



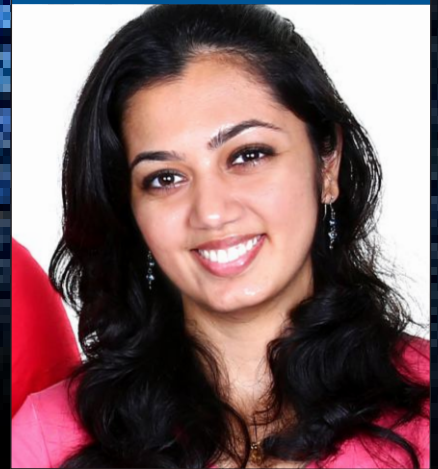
**Your Child's
First Orthodontic Check-up**
No Later than Age 7



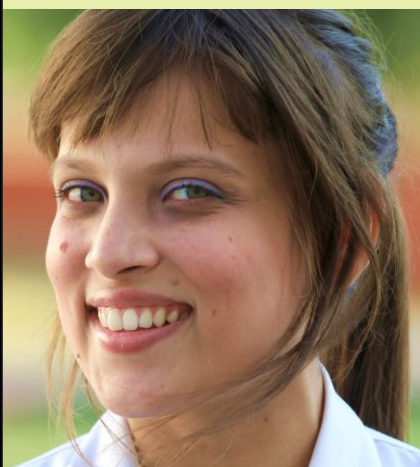
PATIENT EDUCATION BROCHURES



Retainers
to keep your Smile beautiful



**The Orthodontic
journey begins**



**All About
Orthodontics**
For healthy, beautiful smiles naturally.



**Adult
Orthodontics**
A healthy, beautiful smile at any age



**FOR THE MEMBERS OF IOS
BY THE MEMBERS OF IOS**

The Public Awareness Committee of the Indian Orthodontic Society, created Patient Education Brochures for use by its members. The brochures are available on the website www.iosweb.net after logging into the member's section via your log in id. The brochures are designed such, that the entire brochure may be downloaded by the member. Once downloaded, the member can insert his, or, his office's name, address and contact details on the front page and print it for use in his office. One request: Do not remove the IOS logo and the message on the last page.

Those who do not have their log in id, yet may please contact the IOS Secretariat on secretary@iosweb.net

Additionally, this month onwards, Patient Instructions will be made available for the members, in an illustrated format, as a page on IOS TIMES. Space will be provided upon the image, to add your, or your office name, with your contact details. You may print the same if you so desire, or, take screen shots and share it with your patients. Once again, request you to retain the header of IOS TIMES on the print out / screenshot.

Adult Orthodontics

A healthy, beautiful smile at any age



Dr. Biju Abraham

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Ghatkopar(W), Mumbai-400086.
Tel: +91 9821129228.
E-mail: iosimesnewsletter@gmail.com

Beyond Orthodontics

Dr. Matrishva B Vyas is a practising Orthodontist from Nagpur. His "transformation" as a photographer started as a compulsion for maintaining the clinical records. Soon he developed interest in the science and art of photography. Learning photography made him disciplined in his clinical approach towards orthodontic treatment. Being a citizen of Tiger capital of the world, turning to wildlife photography came naturally for him, with more than 600 tigris in the vicinity of 200 km.

He has authored a book titled, 'Clinical photography in Dentistry' published in 2008. Has conducted more than 150 workshops on Clinical photography and Wildlife photography across India and African continent till date. He is a mentor for Nikon School of Photography and also associated with Africa Geographic as a Photography guide for Wildlife Photographic Safaris in South-Africa. He is the recipient of PSI Gold in Nature section for the year 2016, & winner of Nikon's "I am Into the Wild" competition 2016. With special mention in Wild Maharashtra Competition held by Maharashtra Tourism Development Corporation, and many more state and national level recognitions plus regular publication of articles and photographs in various wildlife and nature magazines, recently his video of Elephants taking a mud-bath shot in Madikwe, South Africa won the Best Video Clip 2018 Audience Favourite Award conducted by Africa Geographic and Land Rover.

On Orthodontic front, he has been a recipient of Dr. P. P. Jacob Award for best scientific publication in Journal of Indian Orthodontic Society (2005); Best clinical innovation scientific presentation award in 44th Indian Orthodontic Conference, New Delhi, 2009.; Second Best Clinical Paper Presentation Award at 45th Indian Orthodontic Conference, Mangalore 2010.

"KEEP EXPLORING" is the word that drives him.....!!

Dr. Matrishva B Vyas
Orthodontist, Wild Life Photographer



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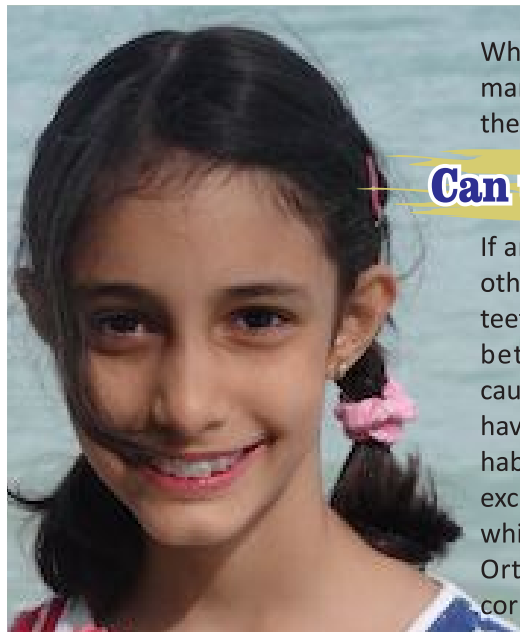
"Can your Braces Doctor give you the IOS Assurance ?!"



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.



What is speech ? Sound is created as air passing over the vocal cords is manipulated. Further manipulation by the tongue, cheek, teeth and lips makes the words we hear coming out of someone's mouth as speech.

Can teeth out of shape & line affect my speech??

If any of these elements are out of place, speech will be altered. While all the other elements are fairly constant, the one with the maximum variability is the teeth. A stream of air strikes the front teeth to make the "s" or "z" sound. Gaps between teeth or between the upper and lower front teeth, will cause "lisping" of speech as air escapes, through such gaps. Similarly, tongue will have less room to move with crowded teeth, causing "slurring" of words. Oral habits like thumb sucking, tongue thrusting, nail biting, teeth grinding and excessive bottle-feeding may lead to improper bite and thus speech problems which can make one conscious while talking to people. Orthodontic treatment, by correcting the teeth position helps speech correction in a big way.



Nikita thanks her Orthodontist for the lovely smile & balance profile !



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Smile!

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INVISIBLE BRACES!



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Official newsletter of Indian Orthodontic Society

FULL NAME : Anjana Dongre

BIRTHDAY IS ON : December 7

PLACE OF BIRTH : Mumbai

PROFESSION: Bharatnatyam Performer & Teacher Would not call myself a Dance Guru, as for me a Guru is very sacred title. Manage Nrityangan Academy of Fine Arts

YOUR INSPIRATION IN LIFE : Vyjayanthimala, My teacher, Uma Devi Dutt and my Guru, Shri Venu Gopal Pillai

HIGH POINT IN LIFE : Still pending

ONE WORD THAT DESCRIBES YOU BEST : Achiever

YOUR FAVOURITE:

City: Mumbai
Travel Destination: Kerala
Food : Kerala cuisine
Movie: Devdas(Shah Rukh Khan is my favourite)



Celebrating Life

ADVICE YOU WISHED HAD RECEIVED :

Wish someone had guided me to condition the body right from the early dancing days, to make it easier later in life.

ADVICE TO YOUNGSTERS :

Limit your interaction on social media. Connected too much to the world via social media can be counterproductive

CHOICE OF PROFESSION

Got into Dance by chance and then passion took over.

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

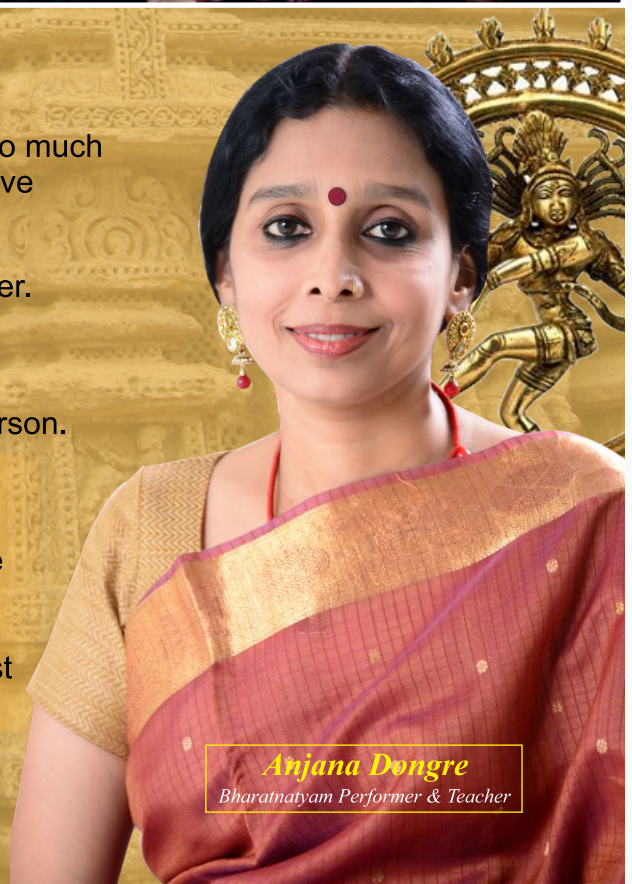
A good smile creates a pleasant aura around the person.

WHAT DO YOU KNOW ABOUT ORTHODONTIC TREATMENT ?

Had no idea about it till my daughters underwent the treatment. It has enhanced the entire face, for the both of them. I believe I too will need it, to reposition few of my teeth, to get dental implants put in the best possible manner.

SOCIAL MEDIA INTERACTIONS

@anjanadongre
#nafa



Anjana Dongre
Bharatnatyam Performer & Teacher

Official newsletter of Indian Orthodontic Society

JANUARY
2019

18, 19, 20
Indian Dental Conference
Indore

27, 28
Teachers' Training Program
Jaipur

FEBRUARY
2019

6, 7
Orthodontic
Premier League 3.0
Davangere

21, 22, 23, 24
National PG Convention
NOIDA

22
Constitutional Conclave
NOIDA

23
2nd EC Meeting
NOIDA



Calendar Events

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clean your gums, teeth and
braces, immediately after eating.





President's Message

Dear Members,
WISH YOU A VERY HAPPY AND PROSPEROUS NEW YEAR. IOS Times, the monthly newsletter of Indian Orthodontic Society is very well shared over social media, eagerly awaited by the general masses including an average orthodontist, sitting at home and is now versed with all the activities and hubs being organized by the society. The study groups have also become responsive and are contributing to the sections of this newsletter.

We need your support and further ideas to promote orthodontics in the form of advertisements, media and published materials, interactions with global partners and trade. The dynamic editor is doing a tremendous job. Various activities are lined up in this calendar year ranging from teachers training program, typodont courses, master classes, PG orientation programs besides MYC in Russia and PG convention in NOIDA. A Constitutional Conclave is especially planned so that members can submit their views and changes so that we can be taken up as amendments, thus aiming towards our goal "constitution for all". We have to unify various agendas for the society and work toward these goals through this one year with our dedication and participation.

These are interesting times as technology is advancing day by day and public awareness regarding orthodontics is also on upswing, we have to maintain this momentum and let florets of our society blossom into a beautiful composite flower.

Jai IOS Jai Hind

Dr. Pradeep Jain
President



From the Editor's Desk(top)

A new year begins. Just another day in the lives of many. All depends on the perspective. All depends on what you have been doing the last year and what you look forward to in the new year. Hope whatever you do this year, makes you a better orthodontist / educator / administrator at work and a better person, at work

and everywhere else. While the Indian Orthodontic Society may only occasionally assist by conducting sporadic programs to take care of the latter, it does have a wide variety of programs to improve upon your curricular skills.

While we must strive to improve upon our skills and make the most with what is available, we must strive to look upon our patients as individuals who seek solace under our care, and not look upon them as someone who walks in with mal-aligned teeth. Let us NOT limit ourselves, to culminate the orthodontic treatment at the 'end in mind' which we are taught to 'begin with', during our post graduation - the correct relationship of the teeth jaws & joints. Let us strive to have a happy satisfied patient with pleasant memories of a beautiful experience under your gentle care, when the teeth, jaws and joints come together in normal relationship.

Best wishes to all. May God bless you with happiness and contentment, this year and beyond.

Dr. Biju Abraham
Editor, IOS Times

IOS TIMES Committee Members

Dr. Silju Mathew, Dr. Kavitha Iyer, Dr. Gaurav Gupta



From the Secretariat

It has now been about a month since the 53rd IOC, Cochin and we look forward to a packed IOS calendar in the coming year.

As we get ready to attend the next major event, the 23rd IOS PG student convention in Noida, we realize that as many student members join our fold, there is always a little lag in the conversion of the student member to life member. In order to facilitate this, the requirements on the website have been simplified. Only a photocopy of the first page of the dissertation attested by the HOD and a brief synopsis in a structured format is required along with provisiona/MDS certificate and DCI registration.

We hope this will contribute to the membership drive. We are also in the process of updating the IOS directory and we request all members to update their complete address details with email id and phone nos to make the records complete.

This year, the public awareness committee is opening the Orthodontic Premier League(OPL) to numerous study groups and in a bid to improve public awareness, plan to involve teams from other fraternities as well. With many more programmes being planned by numerous study groups and institutions, the head office looks to streamline the process by creating an application form to make the process simple and complete. This would make it possible for the conference, convention and study groups liaison committee to expedite the process. The form can be downloaded from the website.

As Russia beckons us for our own MYC, the complete list of international orthodontic conferences have been put on the IOS website for the benefit of our members.

I wish you all a great IOS year!

Dr. Sridevi Padmanabhan
Honorary Secretary

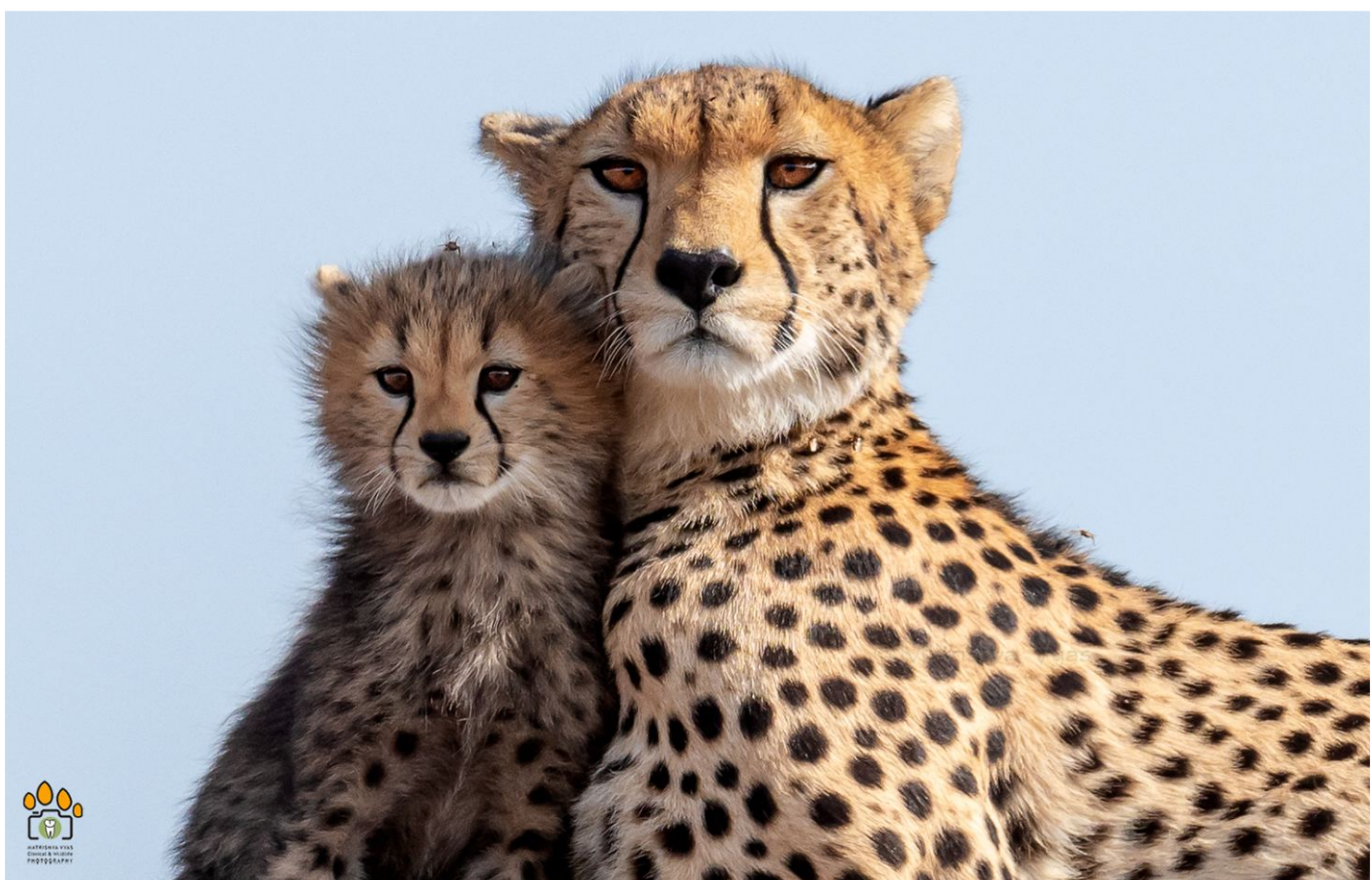


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Dr. Matrishva B Vyas Photography





Dr. Matrishva B Vyas Photography





Dr. Matrishva B Vyas Photography



ORTHODONTIST PREMIER LEAGUE

Season 3

6 & 7 February 2019

Davangere



Organizing Chairman
Dr. Santosh Ramegowda
+919845428008
santu819@gmail.com

Invitation

Bangalore Orthodontic Study Group and Indian Orthodontic Society are committed to organize the Orthodontist Premier League 2018. Previous seasons of OPL have been a grand success in bringing together the Orthodontic Fraternity to spread public awareness. We request all of you to participate in OPL 3 on 6th and 7th of February 2019 and make this event a grand success.

WITH CONSTANT SUPPORT FROM IOS OFFICE BEARERS



DR. TRADIP JAYAPAL
VICE PRESIDENT



DR. PRADEEP JAIN
PRESIDENT



DR. SRIDEVI PADMANABHAN
SECRETARY

The goal of Orthodontist Premier League as a Public Awareness Event has always been to break boundaries constraining dentistry and bring together professionals, teachers and student members of Indian Orthodontic Society.