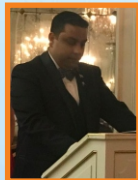


ios TIMES

Official newsletter of Indian Orthodontic Society



INDIAN ORTHODONTIC SOCIETY Mid year Convention — 25 - 31 JULY, 2018 —





The IOS-MYC 2018 was conducted between 25-31 July 2018 in the picturesque cities of Brussels and Amsterdam. The week long trip began in Brussels where the scientific convention was also conducted. The scientific convention was presided by the President of the IOS, Dr Shailesh Deshmukh and the Chief guest for the same was the President of the Belgian Orthodontic Society, SOBOR BEVOR, Dr Mila Gregor. The scientific meet was well attended and marked by the presence of the Vice President of the IOS, Dr Balvinder Singh Thakkar, various Executive committee members of the IOS, Senior orthodontic faculty and all the delegates. That day saw an array of presentations encompassing various areas of Orthodontics and other specialities, put together superbly by the Scientific chairman Dr KM Keluskar and co chairman Dr Sarabjeet Singh.

After three fun filled days in Brussels, the group headed to Amsterdam for another three joyous days of sight seeing. The highlights of the week filled with camaraderie and fun, were the Bollywood night and the Presidential banquet that left people wanting for more.

In all, the IOS-MYC 2018 was a grand event enjoyed by one and all, the planning and execution of which was carried out by the Organising chairman Dr Jayesh Rahalkar and Organising secretary Dr Gaurav Gupta.

Beyond Orthodontics★

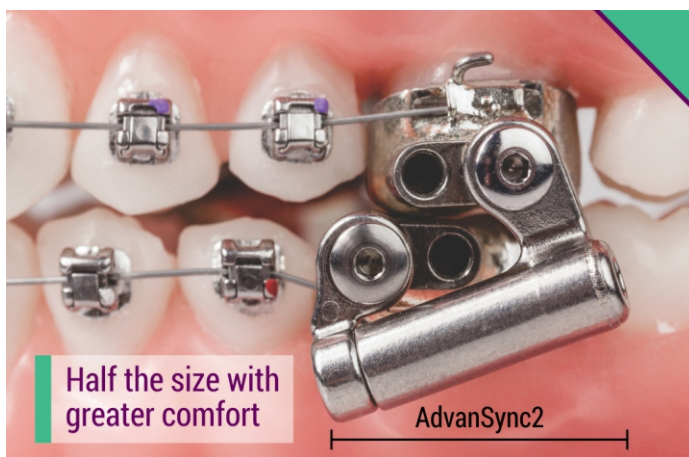
I always wanted to get into the fashion industry, specially on the ramp. However, parents did not approve and was asked to pursue dentistry, I'm glad I did that, and further pursued Orthodontics for Masters. But with time, I realised my true calling. As a wife and a mother of two kids, it's difficult to pursue dreams. A year back I had to go to Saudi Arabia for work and while I was alone there, thought of giving it a try. Kids & husband encouraged me. Being chosen as the finalist for Mrs India - She is India was a proud moment for me and winning the title of "Timeless Beauty" has made me realise that age is just a number. Happiness came a little late, but, it has truly made me content and confident. My first love will always be orthodontics. It has given me an identity and a path to bring smiles on people's faces. As a strong woman and an individual I try to inspire family and friends to always follow their passion and keep that zeal within, alive. My journey doesn't stop here, there is more to come; more to explore while I have the courage and support!!



Dr. Meha Verma
Orthodontist
Finalist, Mrs India - She is India

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Is your braces doctor a post graduate specialist MDS in Orthodontics?



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.

www.iosweb.net



|| Treatment with braces is pain ... less !!

It is a common belief that treatment with braces is very painful. Perhaps it was a harsh reality, once upon a time. However, with the technological advancements at our disposal, now, that statement is more often an exception, than a rule. The process of fixing the braces onto the teeth with dental adhesives is entirely painless. That being said, orthodontic treatment is not entirely painless. . Teeth that were free, when bound together with braces and wire, surely will be a reason to be uncomfortable. The soreness or the feeling of pressure around the teeth is very much bearable and relieved with mild pain killers, if needed. The discomfort varies amongst individuals and normally does not last beyond the first 72 hrs. As subsequent 'activation' of braces is planned 4-8 weeks later, perhaps, it would be a right thing to say that treatment with braces is pain ... less !!



THE MAGIC OF BRACES

Vamsi smiles bigger &
brighter now.
All thanks to his Orthodontist

A large photograph of a woman with blonde hair, smiling and showing her teeth. In the bottom left corner, there is a circular inset showing a close-up of a person's mouth with clear, removable aligners being placed on the teeth.

FLAUNT YOUR SMILE WITH GRACE!

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Celebrating *life*

FULL NAME Vineet Kumar Singh
BIRTHDAY August 24
HOME TOWN Varanasi
SCHOOLING AT Uday Pratap College, Varanasi.
COLLEGE Government Ayurvedic College, Nagpur
PROFESSION Actor. Also, am an M.D. (Ayurveda) Physician

CHOICE OF PROFESSION

Always wanted to be an actor. Used to perform for my siblings - my first critics. Father, a renowned mathematician, wanted me to be a doctor. Respecting his wishes, completed post graduation in Ayurveda medicine at the top of his class. The struggle in the film industry, however, continued till my movie - *Mukkabaaz*, written by me, was released.

HIGH POINT IN LIFE

Release of my film, *Mukkabbaz*. It's been the turning point of my life.

YOUR INSPIRATION IN LIFE

My Father He always says- "Don't lose faith. Believe in your inner strength".

ADVICE TO YOUNGSTERS

Dream big ! Be sincere in your efforts to realise your dreams !
 Do upgrade your approach to tackle the various situations you come across in life !

WHEN SOMEONE SMILES AT YOU

Smile is a reflection of the person's inner self. A beautiful smile connects people instantly.

ONE PHRASE DESCRIBES YOU BEST

Himmat na hariye !! (Never lose courage)

FITNESS REGIME

Depends on the script of the film on which I am working

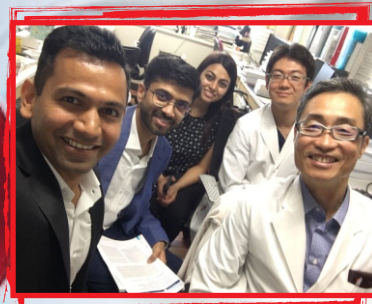


City Varanasi
Travel Destination Cannes
Food Home food
Song *Paintraa* from my movie *Mukkabaaz*
Movies *Do Beegha Zameen*, *Do Aankhen BaraahHaath*, *Munnabhai*, *3 Idiots*, *Balldapur*

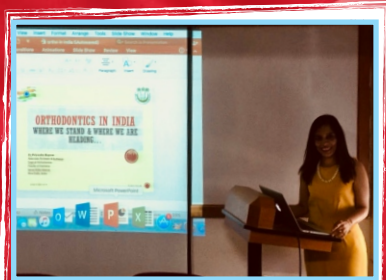


Dr. Atul Jajoo, Dr. Sanket Agarkar and Dr. Neha Assudani visited the Section of Orthodontics at Nagasaki University. The section is headed by Dr. Noriaki Yoshida.

The observers got an opportunity to acquaint themselves with Japanese orthodontic teaching methodology and clinical treatment philosophy. The observership extended for 10 days at Nagasaki. An excellent overview, of CAD/CAM integration and digitization was of prime focus as well as the use of temporary anchorage devices for treating complex malocclusions.



IOS International Observership Programs



Dr. Priyanka Kapoor, was invited for observership and lecture at the Dept of Orthodontics, School of Dentistry, Ankara University. from 16th-18th July, 2018. She was received by the Dept Head, Dr. Ayse Altug and immediate past head, Dr. Zahir Altug, who introduced her to their dept protocols & the range of work done by their faculty, residents and PhD students. Dr. Priyanka presented her lecture "Orthodontics in India: Where we stand and where we are heading". She presented a memento of IOS to Dr. Ayse Altug and also share a very warm message from IOS president, Dr. Shailesh Deshmukh, thanking them for this initiative and on the prospects of forthcoming professional ties with their university.



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BRACES AND BRACELETS -

Orthoart



As orthodontists, we have to look at ways to improve communication with children and parents to increase the cooperation required for a successful outcome. Along with the mechanics, we need to focus on doctor-patient/parent relationship to have a positive impact on the cooperative behaviour of the children. Children have different reactions when it comes to getting braces. For some, the idea of getting braces is an exciting one but many, don't feel good about it. Parent's apprehensions too, are related to the child, the treatment and the orthodontist. The orthodontist's job becomes difficult because he just doesn't have to align teeth and jaws, but align the associated minds to his/her thought process, as well.

Orthodontic jewellery to the kids, is an option, which can come in handy in such a scenario! A simple braces "bracelet", "friendship band" or a "ring" can help create a strong bond, friendship and treatment partnership between the child and the orthodontist. These small pieces of jewellery can be created with spare brackets, elastomeric chains and pieces of wire. These gifts make the whole treatment process an exciting and rewarding experience for the kids and they feel much better about the process of having and maintaining braces. It helps the child overcome his embarrassment over his current state of smile.

The time spent in designing a piece of "ORTHOART" helps the orthodontist too, as he/she can take a moment to relax from the mental strain of figuring out malocclusion, biomechanics and fitting appliances and be more creative thereby recharging him/her self and letting off stress.

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 medicine: Customizing pre-restorative/orthodontic protocols for functional excellence

DR JUAN FERNANDO ARISTIZABAL

Digital Workflow in Contemporary Interdisciplinary Relationships

DR RATNADEEP PAUL

Repositioning from teeth to goals: Esthetics and Function

DR DOUG JENSEN

Management of missing laterals: Implants and canine substitution

DR RAVI ANTHONY

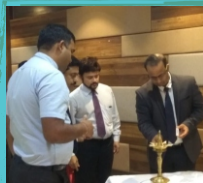
Orthodontic approach for optimizing the restorative outcome

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 Puranmal Restaurant, Vile Parle (west), Mumbai 400056.
T : +91 22 26204400 / +91 22 26208800. email : iossymposium@gmail.com



Pune Orthodontic Study Group Activity

POSG had a lecture by renowned Chartered accountant Mr Pankaj Mandhane from Pune on how to plan our day to day overheads in clinical practice and ways to improve our financial health for better future, after the lecture we had a brainstorming panel discussion on fixing base minimal orthodontic charges for our city.

The program was well attended with over 50 practising Orthodontist and we had very good discussion over this sensitive topic. We were fortunate to have our IOS President Dr Shailesh Deshmukh as the Moderator and Panel Expert along with Dr Jayesh Rahalkar and The Convenors of Pune Orthodontic Study Group (Dr Shrirang Joshi, Dr Milind Darda and Dr Gaurav Gupta) for the first ever panel discussion on this serious topic of ORTHODONTIC CHARGES.

Dr Shailesh Deshmukh addressing the gathering emphasized to the freshers to not to fear competition and compromise on charges. He underlined the need for every practitioner to value their skill, time, effort and education as specialist, thereby making patients understand the rationality of the set charges. He urged for the orthodontic community to come as one and to grow together.



Bhubaneswar Orthodontic Study Group Activity

Ortho Synod -2 Bhubaneswar Orthodontic Study Group organized 2 nd CDE under the newly appointed convenors Dr Nivedita Sahoo, Dr Pritam Mohanty & Dr Anand Garabadu. The program was organized at Apollo Hospital, Bhubaneswar, Odisha. Dr. Vignesh Kailasam, Professor & PG guide, Associate editor JIOS, Institute of Dental Sciences, Sri Rama Chandra University, Chennai was invited as guest speaker for the program. He delivered an interactive and informational lecture on "Appraisal of an article for publication writing".

The lecture was followed by lunch. Post lunch session was conducted by Prof. & Head, Kalinga Institute of Dental Sciences(KIDS), Bhubaneswar, Dr. Snigdha Gowd who talked about invisible orthodontics with focus on use of Invisalign. This was followed by a lecture on "Art of Thesis writing" by Prof. Dr. Sreedevi Gojja (KIDS). Thereafter the session was conducted by Dr. Pavithra M. Bai, Asso. Prof., Hi-Tech Dental College, Bhubaneswar. She talked about Intrusion Mechanics.

The program's academic session was concluded by Dr. Sumita Mishra, Asso. Prof. Institute of Dental Sciences, Bhubaneswar with her lecture on "The ethos of clinical bytes". The program ended with felicitation of the speakers by Prof. Dr. Sanjeeb K. Sahu, Prof. Dr. Baratam Srinivas, and Prof. Dr. Surya Kanta Das. The group photograph was arranged by Dr. Bhagabati Prasad Dash at the end of the program to conclude the CDE.



President's Message Dr. Shailesh Deshmukh, President

Hi friends,

Another month has gone by. You, by now, must have noticed the consistency with which the IOS Times is being published and circulated. Kudos to Dr. Biju our editor of IOS Times and his team. The highlight of the month was the Midyear Convention at Brussels and Amsterdam. This turned out to be a blockbuster event thanks to the meticulous planning of Dr. Gaurav Gupta Organizing Secretary and Dr. Jayesh Rahalkar Organizing Chairman. All 80 delegates were extremely happy and were surprised by the gifts they received. The travel agents 'Journey in Style' did a wonderful job and tried to fulfill all the demands of our delegates. The scientific sessions were really superb and Dr. Mila Gregor, the President of the Belgian Orthodontic Society "Sebor-Bevor" was highly impressed by the quality of the presentations. The scientific schedule was perfect and would like to congratulate Dr. K. M. Keluskar, the Scientific Chairman for his expertise and smooth conduct of the sessions. The highlight of the scientific program was the traditional Indian inaugural ceremony which left the President of the Belgian Orthodontic Society spellbound. She highly appreciated our meticulous planning and eye for detail. I must congratulate Dr. Jayesh and Dr. Gaurav and their team for giving IOS a fantastic one of its kind MYC. On to August, and the highlight event of this month is the first of its kind International Interdisciplinary Symposium. Please register for it and get your friends to register.

Cheerio

Dear Members,

From the Secretariat Dr. Deepak Chandra, Honorary Secretary

I am glad to let you know that we have had a very successful Mid Year Convention to Belgium and Amsterdam and the highlight of the program was the joint program with the Belgian Orthodontic Society. 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. On our part I strongly feel 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

Dear friends

From the Editor's Desk(top) Dr. Biju Abraham, Editor, IOS Times

Article 2 (a) (vi) of our constitution lists one of the aims of the Indian Orthodontic Society - To foster friendship and brotherhood amongst the members of the Society. It's easy to be friends with your co-PGs and your alumni. It's easy to make friends during your college years. Making friends with non-co-PGs & non-alumni, in the real world, is a whole new ball game. It becomes all the more tricky, when all are vying for the same piece of the pie, namely an orthodontic patient. Bombay Orthodontic Study Group, the first orthodontic study group of India, led the way here and recently demonstrated how friendship could be forged, amongst members of the Society, even though they may or may not be in direct contact with each other. Patient walks into Doc B's office wanting to switch over, from Doc A. (Reasons varied in each case). Four such incidents were reported in the last month itself. Doc B got the number of Doc A and spoke over the phone to understand the situation. Once both sides of the story were heard, the patient was made to understand, that getting the treatment done with Doc A, would be in his/her best interests. The bond amongst the members strengthened. The big happy family of orthodontists, happier!!

Be Good!

Acknowledgements



IOS TIMES thanks
Dr. Snigdha Pattanaik
For contributing the patient
pictures on pages 3 & 4



IOS TIMES thanks
Dr. Puja Khanna
for her contribution to
Practicing Orthodontics section


THE EC IS COMMITTED

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

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

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