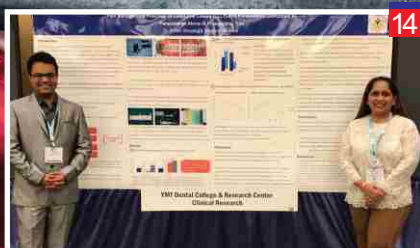


Official newsletter of Indian Orthodontic Society



Annual Session American Association of Orthodontists

May 4 to 8, 2018 Washington, D.C.



Dear Friends,

At the AAO Annual Session from 4th to 8th May 2018 at Washington DC, USA, I represented the Indian Board of Orthodontics at the meeting held of all the Boards of the World³ under the aegis of the WFO. ABO is changing the parameters of the Board certification process. Aspirants gear up.

The AAO WFO Presidential breakfast⁷ was a good platform to interact with the Presidents of all the orthodontic societies of the world. President Elect Dr. Pradeep Jain⁹, was present, too. The WFO put forth its vision at this meeting as a run up to its WIOC 2020 at Yokohoma, Japan. . It was a proud feeling, with our own Dr. Nikhilesh Vaid, EC member, WFO, conducting the proceedings so smoothly¹⁵.

At this Annual Session, it was abundantly clear that orthodontics has gone digital and aligners are here to stay. In my conversations Dr. David Sarver¹², Dr. Chris Chang¹¹, it is clear that though traditional braces will have a role to play, unless we embrace the two aforesaid technologies, we will always be playing catch up.

The most cherished moment of this conference was the B.F. and Helen E. Dewey Clinical Research Award received by Prof. Dr. Wasundhara Bhad¹⁰. Prof. Dr. Tullika Tripathi⁴, Prof. Dr. Priyank Rai⁵, Prof Meghna Vandekar⁶, Dr. Dhaval Fadia⁸, Dr Rohan Bhagat¹⁴.made their presentations.. Dr Alissa Maria Varella¹³, from SDM Dharwad, won this year's Charlie Shultz Resident Scholar Award. Dr. Meenakshi Vishwanath¹⁶, another SDM alumnus, had won it last year. Dr. Nikhilesh Vaid² & Dr Sabhlok¹, our IOS member from UAE delivered their invited lecture in the main program. All made IOS extremely proud.

This was AAO 2018 through my eyes, showcased to you, via IOS TIMES.

Dr. Shailesh Deshmukh, President, Indian Orthodontic Society



Beyond Orthodontics



Dr Mittali Sethi

Civil Servant
Orthodontist



Dr Mittali Sethi completed her BDS from GDC, Amritsar (2008) and was a gold medallist MDS from GDC, Chennai (2012). Working at Pondicherry Institute of Medical Sciences as Asst. Prof., she took part in NIRMAL - a youth camp organised by SEARCH, an NGO working in Gadchiroli, one of the most backward naxalite districts of Maharashtra. Her experience there, motivated her towards UPSC Civil Services exam.

Despite hurdles - not updated with the latest, married, working full time, managing a teaching project in PIMS (coordinate MBBS student volunteers to teach underprivileged children), and that she had to pick up an optional subject (of which she had no basic knowledge), she got thru in her 3rd attempt in 2016, with an All India Rank 56.

She got the Maharashtra cadre of IAS, both, her first preference. She is currently undergoing training. Beside venturing into newer vistas of subjects like Law and Public Administration, the experience of her personal interactions while under training, have been instrumental in her understanding, both, the world and the new job that she is about to enter. She will earn a Masters in Public Management at the end of her two-year training program. She plans to pursue a degree in Psychology - her optional subject for UPSC exam, or a doctorate in related fields while gaining new experiences, and working with and for people.

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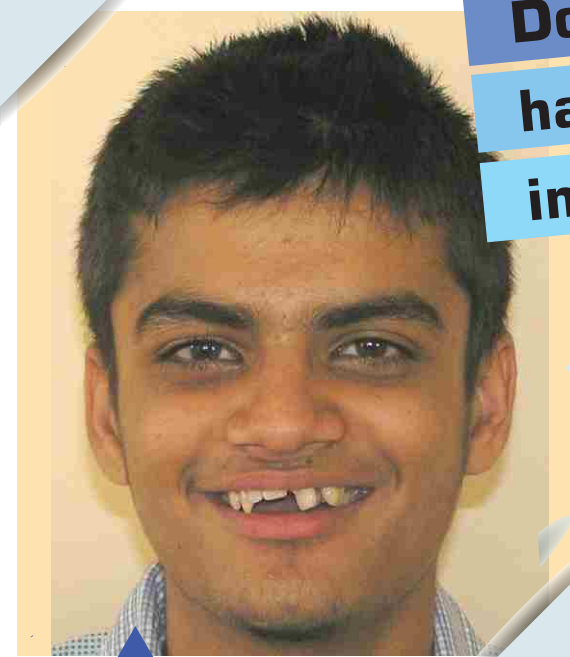


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AFTER

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Official newsletter of Indian Orthodontic Society



Braces move the teeth in all directions – not just in



Most people have an idea that braces can only move the teeth further inside the mouth. That's not true! Braces are simply a means, to get a grip on the teeth. Like a handle on the door. However, unlike the door, which moves in one arc only, teeth are suspended in a trapeze like arrangement, which allows it to all three planes of space and the space in between, too.

So, irrespective of whether the braces are put behind, or, on the front surface of the teeth, all braces can move teeth in/out, up/down or right/left and all the spaces in between.

The orthodontist after carefully planning the entire treatment plan, decides the movement of the teeth desired, positions the brackets on the teeth and designs the wires to make those movements happen. So, don't worry, if your orthodontist sticks a bracket on the outside surface of the tooth, which is stuck behind and has to be moved out. As long as, he/she is a qualified orthodontist, you are in safe hands !!

The magic of braces



SHACHI WILL ALWAYS BE GRATEFUL
TO HER ORTHODONTIST
TO GET RID OF THE 'DRACULA' SMILE
AND PRESENT HER A CUTE ONE !!



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FULL NAME GulPanag

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PLACE OF BIRTH Chandigarh

COLLEGE Masters degree in Political Science from Punjab University Chandigarh

PROFESSION Being into many professions, it allows one to explore a multi-disciplinary approach. Quite often it becomes easy to come up with out of the box idea

CURRENTLY

Into many things - Aviator, Entrepreneur, Actor, Producer, Student, Social activist Co founded a technology company, Mobiefit that makes fitness apps. Production company that makes cutting edge content. Foundation in grandfather's name The Colonel Shamsher Singh Foundation that works towards promoting citizen-government partnership towards gender equality, addiction awareness, education, employment and disaster management.

YOUR INSPIRATION IN LIFE

Elon Musk - being path breaking & disruptive, ready to take up any challenge.

Father, who has led by example. A true role model.

HIGH POINT IN LIFE No one point in life should be a high point. That would put others down, which did play a part in getting to that "high point"

THREE MILESTONES IN LIFE

- 1) Pilot's license
- 2) Miss India Pageant 1999
- 3) The Election Experience

ADVICE TO YOUNGSTERS The human being, by default, is a polymath. For a variety of reasons, one limits his/her options. Would implore the youngsters to explore multiple avenues and pursue various hobbies.

FUTURE PLANS Expand my mental bandwidth - Study more Climb Mount Everest

HOW WOULD YOU WANT THE WORLD TO REMEMBER YOU 100 yrs FROM NOW?

As one who made a valuable contribution to the world, in every single role I played.

YOUR EXPERIENCE WITH BRACES. ANY ANECDOTE.

Had a brief period of braces when I was in my teens. Still remember the metal bands, which did trouble me often. Once in a while, in the absence of the main doctor, his chair side assistant would adjust the braces.

WHAT AND HOW MUCH OF A DIFFERENCE, BRACES MADE IN YOUR LIFE.

Perhaps, got me the Miss Beautiful Smile award at the Miss India Pageant, 1999, even though, personally, I thought a few others, were strong contenders.

WHEN SOMEONE SMILES AT YOU, WHAT IS THE FIRST THING YOU NOTICE ON THE FACE

Though teeth do have a crucial part to play in one's smile, eyes tell you whether the smile is genuinely a sign of happiness, or not.

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

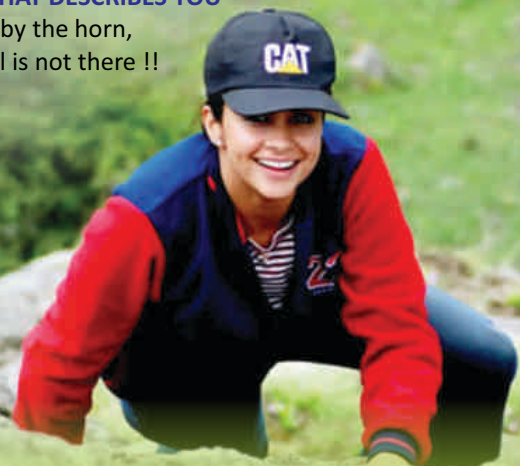
A big bright smile lights up your life!

SOCIAL MEDIA INTERACTIONS

Twitter, Facebook, Instagram

ONE QUOTE THAT DESCRIBES YOU

Catch the bull by the horn, even if the bull is not there !!



Official newsletter of Indian Orthodontic Society



The 3rd IOS Executive Committee Meeting

June 03, 2018

Dr DY Patil
Dental College and
Hospital
Pimpri - Pune, Maharashtra



The 3rd Executive Committee meeting of the elected representatives of Indian Orthodontic Society started on time, in the Implant Centre at D Y Patil Dental College & Hospital, Pimpri (Pune). All the matters put on the agenda were taken up. The proceedings went ahead smoothly, with inputs from all the members present. The EC thanks the DY Patil management for the excellent arrangements made for the smooth conduct of the meeting.


THE EC IS COMMITTED

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



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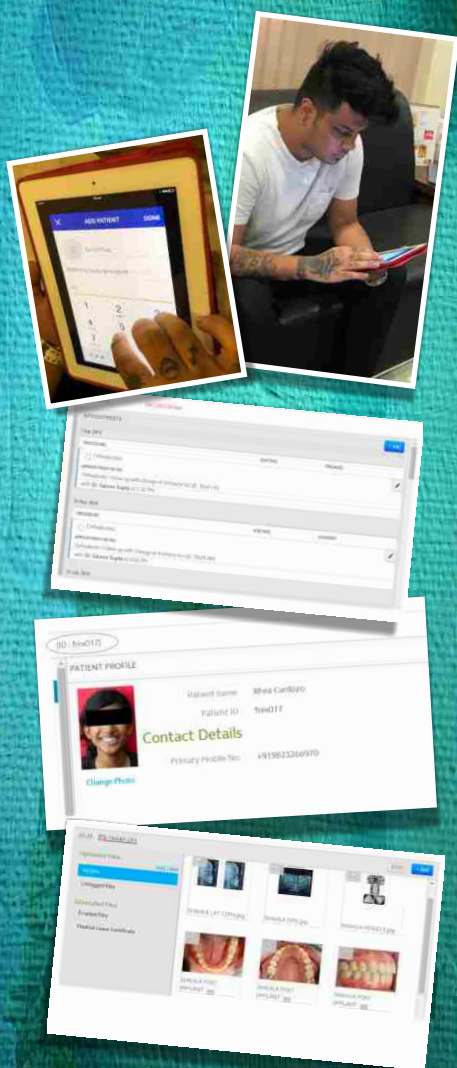


A patient management software for various purposes like patient registration, obtaining a consent and record maintenance is almost a norm, these days. The treatment plan, appointment wise treatment rendered, payment details entered into each patient's digital file, ensures that all the data is found on the click of a button. Digital networking for patient appointment scheduling and sending appointment reminder messages(SMS) and emails, increases the probability of the patient reporting on time for the scheduled appointment. The online appointment calendar also allows the doctor and staff access anytime, anywhere. Online testimonials on website and on Google reviews help improve standing and help other patients understand the type of work being done.

An online blog for post-operative instructions and general do and don'ts following any treatment is another step in the direction of a paperless office. The patient is simply asked to log onto to the blog at his/her convenience. For instance, at the end of the bonding appointment the patient after being given oral instructions is asked to log on to the blog where he/she can revisit the information that has been given to him/her at leisure and any number of times as warranted. Having an online blog adds to clarity of instruction, is easy to access and above all, cost effective (its free!).

Apart from clinical data being stored digitally on the office computer, it is a good idea to utilise Google drive for storing this data. This serves two purposes. One, back up, and, the other, accessibility, even by the patient, with a shareable link. In the said Google drive, a folder is created for every patient with all pertinent records incorporated into it. The link for this individual file is sent across digitally to the patient who can access it on any compatible digital interface.

PAPERLESS OFFICE

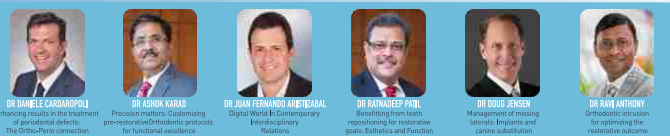


IOS

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

DR JUAN FERNANDO ARISTIZABAL
Digital World & Contemporary Interdisciplinary Relations

DR RATNADEEP PAUL
Benefiting from teeth repositioning for restorative goals: Esthetics and Function

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

DR RAVI ANTHONY
Orthodontic innovation 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



RAJASTHAN



- Lecture series in 7 Higher Secondary Schools and 2 International Colleges in Jaipur
- 5000 Orthodontic awareness bookmarks were distributed to all the students
- Events were covered in major national newspapers of Rajasthan.
- Half page advertisement in a leading national daily (Rajasthan Patrika—circulation > 6 lac)
- Newspaper articles in local language in leading national & local newspapers of Rajasthan
- A week-long Radio campaign on 95 FM Tadka
- An Orthodontic Awareness Poster having detailed information about Orthodontics (in Hindi) was unveiled by Sri Kalicharan Saraf, Hon. Health Minister of Rajasthan to be placed on the notice boards of various schools and colleges of Jaipur & Rajasthan.

Lucknow

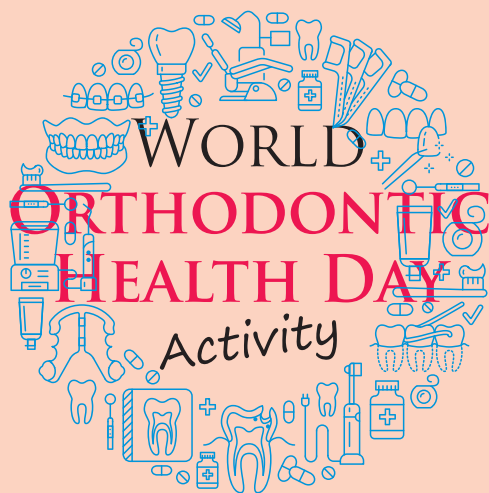
With the help of Orthodontic departments of KGMU; BBD-CODS; Sardar Patel Dental College; Saraswati Dental College and Chandra Dental College

- Organized Poster competitions
- Distribution of pamphlets, educating about orthodontics
- Blogs and articles in leading newspapers;
- Free orthodontic check ups etc.
- Smile march was also organized to reach out to the masses with placards which had slogans related to orthodontic awareness.





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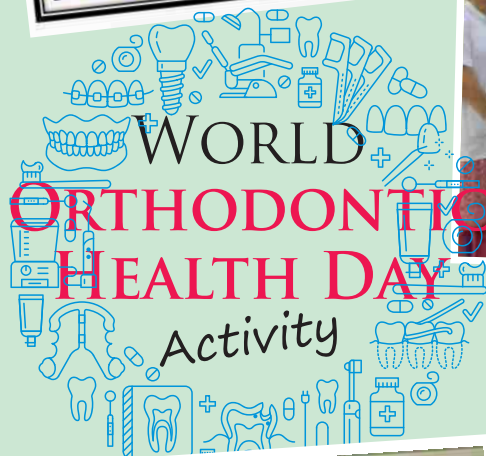


Sri Aurobindo
Dental College



NIMS Dental College,
Jaipur

Govt Dental College,
Nagpur



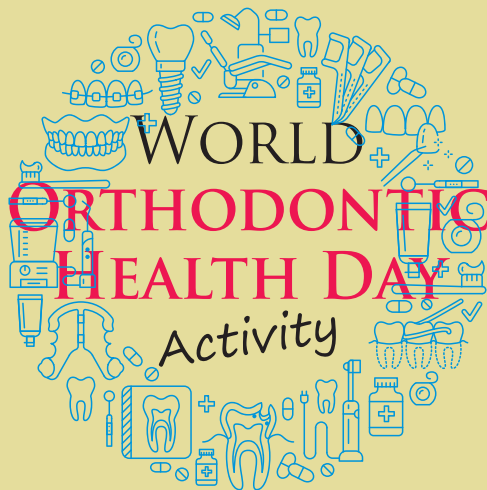
Annoor Dental College,
Ernakulam



Indira Gandhi
Govt Dental College, Jammu



Dr Vaibhav Misra



Dr Vidhi H Shah



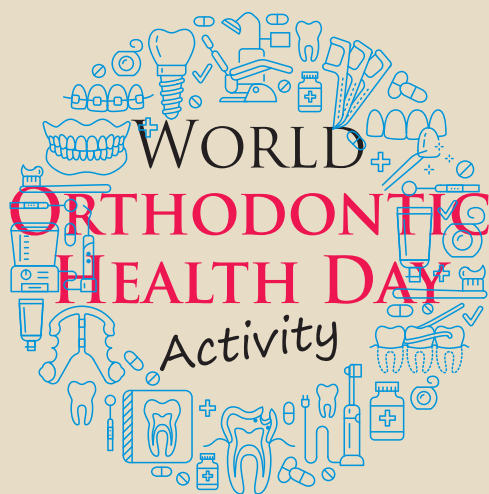
Dr Sumukh Deodhar



Dr Gaurav Gupta



Dr Adit Arora



Dr Sarabjeet Singh



Dr Mughda Mankar



Dr Biju Abraham

From the Secretariat

Dr. Deepak Chandra, Honorary Secretary



Dear Members,
Recently the IOS had two important programs the National Cleft program in Bhubhneswar and Bond with the Best in Pune.

Both the programs were oriented towards the Orthodontic practitioners. 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.

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

From the Editor's Desk(top)

Dr. Biju Abraham, Editor, IOS Times



Friends,

You are what you believe. If you believe you are someone who would make a living out of orthodontics, you will do just that. If you believe you have the skill and the knowledge to deliver natural healthy and beautiful smiles, you will surely work towards that. The moolah will surely follow. To translate a dialogue from the movie, 3 Idiots - Do not strive for success in life. Instead strive for excellence. Success will automatically follow you. The IOS calendar has multiple skill enhancement programs lined up. Make use of the opportunity and be the best at what you do.

It is equally important that you believe in yourself. Believe in your worth. Only then will you be able to communicate the worth-appropriate financial aspects of the treatment to those who seek a healthy, beautiful smile under your care.

Best wishes.



IOS TIMES thanks
Dr Atul Jajoo
for contributing the patient
pictures on pages 3 & 4

Acknowledgements



IOS TIMES thanks
Dr Gaurav Gupta
for his contribution to the
Practicing Orthodontics section

IOS TIMES Committee Members
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Brussels :

Antwerp City tour | Brussels City tour | Grand Place
Manneken Pis | Atomium | Visit to Ghent
Bruges city Tour

Amsterdam :

City tour via canal cruise | Zaanse Schans | Windmill &
Cheese Farm visit | Vollenham | Heineken Experience
Den Hague city tour | Madurodam Visit
Gala Night at a lakeside restaurant with folklore

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