

Official newsletter of Indian Orthodontic Society



Asia Pacific Orthodontic Conference 2018



Master Class- Teachers Training Programme



Boracay, pronounced Borocai is easily the most enchanting place on earth. When I first heard of this destination, I wondered why we would go to this paradise on earth and confine ourselves to conference halls for three days!!! But, believe me friends, when I say that the scientific presentations were equally good and the halls were full!!!

Stalwarts like Drs. Park, Ravi Nanda, Junji Sugawara, Peter Ngan, Eric Liou, Jorge Faber enthralled the delegates for 90minutes each. To add to them were our very own Drs. Krishnaswamy & Prashant Zhaveri! Ohhh.. they had so much trouble pronouncing our Indian names!! Dr. Park introduced the lingual AP Retractor for retraction of upper anteriors before alignment.. yes you heard me right. Retraction before alignment!! A novel concept – with very good results. Dr. Sugawara introduced his new Sendai model for Surgery First.

From the home front we had a 20 member strong delegation that attended. Six free communication papers were presented and eight competitive Poster board presentations were made. The Gala Nite with all in white by the beach was truly an enjoyable evening.

The President. Dr. Shailesh Deshmukh, Vice President Dr. Balvinder & President Elect Dr. Pradeep Jain represented IOS at all the official programmes and gave away mementoes of appreciation to the organising committee of the APOC.



Happily reporting it for the membership via IOS TIMES . . . Dr Mala Ram Manohar.

Master Class - Teachers Training Programme

A two day National Seminar titled- Master Class - Teachers Training Programme attended by more than fifty delegate, was conducted by Dept of Orthodontics, JSS DC&H, with Dr Raghunath N Prof & HOD Orthodontics as the Org. Chairman and Dr Nitin V Muralidhar, the Org. Secy, on 30th & 31st March 2018, in association with Indian Orthodontic Society. Dr Praveen Kulkarni, Asst. Prof., Dept of Community Medicine, JSS Medical College spoke on Qualitative research in dental Education. Dr Animesh Jain, Prof. & Head, Dept. of Community Medicine, Kasturba Medical College, Mangalore lectured on Changing trends in Assessment.

Dr Vinutha Shanker Prof & Head, Dept of Physiology, Sri Devaraj Urs Medical College, Kolar, Karnataka spoke on Reflective learning Practices. A Panel Discussion on Relevance of Competency based Learning methods in Current scenario was conducted with the panelists being Dr Animesh Jain, Dr Rashmi Jain, Dr Chandrashekar BR with Dr Praveen Kulkarni being the moderator.

Dr Sridevi Padmanabhan Prof. & HOD, Sri Ramachandra University, Chennai, lectured on Scientific Writing & Research. Dr Ciraj Ali Mohammed, Deputy Director of the Manipal Centre for Professional and Personal Development, extensively lectured on Interactive teaching methods. Dr. Keluskar KM, Prof., KLE Dental College, Belgaum, Karnataka gave an insight on OSCE & OSPE in Orthodontics. Dr Jayesh S Rahalkar, Prof. & Head, Dept. of Orthodontics, Dr. D. Y. Patil DC&H, Pimpri, Pune lectured on Orthodontic training in the form of group discussion & case presentation. Day 2, the panelists for the panel discussion on Communication Skills were Dr Prashanth Vishwanath, Dr Pushpalath & Dr Mala Ram Manohar with the moderator being Dr Deepa Bhat.



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Is your braces doctor
M.D.S.(Orthodontics)?!



Before
braces



After
braces

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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You know that braces treatment is done to level "out-standing" teeth & straighten crooked teeth to make one smile better. However, are you aware that braces actually help prolong life of teeth and good looks is actually a "side effect"?!

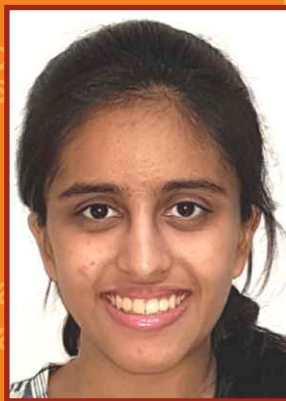
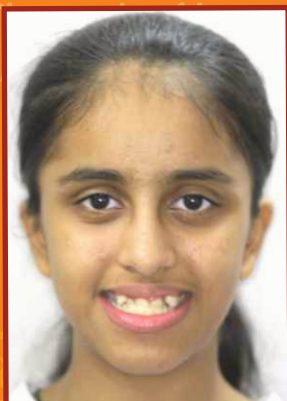
The "out-standing" or "Buck teeth" are more likely to be fractured in case of a fall or accident. Crooked teeth makes cleaning of teeth and gums difficult, causing plaque accumulation which results in gum diseases and tooth decay. The gum diseases weaken the tooth supporting structure, making the teeth wobbly. The cavities, as a result of excessive plaque accumulation or improper brushing, may need large restorations or root canal treatment which in turn compromises the integrity and vitality of tooth, directly affecting the life span of the tooth.

Occlusion (relationship of upper teeth to the lower teeth) if not correct, can exert unfavourable forces on tooth's supporting structure, resulting in one, many or all of the following. Teeth wearing out; One or many teeth loose gum support. Teeth develop ditches near the gums; Teeth become wobbly. Pain in the jaw and gums when one gets up in the morning; Clicking sound of the jaw joint near the ear; Pain in the jaw joint extending to the head, neck & face.



**Braces
for a
long life
of your teeth**

The magic of braces



Tanishka never smiled for pictures. Always found her smile "weird". A few months with braces changed all that. Her smile is now the widest in all her family pictures. All thanks to the Orthodontist.

www.iosweb.net



www.lingualmatrix.com

**Happiness
Behind Every
Smile!**

**I AM HAVING
INVISIBLE BRACES!**

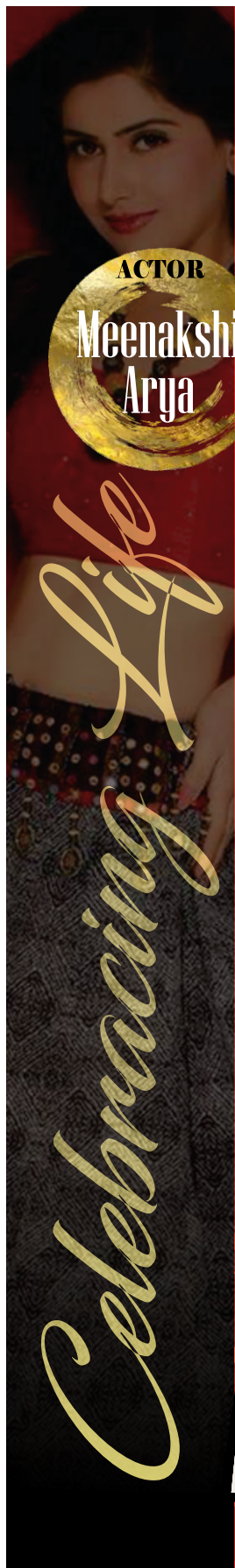


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- + Straight Wire
- + No Restriction on Food/Speech
- + Digitally Customised Self Ligating 3D Braces

WRITE TO US @:
lingualmatrix@gmail.com

lingual**matrix**



FULL NAME: Meenakshi Arya

BIRTHDAY: 15th March

ZODIAC SIGN: Pisces

HOME TOWN: Sri Ganga Nagar, Rajasthan

HIGH POINT IN LIFE:

When I decided to start my career in acting (without any inside help from the industry)

ADVICE TO YOUNGSTERS:

Pursue your dreams, no matter what; but, not at the cost of education.

ADVICE YOU WISHED HAD RECEIVED:

To showcase my acting talent from school days itself

PROFESSION: Actor

CHOICE OF PROFESSION:

Always wanted to do something different with my life. My passion for acting brought me to Mumbai. Luckily, got my first TV commercial within a month, and almost immediately thereafter, was cast in the TV serial Ramayan for NDTV imagine.

WHAT IS THE BEST YOU LIKE ABOUT YOUR PROFESSION:

I get to portray other people's life stories, emotions and turmoil.

HOW WOULD YOU WANT THE WORLD TO REMEMBER YOU:

Accomplished artist and a kind, loving human being.

WHAT DIFFERENCE DID BRACES MAKE IN YOUR LIFE:

It beautified my smile - a very important asset for any artist. Gave me natural pout, which in turn enhanced my face value. Selfies ?!!! Anytime !!!

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

A smile can win many hearts and bring sunshine to many a wounded soul Smile is the key that opens the lock of everybody's heart

WORDS THAT DESCRIBE YOU BEST:

Practical. Level headed. Fearless

STRATEGY IN CRISIS: Tackle it head on.

Meditation is the best stress buster.

SERIAL:

Ramayan (NDTV IMAGINE)
Sukanya Hamari betiyan (DD-1)
Meri Sasu Ma (ZEE TV), to name a few

TV COMMERCIAL

PATANJALI KESH KANTI, BRITANNIA
JOHNSON N JOHNSON, among many others



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Achievement

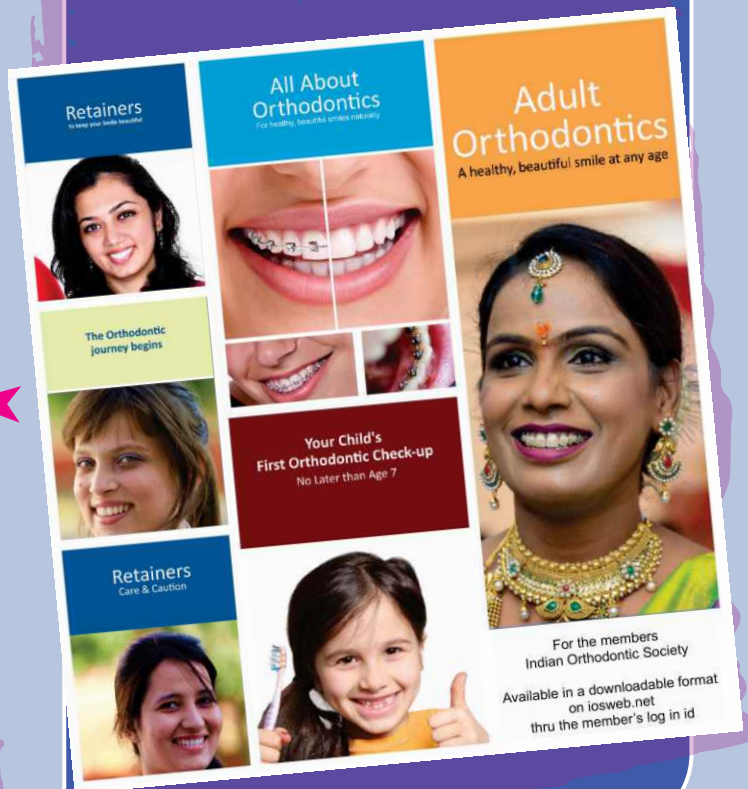
Dr. Puneet Batra elected unopposed and unanimously as the **Vice-President / President Elect of The Indian Society Of Cleft Lip And Palate And Craniofacial Anomalies (ISCLP&CA)** - the society at the forefront of cleft care and research, worldwide, with a conglomeration of Plastic Surgeons, Maxillo-facial Surgeons, Orthodontists, Speech Therapists, Psychiatrists, Pediatricians, Geneticists, Anesthetists and many other medical and allied specialists.

His humble election would allow disseminating and establishing the cleft orthodontic specialty through organized orations, multi-speciality interactions etc. improving the orthodontists' standing in this interdisciplinary arena. Furthermore, his association with both the ISCLP & CA and IOS is an opportunity to assert the importance of orthodontics in comprehensive cleft care.

Patient Information Brochures

Customisable patient information brochures are available for download on the IOS website.

Members are requested to log in to their accounts to access, download and print their office address on the brochures for use in their practices.



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HAVE TO
KNOW THE
PAST TO
UNDERSTAND
THE PRESENT

— Carl Sagan

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Team building – System vs Culture

The long term success of any organization does not depend upon who is leading the organization, what's his qualifications and how wonderful the decor is. It depends upon the culture and vision of the team, which works with the organization.



Quite often, we put up a system but are unable to implement it, due to non-cooperation of our staff. Instead of putting a SYSTEM in place, one needs to create a CULTURE in the workspace. System binds people but culture gives them a sense of belonging. As a leader of the organisation, one should think like a creator. The leader's primary responsibility is to evolve the culture and take the organisation to the next level.



Repeated re-inforcement of the same is vital. The reasons towards creating the culture must be understood clearly by the team members so that the vision is clear in their minds.

Everything, including ideas, can be stolen from an organization. However, there's one thing that cannot be stolen ... Culture.



Create a culture of – smiling and happy staff.
Culture of greeting each other and the patients, with a smile
Culture of mutual respect
Culture of following organizational ethics.
Culture of cleanliness and hygiene.
Culture of celebration - be it on a festival, birthday of staff or debonding appointment of patients. Celebration improves bonding among staff.



Let vision be part of culture, so everybody follows it happily. In the long term, patient will compare two offices, not on the basis of charges, but, by the culture of the happy positive experience, delivered to them by the whole team. Let's build and spread smiles by creating the best organizational culture

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 orthodontics: customizing pre-restorative orthodontic protocols for functional excellence



DR JUAN FERNANDO ANSTEBAL
Digital World & Contemporary Interdisciplinary Relations



DR RATNADEEP PATEL
Repositioning from team repositioning for restorative goals: Esthetics and Function



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



DR RAVI ANTHONY
Orthodontic treatment 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

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Lucknow Orthodontic Study Group Activity



Post graduate Departments of Orthodontics and Oral and Maxillofacial surgery at Sardar Patel Post Graduate Institute of Dental and Medical Sciences, Lucknow in collaboration with Indian Orthodontic Society, Orthodontic Study Group of Lucknow and AOMSI - UP Chapter; conducted a two day hands on activity. on 15th – 16th April, 2018. ACE WORKSHOP- ORTHODONTICS AND ORTHOGNATHIC SURGERIES Dr. Sherry Peter, Lead consultant, Craniofacial Surgeries at Aster Medcity, Eranakulum, Kerela and Dr. Ajit Jaiswal, Professor, BJS Dental College, Ludhiana trained academicians, clinicians and post graduate students about the art of orthognathic surgeries for facial transformation.

The first day of the workshop appraised delegates the various aspects of Orthognathic Surgeries.

The second day included hands on over COGS analysis and Prediction Tracing for different skeletal malocclusions followed by Osteotomy cuts over dried skulls.

Over 150 Post graduate students both from Orthodontics and Oral and Maxillofacial surgery from across the country participated in the workshop.



Madhya Pradesh Orthodontic Study Group Activity



Madhya Pradesh Orthodontic Study Group organized a CDE Program on 11th March 2018, on the topic

'Orthodontic Materials' with Dr Rajesh Patil from Navi Mumbai as the Speaker. Importance of using good quality material in clinical Orthodontic practice and choosing desirable brackets/bonding materials/arch wires/elastomerics in various scenarios based on scientific principles were the issues emphasized on in the talk by Dr Patil.

Around 40 IOS Life & Student members attended the event at Hotel Best Western Plus, Indore.



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Pune Orthodontic Study Group Activity

Pune Orthodontic Study Group conducted a CDE program on 25th March 2018. Dr. Jayan and Dr. Abhijeet Kadu were invited to speak on Obstructive Sleep Apnea, Dr. Sonali Deshmukh and Dr. Vivek Patni were also invited as guest speaker and they made their clinical presentations on Orthodontic Management of Syndromic Patients and FavAnchor system respectively. It was a great success with more than 90 delegates registering. Very intense and interactive deliberations! Thanks to all speakers! Dr. Gaurav Gupta was inducted as the new Convener.



Bombay Orthodontic Study Group Activity

Bharati Vidyapeeth Deemed-to-be-University DC&H (BVDUDCH), Navi Mumbai and BOSG jointly conducted a CDE Program entitled **"Three Easy Steps of Publishing Your Research: Learn From The Masters"** on 23.03.18. IOS President, Professor Dr. Shailesh Deshmukh was the Chief Guest. An initiative to offer career enhancing alternative to dentists and specialists including orthodontists, clinicians and teachers alike, the CDE dealt with transforming ethically correct, well planned and properly executed research into an article worthy of publishing in Journals of high impact factor and thus adding to existing evidence. Dr. Nalin Mehta, Professor of Physiology, AIIMS, New Delhi and Professor Dr. Vignesh Kailasam, Sri Ramachandra University, Chennai as the Faculty took turns to make Medical Ethics, Statistical Nuances in Research, Publication Ethics, Principles of Assessing, Presenting and Writing Articles hugely interactive and fun filled for the rapt 75+ delegates present.

Dr. V. Sreenivasan, Professor OMDR & Principal BVDUDCH in his welcome address highlighted the moral obligation for all research to be mandatorily published in a time bound manner for betterment of Science. Dr. Gajanan Shanbhag, co-host and Convener, BOSG, hoped for more such joint endeavors for reaping mutual benefits



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Bhubaneswar Orthodontic Study Group Activity



Dr. Nivedita Sahoo, Dr. Pritam Mohanty and Dr. Anand Garabadu, Convenors of Bhubaneswar Orthodontic Study Group organised a CDE program Ortho Synod 1 on 17th march 2018 at Kalinga Institute of Dental Sciences, KIIT deemed to be University, Bhubaneswar, Odisha. Prof. Dr Sridevi Padmanabhan, Chief editor, JIOS delivered a lecture on "Different strokes- considerations for unusual extraction & space management scenarios" followed by a lecture on TADS by Asso. Prof. Dr Ameet Revankar. This was followed by a series of MDS final exam orientated lectures by Prof. Dr Sanjeeb Sahoo, Asso. Prof. Dr Ashok Jena and Prof. Dr Surya Kanta Das. Dr. Swati Acharya, EC member, IOS and Dr. Bhagabati Prasad Dash, an active member of BhOGS have organized group photograph session and cultural followed by felicitation of the respected speakers.



Kolkata Orthodontic Study Group Activity

Inauguration



Dr. Shailesh Deshmukh



Dr. Sanjay Kumar

IBO AWARENESS PROGRAM 2018

18th March 2018

Radisson Kolkata Ballygunj,
17 Garcha, 1st Lane,
Kolkata- 700019.

Speakers



Dr. Vadivel Kumar



Dr. Ashwin Mathew George



Dr. Girish R. Karandikar



Dr. Jayesh S Rahalkar



Dr. Ashok Surana



Dr. Ketan Vakil



IOS TIMES thanks
Dr. Jeegar Vakil
for contributing the
patient pictures on pages 3 & 4



IOS TIMES thanks
Dr. Balvinder Singh Thakkar
for facilitating the interview
with Ms. Meenakshi Arya



IOS TIMES thanks
Dr. Milind Darda
for his contribution to the
Practicing Orthodontics section



The month of March has been full of scientific activities. Represented IOS at the Asian Pacific Orthodontic Conference at Boracay, Philippines. We had a strong Indian

President's Message

Dr. Shailesh Deshmukh, President

delegation which included our Vice President and President Elect. We had Indian speakers delivering keynote as well as guest talks. Overall the meeting was rich in scientific content and also included lot of fun filled activities. The APOS Trends Journal best reviewer award was received by our very own Dr. Jayesh Rahalkar. Residents Forum scientific program is an excellent platform for our young postgraduates to showcase their research and clinical work.

The next APOS Conference will have subsidized registration charges for Residents. Some credit goes to yours truly for this important decision taken by the APOS EC. March also saw the IBO Diplomate's meeting as well as the IBO Promotional program organized and conducted in Kolkata under the leadership of IBO Chairman Dr. Ashok Surana. Highlight of the month was no doubt the "Teacher's Training Program" organized fantastically by Dr. Raghunath, Dr. Nitin, Dr. Bhagyalakshmi and their team at the JSS Dental College and Hospital, Mysore.

The speakers were really excellent and the discussions were really very interactive and educative. All the teachers present truly appreciated the lectures and the panel discussion. The atmosphere was really electrifying and all participants I am sure benefitted immensely.

I am extremely happy that IOS is on the right path and our public awareness efforts are being noticed. Jai Hind, Jai IOS.



Dear Members,

The last one month has been very important for us as Orthodontists as we released the Public Advisory. As most

From the Secretariat

Dr. Deepak Chandra, Honorary Secretary

of us are aware of the unregulated courses in Fixed Orthodontics which results in Dentists who are undertrained to deliver the complete range of Orthodontic care. It becomes a matter of responsibility for us to let the public aware of consequences of getting treated by some one who has not learned the subject in its entirety.

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 for 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

THE EC IS COMMITTED

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



Dear members,

It's been an interesting month with many activities - within and outside our organisation. As Orthodontists we are aware that comprehensive orthodontic treatment is not limited to bonding brackets on teeth, running a wire through it and moving teeth. It encompasses relating individual dental units (teeth) correctly, with respect to each other, both, adjacent and opposing; with respect to their skeletal bases (jaws), all enveloped from within and outside, by neuromuscular functional components (tongue, cheek, lips, airways). Unlike most other dental treatments, orthodontic treatment

From the Editor's Desk(top)

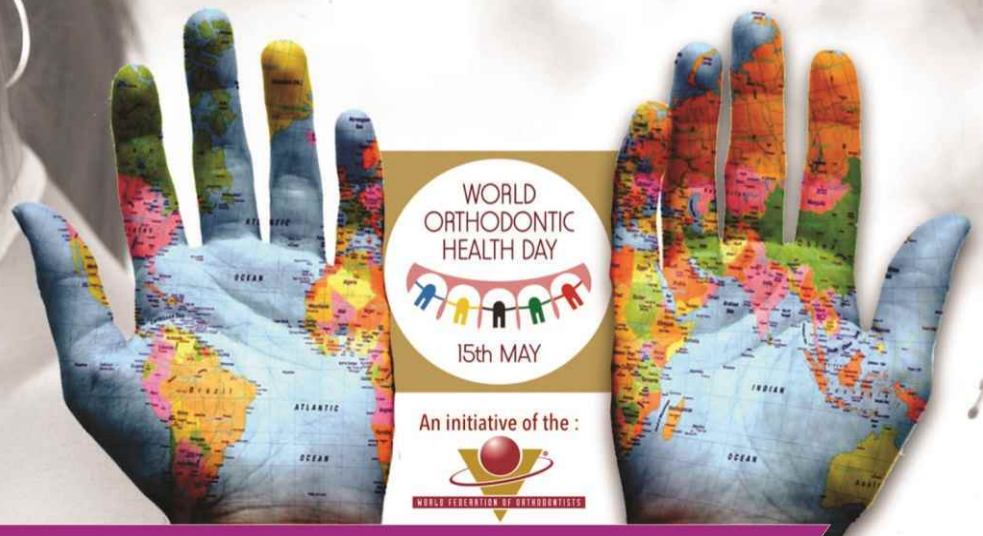
Dr. Biju Abraham, Editor, IOS Times

does not culminate in a single appointment. On the contrary, a new clinical situation is presented at each follow up appointment, needing some tinkering to guide the teeth, along the correct path ahead. In the best interests of the patient, and the best interests of the dental profession itself, it is imperative that one realises his/her limitations and delegate jobs to those who would perform predictably better and deliver the best.

Every professional MUST give due respect to the one thing that keeps the profession existential. In our case - teeth. One should work on the pearly whites, not just to put food on the plate, but with a passion to deliver the best possible outcome. A collective and sustained effort, from all us professionals, for the well being of all those who seek care from us, will help make us valuable dental professionals.

The ball is in our court! Let us strive to play well!!.... Cheers!

The world unites when people smile



WORLD ORTHODONTIC HEALTH DAY

A time for *celebration*

A time for *awareness*

A time to be *innovative*

Time for a contest

On the occasion of the World Orthodontic Health Day, Members of Indian Orthodontic Society, IOS Study Groups, Orthodontic Departments of various colleges are invited to chalk out their public awareness initiatives directed towards talking about **THE HEALTH BENEFITS OF ORTHODONTIC TREATMENT**

It can be in the form of

- Digital ads • Short videos • Video testimonials from treated patients • Audio ads
- Planned campaign on Social media • Any other innovative public awareness initiative
 - Orthodontic health awareness camps can be organised
 - Street plays enacted emphasizing the orthodontic health benefits
- Art / Smile competition focusing on the orthodontic health benefits can be organised.

The contest prizes will be in four categories

- 1 Student Life member IOS
- 2 Life member IOS
- 3 IOS Study Group
- 4 Orthodontic Department

Two prizes will be awarded in each category (Winners & prizes decided by the IOS Executive Committee) The winners will be presented the awards during the inauguration of the National Conference at Kochi, in December.

The members / SGs / Colleges should send the proof of the initiative and impact by way of pictures/videos and brief report to the Hon Secretary latest by 20th May 2018.

All entries will be featured on the Social media page/s of the IOS TIMES - the official newsletter of Indian Orthodontic Society



For more info on World Orthodontic Health Day & other posters
www.wfo.org/about-wfo/world-orthodontic-health-day/

One-Day with Ormco International Faculty

Digital Orthodontics

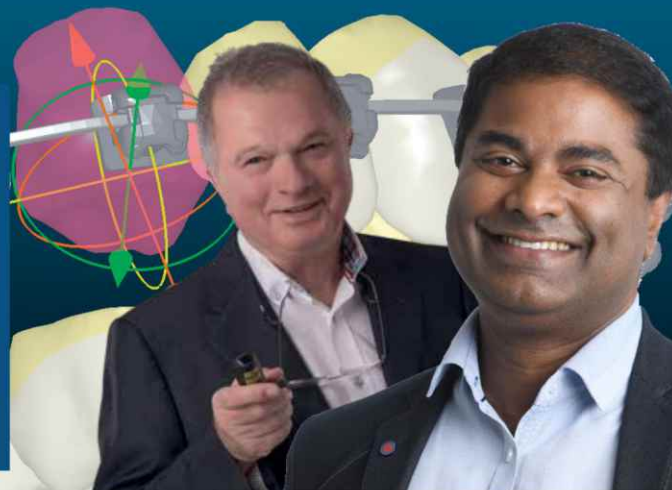
Dr. Vas Srinivasan, Australia

BDS, MS, MDSc, M. Orth RCS (Edin)

Practice Marketing

Dr. Hans Seeholzer, Germany

Orthodontist, Dental Manager, Coach - Practice Management in Present World



Insignia - Advanced Digital Orthodontic System, a true straightwire appliance.

- What is Insignia?
- How is it different from other bracket systems?
- Why should I use insignia?
- Integrating Insignia into your practice
- Staff training and Delegation
- Communicating the benefits of Insignia to patients

Know the field of battle for the customers mind!

- Emotional boosting & touch-point management
- Strategy to boost the number of patients
- Strategy for creating magic moments
- Perception Management
- How to boost decision making & patients' happiness?
- Maximize sales of treatment and acceptance of extra costs - Neuromarketing and beyond

Date: May 10, 2018 (Thursday)

Venue: Chennai

Radisson Blu City Centre, 2, Ethiraj Salai, C-In-C Road, Egmore, Chennai, Tamil Nadu 600008

Date: May 13, 2018 (Sunday)

Venue: New Delhi

Le Méridien, Windsor Place, New Delhi 110001

Fee: Rs.3500/-

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