net



before after

QUALIFIED IOS ENDORSED ORTHODONTIST

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

Acknowledgement : IOS Times thanks Dr. Nilesh Hegde for his contribution towards the public awareness page

The Third Post

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Has your braces doctor undergone more than 5000 hours of training in Orthodontics ?

Acknowledgment : IOS Times thanks Dr. Namit Nagar for his valuable contribution towards the public awareness page

BEFORE

AFTER

www.iosweb.net

QUALIFIED ios ENDORSED ORTHODONTIST

Small changes bring about a significant change in the hands of a qualified orthodontist

The Fourth Post

Good looks after orthodontic treatment is simply a side effect !

BEFORE **AFTER**

Is your braces doctor listed on the IOS website?

<https://findanorthodontist.bracesspecialists.com/>

IOS Times thanks Dr. Rekha Bharadwaj for her contribution towards the public awareness page .

QUALIFIED ios ENDORSED ORTHODONTIST

The Fifth Post

A GOOD SMILE INCREASES YOUR FACE VALUE !

BEFORE

AFTER

DOES YOUR BRACES DOCTOR HAVE AN MDS DEGREE IN ORTHODONTICS ?

IOS Times thanks Dr. Himjia Karia for her contribution towards the public awareness page

QUALIFIED ios ENDORSED ORTHODONTIST

The Sixth Post

ios TIMES Since December 2017

160 followers 900 Posts on Instagram Page

<https://findanorthodontist.bracesspecialists.com/>

www.iosweb.net

A Smile: A Transformative Journey Through Orthodontic Treatment

Seema, a 47-year-old female, had always avoided smiling openly. Despite her achievements in life, she felt self-conscious about her smile. Seema had a Class II skeletal and Class I dental relation with horizontal jaw bases, along with an anterior circumscribed open bite, anterior proclination, and interdental spacing. Her reverse smile arc and protrusive lips made her feel hesitant in social interactions and photographs.

The primary cause of her dental issues was an anterior tongue posture and tongue thrusting, habits that Seema had been unaware of for years. While she had always felt reluctant to undergo orthodontic treatment, she finally decided to take the leap after discussing the options with her orthodontist. Seema wanted not just a cosmetic change but also a chance to improve her confidence and overall smile.



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PRE

The orthodontic plan aimed at closing the anterior open bite by retracting and extruding the incisors. In addition to the clear aligners, Seema was taught tongue exercises to correct her tongue posture and habit.

The treatment started in July 2021 and concluded in March 2022, taking just 8 months to achieve remarkable results. Seema was dedicated throughout her treatment, with excellent compliance. The aligners worked effectively to tip and extrude her teeth as needed, and the anterior attachments played a key role in developing an improved smile arc. The final results showed no need for refinements, and the root paralleling was perfect.



POST

**Treatment
Overview**





The Results

At the end of the treatment, Seema's smile had undergone a dramatic transformation. Her anterior open bite was closed, her lips were no longer protrusive, and the reverse smile arc was corrected, giving her a more balanced and natural look. For the first time in years, Seema could smile freely, no longer hiding behind closed lips. Her treatment not only improved her appearance but also boosted her self-esteem and confidence.

To maintain the results, Seema was provided with lingual bonded retainers, and her prognosis was excellent, with the condition expected to remain stable as long as she maintained control over her tongue habits. Seema's journey underscores the idea that "it's never too late to invest in your smile". Through commitment to her treatment plan, Seema was able to achieve a smile that not only transformed her appearance but also enhanced her overall sense of self-assurance.

<https://findanorthodontist.bracesspecialists.com/>

IOS Times thanks Dr. Arun Nayak for his contribution towards the smile transformation page .


Reported by Section Editor, Dr. Himija Karia

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ios
www.iosweb.net



Orthodontic Treatment

Improved Aesthetics and Function	+	Prevents Tooth Wear	+	Enhances Speech
=				
Reduces the Risk of Cavities & Gum Disease	+	Enables Proper Chewing for Better Digestion.		

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together

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FACILITATION OF RESEARCH COLLABORATION BY INDIAN GOVERNMENT

The Indian government has been taking various measures to progress research and development in universities, colleges, and research institutions across India. The Anusandhan National Research Foundation (ANRF) has been established with Anusandhan National Research Foundation (ANRF) 2023 Act (previously SERB). Our dental institutions should be aware of these facilities and get benefitted. This forum has around 16 research grants including the PAIR (Partnerships for Accelerated Innovation and Research) for fostering research across a broader range of institutions wherein institutions with advanced research facilities, the top-tier institutions (which they refer as HUBS) tie up with developing institutions (SPOKES) to promote collaboration through a specific research proposal submitted by the HUB in tandem with the SPOKE. The website (https://serb.gov.in/page/english/research_grants) gives the HUB and SPOKE institutions list. Many of the HUBs and SPOKES mentioned here have dental institutions under them. The respective institutions can make the best use of this program which facilitates research collaboration.



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The same can be implemented even amidst dental institutions on an understanding basis wherein the orthodontic department from a dental institution with advanced research facilities can team up with developing orthodontic departments to promote student research. This current IOS research council chaired by Dr Neil Kedia, along with the IOS President and IOS Secretary, is very much inclined towards this kind of research collaboration.

In line with this, we are happy to share that DJ college of Dental Sciences & Research, Ghaziabad (the Academic Dean of which is our executive committee member Dr Vaibhav Misra) and Saveetha Dental College, Chennai (The academic dean is our IOS member Dr Aravind Kumar) have come together in a historic alliance with a MoU as a step towards progressive learning and exchange of knowledge facilitating collaborative research. In this research column, we seek to highlight prominent and clinically significant research (especially funded projects) and patents by our IOS members. IOS members are encouraged to share contributions to iosresearchcolumn@gmail.com.

Reported by Associate Editor Dr. Uma Revathi

Official newsletter of Indian Orthodontic Society

Dr. N. Rajvikram

Dr. N. Raj Vikram
Accomplished Orthodontist,
Clinician, Educator and Researcher



Dr. N. Raj Vikram is an esteemed Professor at Thai Moogambigai Dental College and Hospital, affiliated with Dr. MGR Educational and Research University, Chennai. With over 20 years of clinical experience and 17 years in academics, Dr. Vikram has become a leading figure in the field of orthodontics.

He earned his BDS from TN Dr. MGR Medical Institute in 2003, followed by an MDS in Orthodontics from Meenakshi University, Chennai, in 2008. He further advanced his expertise with a Ph.D. in Orthodontics from Dr. MGR Educational and Research University in 2018.

Dr. Vikram also runs a successful private practice in Anna Nagar, Chennai, where he manages a well-equipped clinic with world class facilities spanning 2000 sq. ft with four dental chairs.

His academic contributions are profound, with over 50 publications in high-impact journals indexed in WOS, Scopus and PubMed. Recognized for his expertise, he has been invited as a speaker and judge at numerous national and international platforms, earning accolades such as the Teaching Research and Excellence National Award, Best Cosmetic Dentist, Global Faculty Award, and Young Scientist Award.

Dr. Vikram's leadership extends to his past role as an Executive Committee (EC) member of the Indian Orthodontic Society, where he contributed significantly to advancing the field on a national level.

A dedicated mentor, Dr. Raj Vikram serves as a PG guide at Dr. MGR Educational and Research Institute and as a Ph.D. guide at various universities. He is currently guiding 13 research scholars, three of whom have successfully completed their Ph.D. under his supervision.

He is also a respected examiner for postgraduate examinations and conducted Ph.D. defence viva at several universities across India. His contributions to the field of orthodontics, both in practice and research, have made him a highly regarded professional in his field.

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Research Column

Official newsletter of Indian Orthodontic Society



**Reported by
Dr. Hasini Gopal**

Official newsletter of Indian Orthodontic Society

DR. SHEETAL POTNIS

Accomplishment, Satisfaction and Gratitude

Innovation got published in the Journal of Indian Orthodontic Society, with an interview in Dental Tribune South East Asia. Also, was appointed as Vice Principal of Sinhgad Dental College & Hospital, received a Research Grant from IOS, awarded PhD and finally was granted Patent for an innovation. She got the IOS Life member Research Award at 58th IOC Bangalore.



Reported by Dr. Hasini Gopal

Official newsletter of Indian Orthodontic Society

DR SHILPA PHARANDE

BDS - 2002 MDS - 2007 (Orthodontics)

Has 17yrs Practice and Professor at Sinhgad Dental College, Pune. She has 23 Paper Publications 5 book publications and 3 Patents. She has an Orascan CBCT center and Pharande Dental Academy.

She has been Felicitated by Indian Orthodontic Society for International Book Publication with Rocky Mountain Orthodontics Denver USA. She was Felicitated by RDC Loni for outstanding contributions in Orthodontics. She has Presented several Papers in national and international conferences.

She was Invited as resource person at various Orthodontic symposium. She was Invited as a Chairperson at IDA conferences and awarded PhD degree by honourable Governor of Maharashtra, Shri C. P. Radhakrishnan.

She wholeheartedly thanks her teacher and guide Dr N G Toshniwal through out this journey. She is grateful to Tony Zakhem the CEO of Rocky Mountain Orthodontics USA, for sponsoring her PhD.



Reported by Dr. Hasini Gopal

Official newsletter of Indian Orthodontic Society

PRACTICE MANAGEMENT

Practice Management – an acumen to learn and unlearn and keep innovating

Reported by : Section Editor , Dr. Mohit Chaturvedi

The traditional education of a dentist has placed greater emphasis on developing highly competent diagnostician, excellent wire benders, motivated researchers and clinicians and has often left a noticeable void in the area of practice management, fundamental communication, financial, and management skills needed to run high-quality service oriented practices.

In today's day and age good clinical skills alone does not ensure successful practice. Most clinicians will agree that today's environment is more hostile and it is difficult to break into the ever so competitive dental market.

So, would like to share some Dos and Don'ts of Clinical Practice



- Learning the Clinical Skills – and the most important is to Diagnose the case, not only for Orthodontic treatment planning but having a holistic approach to overall Oral health of the patient. Understanding the Chief Complaint, taking care of that first and then moving ahead explaining the Bite problems and giving a sensible solution.

- No matter how many spectacular advances in orthodontic therapy are made, it will benefit our patients minimally if there is not a concomitant improvement in our diagnostic and prognostic knowledge.

DO NOT SELL PRODUCTS TO THE PATIENT
Rather explain the need and advantages of the treatment and give a genuine advice. Your consultation should proceed towards an informed and conscious decision making of the patient by guiding them with pre and post treatment photographs and results and experience of the previously treated patients which will help them in decision making and building trust upon the orthodontist. – at the end, you need to create Trust with the patient, so that they can handover themselves to your treatment with complete faith.



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Here the entire team comes in action starting from the moment when patient enters your clinic till the time he/she leaves, every single step counts like how the patient is greeted welcomed and left with an easy comfortable experience.



- Inform the patient well and in a simple explanation, detailed description of steps of treatment and complete payment information
- Use modern era of Digitalisation to explain details to the patient, animated videos, Pre & Post treatment photographs.
- Converse well about the progress of the treatment with the patient.
- Use Continuous reminder with the help of messages and WhatsApp medium, by sending them patient care charts and videos, how to take care of your teeth by cleaning and flossing, what to eat what not to, reminders to wear elastics and aligners.

- Do not use too many Scientific abbreviation and terms more in front of patient, try to use simple easy to understand language to make patient comfortable.
- Do not be in hurry to treat and grab the patient, as patients can always sense and feel the detachment.
- Do not get influenced with patient demands (eg: when the patients says I just want front 6 teeth correction and remaining rest everything is ok with me) - here you are in the shoes of orthodontist and need to act like one.

Incorporating technology such as practice management software can help automate processes, improve communication, and simplify the scheduling process. Soft skill management is important which includes how you convey your message by not being rude or overpolite but firm with your treatment strategies with which the patient is convinced with your treatment plan



- Keep yourselves updated with the newer trends in Orthodontics and Dentistry as a whole. At the end of the day, you are a Dentist and then an Orthodontic specialist. It's not important for you to attain all the skills, but you need to know the intricacies and details of all the possible Dental treatments, to delegate to other specialty. At the end the patient has come to you and it's your trust and duty to provide best possible solution.

- Do not market yourself extensively until you make your basics right.
- Good Clinical Environment, well educated, courteous subordinate staff, well informed para staff (who understand dental treatments and the complications) and a good record keeping strategies.



Dr. K Satheesh Kumar Reddy



Dr. K Satheesh Kumar Reddy is a highly respected figure in the dental profession, currently serving as the Acting President of the Dental Council of India and the President of the Andhra Pradesh State Dental Council.

Additionally, he is an Ex member of the Health Reforms Committee of the Government of Andhra Pradesh. Dr. K Satheesh Kumar Reddy's impressive academic background includes a Bachelor of Dental Surgery (BDS) in 1984 and his Master of Dental Surgery (MDS) in 1988 from the prestigious Government Dental College in Hyderabad. He achieved a remarkable feat by ranking first in the state's Postgraduate entrance examination in 1985 and has held the position of Ex-Member of the Academic Senate at Dr. NTR University of Health Sciences in Andhra Pradesh. Throughout his illustrious career, Dr Reddy held various esteemed positions including Professor, Head of Department, and Director at numerous dental institutions. He has guided postgraduate students and contributed to the global dental community through international publications in the Orthodontic Cyber Journal.

Dr Reddy's leadership expertise extend to his roles as the Chief Executive Officer of Pacific Hospitals Pvt. Ltd. in Hyderabad. With remarkable 15-year tenure as a member of the Dental Council of India, he was thrice nominated by the Government of Andhra Pradesh (in 2004, 2009, and 2019) and was unanimously elected to the council by Dr. NTR University of Health Sciences in 2009.



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He also held the position of Executive Committee (EC) member from 2010 to 2014 and was a key coordinator in the launch of the Dental Council of India's new website.

Dr. K Satheesh Kumar Reddy has made notable contributions to health policy as a member of the High Power Committee in the Department of Health, Government of Andhra Pradesh. In this capacity, he was involved in evaluating applications and recommending the issuance of Essential Certificates for the establishment of medical, dental, nursing, and BHAMS colleges in the private sector, a role he held for four consecutive terms from 2004 to 2008.

With over 35 years of clinical expertise as a practicing dental surgeon and orthodontist, Dr. K Satheesh Kumar Reddy has provided valuable consultation to numerous hospitals in Hyderabad. His leadership and professional expertise are further demonstrated by his long-standing role as the President of the Andhra Pradesh Orthodontic Study Group, a position he held for more than 10 years. He is also a life member of both the Indian Dental Association and the Indian Orthodontic Society.

In addition to his professional accomplishments, Dr. K Satheesh Kumar Reddy has been a dedicated advocate for public health. He played an instrumental role in organizing numerous dental checkup camps with the Government of Andhra Pradesh and was central to a large-scale oral health awareness campaign in partnership with Colgate India Ltd., which reached over 45 lakh schoolchildren across the state. His organizational expertise is further highlighted by his leadership as the organizing chairman of the 50th Indian Orthodontic Conference, held in Hyderabad in 2015 where the registrations crossed 2000 numbers for the first time in the history of IOS and each registered delegate was refunded Rs 2000 after conducting one of the outstanding conferences and an amount of 65 lakhs was given back to IOS to establish a corporate office. An avid sportsman, Dr. K Satheesh Kumar Reddy served as the Sports Secretary and General Secretary of the Government Dental College and Hospital during his academic years. He is a chess champion at the college level and has also competed in shuttle badminton and golf tournaments at the club level.

Reported By Associate Editor Dr. Shantanu Khattri

IOS Times Acknowledges Dr. Sujan Kumar K V for his contribution towards this column of Members' Section



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“Retire when people ask why and not when” is a quote attributed to the Indian cricketing legend, Vijay Merchant. Sunil Gavaskar, another legend, is reported to have quoted a variation of this when he retired in 1987. After a distinguished academic career that spanned 33 years; He has no doubt been asked this question several times during the last few days and I'm sure he has echoed Merchant's answer, fondly pens down his younger brother (Rajesh Nayak).

Dr Rabindra Sarvotham Nayak completed his BDS and MDS from Government Dental College, Bangalore in 1986 and 1991 respectively. He secured the first rank in the I, II and III BDS exams and second rank in the IV BDS exam. During his undergraduate studies, he was the recipient of the ISP- Cibaca Merit Award for the highest marks in Periodontology and the Colgate-IDA (Bangalore) Scholarship for 1985 and 1986. He was the state topper securing Rank-1 in the 2nd PG CET, conducted by the Karnataka State Government in January, 1989, for admission to MDS courses. After completing his postgraduation, he joined M. R. Ambedkar Dental College, Bangalore in March, 1991 as a senior lecturer; one of the first colleges in Bangalore which started Post graduation in Orthodontics in 1992.

He retired from the same institution as Vice-Principal, Professor and Head, Department of Orthodontics & Dentofacial Orthopedics, in February, 2024 after completing a distinguished 33 years of fulltime, continuous service. During his teaching career, he was associated with the Rajiv Gandhi University of Health Sciences (RGUHS) in various capacities such as member of Post-graduate Board of Studies (2015-18); Chairman, Under-graduate Board of Studies (2018-21) and Dean of Dental Faculty (2022-24) with 30 plus affiliated dental colleges. He has been associated with 32 batches of post graduates from 1992-till now and 100 plus post graduates have been trained during his tenure.



Dr Rabindra. S Nayak has delivered lectures at various scientific fora in the country. He was the scientific co-chairman for the 34th IOS Conference, Bangalore, 1999; scientific chairman for the IOS Mid-year convention, Bangalore, 2008 and scientific chairman for the 19th IOS PG Convention, Bangalore, 2015.

Along with Dr Kenneth Tan, fondly named as the Quiz Masters of IOS, he has conducted Orthodontic Quizzes at Seven IOS PG Conventions, the IOS Online Orthobite Quiz and the RGUHS Silver Jubilee Celebrations Quiz.

Dr Rabindra. S Nayak

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He was conferred the “Dr. A.V. Arun’s Outstanding Professor Award” by the IOS in 2021 and the Lifetime Achievement Award by the IDA (Bangalore Branch) in 2023.

Dr Rabindra S Nayak is one of those individuals for whom teaching as a career was his first choice. And to that end, he was Earnestly principled, meticulous, completely dedicated, and committed to his profession and an outstanding teacher who has inspired his students not just to excel but to be good human beings.



Positions and honors bring airs, but Dr Rabindra S Nayak is completely shorn of ego. He is easily approachable and always willing to share his time, extensive knowledge, and expertise with his students and colleagues. Indeed his students were lucky to learn from an academician and an astute practitioner. Textbook knowledge is essential but the hand work, soft skills, and the “chair-side manners” that Dr Rabindra accrued over his professional career were shared unreservedly with his students. At present, he holds a private practice in Bengaluru. Looking back on his teaching career, he has expressed his gratitude to the Almighty, his teachers, family, friends, colleagues and students who made this long journey possible, fulfilling, rewarding and worthwhile.

*Reported By Section Editor
Dr. Pavithra M Bai*

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Professor & Ex-HOD, Dept. of Orthodontics and Dentofacial Orthopaedics, BBDCODS, Lucknow.

He is a dedicated clinician and academician in the field of orthodontics. He completed his undergraduate (BDS) in 1984 and postgraduate (MDS) in 1987 from King George Medical College, Lucknow.

With a continuous commitment to excellence in his specialty, he has served as a postgraduate teacher since 1997 and has supervised various research programs for postgraduate students.

His contributions to orthodontics are recognized both nationally and internationally.

Recently he has been awarded with Dr. A.V. Arun's Outstanding Professor Award 2024 at the Indian Orthodontic Conference, Bengaluru. He is an Ex-Executive Member, Indian Orthodontic Society.

Dr. Rohit Khanna has delivered lectures at various National and International Conferences. And has published articles in various National and International Journals. With his expertise and dedication

Dr. Rohit Khanna extends beyond the chair, as he works tirelessly to educate patients, families and communities about lifelong benefit of orthodontic care.

Dr. Rohit Khanna





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ORTHODONTICS AND BEYOND ORTHODONTICS

Dr M.S.Kannan is a passionate and an active member of Indian Orthodontic Society and has inspired many of us to lead an interesting life beyond Orthodontics. He is currently the Dean of Sree Balaji Dental College, Chennai and also Heads the Department of Orthodontics at the same institution for the past 10 years. He started his career at Balaji in year 2002 and has been attached to same institution for the past 22 years. He passed his BDS from the same Institution in year 1998 and MDS from AB Shetty Memorial Institute of Dental Sciences, Mangalore in year 2002 under the able guidance of Dr Krishna Nayak. He is admired among his fellow colleagues and Orthodontic peers from our society for his multifaceted and multitalented demeanor. He is an epitome among our fellow professionals, for displaying a perfect balance of profession, fitness, leisure, family and recreation.



Dr M.S.Kannan





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Dr Kannan as an Orthodontic Teacher

With his 22 Years as a Postgraduate Teacher, 80 plus Postgraduates had passed under his mentoring and as a Head of Department for more than 10 years, 40 Postgraduates had passed under his meticulous training. He is popular among his students for his friendly and committed teaching approach. His team of teachers at Balaji follows his system and modes operandi with passion. He is loved by his students and he commands a big fan following from the youngsters.

His Postgraduates are doing exceptionally well in their respective careers and are popular among our fraternity. His Department at Sree Balaji Dental College, is popular for its didactic clinical training, academic endeavors and research arenas. Thanks to him for shaping the department for its extreme caliber and potentials. Today Sree Balaji Dental College is the Global examination centre for Royal College of Surgeons, Glasgow and runs a Renowned Cleft and Craniofacial centre and all credits to Dr Kannan for bringing up the department to par international standards.

He has 100 plus publications in Scopus and PubMed indexed journals and has 15 plus international Publications among them. He is an expert in Damon System and masters coupling Damon with Class 2 correctors and/or Bone screws for skeletal anchorage. He lectures throughout the globe as an expert in these fields.





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Dr Kannan as an active member of Indian Orthodontic Society

Dr Kannan received his membership from Indian Orthodontic Society in the year 2002. His life membership number is 1197. Since then he had passionately served the society. He had served the IOS Executive committee for 11 continuous years- From 2010 to 2021 4 Years as EC Member 2019-2024 4 Years as Joint Secretary, 2015-2019 3 Years as Editor of IOS Times ,2019-2022



Dr Kannan as a Marathoner, Triathlete and Fitness Enthusiast



Dr Kannan, is popular among the Society for his dedicated Fitness Activities. He had inspired many of our peers and fellow professionals to adopt daily Fitness regime as a lifestyle habit. His social media profile has some fitness activity or other to inspire us everyday.

As per his quote

"Life Starts Beyond one's Comfort Zone"

"You are living a frank life, live it with a reason and meaning- Just to Impress you and yourself alone"

He is a passionate marathoner, cyclist, swimmer and Triathlete. He is a Gym rat, and manages to make that minimum 1hr workout everyday despite his hectic daily schedules. As of date, in 15 years,

He had done

3 Triathlons (2 Half Iron and 1 Olympic)

62 Half Marathons

22-10 Kms runs

8- Duathlons

1- 300kms Randonneuring Cycling

2- 200kms Randonneuring Cycling

12- 100kms Randonneuring Cycling

1- 3kms Open water Swimmathon in Bay of Bengal

And the list keeps getting longer every day



Dr Kannan as a Cricketer



Dr Kannan as is a master Cricketer and had trained under Krishnamachari Srikanth School of Cricket. He had played many leagues all during his teenage and college days. He continues to practice and play today and trains his college team religiously.

Dr Kannan as a Social Media Influencer

As a Social Media Influencer, he has a large fan base and big numbers as followers. He has 12,000+ followers on his Instagram page and larger on Face Book. His contents and posts are highly impactful. They are educative, recreational, fitness motivational and particularly lots of lighter notes.

Follow him on:

https://www.instagram.com/dr_kannan_sabapathy/profilecard/?igsh=bGp6dWtyY3NvbmZt

<https://www.facebook.com/share/kqqTwaAbRW7if3Ld/?mibextid=JRoKGi>

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Orthodontics and Beyond Orthodontics

Dr. Sujala Durgekar Dr. Sujala Durgekar is a professor at KLE Bangalore and an alumnus of AB Shetty (UG) and KLE Belgaum (PG). She excels in various fields, being a distinguished academic and invited speaker at IOS conferences, with impressive publications in high-impact journals. A trekking enthusiast & A yoga expert and graceful classical dancer, she is also a renowned marathon runner who has participated in numerous races and organized the Run at the 58th IOC Bangalore 2024, inspiring many to embrace running.

Dr. Sujala Durgekar





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She is married to Dr. Nagaraj K an orthodontist and fellow KLE Belgaum alumnus practising at Bangalore and they have lovely twin daughters. A beautiful woman inside and out, she is friendly, multilingual, and effortlessly vibrant, maintaining a low profile while always calm and smiling.



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Reported By Associate Editor Dr. Uma Revathi

IOS Times Acknowledges Dr. Anup Belludi for his contribution towards this page of Members' Section



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My musical journey began when I first performed on stage at the age of 6. It was then that everyone noticed my voice and encouraged my mother to enroll me in a music academy. There, I learned Hindustani classical music and cleared five exams. I won several awards and accolades at local and national levels for singing during my school and college days. I also performed on stage at several musical shows. Recently I participated in the international singing competition, Voice of Doctors, Season 2, and qualified at the regional, national, and pre-finae qualifier rounds.

Dr. Priyanka Niranjane



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Painting to me is an art of reflecting what is in your heart, mind and soul, you just need the focus and drive to create it and learn how to put what is inside you on paper or canvas .. Most of the time my artistic inspiration comes from my own emotions. I am a spiritual person, sometimes it can be seen in my art work. Apart from it nature is one of my favorite source of inspiration. I feel content and complete when I paint and that keeps me motivated all the time to paint more and more. I am much at peace when I invest my time doing art. Regarding some of my paintings-

Dr. Bhavna Virang

Associate professor, Modern dental college
and research centre , Indore

THE DEER



This painting, showcases a majestic deer with intricate antlers against a vibrant backdrop of swirling colors. The deer's intense gaze draws the viewer in, while bold brushstrokes and expressive lines add energy to the piece. The artwork attempts to evoke a sense of wonder and celebrates the beauty of the natural world.

RADHA KRISHNA





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This vibrant depiction of Goddess Durga highlights her fierce yet compassionate essence. Her fiery gaze embodies strength and protection, while the bold red and gold hues symbolize courage and divinity. The intricate details celebrate her iconic features and the spirit of feminine power in Indian culture.



**GODDESS
DURGA**



**LORD
GANESHA**

This heartwarming painting depicts Lord Ganesha, the beloved Hindu deity, sharing a tender moment with his loyal companion, the mouse. The artist's vibrant colors and playful style capture the joy and innocence of this sacred bond. The soft glow of the lights adds to the overall warmth and tenderness of the scene.

Reported By Dr. Kasturi Mukherjee



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Wonders of Christmas in Kolkata



Christmas in Kolkata is more than a celebration; it's a cherished tradition that transcends religious boundaries, embracing every community in a tapestry of shared joy. Perhaps, no other city in India celebrates Christmas as elaborately as Kolkata; the city exudes its enchanting aura and glows like a fairyland!

The history of Christmas celebrations in Kolkata dates back to the colonial era, even after the British departed, the Anglo-Indian community located in Bow barracks as well as the locals continued the tradition.

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By
Dr Poulomi Roy
Assistant Professor
Department of
Orthodontics Burdwan
Dental College and
Hospital, Burdwan
West Bengal

Reported By
Dr. Kasturi Mukherjee

Every year, the iconic Park Street comes to life with spectacular lighting, Christmas carols, unique choir performances, vendors selling Christmas goodies, food booths, and live music from the city's most prominent artists and bands. The illuminations extend from Allen Park to St. Paul's Cathedral Church and surrounding regions until the New Year, creating a joyful atmosphere across the city. With mouth-watering delights like fruit cake, rose cookies, as well as handmade wine and traditional lunches and banquets, Christmas in Kolkata is a veritable feast for the senses. Whether a local or a tourist, everybody can immerse in the joyful vibes that make Christmas in Kolkata unique. Feliz Navidad!

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Bottle art is a lovely way of recycling glass bottles into pieces of home decor. They can be thoughtful gifts and can be used as planters too. Usually painted with spray paints and acrylic paints, a good coat of transparent varnish at the end ensures longevity of the artwork.



Dr.Ekta Lahoti
Assistant Professor
Department of orthodontics
Dr.R.Ahmed dental
college & hospital



Reported by Dr. Kasturi Mukherjee

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HOLIDAYS AND YOUR TEETH- Hola holidays!



Jingle bells time of the year!

And so begins the holiday-ing!

Did you know that about 56.06 percent of people travel, on an average during Christmas time every year!

Here are some easy hacks to keep your teeth healthy and fit, making the trip even more enjoyable:

1. Make sure your dentist knows about the trip, in case any wisdom tooth/pain in any tooth needs attention
2. Please make sure you inform your orthodontist of any wire/bracket/appliance breakages before you start with the trip, while on the trip too
3. There's never an escape from extra oral, removable appliances or aligners while travelling, make sure you carry them for yourself or your child and comply with the treatment
4. Don't forget to carry your brush-paste-floss combo for the trip
5. If you are relying on the accommodation place to arrange it for you, advisable to use and throw them after your stay
6. Do not share your brush with anyone
7. Rinse and gargle your teeth every-time you indulge into sweet delicacies
8. Make sure you carry an extra storage box for your aligners/retainers



TIP OF THE YEAR

Dental hygiene and routine has nothing to do with your travel plans. What we mean here is that teeth need to be kept clean, whether at home or away.



Merry Christmas!

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BABY TEETHING TIPS- WHAT PARENTS MUST KNOW?



Teething in simple terms is the process of milk teeth erupting in your child's mouth, from 6 months of age. It is an important milestone in your child's growing period, though quite often painful and uneasy for both the child and the parent.

HOW TO IDENTIFY TEETHING HAS STARTED?

1. Your child is six months or older, one/two gum swelling is noticed in the lower front region
2. Frequent fever, rashes, headaches, stomach upset, irritable, not feeding well
3. Excessive drooling, biting on objects and toys

WHAT'S NEXT?

1. Understand this is a normal pattern and don't panic, instead work on making the process easy and soothing for your child
2. Over the top pain killers are advisable, make sure you ask your pediatrician for the correct dosage
3. Use teething rings/soothers after reading all the instructions given, especially the cooling temperature and cleaning. These help to soothe the sore gums and distract the child from pain
4. Give them a freshly cut piece of apple, cucumber or carrot to try biting on
5. Gently rubbing the gums with a cool gauze piece is also helpful

DO NOT EVER

1. Tie soother/teething ring across your child's neck, this can be a potential choking hazard
2. Never apply honey/glycerine around the gums and put the child to sleep

It is also important for you to understand that each child is different and thus, the teething cycle will also not be the same. What remains the same is your unconditional love and warmth towards your child during this phase!

**Reported by
Dr. Honey Gurbaxani**

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The orthodontic hacks and tricks

1. Bond both first and second molars in case of high anchorage needs.
2. Cinching vertically in upper arch and in lowers cinching lingually distal to terminal molars for better compliance and outcome.
3. Incorporating closing loops to space closure in cases with high chances of loss of vertical dimensions.
4. Making composite attachments in absence of lingual buttons.
5. Using both facial and lingual attachment on exposed impacted tooth to apply dual traction forces.
6. Refrigerating the HANT wires or making the patient drink cold water to activate the wire.
7. Bite raising over molars and premolars both to reduce the wedging effect.
8. Pain assessment using ordinal scale to prescribe relevant medicines from the start of the treatment to make orthodontic treatment a pleasurable experience.
9. Relaxing music during appointment to use audio analgesia to improve patient compliance.
10. Display of mid treatment photographs and scans to the patients to generate a positive self perception both towards self and the treatment by the patient.

Good communication skills and a friendly doctor patient relationship is the prime factor for the success of treatment



Reported by Dr. Sonam Sehrawat