

The Official News Letter of Indian Orthodontic Society



*Indian Orthodontic Society, Congratulates  
Senior IOS Member*

***Lt Gen Sanjay Londhe PVSM, SM (Retd)***

*as he received the*

***"HIGHEST DISTINGUISHED SERVICE AWARD FOR ARMED FORCES"***

*From the **PRESIDENT OF INDIA***

*For his exceptional contribution to Army Dental Corps, Dental profession  
and management of dental care and be a force multiplier to health care during COVID pandemic.*

*Dear Sir, You made every IOS Member proud with your exemplary achievement, service and the greatest honour.*

# President's Message

Dear Friends and Respected Seniors

Hope you and your family are doing good and staying safe. I am glad to address you all through this November 2021 issue of IOS Times.

We had an active month of November for IOS. The executive committee of IOS convened for an Extraordinary Executive Committee Meeting, 2021-2022 on 14-11-2021, via virtual platform. The meeting had been called with a single point agenda which had deliberations and future action on report of the AGM appointed committee, appointed to look into IOS members complaints against a company/IOS members providing Aligners Direct to Consumer. The minutes of the meeting is available on the IOS website.



The first block buster lecture of the IOS Friday Rendezvous series of the IOS calendar year 2021 was organised as an online webinar - "Have We Finally Found The Holy Grail Of Orthodontics?" on 26th November 2021. Keynote speaker Dr Bilal Koleilat, Lebanon shared his expert knowledge about how to simplify the treatment mechanics, long term retention protocol and comparison and benefits of newer bracket systems used. The lecture was attended by 250+ IOS members.

IOS is conducting the PG orientation program at Narayana Dental College, Nellore on 13th & 14th December 2021 at Narayana Dental College, Nellore, under the guidance of Prof and Head Dr Mandava Prasad. I request all the heads of various dental colleges around the country to motivate the fresh postgraduates to attend the same and make the best use of the program and it will be held in virtual mode.

The 2nd EC meeting would be held at Vishakapatnam on 19th December 2021 in Physical mode. I am glad and excited to host our office bearers at my home city.

Stay safe and Cautious towards CoVid Pandemic. Though the numbers had dramatically come down, we aren't safe till the Virus vanishes from the face of the earth. So exert caution, care and protection.

Jai IOS Jai Hind

**Dr Sri Krishna Chalasani**

President IOS





## Hon. Secretary's Message

Respected members of the IOS,

Hope this issue of the IOS times finds you all well and in good spirits!

As November concludes, the little breathing space after the Conference in September gives us an opportunity to take stock, to plan and start a whole fresh new year.

We have a new executive team, with some old hands and many new young energetic members eager to serve the society. Various committees have been formed with specific objectives and many of them have already swung into action.

We have a new calendar of events that is put up on the website along with details of the 56th IOC and the 25th IOS PG student convention. We hope that these two events will be conducted on site giving friends and colleagues an opportunity to meet one other post covid.

Apart from IOS foundation day celebrations covered in the last issue, the IOS has started off the first webinar event IOS Friday Rendezvous on November 26th with an interesting lecture by Dr. Bilal Koleilat. The next event on the IOS calendar is the IOS PG orientation programme for first year PGs to be conducted on Dec 12th and 13th by Narayana Dental college virtually. There are no registration fees for this event and we request teachers to encourage their first-year post graduates to register for the IOS and make the best of the opportunity of these programmes.

From the IOS HO - minutes of the last EC meeting of 2019-21 and first EC meeting of 2021-22 are on the website. Minutes of the 55th AGM are also on the website. As per AGM directives, the AGM appointed committee had presented its report to the EC within the stipulated time and the EC in an extraordinary meeting deliberated on the issue of Direct-to-consumer aligners. The minutes of this meeting are also on the IOS website.

The IOS times team is as ever on track with its perfect timing and thorough covering of IOS events and member activities.

Stay Safe! Stay Healthy! Stay Connected!

Yours in IOS service,

Jai IOS, Jai Hind

**Sridevi Padmanabhan**

Hon. Secretary, IOS

# Editor's Message

Dear Friends and Respected Seniors

Hope you and your family are doing good and staying safe. I am glad to address you all through this November 2021 issue of IOS Times. Wish you all a Happy New Year in Advance.

Team IOS Times had an active month of November for IOS, as we were on toes to cover all the events. We had been following the Head Office activities and covered the Extraordinary Executive Committee Meeting, 2021-2022 on 14-11-2021, via virtual platform. The meeting had been called with a single point agenda which had deliberations and future action on report of the AGM appointed committee, appointed to look into IOS members complaints against a company/IOS members providing Aligners Direct to Consumer. The minutes of the meeting is available on the IOS website.

We covered the first block buster lecture of the IOS Friday Rendezvous series of the IOS calendar year 2021. It was organised as an online webinar - "Have We Finally Found The Holy Grail Of Orthodontics?" on 26th November 2021. Keynote speaker Dr Bilal Koleilat, Lebanon shared his expert knowledge about how to simplify the treatment mechanics, long term retention protocol and comparison and benefits of newer bracket systems used. The lecture was attended by 250+ IOS members.

The Organising Committee of OPL 2022, had presented their first call brochure in this issue. We are also publishing the Guidelines, as given by the Organisers of this event. It has some changes from former editions. Participants are requested to thoroughly read the guidelines as published.

Our Associate Editor, covered the Interview of Dr Adith Venugopal, IOS Member, who excelled as an Orthodontic Researcher & Clinician in South East. He shares his success Journey through this Interview for IOS Times.

Hope You Enjoy issue of November 2021 IOS Times.

Jai IOS Jai Hind  
வாழ்க, வளமுடன்

**Dr Kannan Sabapathy**

Editor, IOS TIMES

Team IOS TIMES

**Dr M.S.Kannan, Editor, Dr Kavita Iyer Associate Editor**  
**Dr Ashish Garg, Dr Gaurav Gupta, Dr. Edeinton Arumugam, Dr. Ankit Sikri**  
**Dr Swati Acharya, Dr Sandeep Singh**



# FRIDAY RENDEZVOUS - 1st WEBINAR REPORT

Dr Bilal Koleilat , Lebanon Orated on  
*"Have We Finally Found The Holy Grail Of Orthodontics?"*  
26th November 2021

Reported By Dr Vedavathi, Section Editor



## ★ THE IOS FRIDAY ★ RENDEZVOUS

26th November 2021,  
7.00 pm IST

HAVE WE FINALLY  
FOUND THE HOLY  
GRAIL OF  
ORTHODONTICS?

Speaker:  
**DR BILAL KOLEILAT**  
LEBANON



Learning Never Stops @  
**INDIAN ORTHODONTIC SOCIETY**

The first block buster lecture of the IOS Friday Rendezvous series of the IOS calendar year 2021 was organised as an online webinar - "Have We Finally Found The Holy Grail Of Orthodontics?" Under the able guidance of Indian orthodontic society on 26th November 2021. The outstanding and excellent lecture was witnessed by 240 + orthodontic members throughout the country

The aim of this webinar was to achieve the optimum aesthetic and functional result to deliver a stunning smile and stable occlusion with the proper use of simple mechanics .

The inaugural ceremony was started at 7pm sharp, were Dr Rajaganesh Gautham ( chairman of Academic council ) welcomed the keynote speaker , principal office bearers and EC members of IOS along with all the delegates .Welcome address was given by Dr Srikrishna Chalasani president IOS who gave a short glimpse of the series . Then , Honorary Secretary of IOS , Dr Sridevi Padmanabhan introduced the keynote speaker Dr Bilal Koleilat.

In this rendezvous series, keynote speaker Dr Bilal Koleilat of Lebanon has shared his expert knowledge about how to simplify the treatment mechanics , longterm retention protocol and comparison and benefits of newer bracket systems used .

Dr Ajay Kubawat and Dr Rajaganesh Gautham as moderators turned this program into a very cheerful and interactive session . At the end of the program Dr Sarabjeeth Singh , Vice president of IOS handed over the certificate of appreciation to Dr Bilal Koleilat and also gave the vote of thanks .

The clinically oriented webinar was highly appreciated by all the delegates and faculties of IOS family.



26th November 2022

7.00 pm IST

## HAVE WE FINALLY FOUND THE HOLY GRAIL OF ORTHODONTICS?

For decades orthodontists around the globe have been struggling to achieve the optimum esthetic and functional result and to deliver every treated patient a stunning smile and stable occlusion, however all practicing clinicians are faced with the bitter reality that the expected final result is not identical to the one both patient and clinician were hoping for and that is due to a multitude of factors the most important being:

1. Control of anchorage and limiting unwanted tooth movement
2. Delay of tooth movement and extension beyond common sense of the estimated treatment time
3. Delivering the required orthodontic biological force that is simultaneously effective in moving teeth and comfortable for the patient.

However recent advances in orthodontic research, evidence based orthodontics and state of the art orthodontic product manufacturing has allowed us to conquer the obstacles we struggle with every day and paved the way for taming almost all unwanted and unsatisfactory orthodontic treatment results we strive to avoid.

I will try during my lecture to showcase how it is possible to achieve close to excellence in every orthodontic case managed, take full control of orthodontic forces, accelerate tooth movement and build a reproducible system that if followed can achieve the holy grail of orthodontics.

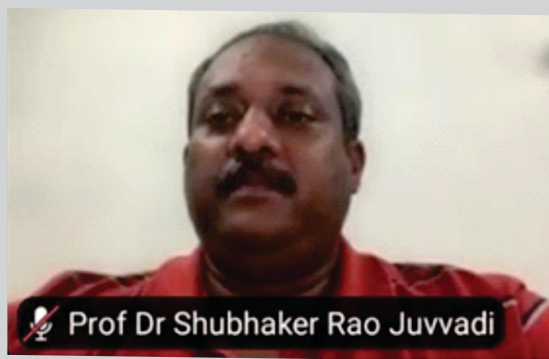
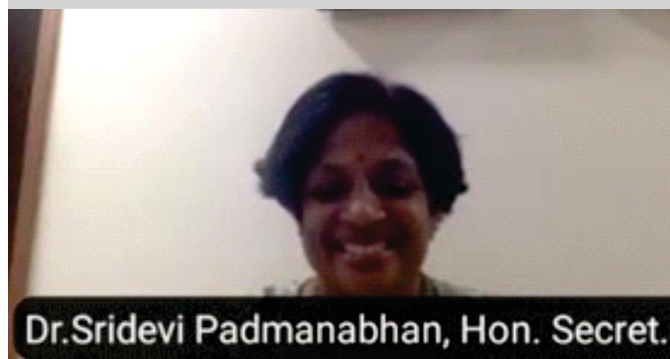
**SPEAKER**



**DR BILAL KOLEILAT**  
LEBANON

- ★ Assistant Professor in orthodontics, Faculty of dentistry Lebanese University Beirut-Lebanon since 2002
- ★ Former Director of the postgraduate program in orthodontics ( 2009-2010)
- ★ Co-chairman of the 4th Asian Micro Implant Anchorage congress held in Beirut, October 2011.
- ★ Certificate of lingual orthodontics, Indiana University 2001
- ★ Master of Science In orthodontics, University of Kuopio-Finland 1996
- ★ Doctor in Dental Surgery, Saint Joseph University, Faculty of Dentistry Beirut-Lebanon 1993.
- ★ Certified speaker for the Absoanchor - micro implant system, Dr Bilal Koleilat's main interest in orthodontics is mechanics with special emphasis on low force systems , microimplants.
- ★ He has lectured in Lebanon, Syria, Egypt, UAE, Tunisia, Morocco, Turkey, Spain, Thailand, Poland, South Korea, India and USA. He is a member of the Lebanese dental association, Lebanese orthodontic society Emirates medical association and The European lingual orthodontic society. Dr Koleilat maintains a private practice dedicated to orthodontics in Beirut-Lebanon, and Dubai UAE.





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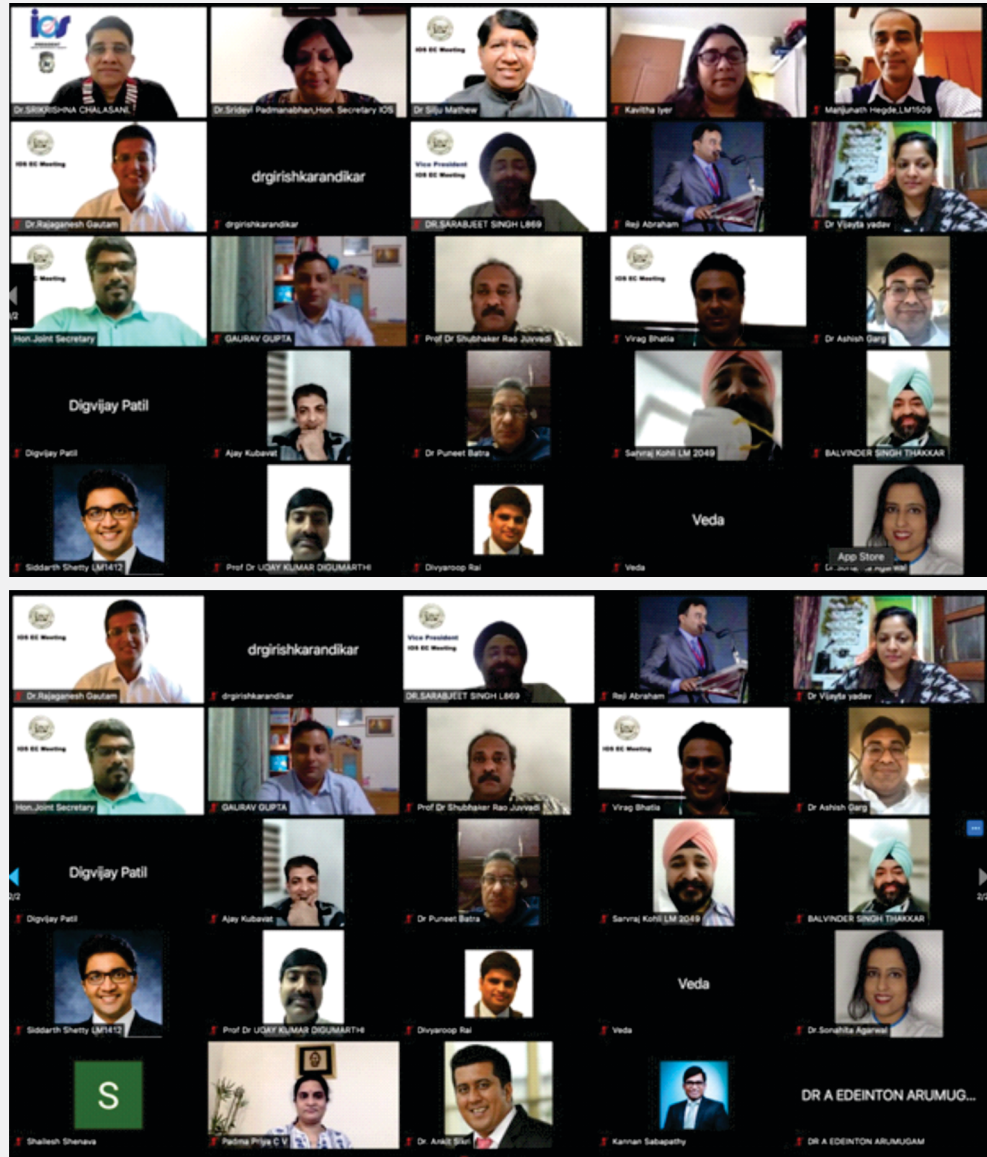


# Extraordinary EXECUTIVE COMMITTEE MEETING

14-11-2021

*via virtual platform*

The executive committee of IOS convened for an Extraordinary Executive Committee Meeting, 2021-2022 on 14-11-2021, via virtual platform. The meeting had been called with a single point agenda which was deliberations and future action on report of the AGM appointed committee, appointed to look into IOS members complaints against a company/IOS members providing Direct to Consumer aligners. The minutes of the meeting is available on the IOS website. The same is also sent via email from the office of the secretary to members.



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# IOS President & Hon.Secretary Meets the DCI President, representing Members at DCI Head Office, New Delhi 30-11-2021



IOS President, Dr SriKrishna Chalasani , Hon Secretary Dr Sridevi Padmanabhan & JIOS Editor Dr Puneet Batra, represented IOS to the DCI President Dr Majumdar at the DCI Head Office Delhi. They physically handed over to President DCI about issues faced by IOS members. There was positive and fruitful discussions with Secretary DCI and EC members of DCI. President & Secretary, thanks all IOS members in DCI for facilitating the same.

President and Secretary, Meeting Dr. Janak Raj Sabharwal (Chairman, Dentistry Division-Bureau of Indian Standards) about the need for standardization of Orthodontic products







# MADRAS ORTHODONTIC STUDY GROUP

*Presents*

## OPL Season V- Chennai Orthodontists Premiere League

**27th & 28th January 2022  
Thursday & Friday**

**President's XI vs Secretary's XI  
Leather Ball-1st Class 20/20  
Exhibition Match on 26th Jan 2022**



**Dr . Sri Krishna Chalasani  
President IOS  
Dr Sri Devi Padmanabhan  
Hon. Secretary, IOS**

**Dr Edeington Arumugham  
1st Convenor, MOSG**

**Contact  
Dr. M.S.Kannan  
Organising Chairman  
9840453666**

**Dr Vijay Adith  
Organising Secretary  
9894758681**



# ORTHODONTIST PREMIER LEAGUE SEASON FIVE

CHENNAI

January 27th & 28th 2022 (Thursday & Friday)

Contact

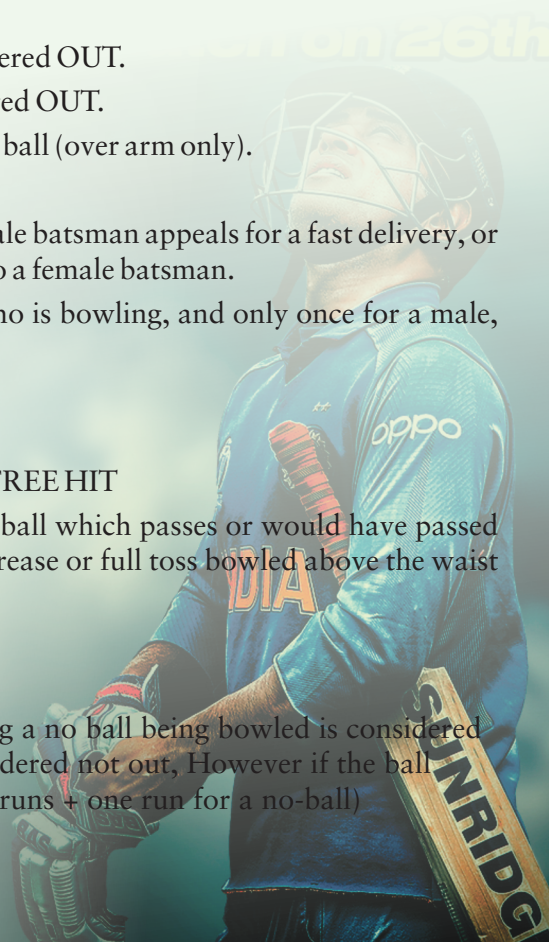
**Dr Vijay Adith,**

Organising Secretary

+91 98947 58681, for Clarifications

## RULES & REGULATIONS

- This is a mini cricket format. Wicket to Wicket being 22 yards, and boundary radius being 25 meters. Throwing line for female bowler at 15 meters.
- Cricket match will be played between two teams made up of eight players in each team.
- The playing Eight should consist of 6 Male Players + 2 Female Players .
- Among eight players two life members are compulsory.
- Only Orthodontists and students pursuing post-graduation in Orthodontics can play.
- All matches will be played using tennis ball.
- Matches will be played IN DOUBLE INNINGS FORMAT with 5 balls per over.
- I INNINGS- 5 overs.
- II INNINGS- 3 overs
- Each team should bowl 5 overs in the first innings.
- 1 over female – Throw/Bowling.
- 4 overs male – Bowling only.
- Each team should bowl 3 overs in the second innings.
- 1 over female – Throw/bowling.
- 2 overs male – Bowling only.
- Batting should be opened by a Male player and a Female player only in the first innings & any team member can bat in the second innings.
- Hit Wicket is considered Not Out for a female player.
- Batsman who hits the cricket ball outside the boundary (Full toss) is considered OUT.
- If the ball hits the cones, placed around the boundary full toss, it is considered OUT.
- When a Female Player is batting, the bowler is allowed to throw the cricket ball (over arm only).
- Each player can bowl only one over per innings (Unless super over).
- Bowlers are not allowed to bowl fast to the female batsman, and if the female batsman appeals for a fast delivery, or if otherwise, the umpires can signal a dead ball, for a fast delivery bowled to a female batsman.
- The ball can pitch a maximum of two times on the pitch, for a female who is bowling, and only once for a male, failing which it is declared a Dead Ball.
- Chucking is strictly not allowed by male bowlers for male batsman.
- Batsman has the right to appeal against chucking.
- No-ball will attract one run (over stepping, bouncer) however there is No FREE HIT
- Bowler shall not be allowed to bowl over the head bouncer. Bouncer : A ball which passes or would have passed above the shoulder height of the striker standing upright at the popping crease or full toss bowled above the waist height will be considered as a No-Ball.
- Any number of bouncers in an over is considered as a No-Ball.
- Stepping on a side crease, during bowling is a No-Ball.
- If the batsman hits the cricket ball outside the boundary (full toss) during a no ball being bowled is considered as Five Runs(four runs + one run for a no-ball) and the batsman is considered not out, However if the ball pitches and then leaves the boundary, it is considered as Five Runs(four runs + one run for a no-ball)



- No substitute runners are allowed.
- Mankading is allowed. “The bowler is permitted, before entering his delivery stride, to attempt to run out the non-striker. Whether the attempt is successful or not, the ball shall not as one of the over. If the bowler fails in an attempt to run out the non-striker, the umpire shall call and signal Dead ball as soon as possible”.
- No runs will be awarded for wide deliveries but will have to re-bowl that delivery.
- No leg before wicket and leg byes.
- If the ball hits the batsman, i.e if a leg bye, there won't be any run-outs given.
- Runs are awarded for byes and overthrows, including the bye runs that come out through a wide delivery.
- Substitution in fielding is allowed for only 2 players per team at any point of time during play. Only Female player can replace a Female player.
- No Retired Hurt. Unless batsman is injured seriously, and only if the opposition team captain agrees for the same, can take a retired hurt, applicable only for male players.

### **CAPTAINS RESPONSIBILITY**

- Request captains of every team to ensure that one of their representatives will be there with scorer to avoid confusion. If any clarification, please clarify there itself.
- Captains please ensure that your players are ready on time.
- Each team may have to play 5-6 matches per day to finish schedule on time.
- Only captains are requested to talk to umpires for any clarifications.
- After every match, captains are requested to sign on the score sheet and will be informed about the net run rate.
- Captains to ensure their teams playing the next match in each ground are to be present when the previous match is going on, as a toss for the match will be done during the innings break of the previous match.
- If a team fails to report within 15 minutes, of the scheduled / tentative time of the match, the opponent team will get a walk over with 2 points.
- In case of Tie : league and Knock out stages
- 1 over, super over match to be played.
- Only 3 batsmen per team to bat in those two overs.
- If the match is a tie after the tie breaker, match is decided by a Toss.
- If more than one team has same number of points in the league stages, then the team with better run rate qualifies
- If teams have the same run rate also, then the Run Quotient will be calculated.
- Only 5 minutes break/ innings given, so as to finish the tournament on schedule.
- Points are as below :
- Win – 2 points.
- Loss – 0 points.
- In case of rain interruption, match will be continued from where it had stopped (No Rematch)
- Any information regarding the rules, please contact organizers before the match only.
- To apply the law and make sure the cricket rules are upheld throughout the game there are two On field umpires in place during games.
- Umpires are responsible for making decisions and notifying the scorers of these decisions.
- In case of bad light, batsman has the right to stop the play in conjunction with the umpire, however umpires call is final.

UMPIRE'S DECISION IS FINAL.

### **FOR FURTHER DETAILS CONTACT**

**Dr M.S. KANNAN,**

Organising Chairman

9840453666



**Dr VIJAYADHITH,**

Organising Secretary

9894758681



# Dr Adith Venugopal, IOS Member, who excelled as an Orthodontic Clinician & Researcher in South East Asia, Shared his Journey through this Interview for IOS Times

Reported By Dr Kavitha Iyer, Associate Editor



**Dr Adith Venugopal**, BDS, MS, Ph.D., FDSRCS(Eng), MFDS RCPS ( Glasg), MDTFEd, FICD, FPFA.

Having substantial experience with Temporary Anchorage Devices, he has held courses and workshops on TAD based biomechanics all around the globe to reach high standards in clinical, research and teaching skills.

In 2019, he was honored to be appointed as the youngest fellow of two prestigious institutions namely the International College of Dentists & the Pierre Fauchard Academy. In the same year, he was also appointed a member of the Faculty of Dental Trainers of the Royal College of Edinburgh and a member of the Faculty of Dental Surgery of the Royal College of Physicians and Surgeons of Glasgow. In the year 2020,

based on my extensive contribution to the specialty, he was appointed as a distinguished adjunct professor to the department of orthodontics, Saveetha Dental College and Hospitals, Chennai, India.

He has been recently honoured to be inducted and admitted to the Fellowship of the Faculty of Dental Surgeons of Royal College of Surgeons of England (FDSRCS). On behalf of IOS times, I thank you for sharing your thoughts and expertise with our members.

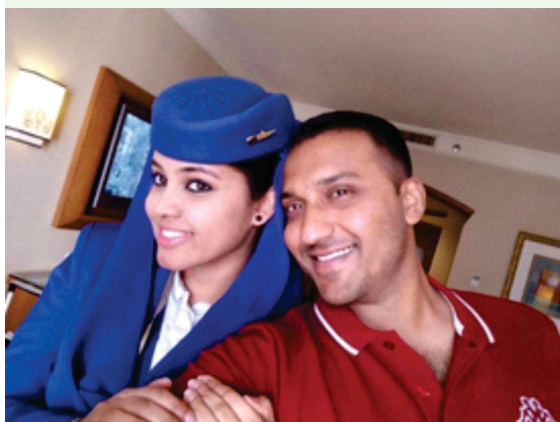
**Dr Kavitha :-** Your early Education

**Dr Adith :-** I was born and raised in a military family that has served the nation for over three decades. My father is an Army officer, so morals and ethics have always been placed at an exalted position throughout my upbringing. Another virtue I had imbibed is that of being a high achiever as a result of the holistic nature of the education in a military school that embraces leadership, team work, and a solid focus on self-discipline. I have transitioned through many schools during my childhood. Most of my early education was in Kendriya Vidyalayas and Army Public Schools. I was an average student and was a lot into athletics.

**Dr Kavitha :-** About your Personal life.

**Dr Adith :-** Married to a beautiful flight attendant- Naina Nair and have a beautiful two and a half year old daughter-Nirvana.





My father is a retired Colonel and my lovely mother is a housewife. They live in Bangalore.

**Dr Kavitha :-** Why dentistry .....then orthodontics and how you have benefited from the ortho program in the Philippines.

**Dr Adith :-** I decided to choose a profession in dentistry, since I was always amazed by how much this profession could impact the appearance and self-confidence of a person. After having passed the Common Entrance Test in Karnataka, I opted to take up dentistry at College of Dental Sciences, Rajiv Gandhi University of Health Sciences, on full scholarship (Free seat).

The “What now?” moment came as I was nearing internship completion. Since I wasn’t a great student during my under graduation either, I had to be very careful about what I chose next. I wanted to pursue a specialty that I had a calling for rather than pursuing a specialty decided by my PG exam scores.

I generally wasn’t very keen on pursuing my residency in India. So, after a lot of research and endless conversations with post graduates regarding the different specialties, I felt orthodontics would suit me the best. I then researched on different orthodontic programs and had multiple conversations with many orthodontic residents across the globe. I was then introduced to the Orthodontic faculty at the University of the East in Manila, Philippines. This was a very unique and one of the very few residency programs, in South East Asia that ran an exclusive Tweed program in orthodontics. I was invited for an interview following which I was selected for the residency program in the year 2011.

This orthodontic residency was very different from the other conventional programs. It was very clinically oriented, and we were required to finish 25 cases of various dental and skeletal malocclusions were bonded and treated using the Tweed Merrifield Philosophy exclusively, in addition to the transfer cases from senior residents who had graduated from the program. Practicing with standard edgewise brackets helped us learn the art of orthodontics, “the hard way”! Not using prescription brackets meant that we needed to incorporate all the first, second and third order bends in the archwire, to generate the desired tooth movements, not getting any help from the brackets per se. Towards the end of my graduation, I realized that by becoming proficient with the usage of standard edgewise brackets, use of prescription brackets would seem more undemanding.



I was awarded the outstanding graduate student award for the year 2013- 14 during my Master’s, for my contributions to the ongoing researches at the University of the East, Philippines. Some of those studies were “Antimicrobial and Photometric Assessment of Lawsonia inermis on Oral Bacteria and Tooth Color”



& “Evaluation of the Antibacterial Activity in Pomegranate Peels and Arils by using Ethanol Extract against *S. mutans* and *L. acidophilus*”.

My master’s dissertation was on a project comparing two different orthodontic bracket recycling techniques that involved the use of Scanning electron microscopy of the bracket bases and a universal testing machine to measure the shear bond strength of recycled brackets. This paper was published in the Orthodontic Journal of Nepal.

**Dr Kavitha :-** How and when did you get into the Ph.D. programme in Korea?

**Dr Adith :-** During my residency, I had the privilege of attending many orthodontic conferences and workshops in and around South East Asia. At the World Orthodontic Implant Conference, Thailand in the year 2013, Dr Hee Moon Kyung, who was one of the attendees of an oral presentation that I participated in, was impressed by my presentation and offered me a position as a Ph.D. Scholar at the department of Orthodontics, Kyungpook National University, South Korea.

In 2014, after completing my orthodontic residency with a Master’s in science in dentistry, majoring in Orthodontics from the University of the East, Philippines, I went on to the prestigious Kyungpook National University to pursue my Ph.D. under the guidance of the eminent Dr. Hee Moon Kyung.

During my doctoral studies, I had investigated the efficacy of incorporation of silver nanoparticles into a hydroxyapatite/chitosan biopolymer and coating it on the surface of orthodontic micro implants to achieve antimicrobial properties against *Streptococcus sanguinis*, *Streptococcus mutans* & *Aggregatibacter actinomycetemcomitans*.



While working on this study, I was in close association with the department of polymer chemistry and the department of microbiology as they were integral components of my study. Scanning electron microscopy with an energy-dispersive spectrometer (EDS) was used to assess and visualize the surface morphology of the micro implants. The surface elemental compositions were characterized by X-ray photoelectron spectroscopy. Also, Disc diffusion tests were performed to determine the zone of inhibition in bacterial culture plates, thereby gauging the magnitude of silver ions released from the micro implant surface. This paper was published in the prestigious Korean Journal of Orthodontics in 2017.

**Dr Kavitha :-** How and when was your transition from Korea to Cambodia?

**Dr Adith :-** On completing my Ph.D., my central goals for the future included a constant and intensive community engagement and service to the underserved, at the same time giving myself full time to Orthodontics. I also hoped to be teaching at some point in my career, passing on the torch to a new generation of orthodontists, readying them to serve our patients and specialty even better.

On discussing my plans with Dr Kyung, he advised me to temporarily take up a position in Phnom Penh, Cambodia, where the Korean Orthodontic Research Institute, an affiliate body of the Charles Tweed Foundation for Orthodontic Research, Tucson, was planning to start a master's program in Orthodontics. This would be the first private orthodontic graduate program in Cambodia. I was thrilled at the opportunity to start a master's program and be devoted full time to the specialty of orthodontics.

For the past 5 years, I have been working as an Associate professor and clinical instructor at the University of Puthisastra, Phnom Penh, Cambodia. I have been involved with clinical orthodontic practice, academics and research at the university, and at the same time, I have been a consultant orthodontist at a private hospital (Pachem Dental Hospital), wherein I practice exclusive orthodontics inclusive of labial, lingual and aligner therapy. My particular clinical interests are in mutilated Class III and Class II malocclusions, extra radicular screws and managing iatrogenic issues in orthodontic subjects.

Dr Kavitha :- What made you stand out in the world of Orthodontics internationally in a short time?

Every working clinician has a vision for his or her own future. Many people imagine a terrific clinical practice with good salary that will allow them to live comfortably. Some people wish to make a difference by contributing to the profession while also establishing a reputation or "expertise" in it

As a young clinician, I used to get some fantastic results and some not so great results for my orthodontic patients. For my personal records and retrospective learning, I also made it a point to document each and every single phase of the treatment. I always wanted to be popular in my career as a young, inexperienced clinician back in the day. I wanted everyone in my field to know who I was. I'm not sure what to say. I was young and naive back then.

With time and experience, my outcomes improved and became more predictable. One of my close friends, Dr Asim Mohammed called me one day and said, "Why don't you use social media to share your cases? There are plenty excellent professional groups available. You may receive a lot of feedback on your work." I liked the concept, but I was also concerned about how my work would be received by the fraternity. What if they make fun of me or my work? Clinical professionals who begin to promote their work on social media frequently experience such fears.

For a couple of years, I was busy posting tens of hundreds of my clinical results on social media to various professional groups, gaining a lot of attention and popularity, until one day, a well-known and senior orthodontist sent me a message asking, "Why are you wasting your resources on social media? Isn't it preferable to get them published in peer-reviewed journals? It would benefit you professionally in the long run. It's only a matter of time before your "popularity" would fade on social media. What's left is your professional contribution in terms of research and scientific publications."

This was true! Our target audience is more likely to see our results if they are posted on social media. Peer review and evidence supporting results or conclusions on social media are thought to be of lower academic quality than journal publications, and it is true that feedback from good reviewers improves our work. Often, social media posts are written in a less scientific structure and in a less organized manner, which may be misconstrued for a lack of academic quality. It would be easy to achieve recognition or popularity using this method; but, the legitimacy and academic value of a researcher or clinician can only be evaluated through rigorous interrogation of the results, which are often seen in peer-reviewed scientific journals.

This experience led me to my editorial in the APOS Trends in Orthodontics titled "Credibility or popularity-the divide between publications and publicity!" This article was taken very well by the young generation of



orthodontists and I received at least a hundred messages and mails from post-graduate students across the globe thanking me for putting these things in perspective.

**Dr Kavitha :-** Apart from the huge social media impact on your clinical skills , you have moved forward and made your presence in research .scientific literature and Editorial Positions. It was a pleasure reading your guest editorial in APOS Trends in early 2021 which gives a glimpse of your professional journey. Can you pen down the nutshell of the same here for our members?

I was lucky to be honest, to become the CO-EDITOR of Kieferorthopädie Quintessence Publishing Company, Ltd. This is an exclusive orthodontic journal that is publishing high quality orthodontic literature for the past 3 decades. Now, as you would see from my publications, I have been working on multiple projects with the great Dr Bjorn Ludwig, who is also the editor in chief of Kieferorthopädie. I am glad that he finds me useful :-). Kieferorthopädie recently wanted to start an all English section: “International Orthodontics” and were searching for an editor for the same. Dr Ludwig generously put forward my name and I was appointed as the co-editor of the journal. <https://www.quintessence-publishing.com/gbr/en/journal/kieferorthopaedie> I am also an Assistant Editor for the APOS Trends in orthodontics.

Being an editor involves a lot of responsibility in terms of making sure high level of scientific evidence is disseminated. I enjoy this part of my job just as much as I like authoring papers or treating patients for that matter.

**Dr Kavitha :-** Whom do you admire in the orthodontic world?

**Dr Adith :-** Dr Paolo Manzano, my MS advisor, has been a dear friend and support through my orthodontic journey and I would like to take this opportunity to thank him for being there. If I needed troubleshooting, it would be him I'd turn to. He is absolutely one of the best clinicians in the world. Over the past three years, I am extremely lucky to come across three gentlemen who have helped me generously and absolutely changed my outlook and perspective towards orthodontics. They are Drs. Jay Bowman, Nikhilesh Vaid and Bjorn Ludwig. I am inspired beyond words by their experience, knowledge and humility, and aspire to be like them one day.

**Dr Kavitha :-** What your say on IOS-Cambodia joint venture?

**Dr Adith :-** In March 2019, I had the pleasure of hosting an international joint congress with the Maharashtra orthodontic study group (MOSG), a subsidiary of the IOS. I look forward to many more such associations.

**Dr Kavitha :-** Words of wisdom for future Orthodontist!

Firstly, try to work really hard on your basic orthodontic knowledge and never be afraid of trying new things!

Secondly, take lots of pictures. Document every appointment of every patient. I do it. I look at all the pictures every weekend and, it teaches me so much about how I can do things better.

*“Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it.” —Johann Wolfgang von Goethe.*

# STUDY GROUP ACTIVITIES

## Bhubaneswar Orthodontic Study Group Event

13th November, 2021

*Reported by Dr Sandeep Singh, Section Editor*



The Bhubaneswar orthodontic study group (BHOSG) hosted a CDE program at Mayfair Bhubaneswar on 13th November, 2021 on Orthodontic Resolution of Impacted teeth. The convenors Dr. Subash Nayak, Dr. Swati Acharya and Dr. Pavithra M Bai organized this programme.

The guest speaker for the programme was Dr. Raja Ganesh Gautam (BDS, MDS, Diplomate of National Board and Fellow in the World Federation of Orthodontics) who spoke exclusively about the clinical scenarios and orthodontic management of impacted teeth. Dr. Pavithra spoke about the diagnosis and extensive research related to impacted teeth. The

programme started with an inaugural function and felicitation to all the seniors & past convenors was also done.







## Bhubaneswar Orthodontic Study Group interviews **Dr. Raja Ganesh Gautam**, Director IBO

**Dr. Swati:** Welcome to Bhubaneswar sir, the temple city of Odisha. These are few of the questions that most of the viewers and listeners want to know about you. Though you seem to be smiling now, I have never seen you smiling in any of the conferences we met earlier. You seem to be so serious in your body language, expressions and verbal communication. So what is the something in you that most of us don't know about?

**Dr. Raja Ganesh:** Hello and good morning to everyone. Thank you and the entire BHOSG for this beautiful opportunity to be here amongst you. Although I might come across in the orthodontic circle as a serious guy, I would say otherwise that I am quite a fun loving person. I like to interact, meet with new people, speak about a lot more things other than just orthodontics. Some of my passions are fine arts, music especially classical genre and of course I always appreciate good food.

**Dr. Swati:** Coming to my second question sir, currently you are holding the position of the IBO Director, so what would be your motivational factors?

**Dr. Raja Ganesh:** The Indian Board of Orthodontics is the IOS highest commitment to the standards of excellence in orthodontics. So that itself has been a motivation for me to be drawn to. I think every board aspirant wants to be a better clinician after the process. And our aim is to encourage more and more orthodontists to take up this certification.



**Dr. Swati:** Sir if a patient disagrees to a particular treatment plan, how will you convince the patient?

**Dr. Raja Ganesh:** So in this regards I would think that there would be two reasons. One is that the patient has its own apprehension about the treatment. See for example, in extraction or other surgical procedures related to impacted teeth, in such cases I try and explain in a very logical manner about the reasoning behind the procedure, help them come out of the fear and anxiety and in most of the cases if it is a reasonable patient, then they would agree to it. On the other hand, there are second group of patients who are adamant about how they want the treatment to be done. In those cases, I think as a qualified doctor, I would like to convey that this is the only way possible. If he chooses to get the treatment by me, then probably has to go through this modality. Well hopefully the second situation have been less as far as my clinical practice is concerned. Majority of the patients do come out and agree to most of the things that I have to say.

**Dr. Swati:** So sir what is your range of clinical experiences in the management of impacted canines?

**Dr. Raja Ganesh:** Impacted canines are a tough subset of situations that taxes every clinician. Over my 20 years of practice I think I have seen enough cases that I am going to show in the presentation. And most of them being maxillary canines. Every time when I get a new case it becomes a learning curve for me because I learn from my past experiences and try to incorporate it in my new cases. Impacted teeth has been a very interesting subject.

**Dr. Swati:** Sir you have been meticulous about everything, the Mr. Perfect kind of personality- Do you have any weaknesses in you as a clinician? What is your learning curve?

**Dr. Raja Ganesh:** That is what it seems to the world about me. But for me I think every day is a learning curve. Although when you go into practice the more you realize how less we actually know. So in that regards I would say every opportunity is for me to learn, be it a conference or presenting a paper, expo, etc. It later becomes an opportunity to learn. And what I feel is with every case you change and you become better. This is because our science is rapidly evolving both in terms of knowledge, technology and though paradimes.

Therefore, I don't consider it more as a weakness or challenge. There are a lot of areas where I think I can be better. And I am working on it. I only look at it as a positive manner that it is an opportunity for me to learn into.



# MADRAS ORTHODONTIC STUDY GROUP

“The Clinical Enrich” - Speaker Dr. Ramesh Sabhlok,  
Reported by Dr Edington Arumugham, Convenor, MOSG



MOSG presents....

## CLINICAL ENRICH



**PROF.DR.RAMESH SABHLOK**

### Moderators



**Prof.Dr.Arif Yezdani**



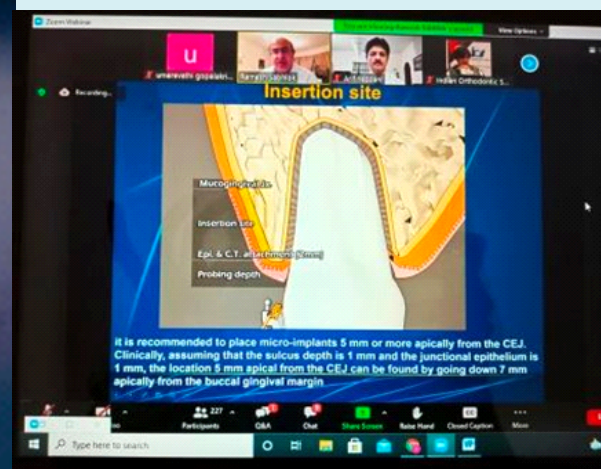
**Prof.Dr.Vimala**

Predictable Maxillary Molar Distalization with Micro  
Implant Anchorage in the correction of CLASS II  
Malocclusion.

**NOVEMBER,25,THURSDAY-8PM**  
**ONLINE ZOOM PLATFORM**

MOSG initiated an excellent continuous learning program in association with IOS “The Clinical Enrich”. The main motto being enriching the post graduates and practitioners with continuous update on clinical aspects of orthodontics along with recent advancement. Another speciality of the program is giving opportunities for young masters in the field in addition to the stalwarts. The very second edition happened successfully on 25th November, 2021.

Our speaker was Dr. Ramesh Sabhlok, an internationally renowned speaker. The topic covered was “predictable maxillary molar distalization with micro implant anchorage in the correction of class II malocclusion. The session was moderated by Prof Dr. Arif Yezdani and Prof Dr Vimala.

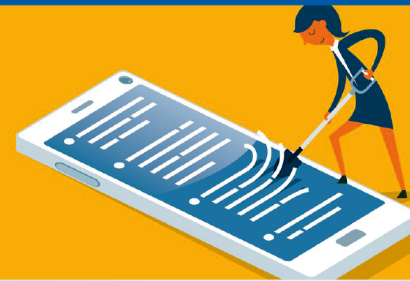




# ONLINE REPUTATION MANAGEMENT Tips for Orthodontists



**1 REVIEW & REMAIN CALM**  
You may feel angry  
but remain calm.



**2 REMOVE BAD CONTENT**  
Try to remove  
the link.

**2**



**3 USE SEO**  
Research effective key search terms  
& add them to your site.



**5 ADD IMAGES & VIDEOS**  
Generate & share images,  
presentations and brief videos.



**7 MONITOR YOUR REPUTATION**  
Frequently check your name/business  
to see if other problems have cropped up.



**4 GET WRITING**  
Create good informative content  
to suppress the negative.

**4**



**6 SHARE ON SOCIAL MEDIA**  
Spread the word on Facebook, Twitter,  
LinkedIn, Pinterest, Instagram, YouTube etc.

**6**



**REPEAT**  
Constantly and continually  
repeat these steps.

**8**



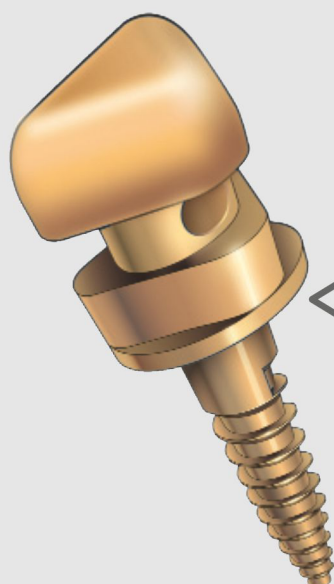
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**INDIAN  
ORTHODONTIC  
SOCIETY**



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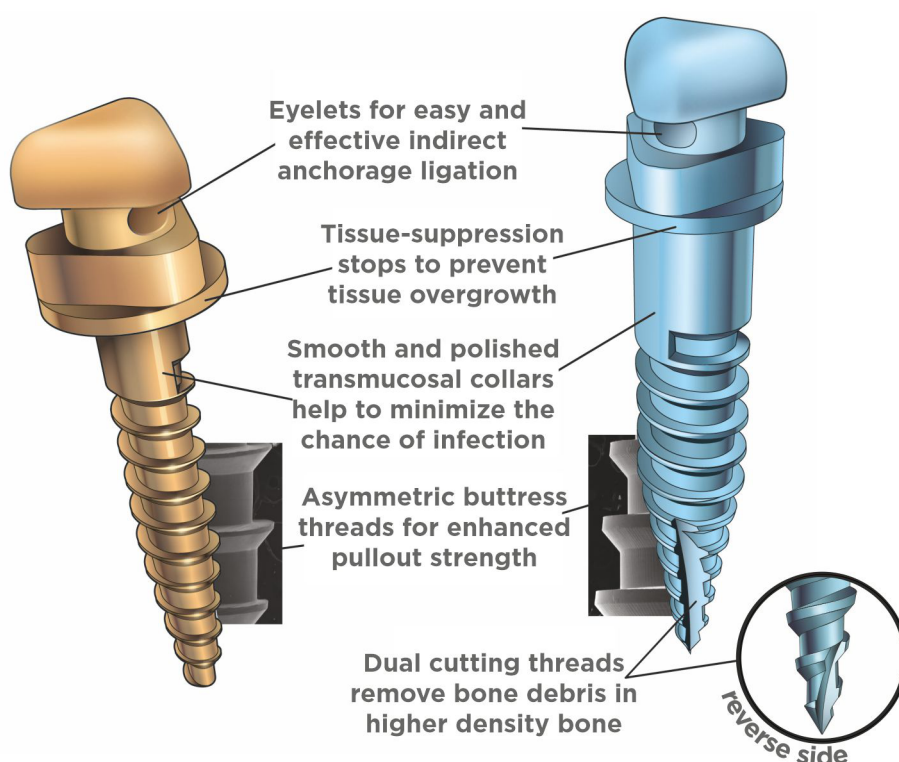
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**INDIAN ORTHODONTIC SOCIETY**

**Information  
For the General Public**



## **ORTHODONTIC ALIGNERS**

**Orthodontic Aligners are  
Computer Designed Specialised Appliances  
to be Engineered for Orthodontic Therapy  
by a Specialist Orthodontist**

**They are alternative correction appliances for  
Fixed Braces and aren't Replacements**

**Both are Different Technologies for  
Smile Corrections and bring about the same results**

**THE GENERAL PUBLIC IS WARNED ON THE POTENTIAL  
DANGERS AND INEFFICIENCY OF COMMERCIALY  
AVAILABLE - OVER THE COUNTER**

**"DIRECT TO CONSUMER- ALIGNERS"  
AS DEEMED BY INDIAN ORTHODONTIC SOCIETY.**

**VISIT A QUALIFIED ORTHODONTIST FOR  
TREATMENT WITH CLEAR ALIGNERS  
SAY NO TO # DIRECT TO CONSUMER ALIGNERS**

*A Public Awareness Message, Brought to you by  
IOSTimes, The Official Magazine of Indian Orthodontic Society*