

Official newsletter of Indian Orthodontic Society



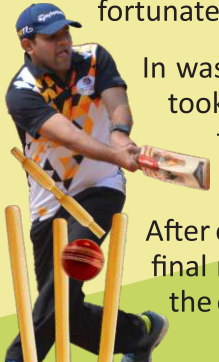
## ORTHODONTISTS' PREMIER LEAGUE II





# WE DON'T PLAY FOR TROPHIES, WE PLAY FOR SMILES

Started first in 2017, the **ORTHODONTISTS PREMIER LEAGUE II** had a huge turnout and a bigger entertaining event compared to last year, with 18 teams from across India participating in it. BOSG in collaboration with ORMCO, inaugurated a "gift a smile" initiative where 25 bracket kits were distributed. The sole purpose of this initiative was to help the less-fortunate people who required orthodontic treatment.



It was a two-day event which was held in Namma Bengaluru. We witnessed a crowd which took part without any age and gender bias. We had the women hitting boundaries and taking wickets, shouting out hurray's and howzat!! We got to see the tensed face during a nail biting match, the triumphant face and celebration on winning the tournament.

After eight gruelling and hard fought matches the third place was taken by Bapuji Niti Riderz. The final match was played between KVG and Ballista Bengaluru, with Ballista Bengaluru winning the cup.



Dr Chandrakant S Shete

## *Congratulations!!*

on being awarded the 2018 BF and Helen E Dewel award from the American Journal of Orthodontics and Dentofacial Orthopedics for your article - "Three - dimensional upper airway changes with mandibular advancement device in patients with Obstructive sleep apnea"



Dr Wasundhara A Bhad

## beyond orthodontics

As a young child, Akhter took inspiration from nature and grew up loving, observing, and capturing its mesmerizing spirit in the form of drawings and paintings. His childhood interest in art foreshadowed an artistic future. Over the years Akhter has developed as an artist and photographer. Because of his zest for experimentation with different techniques, today he uses combination of the best of the three worlds, photography, digital technology and traditional paints.

He has been able to strike a perfect balance between his profession as an Orthodontist and his pre-occupation with art. Human faces always inspired him. He saw art in creating beautiful smiles and correcting facial deformities. With his deft fingers that deal with wires and pliers in Orthodontics, with paint brushes over canvas or his passion for photography, "orthodontics is his occupation and art is his pre-occupation".

His new passion is medical art depicting various life processes and physiologic aspects of the human body. His work has been portrayed in numerous art exhibitions held across India and Netherlands where he is pursuing his PhD on Smile Dynamics. Dr. Akhter has won several National and international accolades and honors in the field of photography; Sky Is The Limit Annual Art of Digital Show, San Diego, USA (Sep. 2007), The Prix de la Photographie, Paris (2007), IIIrd Commonwealth Photo Award and Moscow international photo award, to name a few. He is also a Visual Art Associate of the Royal Photographic Society, UK

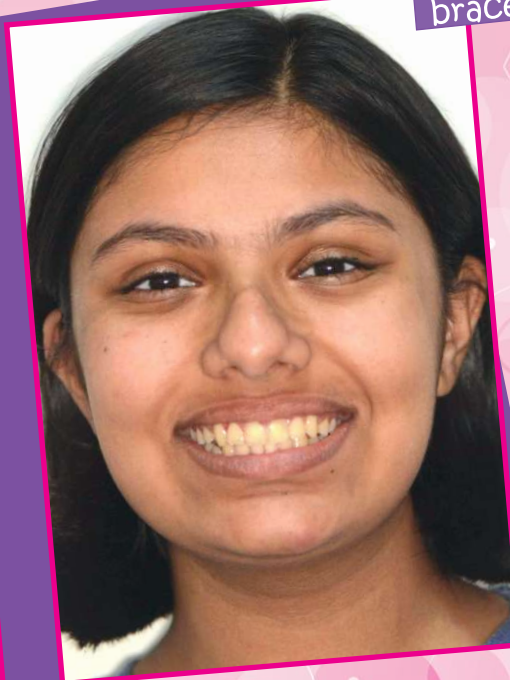
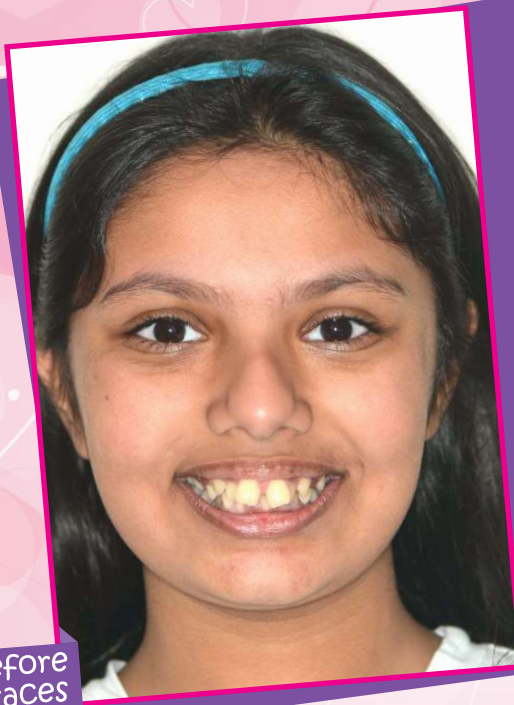
### Dr Akhter Husain

Professor and Head,  
Department of Orthodontics and  
Dentofacial Orthopedics,  
Yenepoya University, India.



**Few Images from Dr Akhter's collection on pages: 10, 11, 12**

Is your braces doctor,  
an IOS member ?!



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.



# Waiting for *Milk* teeth to fall off, to get braces ?

# DON'T!!



Milk teeth appear in the mouth between 6 months and 2 years of age. They are replaced one by one, with permanent teeth between 6 years and 12 years of age - the mixed dentition period.

That the braces treatment should be started AFTER all the milk teeth have fallen is A MISCONCEPTION. Natural jaw growth helps achieve correction of teeth and /or the jaw position better, with braces. The mixed dentition years are growth intensive years for the child. Once jaw growth is over, or, on the declining curve, the level of difficulty in achieving the results increases manifold. Getting braces treatment done at the right time, not only minimises or resolves future problems, the psychological impact that various teeth anomalies could have on the child, can be avoided.

It is recommended to get your child's first orthodontic check-up done at the age of 7 years. The orthodontist will guide you if any intervention is required at that stage or a yearly check up to keep close watch on child's dental development. When required, preventive measures can be undertaken to stop the progress of any problem detected early, or, interceptive measures, to reduce the severity of the same, avoiding complicated treatment at the later age.



## The magic of braces

The "fangs" always came in the way of a big smile for Prinshi. All that was needed for that big smile to come out in the open, was a few months with braces on the teeth !

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## swara bhasker ACTOR

**BIRTHDAY** 9<sup>th</sup> April

### COLLEGE

Bachelors in Literature, Miranda House, DU  
Masters in Sociology, JNU, Delhi

### ADVICE TO YOUNGSTERS

1. Educate to empower and enable yourself to be self sufficient.
2. Every action of ours matters. So lose the "Chalta hai" attitude..
3. Hate is never right, no matter how it is packaged.

### ADVICE YOU WISHED HAD RECEIVED

Lose the fear, then decide.

### CHOICE OF PROFESSION

Childhood fan of Chitrahaar and always wanted to be in it. Once I finished my Masters, arrived in Bombay, without a single contact. I slowly worked my way up the audition route.

### THE BEST ABOUT YOUR PROFESSION

Travelling and the opportunity to live the emotional life of so many different people.

### AWARDS

Zee Cine Award 2011 - Best Supporting Actress - *Tanu Weds Manu*  
Screen Award & Zee Cine Award 2013 - Best Supporting Actress - *Raanjhanaa*  
Zee Big Entertainment Award, Screen Award and Awards at Jagaran Film Festival & Silk Road International Film Festival 2016 - Best Actress - *Nil Battey Sannata*.  
Jagaran Film Festival Award & Femina Woman Achiever (Entertainment) 2017 Best Actress - *Anaarkali Of Aarah*

### WOULD WANT THE WORLD TO REMEMBER ME AS

Artist who left her mark & a citizen who made a change.

### SOCIAL MEDIA INTERACTIONS

Infested with trolls and fighting them off.

### ONE WORD THAT DESCRIBES YOU BEST

Fearless

### STRATEGY IN CRISIS

Don't make hasty decisions, don't panic, breathe and reach out for help.

### FUN WITH BRACES

I ate a chewing gum one day, soon after getting braces.. Was a bad idea! It took me 3 hours to get them fully off my braces

### DIFFERENCE BRACES MADE IN YOUR LIFE.

Braces have changed my jaw structure and smile for the better and made me look better on camera

### WHY IS A GOOD SMILE IMPORTANT?

In my line of work, it's very important because the camera sees everything. Even the smallest imperfections.

### FAVOURITE

**City:** Delhi, Lahore and London  
**Travel Destination:** Istanbul, Beirut, Fes (Morocco)  
**Food:** Indian Home Food  
**Song:** Anything by Nusrat Saab (Nusrat Fateh Ali Khan)  
**Movie:** Casablanca and Amar Akbar Anthony

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### February 8th - National Cleft Day

The Indian Society Of Cleft Lip, Palate and Cranio-facial Anomalies (ISCLPCA) declares February 8 as the National Cleft Day. One of our senior members, Dr Rakesh Malhotra, played a key role in the process of declaration. ISCLPCA has sent a proposal to the government for an official recognition, to facilitate greater awareness among the public for cleft.



### Madhya Pradesh Orthodontic Study Group Activity with Modern Dental College & Research Centre

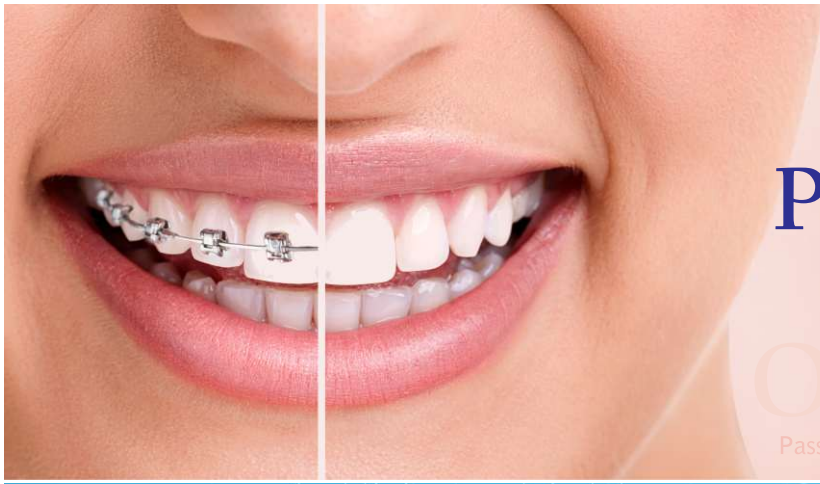


Madhya Pradesh Orthodontic Study Group in association with Modern Dental College and Research Centre, Indore conducted a two day Extensive Workshop on Temporary Anchorage Devices (TADs) by Dr Abhishek Ghosh on 17th & 18th January 2018. More than seventy Orthodontists and PG



students from Indore, Bhopal, Jabalpur, Gwalior, Udaipur, Kota, Jalgaon and Vadodara participated in this Ormco supported marathon event. First day of the workshop covered all the conceptual aspects of the TADs placement in various clinical scenarios for Vertical, Transverse and Sagittal correction. Second day entailed live demonstration of TADs placement in various areas of maxilla and mandible including detailed description and placement of Infrazygomatic and Buccal Shelf Screws in complicated/mutilated and relapse orthodontic cases. Recent advances in the armamentarium and material aspects of the TADs were also discussed. The program was inaugurated by Mr Mohit Badlani, Director and Dr P.V. Wanjari, Dean of Modern Dental College, Indore. Organizing Chairman & HOD Orthodontics Dr Amit Bhardwaj proposed the vote of thanks. Conveners of MPOSG Dr Madhur Navlani and Dr Bhawna Virang informed that the event was very well received by all the Clinicians and Postgraduates.





# Orthodontics

Passion | Profession | Perfection

## Practicing Orthodontics

### Orthodontics

Passion | Profession | Perfection

The academic curriculum outlined by the Dental Council of India does not delve into the SOPs of Private practice. Few get an opportunity to work with senior practitioners and learn the tricks of the trade, which they emulate and modify in their individual set-ups. Most are in the deep end of the pool, from day 1. Incidentally, those are, more often not, the defining moments as a private practitioner, for the rest of the practising years. While maintaining the dignity of the profession, the way forward would be strive for excellence in the work while marketing oneself ethically. The patient's will happily empty their pockets for the care provided.

The question is, when does one start marketing him / herself? Showcasing one's skills can happen only after completing the mandatory academic requirements. However, one can always initiate the process of marketing him/herself much before that. It is a known fact, that repeated exposure of a product / service helps in brand recognition. That the brand sustains itself depends on the quality of the product or service. In this age of instant connect via internet and social media, one gets umpteen opportunities to showcase one's product or service.

One need not wait to complete his graduation before one starts speaking about his potential when he/she is out in the real world serving people. With social media at his/her disposal, one may start giving out feelers within his/her social circle, of the kind of work one will be capable of, once he/she completes his training. For those who would not

like to mix their personal and professional lives, open another social media account, which speaks about you, as a professional and about your professional potential.

This goes out to all existing practitioners, too. It is never too late to start talking about yourself. With the current generation being online, more often than not, it is perhaps a good idea to make your presence felt online, too. Invest some time and money in that direction. It, surely, will reap dividends.

Indian Orthodontic Society via IOS TIMES is providing content for all those who want to work in that direction. Through its social media accounts on facebook (Page), Instagram, Twitter, Pinterest, IOS TIMES releases a Public Awareness Post every Friday 2100 hrs. In the general interest of the profession, it is recommended you Share or Retweet the posts directly from the IOS TIMES accounts. Downloading the image on your cellphone or computer, and reposting via your account negates the IMPACT FACTOR of the post. (Exception: Instagram - unless you have special sharing apps, you won't have an option but to download and repost) It is important to understand that, clicking on Share is much more beneficial than clicking on Like, on any social mediapost.

DO NOT WAIT. Start talking about yourself, NOW. Let your social circle know, what you do, or are capable of achieving.





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### Punjab Orthodontic Study Group activity

The Adesh Institute of Dental Sciences & Research in collaboration with Punjab Orthodontic study group organised the first regional Orthodontic conference **ORTHO:ANUMAN** the Master classes Dr Anil Singla was the Guest of honour. Dr OP Kharbanda, Dr Puneet Batra, Dr Gautam Munjal, Dr Vinay Dua, Dr Sachin Ahuja and Dr Amanish Singh Shinh were speakers.

All speakers were given topics of the students' choice and objectives of topic was sent a month in advance. As a result, the presentations were excellent, concise, to the point and entire syllabus was covered. Drop box facility for questions was made available for students who shy away from questioning. Audience participated whole heartedly. There were 65 student registrations, 15 faculty registrations, and as many guests. HODs of colleges were special guests and were honored with momentos.

Function was intended to provide low cost conference opportunity to all. All frills attached were towards academics only. UG students, too, participated in a competition called Ortho Art, where they made artifacts out of stainless steel wires.



From *Editor's Desk (top)*

Dear members,

It can't be emphasised enough. The more we speak about ourselves, more likely the world will listen. Get into a habit of sharing the posts of IOS TIMES from its social media accounts to your own. By default, Facebook posts of IOS TIMES are released at 2100 hrs sharp. **Set an alarm**, if you have to; and if u can share it with in the first 15 minutes of it being released, the impact of the same will be exponential. Importantly, **Share** the post from the IOS TIMES account, **directly**. DO NOT download the image and then upload it into your account. Doing thus, affects adversely, on the impact factor of the post. It is important to understand that, clicking on **Like** for the post is NOT is as effective as clicking on **Share**. You are however, requested to **Like** the Face book Page of IOS TIMES.

Best wishes.

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

Dr. Biju Abraham  
Editor, IOS Times



## President's Message



**Friends,**

It is with great pleasure that IOS presents you the 3rd edition of the IOS Times. Kudos to our editor Dr. Biju Abraham and his team for their dedication and hard work. The month of February was full of fun filled as well as serious activities. The Orthodontic Cricket Premier League(OPL) was a huge success and all credit must be given to Dr. Santosh Ramegowda, Dr. Ajit Pillai, Dr. Silju Mathew and Drs. Anup Belludi and Raghunandan Chundri. The bonhomie amongst all the participating cricket teams was noteworthy. Such events make us more and more united which I feel is the need of the hour.

Amongst the other serious issues, the bone of contention has been the rampant increase of unauthorized orthodontic courses. IOS HO and the EC are working hard in trying to find a solution to this menace and we can assure you that we have taken giant strides towards putting a check on these courses. My appeal to all of you is that all members should make it their duty to find out concrete information about such courses and their proponents and bring it to the notice of the HO. At your end also you should create an environment which would automatically discourage the proponents of such courses. It is really disheartening when our orthodontic brethren say that IOS is not doing anything for the benefit of Orthodontists. We need to all work together Best Wishes and God bless

**Dr. Shailesh Deshmukh**  
President

## From the Secretariat



**Dear Members,**

I am glad that we continue our IOS Times on a regular basis from this year. The IOS Times not only serves to communicate between ourselves but also showcases the importance of Orthodontics to the general public. All of you are requested to share the e copy of the IOS Times on all your social media account/s. Please do tag your patients and their friends.

An Orthodontic patient is the best form of awareness for Orthodontics. A satisfied Orthodontic patient will not only get the Orthodontist more patients, but also recommend Orthodontics to their other friends and relatives. Be aware, that the contrary applies to a dissatisfied patient, too ! So please treat every case just like you would for your MDS exams. The same exacting standards, the same dedication to the most minor of tooth movements.

All my career I have come across Orthodontists who keep complaining that Orthodontic practice is insufficient to sustain a decent economic survival. I differ on this; simply because the law of natural reaction proves, that once u get better and better at something, u get popular at that and automatically will achieve name, fame and economic satisfaction. That moment in your orthodontic career, when you decide a mild over jet or crowding is okay when you demand, because the patient was seemingly satisfied, sets the spiral downwards . Slowly you don't get as many Orthodontic patients as you feel you should be getting , then go for implant course , Endo course etc . Finally one day get frustrated and complain that Dentistry is no good and look to other forms of economic survival.

In real life, no matter what you do, if you strive for perfection, there is no turning back and you will be amazed at how orthodontic practice will keep you engaged and how satisfying orthodontic career is . I say this by my experience. Despite my nearly two decades of Orthodontic practice, I still feel I need a lot to learn a lot to give to my patients. I am giving you a challenge of following the above for a year, then go back and see the graph of what you thought Orthodontics would have given you, versus, what you have achieved.

The future of our profession is in your hands. No general dentist or other dentists trained in short courses, can ever come close to the level of orthodontic care we can give .

Move ahead and lead the show !

Looking forward to meeting you all in person at Mumbai .

Best wishes

**Dr. Deepak Chandra**  
Honorary Secretary

## THE EC IS COMMITTED

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



IOS TIMES thanks  
**Dr. Alka Banker**  
for contributing the  
patient pictures on pages 3 & 4



IOS TIMES thanks  
**Dr Jignesh Kothari**  
for facilitating the interview  
with **Ms. Swara Bhasker**

**Acknowledgements**

### Editorial Office

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## Sky the limit

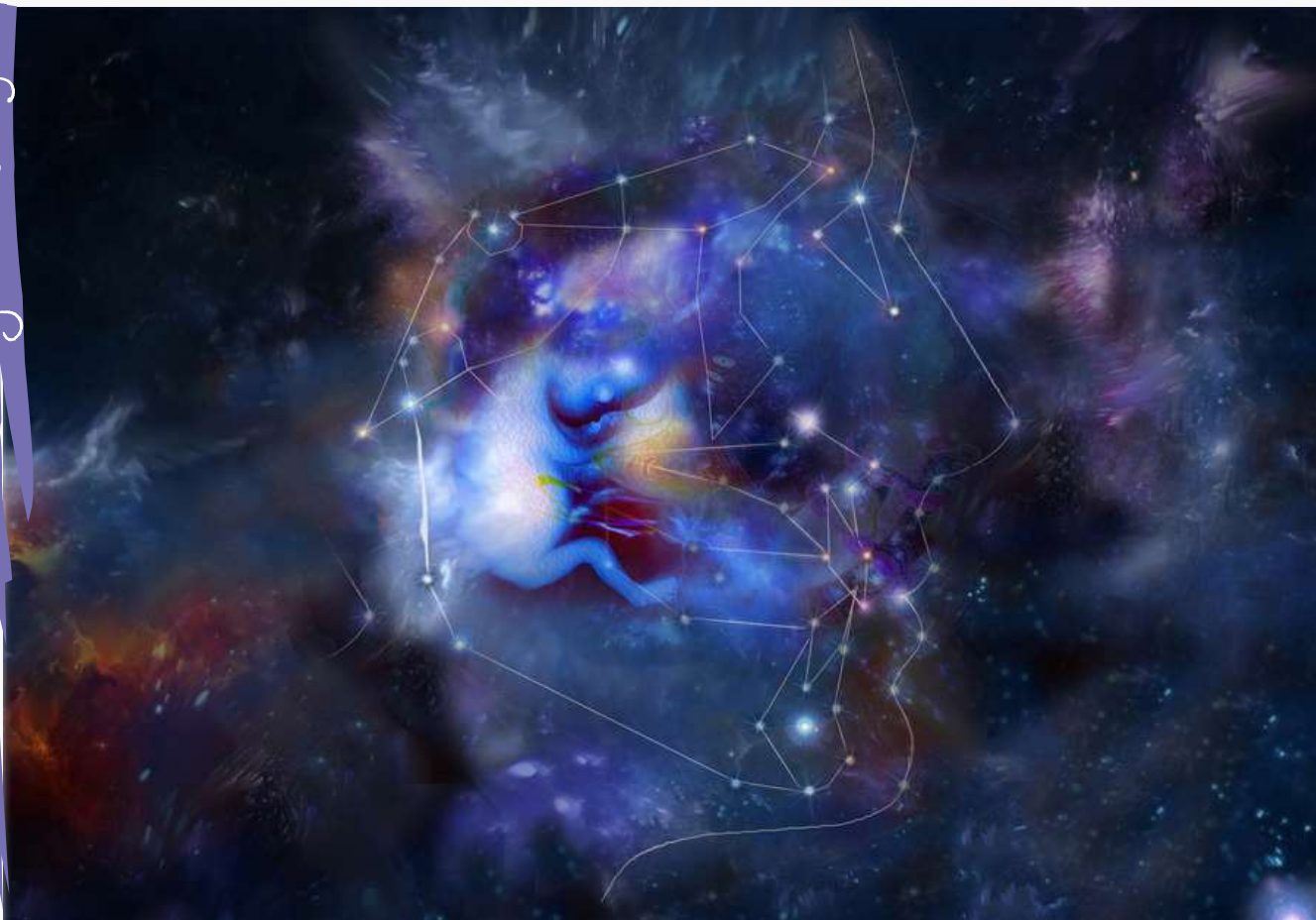


## Pristine





## Divinity in design



## Soft waters

