

Official newsletter of Indian Orthodontic Society



Bond with the Best
June 1 & 2, 2018



IOS PRAGNYA 2018
June 29 & 30, 2018



Bond with the Best

DY Patil, Pimpri - Pune

Department of Orthodontics and Dento-facial Orthopedics, Dr DY Patil Dental College & Hospital, Pimpri - Pune, organized a two day CDE program titled "Bond with the Best" Around 100 delegates attended the program from all over India.

At the inaugural function, the dignitaries on the dias, Dr. Shailesh Deshmukh, Dr. N.J.Pawar, Dr. Deepak Kulkarni, Dr. Jayesh S. Rahalkar and Dr. Sonali Deshmukh were welcomed with a sapling and a memento.

Day 1 saw eminent speakers Dr. Gauri Vichare, Dr. Arun Nayak and Dr. Vijay Baswa sharing their knowledge and clinical cases done by them. After completion of an action packed session, a formal dinner was organized at Hotel Kala Sagar. with like minded people exchanging their thoughts and views.

Point, counter-point by Dr. V.P. Jayade and Dr. N.R. Krishnaswamy on Day 2 was an interesting concept where delegates get to see both sides on the coin, on a given topic. Post lunch session had lectures by Dr. Rajaganesh Gautam and Dr. Abhishek Ghosh, following which were clinical presentations, chaired by Dr. N.R. Krishnaswamy and Dr. Arun Nayak.

The two day knowledge packed extravaganza, partly sponsored by 3M Unitek India, Dentos, Amar Dental and Surgicals, Ormco, The Aligner Company, and American Orthodontics, concluded with the vote of thanks and valedictory speech by Dr. Sandeep Jethé.

IOS Pragnya 2018

KLE VK IDS, Belagavi

PRAGNYA 2018, was hosted by Department of Orthodontics & Dentofacial Orthopedics, KLE VK Institute of Dental Sciences, Belagavi for the post graduate students, to learn and understand the various aspects of post graduate course. More than 130 delegates from various colleges registered for the event.

Guest speakers who enriched the students, included

Dr. Puneet Batra: "Etiquettes of scientific reading"

Dr. Ameet Revankar: "Data mining and internet learning resources"

Dr. Amanish Singh: "Time Management"

Dr. Sridevi Padmanabhan: PG dissertation.

Dr. Ameet Revankar: Art of scientific writing

Dr. Jayesh Rahalkar: Art of presenting journal club.

Dr. K.M. Keluskar: Photography Workshop

Dr. Silju Mathew: Art of Presenting seminar

Dr. Gauri Vichare: Synopsis writing

Dr. Ravi Shirahatti: Biostatistics

Dr. Deepak Kulkarni: Communication skills

Dr. Pratibha Patil: Evidence Based Dentistry and Ethics.

The chief guests, Dr. Shailesh Deshmukh, President, Indian Orthodontic Society, and Dr. V.D. Patil, Registrar, KLE University, graced the inauguration ceremony. and were presented with mementos.

There were few fun filled games for the delegates at the banquet dinner on 29th. Dr. G.V. Ajith, 1st year post graduate student, VS Dental College, Bangalore and Dr. Visshishta, 1st year post graduate student, PanineeyaMahavidyalaya Institute of Dental Sciences won the MrPragnya and Miss Pragnya 2018, respectively.

The event came to an end with presentation of the certificates to the delegates by Dr. Shailesh Deshmukh and the organizing committee.



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BEFORE



AFTER

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.

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MOVING TEETH WITH BRACES DO NOT WEAKEN TEETH

Many who seek orthodontic care, are surprised to know that their teeth are actually going to move inside the gums. The next question that pops in their head is - "Will that make my teeth weak ?!" Relax !! It does not. Provided, adequate oral hygiene is maintained during the course of braces treatment.

Orthodontists are well trained in their speciality and know exactly



how to move teeth inside the bone with adequate force. Nothing is possible without the patient's help, though - namely, regular follow up appointments and sincere with instructions given by orthodontist about oral hygiene maintenance. Poor oral hygiene irritates the gums which in turn weakens the bone support of teeth, which can affect tooth movement.

Many patient demand shorter time interval between the two appointments to finish the treatment early. Tooth movement is a process which needs to complete a cycle before it is reinitiated. Faster tooth movement may be harmful to its health. The ideal time interval between the two appointments is minimum 4-6 weeks. In very small percentage of patients the roots can get shorter during the course of orthodontic treatment, which your orthodontist can monitor, and will take necessary measures to minimise the effects of the same.



THE *Magic* OF BRACES

Thanks to her Orthodontist, Isha's **smile** stands out in her pictures, and, not her upper incisors.



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Celebrating life

FULL NAME Atul Manjrekar

PROFESSION Film maker

BIRTHDAY IS ON October 8

SCHOOLING AT Cardinal Gracias High School, Bandra, Mumbai

COLLEGE St Xavier's College, Mumbai

CURRENTLY Directed Fanney Khan

YOUR INSPIRATION IN LIFE Mr. Rakeysh Om Prakash Mehra

AWARDS / ACHIEVEMENTS

Have done over 400 commercials till date. The two which stand out and have garnered maximum awards are the **Sky Met Weather Ad** which spoke about the farmer's plight and the **Tata Value Homes ad**.

HIGH POINT IN LIFE

Directing Mr. Amitabh Bachchan for the GST Launch ad

ADVICE TO YOUNGSTERS

Be yourself ! See the world !! They should try out everything, now that they have the options (and parents should let them). Enjoy the work you do ! Money will follow.

CHOICE OF PROFESSION

Wrote & Directed plays at College. Happened to meet someone who introduced me to the world of advertising. Got hooked. Then later, got associated with Mr. Rakeysh Om Prakash Mehra. Have been with him since.

WHAT IS THE BEST YOU LIKE ABOUT YOUR PROFESSION

Love the whole process of film making. Gives me an opportunity to interact with people, feeding off the positive energy of your team.



WHEN SOMEONE SMILES AT YOU

The Smile is the one thing that you own and can give to others. It is the simplest means of communication.

WHAT DO YOU KNOW ABOUT ORTHODONTICS & ORTHODONTISTS

Have been kept up to date about orthodontics via videos from a You Tube channel – Braces Take U Places

SOCIAL MEDIA INTERACTIONS Active on Facebook, Instagram & Twitter

ONE PHRASE THAT DESCRIBES YOU BEST Always Smiling (The one reason I avoid funerals)

PERSONAL INTERESTS Travelling, Every year, make at least, two international trips, with my wife.

STRATEGY IN CRISIS Be Calm. Take a step back. Smile. The solution will present itself.

FAVOURITE

TRAVEL DESTINATION Scotland (the land of always-smiling-people)

FOOD The local cuisine of the land, whichever country I am in

SONG "Haalchaal theek thaak hai" from the film Mere Apne

MOVIE Rang De Basanti, Hrishikesh Mukerjee movies

Official newsletter of Indian Orthodontic Society



Indian Orthodontic Society launches its latest public awareness campaign - *Braces are beautiful* ! The campaign is aimed to educate the layman about the Orthodontist - The real braces specialist. The one with an MDS degree in Orthodontics, who is best trained to treat malocclusion, to its best possible conclusion. The campaign will be on all through the months of July, August & September !

Members of Indian Orthodontic Society are encouraged to check their email boxes for details or visit the Indian Orthodontic Society's Facebook Group for the same. Active participation from all, will be highly appreciated. Cheers to the IOS endorsed Qualified Orthodontists, creating healthy, beautiful smile, naturally !!

Pls refer to the acknowledgment section



THE EC IS COMMITTED

Post from **IOS TIMES** were shared by all EC members on their social media account

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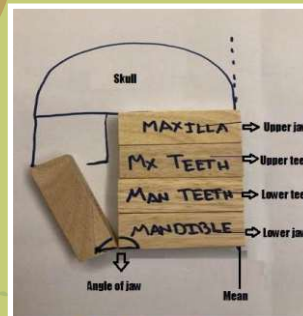


Pic courtesy:pixfeeds.com

In our clinical practices, we, as learn that it is difficult for the patient to fathom whether the fault is in the upper jaw or the lower and how the teeth are in relation to the jaws. Of course, there are soft wares which aid in the process, but are available at a premium

One simple and effective way is to use the kids toy wooden blocks - Jenga block. Commonly used as a party game, it sure is a fun way to explain the clinical condition needing orthodontic intervention. It's simple to use. It is interactive. Patients can easily visualize it. It simulates two-dimensional movement of jaws and teeth.

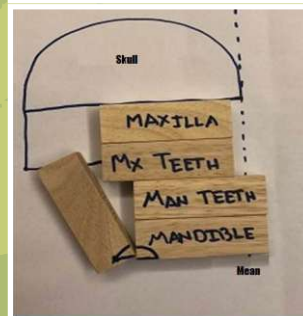
Beside the scenarios in the images given, various other scenarios can be represented by the arrangement of these blocks. Not only that, the patients can actually visualise how the treatment could change the position of jaws and teeth. Even the movement of one jaw affecting the position of other can be simulated in this. It serves as an extremely cost effective visual aid during the treatment planning session with the patient.



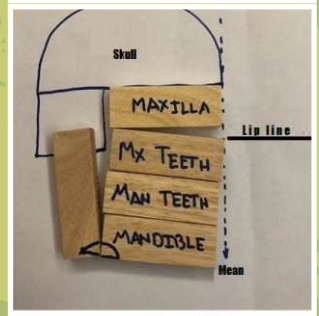
Orthognathic face



Low Angle Short Face



Class 3 Retrognathic maxilla
Prognathic mandible



Long face

IOS

INTERNATIONAL INTERDISCIPLINARY SYMPOSIUM, 2018

MULTIPLE DISCIPLINES, ONE GOAL

Creating the platform for interdisciplinary interaction, collaboration & innovation that our future deserves.



DR DANIELE CARDAROPOLI
Enhancing results in the treatment of periodontal defects. The Ortho-Perio connection



DR ASHOK KARAD
Precision maxillo-mandibular pre-restorative/orthodontic protocols for functional excellence



DR JUAN FERNANDO ARISTIZABAL
Digital Workflow & Contemporary Interdisciplinary Relations



DR RATNADEEP PATEL
Sedentary from teeth repositioning for restorative goals: Esthetics and Function



DR DOUG JENSEN
Management of missing laterals: Implants and canine substitution



DR RAVI ANTHONY
Orthodontic leverage for optimizing the restorative outcome

11th & 12th

AUGUST, 2018
Hotel Taj Lands End,
Bandra (West), Mumbai.

Symposium Secretariat:

Smiles N Faces: 8, Gautam Ashish CHS, VM Road, Near Mithibai College, Next to Purnamal Restaurant, Vile Parle (west), Mumbai 400056.
T : +91 22 26204400 / +91 22 26208800. email : iossymposium@gmail.com

Official newsletter of Indian Orthodontic Society

2nd International Orthodontic Symposium

June 16 & 17, 2018 Hubli, Karnataka



The 2nd International Orthodontic symposium with the theme –“What’s New in Orthodontics” was organised in Hubballi, Karnataka, on the 16th and 17th June 2018 by the Hubli-Dharwad Orthodontic study group with the support of Dr P.V Jayade Charitable Trust.

Dr Tung Nguyen from the University of North Carolina USA, Dr. Judy Chung from Yonsei University, Korea along with Dr Meenakshi from University of Nebraska (Webinar mode), were the International faculty for this program. A host of well-known Indian speakers including Drs Shailesh Deshmukh, Jayesh Rahalkar from Pune, Dr

Pravin Shetty from Mumbai, Dr Abhisek Ghosh from Kolkata and Dr Prabhat from Delhi.

The sessions were theme based ranging from Temporary anchorage devices to 3D technology and esthetic appliances to Interdisciplinary care and conveyed the newer developments in these areas of Orthodontics to over 165 delegates, both practicing Orthodontists and post-graduate students from different parts of India and abroad. Speakers from allied branches included Dr Prafulla Thumati, Prosthodontist from Bangalore and Dr Ashwini

Deshpande, Oral and Maxillofacial radiologist from Bhopal.

Dr Shailesh Deshmukh, President IOS and Dr Satish Annigeri, Registrar of Vishweshvariah Technology University and senior Orthodontist Dr V.P Jayade graced the occasion. The Organising team included Dr Sanjay Ganeshkar, Dr Kishor Bagalkot, Dr Pramod Udmani, Dr Shantesh Malagi and Dr Y. Harsha.

The next edition of this symposium will be held in 2020.



President's Message

Dr. Shailesh Deshmukh, President

Hello Friends,

Month of June saw two outstanding scientific programs conducted by Dr. D.Y. Patil Dental College and Hospital, Pune and KLE Dental College and Hospital, Belgaum. The "Meeting of Clinical Minds" scientific program was very enriching for all participants. It was very interactive and the speakers were outstanding. Dr. Jayesh Rahalkar, Dr. Sonali Deshmukh and their team did a stupendous job of organizing and conducting this scientific meeting. I thank Dr. Rahalkar and the D.Y. Patil College management for allowing us to conduct the IOS business - 3rd IOS EC meeting, in their premises. The PG Orientation Program, "Pragnya" was conducted very efficiently by Dr. Keluskar, Dr. Roopa and their team. The speakers were excellent and the PG's went back satiated with knowledge. The feedback from the PG's was excellent.

IOS is going great guns on the education and public awareness fronts. The Public Awareness Committee is working tirelessly and very soon we will have some interesting public awareness animated videos for distribution.

Signing off with an urgent plea to register for the Interdisciplinary Symposium on 11th and 12th August 2018 at Taj Land's End, Mumbai. This unique scientific program needs all your support and please urge all your dental colleagues to register for this program.

Until next time

From the Secretariat

Dr. Deepak Chandra, Honorary Secretary

Dear Members,

Recently the IOS had two important programs the Pragnya and Bond with the Best. The programs were oriented towards the Orthodontic practitioners and Orthodontic students. Our knowledge and competence in our chosen field will hold key to the success in our careers.

In days to come, our work as Orthodontists will hold the key to the survival of our profession. The public will judge us for the quality of Orthodontic care being delivered. Slowly we will find them looking out Orthodontists. We must keep updating ourselves in contemporary Orthodontic care and strive to deliver the best we can. The IOS will leave no stone unturned to ensure its members have ample exposure to current science in orthodontics.

I urge each one of you to kindly utilise the opportunities offered by the Study groups and the IOS Head Office.

I would also take this opportunity to request all those Orthodontists who have completed their courses to kindly convert their membership to Life.

Warm Regards



From the Editor's Desk (top)

Dr. Biju Abraham, Editor, IOS Times

Dear Friends,

What is the correct way to deliver a healthy, beautiful smile? I believe the answer lies in understanding the cause and effect relationship of the manifestations with which the person presents to you. The solution may not always lie in orthodontics; But, if it does have a role to play, it is more often than not, a pivotal one. You, as an orthodontist, have a crucial role to play in diagnosing the situation correctly. You, as an orthodontist, must have the say, in emphasising the importance of your procedure, as an essential part of the treatment to be rendered, both to the collaborating dentist, if any & the patient. You, as an orthodontist, have a very important role to play in scheduling the sequence of treatment for the benefit of the patient. Keep yourself updated with the latest in orthodontics. You may or may not choose to practice anything beside orthodontics, but strive to keep yourself abreast with all the disciplines of dentistry. Only then, will you be confident to deliver the best possible, to those who come seeking a healthy, beautiful smile, to you.

Acknowledgements

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For contributing the patient pictures on pages 3 & 4



IOS TIMES thanks
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Practicing Orthodontics section

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Dr. Hrushikesh Aphale
for his inputs for the Braces are Beautiful campaign.



IOS TIMES Committee Members
Dr. Pradeep Jain, Dr. Salil Nene

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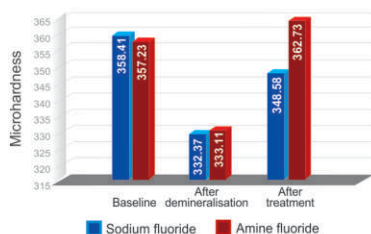
Rinse the mouth with 15 ml Amflor mouthwash for one minute and then spit it out. Do not eat or drink for 30 minutes after rinsing. Adults and children 12 years of age and older should rinse once a day at night after brushing the teeth.

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- No staining of appliance or teeth
- Ideal for long term use

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*Ref : 1.Indian Journal of Dental Research, 26(1), 2015.

2.J Int Soc Prevent Community Dentistry Year : 2016 | Volume : 6 | Issue : 2 | Page : 130-133.