

Official newsletter of Indian Orthodontic Society



Clinical and Biological Research in Orthodontics

AIIMS, New Delhi, April 22 - 24, 2018



National Training Program in Cleft and Cranio-Facial Orthodontics

Bhubaneswar
April 27 & 28, 2018



Clinical and Biological Research in Orthodontics, New Delhi

Centre for Dental Education and Research, All India Institute of Medical Sciences (AIIMS), New Delhi, in collaboration with Indian Orthodontic Society (IOS) under the leadership of Dr. O. P. Kharbanda organized the workshop on "Clinical and Biological Research in Orthodontics" from April 22-24, 2018 for Orthodontists in India for training in research methodology in the field of Orthodontics and Craniofacial Deformities. This was the first workshop of its kind in India. The workshop was inaugurated by Dr. Randeep Guleria, Director, AIIMS in the presence of Dr. Shailesh Deshmukh, President IOS; Dr. Y. K. Gupta, Dean (Academic), AIIMS, Dr. Chitra Sarkar, Dean (Research), AIIMS and other dignitaries. More than 50 faculty members and students from different parts of India including few from Bangladesh attended the workshop. Addressing the delegates, the director stressed the need of such gatherings to support the high quality research. Faculty from AIIMS New Delhi namely Dr. R. M. Pandey, Dr. Nalin Mehta, Dr. Kameshwar Prasad, Dr. S. N. Dwivedi, Dr. Ashok Jaryal, Dr. V. Sreenivas and Dr. Sumit Malhotra contributed as speakers. These experts in the field of research methodology trained the delegates how to transform your idea into a research question.

The participants were trained in conduction and interpretation of most powerful research designs such as randomized clinical trials. Participants were also trained in critical appraisal of systematic reviews and meta-analysis of to practice the evidence based orthodontics. Prof. Kevin O'Brien from University of Manchester via videoconferencing presented his talk on, "Can we practice evidence-based orthodontics: Dealing with uncertainty". The workshop had interactive session where the participants had the opportunity to clear their queries regarding conduction of clinical trials and ethical issues. The workshop concluded with vote of thanks by Organizing secretary Dr. Ritu Duggal. The participants were delighted and requested for such more workshops in future.

NTPC, a first of its kind, endorsed by Indian Orthodontic Society was conducted at the KIIT Convention Centre, Bhubaneswar under the leadership of the course director and course coordinator for this training program, Dr. Pritam Mohanty and Dr. Swati Acharya. There were 7 speakers for Module 1 and 40 participants registered for the same. Module 1 was exclusively on neonatal maxillary orthopaedics.

National Training Program in Cleft and Cranio-Facial Orthodontics Bhubaneswar

The program started with an inaugural ceremony with the Director KIDS, Dr. Ramesh, Principal KIDS, Dr. Dutta and Founder Dr. Amitabh Panda, Dr. Rabindra Shrestha, Dr. Tradib and Dr. Aravind. Day 1 was on series of lectures of Pre-surgical infant orthopedics followed by workshop by Dr. Shrestha from Nepal, Dr. Tradib, Dr. Aravind, Dr. Pritam and Dr. Swati. Day 2 was on research topics and NAM in compromised patients by Dr. Puneet Batra and Dr. Arun Mohanty. Exclusive afternoon session was on CAD-CAM NAM and video conferencing by Dr. Bruno from Brazil.

Special thanks to Dr. Shailesh Deshmukh, president IOS, Dr. Deepak, Secretary IOS, Dr. Balvinder, Vice President ios, Dr. Jayesh rahalkar, academic council chairman, IOS, Dr. Pradeep Jain, President elect and all ec members for their esteemed support. Thanks to Dr. Nivedita and Dr. Bhagabati for their contribution. Thanks to all speakers for their humble contribution and all participants for their enthusiastic interaction.

- As reported to the IOS TIMES by Dr Swati Acharya Patnaik.

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www.iosweb.net

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Rome was not built in a day! Even Taj Mahal took 20plus years to come into existence. All good things need time to take shape. And all good things stand the test of time. Likewise, for a healthy, beautiful smile in the hands of an orthodontist. Remember, the orthodontist is working on a very important part of the most complicated machine ever created - the human body, without damaging the integrity of any of the dental units (teeth & gums around the teeth). It is in your interest, that you let him/her take time to ensure each part of the machine, in that section, is in its right place. More complex the condition behind the curtain called lips - the longer it might take. The saying - *patience is a virtue* - was, perhaps, coined by an orthodontist !!

WHY DOES IT TAKE SO LONG WITH BRACES?

If the orthodontist tries to move teeth faster, in an attempt to finish faster, there can be negative consequences-loosening of the teeth or damage to its root/surrounding bone and gums. The time taken to complete an orthodontic treatment is also based on the attention to detail put in by the orthodontist. One should be cautious of those who advertise quick fix braces treatment. Quick fix, or, incomplete treatment may lead to the relapse of the treatment results, poor esthetics, improper bite, and subsequently leading to compromised function.



The magic of braces



"Hey handsome !" Yash realised only later, that the words of his Orthodontist at the start of his braces treatment, were actually prophetic.

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Dr Suyash Tanaji Shinde



FULL NAME Dr Suyash Tanaji Shinde
BIRTHDAY 7th sept
ZODIAC SIGN Taurus
PLACE OF BIRTH Wai, Maharashtra
HOME TOWN Satara
SCHOOLING AT Raigad Military School
COLLEGE M A Rangoonwala College
CURRENTLY Full time dental practice in Pune since 2008

YOUR INSPIRATION IN LIFE Quality films

HIGH POINT IN LIFE The high point was when I received the news that my short film 'Mayat' had bagged the national award

AWARDS / ACHIEVEMENTS

Best Short Fiction Film – Mayat - 65TH National Film Awards, 2018
 Short film 'Azan' Winner Sashaktikaran Film Festival, 2017
 Short film 'Shelfee' Winner Swachh Bharat Film Festival, New Delhi, 2016

DIRECTOR

Indian Orthodontic Society's 2nd Public Awareness Video

ADVICE TO YOUNGSTERS

Never think about monetary benefits in the initial phases of any venture. Think only about giving your best and you will see that you'll never have to worry about money ever again.

PROFESSION

Dentist and Filmmaker

WHAT IS THE BEST YOU LIKE ABOUT YOUR PROFESSION

Though vastly different, both the fields that I work in, have a common soul – art!

HOW WOULD YOU WANT THE WORLD TO REMEMBER YOU 100 yrs FROM NOW
 As a good filmmaker.

DIFFERENCE, BRACES MADE IN YOUR LIFE.
 Made my confidence stand out better!

YOUR TYPICAL DAY

There is nothing typical when you are on shoot. But when at dental office, it is as same as any general dental practitioner

ONE WORD THAT DESCRIBES YOU BEST
 Subtle ..

FITNESS REGIME

Don't stress yourself. Being happy is the best medicine



65TH NATIONAL FILM AWARDS



Celebrating Life

Official newsletter of Indian Orthodontic Society

The making of the IOS seal of Assurance

The IOS EC 2017 -18 has unanimously decided to provide the IOS membership with the IOS Seal of Assurance (ISA) in its physical form to all its members, with a hologram of IOS on it. The hologram will have the IOS member's membership number on it. The ISA will be in the form of a circular sticker 4 and 1/2 inch in diameter, which the members can proudly display in their offices.

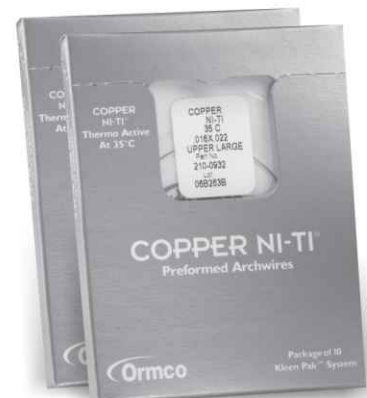
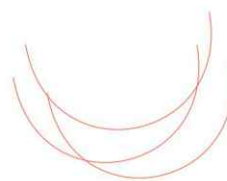
The ISA will be sent along with the upcoming issue of JIOS. Members are requested to update their addresses in the digital directory on our website www.iosweb.net, by or before June 17, 2018. Log into your account thru the Member Log in --> Update records.



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The Return Gift



The Return Gift, more often than not, is the most discussed item at the end of any party. Being an active supporter in the campaign - "Sparrows back to the City", an idea, in practise, for sometime now, has mutually benefitted, not just the little avian beauties, but the practice, too.

At the end of the bonding appointment, the staff hands over a complimentary Bird Feeder as a 'return gift'. A Bird Feeder, when put up outside the window starts attracting the common house Sparrows and, later, other birds, such as, Parrots and Sun Birds. Occasionally, Squirrels too, snack on the feeder.



The patients are encouraged to send photos of the birds visiting them. This activity encourages a great bonding of the patients and their families with the clinic staff and the doctors. Subsequent visits have a great animated discussion of the sudden appearance of the birds on their window and the children "showing off" videos of the birds visiting their apartments to their friends and visitors.

In the long run, the Orthodontic practice is projected, not just for straightening teeth, but as a centre to sensitise its visitors to the gradually depleting natural surroundings and how they could do something creative with their simple actions and enjoy the outcome. The cost incurred in gifting the Bird Feeders is insignificant compared to the benefits one gets in terms of the practice image and the affection of our little feathery friends.



Pic courtesy: amazon.in

IOS

INTERNATIONAL INTERDISCIPLINARY SYMPOSIUM, 2018

MULTIPLE DISCIPLINES, ONE GOAL

Creating the platform for interdisciplinary interaction, collaboration & innovation that our future deserves.



DR DANIELE CARADOPOLLI
Enhancing results in the treatment of periodontal defects. The Ortho-Perio connection



DR ASHOK KARAD
Precision orthodontics: customizing pre-restorative orthodontic protocols for functional excellence



DR JUAN FERNANDO ANSTEBAL
Digital World & Contemporary Interdisciplinary Relations



DR RATNADEEP PATEL
Benefiting from team repositioning for restorative goals: Esthetics and Function



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



DR RAVJ ANTHONY
Orthodontic intervention 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

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Madhya Pradesh Orthodontic Study Group Activity

Madhya Pradesh Orthodontic Study Group and Invisalign organised a one day CDE on 'Introduction to Invisalign' for IOS Members at Hotel Best Western Plus, Indore on 6th April 2018. The mentor for the event was renowned Orthodontist and a senior Invisalign Provider from Belgium Prof. Maria Orellana Valvekens. She described the technique of Clear Aligners in general and specifically Invisalign, its evolution, indications and various clinical scenarios including periodontally compromised and teen patients where it can be used now. A wide variety of pre and post treatment pictures of cases were discussed along with comparisons with Clincheck predictions. Around 35 Orthodontists from Indore and Bhopal attended the event.

Tamil Nadu Southwest Orthodontic Study Group activity



Southwest Tamilnadu Orthodontic Study Group, in association with Vivekananda Dental College for women, organised one day workshop on Self Ligation. Dr.Vadivel Kumar, Director of Indian Board of Orthodontics, conducted the workshop with lecture & live demonstration. More than 45 registered participants form Tamilnadu & Pondicherry attend the workshop. The program was inaugurated by Dr.S.Gokulanathan, Dean of Vivekananda Dental College and N.Dr.Balan, Principal of Vivekananda Dental College. Convenor of TNSWOSG Dr.Sabarinathan & Organising secretary of the workshop Dr. Nagalakshmi informed that the event was well received by the participants.





President's Message

Dr. Shailesh Deshmukh, President

The month of April was very exciting. IOS EC took a unique and highly significant decision of sending out IOS seal of Assurance stickers to all its Life members. These stickers will help identify Qualified Orthodontists to the general population, better. The Orthodontist can display these stickers in their offices and can be used for public awareness. I feel this is a significant and landmark public awareness initiative.

April also saw two fantastic IOS endorsed programs. The first was a one of a kind Clinical and Biological Research Symposium held at AIIMS, New Delhi. It was extremely well conceptualised and all the speakers were excellent. Prof. O.P.Kharbanda Chief of CDRE AIIMS and his team including Prof. Ritu Duggal really put up a detailed program. The highlight of the program was the participation of a many clinicians, which has never been seen before, in a Research based Program. It is heartening to see that more and more clinicians are getting interested in contributing to the backbone of evidence based dentistry-research, making us better Orthodontists.

Another unique initiative taken up by the IOS Academic Council was the Cleft Training Program. This program will have 3 modules. The first module was held at Bhubaneshwar. It is the brainchild of our youngest EC member Dr. Swati Acharya and the course director Dr. Pritam Mohanty. Dr. Puneet Batra, the Co Chairman of the Academic Council was present to guide the Organising team from Bhubaneshwar. This program too was a huge success.

I am happy that IOS is having so many activities for the benefit of its members and our members are enthusiastically participating in these programs. We seem to be on a bright and right path. Jai Hind. Jai IOS.



From the Secretariat

Dr. Deepak Chandra, Honorary Secretary

Dear Members,

The last month saw two good programs of the IOS, the research conference in AIIMS and the National Cleft workshop in Bhuvneshwar. The Organisers for the two programs Dr OP Kharbanda (AIIMS), Dr Pritam and Dr Swati (Bhuvneshwar) left no stone unturned to see the success of the programs .

The IOS was represented in the AAO by many of our members with our President leading the way. We are proud that Dr Wasundara Bhad 's team from GDC Nagpur won the Dewel award for best article in AJODO.

In the coming week we will be celebrating the World Orthodontic Health Day. Do keep up all the Public awareness programs and let the IOS Head office know the programs conducted . Remember there are prizes for the most innovative Programs .

Regards

From the Editor's Desk(top)

Dr. Biju Abraham, Editor, IOS Times



Dear members,

Ever since Indian Orthodontic Society made its presence felt on social media (Facebook), one thing which is highlighted, more often not, in the conversations among the members in the group, is the nuisance of the self proclaimed Orthodontists. The over-the-weekend orthodontic geniuses.

One part of the solution, to this nuisance, is making the potential patient aware of the differences between the real and fake orthodontist. The Public awareness initiatives of IOS have been working over the last few years in this direction. The IOS Seal of Assurance is another such step, as it assures the person undergoing treatment that the doctor treating him/her is a qualified Orthodontist. And that assurance is endorsed by the national association of Orthodontists - Indian Orthodontic Society which will never admit anyone as its member if he/she is not a qualified orthodontist. The Seal of Assurance in the form of a sticker, will reach the members, with the July issue of JIOS. Ensure that you have updated your addresses and contact details on iosweb.net to ensure receipt of not just the IOS Seal of Assurance stickers, but the Journal of Indian Orthodontic Society, too. Display the Seal prominently in your offices (you will get at least three). Put it to good use.

Best wishes.

Acknowledgements



IOS TIMES thanks

Dr Sachin Lad

for contributing the patient pictures on pages 3 & 4



IOS TIMES thanks

Dr Chintamani Kale

for his contribution to the Practicing Orthodontics section



IOS TIMES thanks

Dr Digvijay Patil

for facilitating the interview with **Dr Suyash Shinde**

THE EC IS COMMITTED

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

IOS TIMES Committee Members

Dr. Pradeep Jain, Dr. Salil Nene

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The world unites when people smile



WORLD ORTHODONTIC HEALTH DAY

A time for *celebration*

A time for *awareness*

A time to be *innovative*

Time for a contest

On the occasion of the World Orthodontic Health Day, Members of Indian Orthodontic Society, IOS Study Groups, Orthodontic Departments of various colleges are invited to chalk out their public awareness initiatives directed towards talking about **THE HEALTH BENEFITS OF ORTHODONTIC TREATMENT**

It can be in the form of

- Digital ads • Short videos • Video testimonials from treated patients • Audio ads
- Planned campaign on Social media • Any other innovative public awareness initiative
 - Orthodontic health awareness camps can be organised
 - Street plays enacted emphasizing the orthodontic health benefits
- Art / Smile competition focusing on the orthodontic health benefits can be organised.

The contest prizes will be in four categories

- 1 Student Life member IOS
- 2 Life member IOS
- 3 IOS Study Group
- 4 Orthodontic Department

Two prizes will be awarded in each category (Winners & prizes decided by the IOS Executive Committee) The winners will be presented the awards during the inauguration of the National Conference at Kochi, in December.

The members / SGs / Colleges should send the proof of the initiative and impact by way of pictures/videos and brief report to the Hon Secretary latest by 20th May 2018.

All entries will be featured on the Social media page/s of the IOS TIMES - the official newsletter of Indian Orthodontic Society



For more info on World Orthodontic Health Day & other posters
www.wfo.org/about-wfo/world-orthodontic-health-day/