

An Official Publication of  
Pakistan Dental Association Karachi

Published by  
Global Publications Pakistan

# DENTAL



# HEALTH

MONTHLY

## FDI's Vision 2030 Report Aims to Improve Oral Health over Next Decade



Dr Gerhard K. Seeberger  
FDI President

\* Oral conditions such as tooth decay, gum disease, tooth loss and oral cancer are the most widespread noncommunicable diseases worldwide - impacting 3.5 billion people - and have severe and significant health, societal, and economic impacts.

\* Oral health professionals

must be actively included in all efforts to improve health for all, so that population-level prevention efforts are effective and those in need receive quality care. Coinciding with the 148th session of the World Health Organization Executive Board, where an oral health resolution is on the agenda for adoption by governments, FDI releases Vision 2030: Delivering Optimal Oral Health for All, a timely report that offers a comprehensive, interdisciplinary roadmap on how to impact health policies and tackle challenges to improve

Continued on page 18

## WHO Forum Discusses Vaccine Safety, Efficacy



### World Health Organization

More than 2,800 scientists from 130 countries gathered in a virtual forum hosted by WHO to identify knowledge gaps and set research priorities for vaccines against SARS-CoV-2, the virus that causes COVID-19.

They discussed the safety and efficacy of existing vaccines and new candidates, ways to optimize limited supply, and the

need for additional safety studies.

Experts agreed the need for critical research on administering vaccines in different target populations, as well as on vaccination delivery strategies and schedules. This includes trials, modelling and observational studies, all of which would help to inform policy.

## 5 Lac Covid 19 Vaccine come from China as Aid .

Govt official say that first stock of Covid 19 Vaccine come from china as aid to Pakistan. First use for Doctors, health workers and nursing staff.



### PAKISTAN MEDICAL COMMISSION

(Successor of Pakistan Medical and Dental Council)

KEY STATISTICS

last updated : 16th November, 2020

Foreigner Aik Punjab Balochistan KPK Sindh



274,454  
Total Doctors

27,721  
MD Doctors

246,733  
MBBS Doctors

140,853  
Dentists

153,861  
Nurses

## 1st YOUNGEST Oral & Maxillofacial Surgeon from

Chitral - Dr Iqra Raza

DH - News - Chitral

The Dr. Iqra Raza is the 1st Yungest Oral & Maxillofacial Surgeon from Chitral Pakistan. She done the Oral & Maxillofacial Degree at Hayatabad Medical Complex Peshawar and completed her specialization in Oral & Mixillofacial Surgeon. Currently working as a consultant in Noor Dental Clinic.

On the behalf of Dental Health Newspaper We Congratulate Dr. Iqra Raza for their achievement and wish her best of luck in future.

### BCS IMMEDIATE LOADING DENTAL IMPLANTS

IHDE DENTAL  
the implant company

Address: Dorfplatz 118737 Gommiswald Switzerland  
Tel:+41 (0)55 293 23 23 Fax:+41 (0)55 293 23 00



### 3D DENTAL LABORATORY

CAD / CAM



We are Professional Making of Zirconia Crown

Plaza # 42, Wisteria Road Sector A Commercial Area, Adjacent Gate III  
DHA Phase II, Islamabad.

0317-8885198

dddentallab64@gmail.com

facebook.com/ 03178885198

facebook.com/ 0318-5976667

SALE 30% OFF

ONLY ON  
Zirconia  
Crown



### KHAN DENTAL LABORATORY

This Is Not The Right Time To  
Show Your Beautiful Smile  
**WEAR A MASK.**  
STAY PROTECTED

CORONA VIRUS  
2019-nCoV

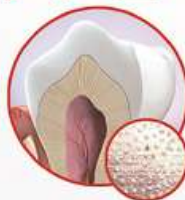
Email: Khanlab@hotmail.com  
Tel: 92-21-34834851/34834852  
Cell: 0313-5426522

A-494, Near Sir Syed University Road, Block 5, Gulshan-e-Iqbal, Karachi

Colgate®

Colgate® SENSITIVE  
PRO-Relief™**REPAIR**  
THE CAUSE**PREVENT**  
PAIN RETURNINGTHERE'S A BETTER WAY TO TREAT  
**SENSITIVE TEETH.**‡**REPAIR**

Forms a calcium-rich layer and helps repair† sensitive areas of teeth for instant and superior relief‡, 1-3

**PREVENT**

Regular use helps strengthen gums and provides lasting protection to prevent further tooth sensitivity

TREATING SENSITIVE TEETH:  
A SIDE BY SIDE COMPARISON

COLGATE® SENSITIVE PRO-RELIEF™ TOOTHPASTE

ORDINARY SENSITIVITY TOOTHPASTES

TECHNOLOGY PLATFORM	PRO-ARGIN™	POTASSIUM NITRATE
Helps repair sensitive areas of teeth' arginine and calcium formulation	✓	
Clinically proven instant and superior sensitivity relief‡, 2-5	✓	
Acid-resistant occluding layer*	✓	
Relieves the pain of sensitive teeth†	✓	
Inhibits Plaque and Calculus Buildup	✓	
		✓



\* With increased use. Always use as directed.  
 † As compared to 100% water. For more information, visit us online at [www.colgate.com](http://www.colgate.com) or call 1-800-421-4628.  
 ‡ As compared to 100% water. For more information, visit us online at [www.colgate.com](http://www.colgate.com) or call 1-800-421-4628.  
 Reference: 1. Liu et al. J Clin Dent. 2015; 20(1): 20-25. 2. Liu et al. J Clin Dent. 2015; 20(1): 20-25. 3. Liu et al. J Clin Dent. 2015; 20(1): 20-25. 4. Liu et al. J Clin Dent. 2015; 20(1): 20-25. 5. Liu et al. J Clin Dent. 2015; 20(1): 20-25.

new


**SENSODYNE**

gsk

# REPAIR & PROTECT

# ACTUALLY HELPS REPAIR SENSITIVE TEETH\*

Cause of  
sensitivity painTiny holes  
in dentineA hard  
layerRepairs  
these holesHelps protect  
from pain

## No.1 DENTIST RECOMMENDED BRAND FOR SENSITIVE TEETH

\*Forms a protective layer over the sensitive areas of the teeth. Brush twice a day for lasting sensitivity protection.

## BMU PCSIR Sign ToR for RD Programs



Office of Research, Innovation, and Commercialization (ORIC) of Baqai Medical University has signed a Terms of Reference (ToR) with the Pakistan Council of Scientific & Industrial Research (PCSIR) Laboratories Complex, Karachi on December 31, 2020, for a period of three years to conduct collaborative R & D programs. The ToR was signed by Prof. Dr. S. Fazel Hussain T.I., (Director ORIC, BMU) and Dr. Shahnaz Perveen T.I. (DG, PCSIR Labs Complex, Karachi) in the presence of Prof. Dr. Mrs. Zahida Baqai (Chancellor, Baqai Medical University) and Dr. Shoaib

Baqai, Managing Trustee, Baqai Foundation & Director, Planning & Development, BMU.

Others present on the occasion were Prof. Dr. Sofia Ahmed (Dean, Faculty of Pharmaceutical Sciences, BMU), Mr. Israr Ahmed Khan (Registrar, BMU), Col. Dr. Shahida Nagi (Director, QEC, BMU), Mr. Aalijah Yousof (Director, Admin, BMU), Prof. Dr. M. Ali Sheraz (Director, Baqai Institute of Pharmaceutical Sciences), Dr. Atiq ur Rahman (Director, Planning & Development, PCSIR, Karachi), Dr. Nighat

Sultana (Chief Scientific Officer, PCSIR, Karachi), Dr. Rashid Ali Khan (Principal Scientific Officer, PCSIR, Karachi), Mr. Mehtab Ahmed (Technical Officer, Marketing, PCSIR, Karachi) and Dr. Farman Ahmed (Senior Scientist, PCSIR, Karachi). The collaboration will support the research activities of both organizations and hopefully would result in outcomes that would enhance the quality of the research in Sindh province. Baqai also congratulated Professor Dr. Rozina on appointment as Principal/Dean of Dentistry Islamabad.

## LCMD Holds Medical and Dental Photography Competition

Despite the challenges being posed by the novel coronavirus (Covid-19), academic activities must continue. In light of this, a Medical and Dental Photography/ Imagery Competition was held by Liaquat College of Medicine and Dentistry for its students and house officers. With the title "Human Anatomy", original (self-taken) unpublished pictures and images were to be uploaded on the institute's Instagram, Facebook, and Twitter pages by the deadline using the hashtag #LCMDCompetition2020 and tag @lcmdpakistan.

The competition was held under the supervision of Prof. Dr. Navid Rashid Qureshi, Professor Oral Pathology Dr. Uzma Zareef and managed by Mr. Faraz, in-charge Marketing & Development. The judges included Prof. Dr. Pervaiz Sandila, Prof. Dr. Irfan Ashraf, Prof. Dr. Zareen Fasih, Asso. Prof. Dr. Naheed Najmi, and



Asst. Prof. Dr. Yabinda Sehrish. All entries were judged by nominated faculty members. Aresha Ayaz won the 1st prize, Mariam Zakaria came in 2nd, while the 3rd prize was shared by Usama Khan, Syeda Aiman Naqvi, and Wajeeha Fayyaz. Students got an opportunity to enhance

their learning skills and course exposure.

This not only enhanced students in their area of learning but also helped them improve their computer, photography, graphics and presentation skills, as this whole competition was online.

## Sir Syed Confers CDE Award



Principal (Dental) Prof. Dr. HR Sukhia conferred the annual CDE award to Dr. Zain Rauf in recognition of his contributions towards promoting continuing dental education programs in Sir Syed

College of Medical Sciences. Dr. Zain is a graduate of Fatima Jinnah Dental College and later did his postgraduation from Griffith University Brisbane with a double master in public health and advanced health services management. Dr. Zain has been handling CDE courses for two years and has conducted lectures and workshops on restorative, preventive and research methodology. Speaking on the occasion, Dr. Zain Rauf highlighted the importance of CDE and its impact on faculty and students. He stressed that

awareness should be created amongst the fresh upcoming dental graduates and to keep up-to-date regarding the latest innovations in dentistry. The Principal and President of the Sir Syed Continuing Education Society, Prof. Dr. HR Sukhia, said that the

programs greatly enhanced the knowledge of the doctors and students. Most of the young doctors are contented with text book knowledge due to lack of latest journals and international publications, he added.

The Sir Syed Administration also facilitated Dr. Zain and Prof. HR Sukhia is promoting oral health awareness through CDE programs.

## Cheezal Dental Clinic Celebrates Anniversary Competition



Indeed a long successful journey and a proud moment for the team of Cheezal Dental Clinic on completing 38 years of excellence in the field of dentistry. Dr. Bashir Ahmed Dahraj established Cheezal Dental Clinic in a single room in 1983 and currently Cheezal Dental Clinic has the branches in the heart of Karachi. Cheezal Dental Clinic has honour of

being on the panel of prestigious government organizations of the country. Cheezal Dental Clinic has a team of specialists dealing with all kinds of dental problems.

This year, Cheezal Dental Clinic celebrated the 38th anniversary at Gulshan-e-Iqbal clinic with the staff. Dr. Bashir Ahmed Dahraj was the guest of honour.



## Congratulations

Professor Dr. Rozina on appointment as Principal/Dean Foundation University College of Dentistry Islamabad. Alhamdulillah....May Allah SWT be with you to fulfill this responsibility with dignity and honour. Ameen



**Founder:**  
Dr. M. Feroz Jahngir  
**Patron-In-Chief:**  
Prof. Dr. Navid Rashid  
**Chief Editor:**

**Parekh**  
Amber Marjani  
Head of Marketing  
Salman Maniar  
Patron:  
Sooraj  
Head of Graphic Dept.  
Dr. Naheed Najmi  
Dr. Ghulam Mustafa  
Bhitai Dental & Medical College,  
Mirpurkhas, Sindh  
Inst. Heads - Sindh

Karachi  
Dr. Ali Farhan (Advisor)  
Dr. Muhammad Altamash  
Altamash Institute of Dental Medicine  
Kashif Ikram  
Baqai Dental College

Dr. Nasreen Amanat  
Bahria University Medical & Dental College

Dr. Umer Farooq  
Dr. Ishrat-ul-ibad  
Khan Institute of Oral Health Sciences

Dr. Tasleem Haseen  
Fatima Jinnah Dental College

Dr. Mervyn Hosen  
Hansard College of Medicine & Dentistry

Dr. Mohsin Girach  
Jinnah Medical & Dental College

Dr. Mahmood Haider  
Karachi Medical & Dental College

Prof. Dr. Navid Rashid  
Liaquat College of Medicine & Dentistry

Prof. Dr. Sukhia  
Sir Syed Dental College

Dr. Fuzain Tanveer

Ziauddin College of Dentistry

Hyderabad / Jamshoro

Dr. Abdul Qadir Khoro

Isra Dental College

Prof. Dr. Rafiq Memon Isra

Liaquat University of Medical &

Health Sciences

Inst. Heads-Punjab Lahore

Dr. Waheed-ul-hameed

de'montmorency College of Dentistry

Dr. Yaqoob Baig Mirza

FMH College of Dentistry

Dr. Rafiq Chatha

Lahore Medical & Dental College

Dr. Tariq Zaman

Faculty of Dentistry, University of Lahore

Dr. Arham Chohan

CMH Institute of Dentistry

Dr. Mohd. Yousuf

Sharif Medical & Dental College Multan

Dr. Pervaz Iqbal

Nistar Institute of Dentistry,

Nistar Medical University

Dr. Muhammad Zulfikar

Multan Medical & Dental College

Prof. Dr. Abid Ashar

Faisalabad

Dr. Muhammad Amin

Uni. Medical & Dental College,

The University of Faisalabad

Inst. Heads-Federal

Dr. Khuram Saleem

Islamabad Medical & Dental College

Dr. Younas Jodoon

Margalla College of Dentistry

Dr. Brig Abdul Basit

Islamic International Dental College

Dr. Brig. M. Ahmad Manzoor

Armed Forces Institute of Dentistry

Institutional Heads-KPK

Peshawar

Dr. Shamim Akhtar

Khyber College of Dentistry

Dr. Shaheed Iqbal

Sardar Begum Dental College

Dr. Talat Firdous

Peshawar Medical College &

Peshawar Dental College Abbottabad

Dr. Abdul Wahid

Department of Dentistry,

Atab Medical College

Dr. Col. Dr. Shaheena Dil

Department of Dentistry,

Frontier Medical College

Inst. Heads-Balochistan Quetta

Prof. Dr. Zia Ul Haq

Dental Department,

Bolton Medical College

Prof. Dr. Iqbal Lehri

Mr. Sharafat Ali

Representative

Islamabad / Rawalpindi

Cell: 0300-5060428

**Correspondence Address:**

**Global Publications Pakistan**

D-39, Block 07, Clifton,

Karachi-Pakistan

Ph: (92-21) 35374645, 35370891

Cell No. 0321-2887822

E-mail: worldmedicalnews@yahoo.com

& dentalhealthpakistan@gmail.com

www.worldmedicalnewspaper.com

www.dentalhealthnp.com



# BLEEDING GUMS WHEN YOU BRUSH?

## THE CLOCK IS TICKING ON GUM DISEASE



### NEW WITH HERBAL EXTRACTS FOR A CLEAN & FRESH SENSATION

## 4x MORE EFFECTIVE VS REGULAR TOOTHPASTE\*

AT REMOVING THE MAIN CAUSE OF BLEEDING GUMS

Ask your dentist about gum problems

\*after a professional clean and twice daily brushing

## Toothpaste Donation



The Oral Health Foundation and the British Society of Dental Hygiene and Therapy have teamed up with GSK to provide over 100,000 tubes of Sensodyne toothpaste to the vulnerable and those in need in Greater Manchester.

## LCMD Organizes Workshop Series on 'Formatting BCQs'



Continuous professional development, training, and grooming of the faculty members aimed at imparting quality education to student remains one of the main focuses of Liaquat College of Medicine and Dentistry. In line with this aim, the Department of Health Professional Education (DHPE) at Liaquat College of Medicine and Dentistry organized a series of workshops entitled, "Formatting BCQs" for faculty members of both the disciplines

(Medicine and Dentistry) at the institution. The workshops were conducted by the Director of Professional Development Center (PDC), Liaquat College of Medicine and Dentistry, Prof. Dr. Irfan Ashraf. He is a seasoned academician, clinician and instructor with vast experience in professional training and development. The objectives of the workshops were to introduce the faculty with the newly developed Q-

Bank software and to standardize the format of BCQs that are submitted to the Q-Bank. He also emphasized that the purpose of a BCQ is to check the knowledge of students and not to confuse them into making mistakes. The workshops were attended by all concerned faculty members. The participants appreciated the efforts of the college in conducting workshops focused at professional development.

## AMDC Holds Oral Health Check-up Camp



Markaz-e-Umeed, school for special needs children, in collaboration with Ameen Medical & Dental Center recently organized an oral health check-up camp and oral health awareness program. This camp was conducted for students of the school and their parents. The camp included dental awareness talk, screenings, referrals & educating students about proper brushing technique.

The students and their parents were made aware about the eating patterns and how they can prevent oral health problems. A team of senior specialists, dental surgeons and paramedical staff namely; Dr. Mehak Ayesha, Dr. Fatima Maaz, Dr. Bisma Anwar and Farah Naaz under the guidance of Dr. Nabeel Nacem Baig, Medical Director AMDC, carried out a comprehensive dental check-up of students and their parents.

AMDC staff set up a table with toothpastes, mouthwash & tooth models for children to practice their brushing techniques. A total of 96 patients were examined. Dr. Nabeel said that such dental awareness programs would be held in future. The response by the students was positive and the camp was deemed successful. Strict SOPs were followed throughout the entire event.



### CME ADVERTISING



Our Ads and Aid influence attitude

Correspondence Address  
D-39, Block 07, Clifton, Karachi-Pakistan  
Phone No. (92-21) 35374545, 35370891 - Cell No. 0321-2667822  
Email : mcmadvertising@gmail.com & mcmcreative1@gmail.com  
Web : www.mcmadvertising.net.pk

### T.V. ADVERTISING



Our Ads and Aid influence attitude

Correspondence Address  
D-39, Block 07, Clifton, Karachi-Pakistan  
Phone No. (92-21) 35374545, 35370891 - Cell No. 0321-2667822  
Email : mcmadvertising@gmail.com & mcmcreative1@gmail.com  
Web : www.mcmadvertising.net.pk



### Dr. Kelash Kumar

FCPS (Operative Dentistry), BDS  
Assistant Professor  
Operative Dentistry  
Baqai Dental College, Karachi

I am currently working as Assistant Professor of Operative Dentistry at Baqai dental college, Karachi. I passed BDS in 2012 from Liaquat University of Medical and Health Sciences Jamshoro. After completing house job in 2013, I passed my FCPS-I immediately after house job and started my Training in Operative Dentistry under supervision of Dr. Feroze Ali Kalhoro, at Institute of Dentistry, LUMHS from 2014 to 2017. I passed FCPS in Operative Dentistry on 7th November 2018 and I was the first trainee of my supervisor who cleared FCSP from LUMHS in Operative Dentistry. I joined as Assistant Professor at Baqai Dental College exactly after one week of passing the examination. Since, then I am working there. I have been called as External Examiner for undergraduates at LUMHS and JMDC. I have 13 National and International research publications. I have started my private Practice named as "Your Family dentist Dr. K.K" in Clifton Block 8, Karachi in November 2019. Where I work as an Endodontist, Cosmetic and Restorative Dentist, Pedodontist and Implantologist. I have been called as a Speaker and Facilitator of various Restorative and Endodontics workshops at different academies like National institute of dental sciences (NIDS), Irfan institute of clinical orthodontics IIOCO at Karachi (IIOCO) at Karachi and Hyderabad institute of continuing dental education (HICDE) and Nacem and Almas dental clinic and school at Hyderabad.

## Restorative Dentistry Session

ACHER conducted its first session of 12th course in Restorative Dentistry/Endodontics. The session comprised of anterior composite restorations, layering technique and the use of different instruments for contouring and finishing of composite restorations.



## Babars Dental Practice

### Dr. Bilal Zaman Babar

BDS, Msc (London)  
Fellowship in Laser Dentistry (Germany)  
Certified Implantologist (Pakistan)  
Associate Professor and Head of  
Department Women Medical and Dental College Abbottabad  
Lady Dr. Rayma Bilal  
BDS, RDS



### Address:

Cell No. 03000-1695335  
Email: babarsdentalpractice@gmail.com  
CSD Markaz Supply Abbottabad.  
Designation: Associate Professor and Head of  
Department Women Medical and Dental College Abbottabad



**Inflammation**  
کا دشمن



# Tablets **DANZEN<sup>®</sup> DS**

**SYNERGIZE THE EFFECT  
OF ANTIBIOTICS**

**Powerful**



**Anti-inflammatory**



**Antiedemic**



**Analgesic**



# DentoScope Conducts Endodontics & Esthetic Dentistry Training Program



Persistence and dedication are the two qualities that make DentoScope Institute of Advanced Dentistry a top notch Brand in Pakistani Dentistry. Due to its well organized and clinically oriented courses in different disciplines of Dentistry, DentoScope Institute of Advanced Dentistry is the only dental training institute in Pakistan providing hands-on training in all the specializations of Dentistry for the past two and a half years.

Located in Phase VII, Bahria Town Rawalpindi, DentoScope is a fully equipped Simulation Centre where participants from all corners of the country come to learn new skills under supervision of renowned mentors in the field. Currently, offering six months training programs in Clinical Orthodontics, Dental Implantology, Advanced Prosthodontics and Endodontics & Esthetic Dentistry.

Under the visionary leadership of Founder & CEO DentoScope Dr. Rashid Hassan, Team DentoScope is working on new projects to take DentoScope to a whole new level. Recently Media Wing has launched DentoScope Official YouTube Channel "Dentoscope Studio" which is appreciated and supported worldwide due to its content for young dentists. Recently DentoScope successfully conducted the inaugural training sessions of its 6th Batch of six months Endodontics & Esthetic Dentistry Training Program on 9TH & 10TH January, 2021. The sessions were facilitated by a seasoned Endodontist Dr. Nouman Noor (Course Director). The training focused on Rotary Endodontics for Anteriors. The session started at 9:30 am maintaining the entire SOPs regarding Covid-19. In the start Prof. Rashid Hassan (CEO DentoScope) welcomed the delegates and briefed regarding the course. Dr. Nouman delivered a clinically oriented lecture on pulpitis disease and access cavity preparation.

After lunch & prayer break, Dr. Nouman Noor demonstrated all the steps for tooth prep for access cavity preparation. After that all the delegates performed all the steps under supervision. The course has 75% clinically oriented hands-on training content, which makes it one of the top training programs across the country.

The course is awarded 72 CME Credit Hours by University of Health Sciences Lahore. Team DentoScope organized the sessions under supervision of Founder & CEO DentoScope Prof. Rashid Hassan. Dental Health covered the event as official media partner of DentoScope.



## Medical Newspapers Enjoy Highest Readership In Pakistan

Fortnightly  
**WORLD<sup>®</sup>  
MEDICAL NEWS**  
Enjoy Highest  
Readership in Pakistan

An Official Publication of  
Pakistan Dental Association Karachi

Published by  
Global Publications Pakistan

**DENTAL HEALTH**

## WORLD MEDICAL NEWS GROUP Global Publications Pakistan

Correspondence Address:

MCM ADVERTISING: MCM HOUSE: D-39, BLOCK 7, CLIFTON, KARACHI - PAKISTAN

Ph: (92-21) 35374645 - 35370691

Cell: 0300-8205922 - 0321-2887822

E-mail: worldmedicalnews@yahoo.com & dentalhealthpdak@gmail.com

www.worldmedicalnewspaper.com & www.dentalhealthnp.com



**First ISO Certified  
Dental Laboratory**



Now Latest  
**5x CAD CAM SYSTEM**



Prettau® Zirconia is the material of choice for frequently occurring problems like reduced available space, bruxism or ceramic chipping. It offers a functional and at the same time aesthetical solution. This extra translucent, highly bio-compatible and non-porous material distinguishes itself through its extremely high translucency and perfectly natural appearance.



For further information  
Muqaddas Ali Khan (Roomi)

B.T.E.C. Dental Technology (England)  
Prettau Dental Technologies (N.S.W.) Australia



**Western  
Dental  
Laboratory**

Ringrow # 2, Plot Block 4, Near Niswan Chowringhi,  
Gulshan-e-Iqbal, Karachi-75300.  
Phone: (92-21) 34887501-34887503 Cell: 0333-2494918  
Fax: 021-34872162 Email: info@wdh.com.pk

www.wdh.com.pk

Designer: jameel@gmail.com



## Amazing Range Of Endodontics By Top Class Brand United Dental Group



### M3 Pro Gold 2018

Material: Nitl, gold plated  
Six Files System Double Gradual Taper Path Files  
New Shaping File : Suitable for curved root canal preparation  
More Flexible Materials : More softer & durable  
Packaging: Pack of 6 files



### M3-L Platinum

Series: M3  
Spec: 21mm/25mm/31mm  
Material: Nitl  
Brand: UDG  
Model: L1, L2, L3  
Packaging: Pack of 3 files



### EDGE PRO

Material : Niti Gold Coating  
Traditional Pro Taper 6 files system  
Upgraded Niti material  
Superb flexible  
Heat sensitive material  
Packaging: Pack of 6 files



### M3-RT Retreatment File

Material : Nickel Titanium  
Feature : Nickel Titanium material, durable  
Retreatment Files : High efficiency & convenience  
Packaging: Pack of 2 files



### M3 W-ONE Gold

Popular Reciprocation Files Design  
Excellent Variable Tapers Design : More Efficient to move debris out from root canal to crown part.  
Continuous Rotation  
High Efficiency & Convenience  
More Softer with NITI Material Durable Using  
Packaging: Pack of 3 files



### M3+ File

M3+ Your First Step towards Minimal Invasive Endodontics.  
A Sharp Weapon of Curving Root Canal.  
Highly Flexible Niti Rotary Files.  
Pack of 5 Files.  
2 Path Files Size 12/02 and 16/02  
3 Files of 18/05, 25/04, 30/04



### M3 Large Tapered Files For Hand Use

Heated Active Niti Material  
Gold Coating  
Flexibility  
Strong Cutting Force  
Set Of 6 Files



### Stainless Steel C Files

For severely curved or calcified root canals  
Excellent grip  
Radiopaque Silicone stopper  
X-ray visible calibration rings  
Cross Section.  
Packaging: Pack of 6 files



### Stainless Steel K Files

For all preparation techniques with filling motion  
Excellent grip  
Radiopaque Silicone stopper  
X-ray visible calibration rings  
Cross Section  
Packaging: Pack of 6 files



### Stainless Steel H Files

Highly efficient enlargement of root canals  
Excellent grip  
Radiopaque Silicone stopper  
X-ray visible calibration rings  
Cross Section  
Packaging: Pack of 6 files



### Bendable Double Sideport Irrigation Needle

Closed End : Closed End Eliminates Hydraulic Pressure To Apex  
Small Size : For easier access to apex  
Double Side Port Needle Tips :  
Side port ensures excellent irrigation  
Packaging: Pack of 100 Needles



### Rubber Dam Sheet

Latex Free Sheets Of 6x6  
36 Sheets Pack  
Blue Color



### Hand File Holder

An Amazing & Unique Product For Posterior Teeth

[www.biodentcs.com](http://www.biodentcs.com)

**ONLINE DENTAL PORTAL**  
Shop Now & Earn Points With Unique Reward System

Sales@biodentcs.com  
0333-0270507



biodentcs

## PACPD Holds Botox and Fillers Workshop



Pathodont Academy of Continued Professional Development (PACPD) has always continued to strive to provide better techniques and treatment plans to its students and participants under the supervision of Professor Dr. Joharia Azhar, for optimal health care of the patients.

Pathodont Academy established in 2013 is now successfully conducting

workshops on complex subjects like Botox and Fillers and Advanced Periodontology about which viable treatment plans are not known by most of the medical and dental professionals.

Botox and Fillers workshop was conducted by the Pathodont Academy of Continued Professional Development (PACPD) on 16th January, 2021 along with

hands-on sessions. The unique advantage that pathodont Academy offers, for its hands-on certifications is direct placements on patients under the supervision of seasoned mentors and teachers.

This workshop was conducted by Professor Dr. Rehman Sarfraz and Consultant Plastic Surgeon, Assistant Professor Dr. Bilal Ahmed.

The PACPD carries on these courses and workshops with the vision of developing excellent skills and best practices at par with the international standards.



## Workshop on Advanced Endodontics



Professor Dr. Abrar and his team organized a very comprehensive Advanced Endodontics workshop in collaboration with Dentsco. The workshop was initiated with Professor Dr. Abrar's very

comprehensive lecture followed by live demonstration.

The workshop was organised for in-house Hamdard Dental College's dental faculty,

including senior faculty members. Principal Hamdard Dental College Dr. Imran appreciated the efforts of Professor Dr. Abrar and his Operative Dept team.



## Session on Implant Essentials



First session of Implant Essentials Batch 1 was conducted on 17th January 2021. Dr. Mohammad Wasay Latif Sheikh, FCPS Oral & Maxillofacial Surgery Assistant Professor, JMDC/Medicare Hospital, took the first session. He discussed Scientific and Didactic content of Dental Implantology.

Development gave a welcome note to participants. She gave a brief overview of entire course based on 8 sessions. Aims and objectives of Implant Essentials were clarified by the Co-Founder of Continuous Professional Development.

Participants were very enthusiastic to learn about Dental Implantology in detail along with hands-on practice in the upcoming sessions.



## Dr Myra, Dr Haseeb Win ITI Video Competition

One of the best parts of 40 years International Team for Implantology (ITI) celebration activities was the video competition that took place in October 2020, where some great video contributions were received from all over the world and the jury had the difficult task of selecting a winning video. The first prize - a 10-year ITI membership - went to Dr. Myra Ahmed from Pakistan. She won over the jury with a creative, captivating and emotional storyline as well as top-notch filming, direction and production. 2nd prize - a 4-year ITI membership was awarded to Dr. Muhammad Haseeb.



Dr. Myra Ahmed has Fellowship in Periodontology and Implantology from CPSP, whereas Dr. Muhammad Haseeb is a graduate in Periodontics from National University of Singapore (NUS) as well as a holder of M.Perio from Royal College of Surgeons Edinburgh. Currently both of them are working as Assistant Professor at the Department of Periodontics, University College of Medicine and Dentistry, University of Lahore.

International Team for Implantology (ITI) is a global association of professionals in implant dentistry. The objectives of the ITI are the promotion and dissemination

of knowledge about implant dentistry and related fields. The ITI has more than 18,000 Fellows and Members worldwide. The ITI has built a reputation for scientific rigor coupled with a strong patient focus. The organization supports the premise of well-documented treatment guidelines backed by extensive clinical testing and long-term results.

Dr. Myra Ahmed was also interviewed by the ITI where she said: "I feel incredibly grateful and honored to have won a 10-year ITI membership. On a personal note, I intend to keep abreast of all the resource material through the ITI Academy, the Treatment Guides, Study

Clubs, discussion forums, journals and ITI conferences. On a professional and national level, I want to promote the ITI philosophy in Pakistan to my colleagues. In the process, I intend to increase the number of ITI Members and, in the longer term, Fellows, starting with the revival of ITI Study Clubs in Pakistan as the first objective".

Interview link: <https://www.iti.org/-/news-interview-with-dr-myra-ahmed-pakistan-winner-of-the-grand-prize-of-the-40-years-iti-video-competition>  
Video link: [https://www.youtube.com/watch?v=K0Afl0p2pU0&feature=emb\\_logo](https://www.youtube.com/watch?v=K0Afl0p2pU0&feature=emb_logo)

### THE DENTAL STUDIO

Dental & Physio Center  
Serving Since 2000.

**Professional DENTAL CARE**  
We Take Care  
Of Your Brighter Future  
We Ensure a Hygienic, Latest and a Quality Treatment to our Patients.

**SMILE! LETS YOUR TEETH BREATHE**

#### Our Team

- Dr. Muhammad Riaz
- Dr. Maryam farooq
- Dr. Arslan Ahmed
- Dr. Yasir ishaq
- Dr. Rao umer daraz

#### Services we Provide

- General Dentistry
- Preventive Dentistry
- Restorative Dentistry (All type of fillings, including laser filling)
- Endodontics (Manual protapper & rotary endodontics)
- Implantology (Imported implants with reasonable prices)
- Orthodontics (All ortho procedures including braces etc)
- Surgical procedures
- Prosthodontics (fixed teeth, crown, bridges, dentures)
- Cosmetic & esthetic dentistry (Teeth whitening, veneers, inlay, onlay)
- Ultrasonic scaling+polishing (All type of gum disease treatment with laser technology)

#### Our Branches

**THE DENTAL STUDIO JHELUM**  
Akram shahed road, near  
Mohammadi chowk, jhelum.  
0544234030

**THE DENTAL STUDIO KHARIAN**  
Main GT road, near eidhi highway  
center, kharian  
0537602295

**RIAZ DENTAL STUDIO**  
Mahay road, near sakeena  
medicos, sarai Alamgir  
0544655110

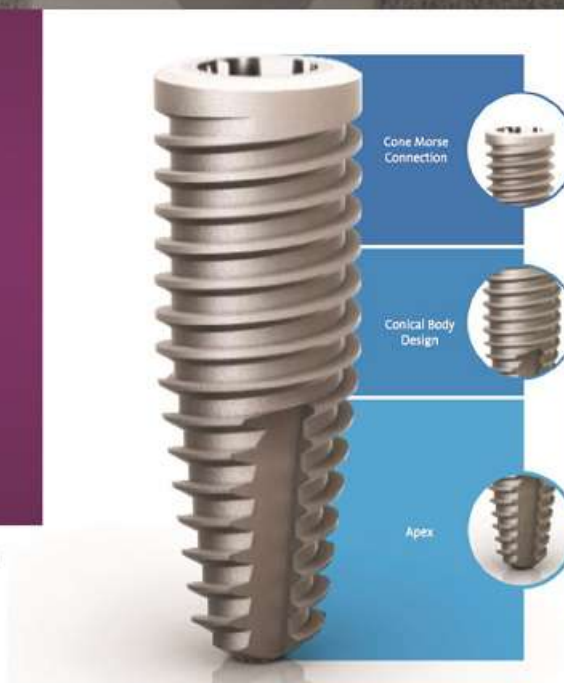


# straumann group

Love your smile.



**NEODENT®**



**straumann**

 **zinedent**



 : 0333-4491146, 0333-4742244

 : @straumann.pak



## Well Done SALES & MARKETING TEAM

### MOTORBIKES DISTRIBUTION

Management of ClearPath Orthodontics rewarded motorbikes to their Sales & Marketing teams in different regions of Pakistan for their exceptional performances. Well done ClearPath Sales & Marketing team.



## Enhance your practice with **ClearPath** Aligners

ClearPath Orthodontics Institute conducted 40th training & certification course in Pakistan on Clear Aligner Technology in collaboration with Institute of Advanced Dental Sciences & Research, Lahore. Special thanks to Prof. Dr. Ayyaz Ali Khan, Dr. Waqas Wahab and their teams for their great contribution and support towards the continuous development & education of doctors.



Dr. Waqas Wahab CEO ClearPath Orthodontics Inaugurated ClearPath free dispensary and health clinic at Tarogil in the periphery of Lahore for the welfare of needy patients. Alhamdulillah





IRFAN'S INSTITUTE OF  
CLINICAL ORTHODONTICS

# Cosmetic Dentistry Workshop at IIOCO

IIOCO Specialist Orthodontic and Dental Practice introduced their first batch of Cosmetic Essentials, a comprehensive hands-on workshop of cosmetic dentistry with its expert team.

The participants were welcomed by the team IIOCO and enlightened by the

facilitators Dr. Abubakar Shaikh, Professor and incharge of Operative Dentistry, Fatima Jinnah Dental College and Dr. Kelash Kumar, Assistant Professor Operative Dentistry, Baqai Dental College.

First session was conducted with lecture and demonstration comprising of prerequisite of

composite and ceramic veneers, smile design, preparation guidelines, and putty matrix fabrication, cementation, finishing and polishing protocols.

All the participants performed hands on of all the steps and prepared veneers from canine to canine and also fabricated

the provisional temporary restoration under supervision of facilitators.

IIOCO is pleased to possess such enthusiastic participants and promises to deliver the best in term of providing short dental education courses. Happy Learning at IIOCO.



# Workshop on Advanced Periodontology



A workshop on Advanced Periodontology was conducted on 23rd and 24th January, 2020 by Pathodont Academy of Continued Professional Development under the supervision of Professor Dr. Joharia Azhar and in collaboration with Code-M Karachi. The response for this workshop was over whelming and was highly appreciated by dentists all over Pakistan and large number of dentists participated in the workshop. Due to corona SOPs not all dentists wanting registration could be entertained. The workshop comprised of examination and demonstration on soft tissue management and regeneration surgeries and also hands-on session which was conducted on goat heads where each participant practiced individually under the supervision of Associate Professor Dr. Ashar Jamelle. The goal of this workshop was to introduce the participants with novel periodontal treatments. The workshop was conducted in Pathodont Academy, Rawalpindi. Pathodont Academy hopes to continue its standards of continued professional development by bringing in more international level courses to Pakistan in future.



SINCE 1994

Ashfaq Ahmed  
Chief Executive  
(Dental Technologist)

# KARACHI DENTAL LABORATORY

## ABOUT US:

## KARACHI DENTAL LABORATORY (Since 1994)

We understand that our attention to the details of each and every case is what it takes to be a consistent stress free for the dentist as well as the patients. The high quality materials perfects fits, cosmetic look accurate appointment insures the smile of you and your patient we fabricate all kind of dental restoration like, implants crown & bridge and acrylic work. Orthodontic work using high quality material of the famous manufacturers as VITA Ecoline (Germany) Ivoclar (Swiss) and Shofu (Japan) CROWN & BRIDGE Porcelain Fused to precious metal to non P/M metal free porcelain zirconium crown bridge VITA PM 9 E MAX crown veneer porcelain, full dentures & soft denture partial dentures chrome cobalt frame work dentures repair relines special try acrylic night guard study model retainers midline expansion screw others.

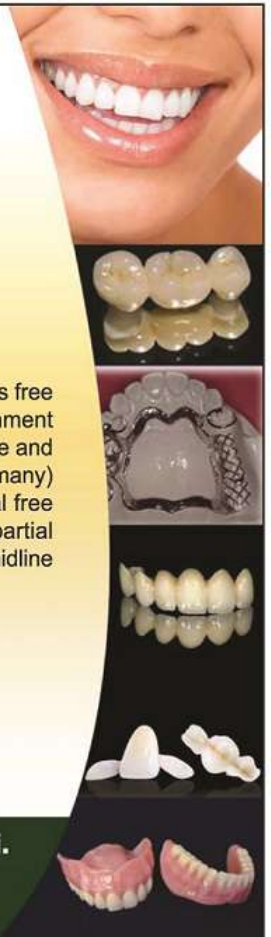
## SPECIALIST IN:

- Ceramics / Metal Free Crown & Bridge
- Complete or Partial Acrylic Denture
- Soft Base & Flexible Denture
- Chrome Cast Denture
- Ortho Retainer ► Implant System
- Veneer and Zirconium cad Cam

6 Anarkali, C.S. 10, Opp. Aziz Square S.M.S School, Block # 7, Federal 'B' Area, Karachi.

Tel : 021-36314529, Cell : 0300-2212795

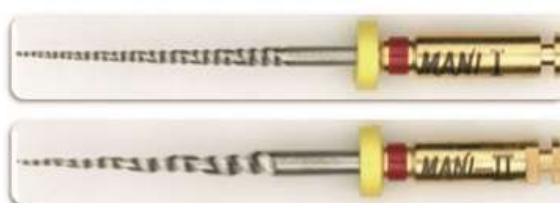
Email : karachidentalab@hotmail.com ashfaqkdl\_85@yahoo.com





**Pakistan Dental World**

PDW



**JIZAI**

**MANI New NiTi Rotary Files**

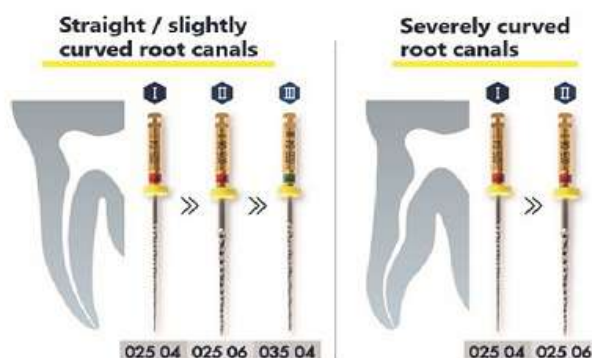
**Product Range** For multiple use

Specifications	Size	Taper	Length	Quantity per pack
Standard Kit	I	.04	21mm	I X1
	II	.06	25mm	II X1
	III	.04		III X1
Orifice Opener	025	.14*	18mm*	X3
Individual Pack	025	.04	21mm 25mm	X3
	030	.04		
	035	.04		
	040	.04		
	045	.04		
	050	.04		
	025	.06		
	030	.06		
	035	.06		

\* Orifice Opener is available only in 18mm

Patency > Glide path > Shaping

Max. recommended speed: 500min-1  
Torque control: below 3.0N•cm



**What about JIZAI???**

**High Flexibility | Concept SAFETY | High Cutting Ability**



**Pakistan Dental World**

PDW

**MANI**  
FOR ADVANCED TREATMENT

Head Office: 3rd Fr. 44C, 11th Str. Jami Commercial DHA Phase 7- Karachi | Tel No. 0092-334-3455649

Lahore Office: 833/E D-Block Ali Park Str. # 1 Bedian Road Cantt. - Lahore | Tel No. 0092-336-3546214

## 'LCMD Events to Enhance Critical Thinking and Problem Solving Skills'



Under the prestigious leadership of Prof. Dr. Navid Rashid Qureshi, the Department of Health Professions Education (DHPE) of LCMD is actively working to arrange series of events. A platform is provided to our faculty, non-faculty, and students to enhance their critical thinking and problem-solving skills. During Covid-19, DHPE took a leadership position and promptly arranged multiple

workshops to impart the skills required for online teaching and assessment. Our institute was one of the few colleges in Karachi to follow the academic calendar smoothly. A series of webinars were also arranged to address faculty concerns regarding Covid 19 and safely practicing dentistry. To promote evidence-based dentistry and equip our faculty with the knowledge of research, an on-going short course on Research

Methodology is introduced. It is a two-month-long hands-on course which will conclude with a synopsis presentation by all participants to the college's Institutional Review Board (IRB). A small group was selected on a first-come basis for effective learning. Prof. Dr. Athar Majeed Khan and Prof. Dr. Tahera Ayub are the main facilitators followed by Dr. Hiba Hamid and Dr. Beenish Shah. Recently, Alumni were also



## CODE-M Conducts Certificate Course in Advanced Periodontology



In order to provide the best of latest clinical and academic certification and hands-on training to the dental community in Karachi and other cities of Pakistan, CODE-Mentor (CODE-M) conducted a two-day certificate course in Advanced Periodontology.

The keynote speaker and trainer of the certificate course was Dr. Ashar Jamelle who conducted the hands-on training with his usual expertise and mastery skills.

There was a special add on lecture from Dr. Jamal Syed as guest speaker from Saudi Arabia on "Periodontal Surgery Instrumentation" who is himself an expert in Dental Operating Microscope in his relative discipline of Dental Implants and Periodontal Plastic Surgeries.

According to the feedback, it was well received by the participants and a great successful event in terms of teaching and learning.

The session was opened by Dr. Erum Khan, Deputy Director CODE-M. She gave welcome note and a brief introduction about CODE-M vision and upcoming events.

CODE-M commitment is as always to try their level best to train and facilitate the participants individually and give them full chance and liberty to complete their demonstration and hands-on training session through one to one interaction with the trainer and facilitation team. This course coordinator was Dr. Murad Aslam and facilitator was Dr. Sadaf Saeed. Not to forget the spine of their

many successful events Mr. Abbas, the Admin Manager for his dedication towards CODE-M.

The audiovisual and management team gave their best to organise and conduct the event at its best by managing the IT, technical, media as well as lunch and tea breaks while maintaining SOPs.

CODE-M specially thank their sponsors of this workshop "Neo Oceans Pvt Ltd" -- the suppliers of quality medical and dental equipment. And also a very warm thanks for CODE-M media partner Dental Health News Magazine and Mr. Salman Maniar.

The Team CODE-M once again proved "Team work makes the dream work".

CONTINUOUS PROFESSIONAL DEVELOPMENT  
A PROJECT OF INDIAS EDUCATION (PVT) LTD.

BIODENT  
LIFE SERVICE

CERTIFICATE COURSE

# ENDODONTICS AXIOMS

CHAMBER OPENING

CLEANING

SHAPING

PACKING

ACCIDENTS

RE-TREATMET

ROTARY ENDODONTICS

SATURDAY

## 06<sup>TH</sup>

MARCH 2021

**KEYNOTE SPEAKER AND TRAINER**

**PROFESSOR DR. ABBAS**  
BDS (SINGAPORE), (SINGAPORE)  
HEAD & CPD POST GRADUATION  
SUPERVISOR,  
Operative Dept.  
Hamdani dental college  
Hamdani university

**Dr. Ghulam Mustafa**  
Founder  
Continuous Professional  
Development

**Dr. Momina Abbasi**  
Co-founder and  
Course Designer  
Continuous Professional  
Development

Type: **Lecture and Hands-on Training**

Timings: **9:00AM - 4:00PM**

Course fee: **5000 PKR**

**LIMITED SLOTS**

For Registration and Details  
**0334 3068340**  
**0331 2886877**

Venue

Karachi Institute of Physiotherapy and Rehabilitation Sciences (KIPRS)

Plot # 11-M, Block - B, P.E.C.H.S., Karachi.

IIOCO Specialist Orthodontic & Dental Practice

Call us for information

**0314-4544626**

Certificate Orthodontic Course for General Dentists

# Comprehensive Orthodontics

**Prof. Irfan Qamruddin**  
BDS, FRCPS, PhD (Australia)

**Commencement:** 23<sup>rd</sup> May 2021

**Duration:** 6 months

**Venue:** IIOCO Specialist Orthodontic & Dental Practice

**Registration Fees:** 5000 PKR

**Monthly Fees:** 22,500 PKR

**Early bird:** 20,000 PKR per month (till 1<sup>st</sup> April 2021)

**Course Outline**

**Diagnosis and Treatment planning**  
Treatment planning based on soft tissue paradigm

**Extraction Vs. Non-Extraction**  
Case selection because this decision continues to be a argumentative issue in orthodontics

**Interceptive orthodontic procedures**  
Early orthodontic treatment by guiding the eruption of teeth, growth modification

**Bracket Placement**  
Bracket identification, Bonding and banding, Indirect bonding, Bracket tip/torque values

**Stages for orthodontic**  
Wire sequencing, Mechanics of space closure, Anchorage control, Wire bending, exercise on typodont

**Case Discussion**  
Class II and Class III orthodontic cases management by growth modification, Orthodontic Camouflage

**Finishing & Retention**  
Pros and cons of different kind of retainers

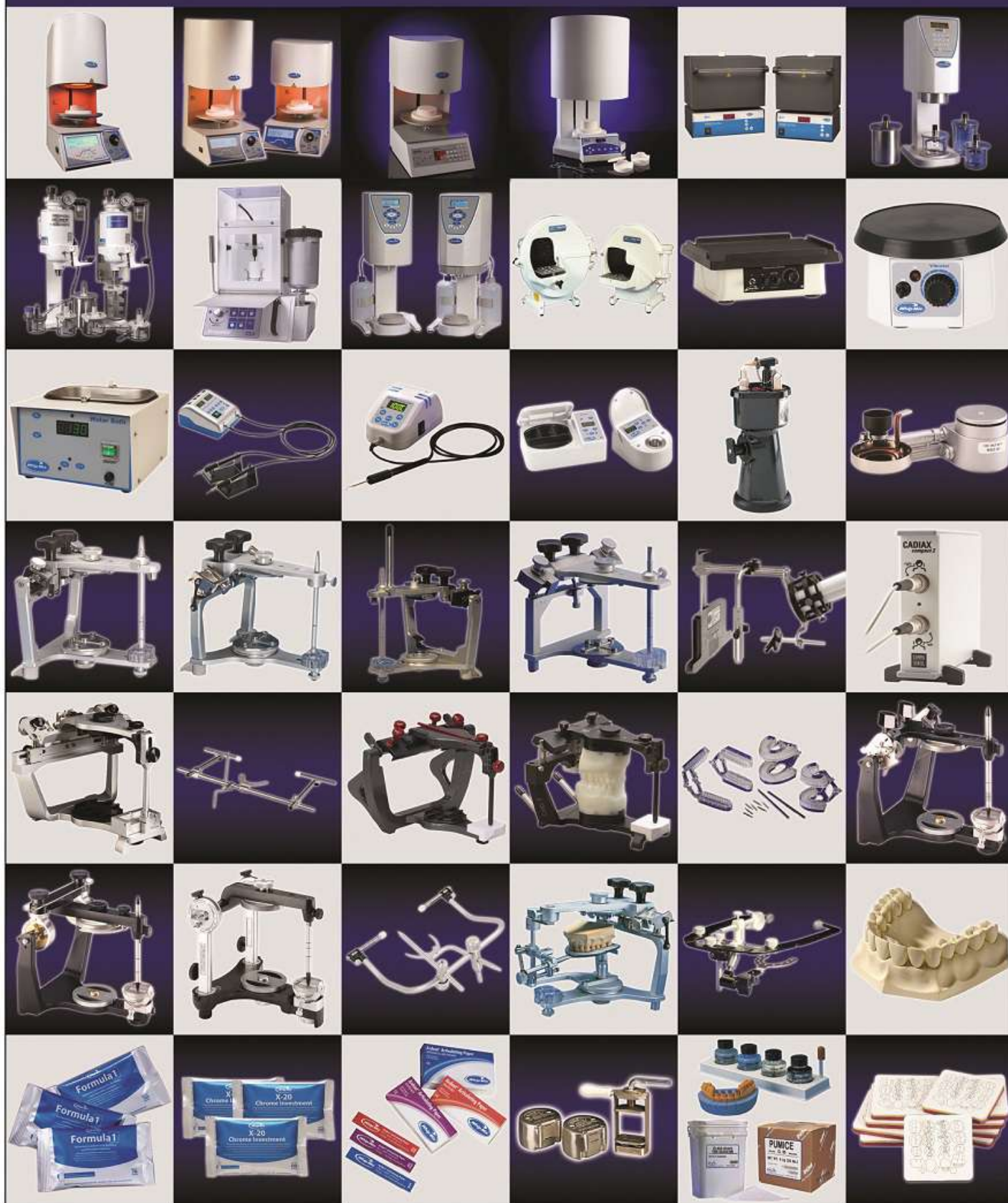
**Register Now**

**Affiliated with**

**Address**

IIOCO Specialist Orthodontic and Dental Practice  
8<sup>th</sup> Zamzama Commercial Lane, Hall no.1, D.H.A phase 5,  
Karachi- Pakistan  
[www.iioco.com.pk](http://www.iioco.com.pk)

# PRODUCTS FOR THE DEMANDING DENTAL PROFESSIONAL



## ASHRAF TRADING COMPANY

A-277, Block2, Gulshan-e-Iqbal Behind Continental Bakery Karachi  
 Tel: 021-34832885, 34832886 & 34980903  
 Email: info@atc.net.pk Web: www.atc.net.pk  
 Lahore: 0300-8098011 Rawalpindi/ Islamabad 0300-5521099/ Multan: 0300-2960195  
 Branch Office: Suite # 720-725 Regal Trade Square, Freddy Street Saddar Karachi.



more reasons. one source

Whip Mix Corporation, Kentucky, USA

# Ortho-Perio Inter-relationship Discussed



IFICO INSTITUTE OF  
DENTAL SCIENCES



IFICO Specialist Orthodontic and Dental Practice organized a Session on Ortho-Perio Inter-relationship by speaker Dr. Asad Badami (MDS periodontology from Hong Kong). Orthodontic treatment and Periodontal care goes hand in hand. The most common goal of orthodontic treatment is to improve facial and dental aesthetics as well as masticatory efficiency. There are many relationships between orthodontics and periodontology, each orthodontic procedure has periodontal dimension. Orthodontic biomechanics and treatment planning are basically determined by periodontal factors such as the length and shape of the roots, the width and height of the alveolar bone, and the structure of the gingiva. The chief objective of periodontal therapy is to repair and preserve the condition and integrity of the attachment apparatus of teeth. Without considering periodontics, orthodontic treatment can have undesirable effects. It is a multidisciplinary approach. Hence, it is important for all the dentists to develop qualitative knowledge by enrolling themselves in short educational courses not only to enhance their professional skills but also to protect their patients from getting potential adverse effects. Our goal at IFICO is to deliver you the highest quality continuing education because we believe that "Learning is a lifelong journey that continues even after graduation from dental school".



*Continued from page 1*

## FDI's Vision 2030 Report Aims to Improve Oral Health over Next Decade

oral health and reduce oral health inequalities over the next decade. Vision 2030 recommends strategies to address the oral disease burden that communities can adapt to their own needs and circumstances, enabling them to implement relevant solutions.

The report also considers how broad societal shifts, such as ageing populations, will require the oral health workforce to adapt and remain equipped to deliver consistent care. "Vision 2030 outlines the ways in which we can integrate our profession within global

development agendas, including the UN Sustainable Development goals and the implementation of universal health coverage, that determine important health priorities," says Prof. David Williams, FDI Vision 2030 Working Group co-chair. Prof. Michael Glick, FDI Vision 2030 Working Group co-chair, adds: "How can we, as members of the oral health community, anticipate transformational changes and trends in the global healthcare environment? How do we seize opportunities to become productive members of healthcare teams delivering person-

centered care?"

These are some of the broad questions we strive to answer through Vision 2030." Achieving optimal oral health for all requires strong advocates who are ready to tackle this major public health challenge.

Through the steps laid out in Vision 2030, the oral health profession will be well-equipped to argue for the better integration of oral health within overall health, united behind a set of shared aims. The authors of the Vision 2030

report, an expert team of professionals hailing from diverse sectors within the healthcare community, have emphasized the need to engage with the public, as well as a range of other stakeholders. Vision 2030 calls for patients themselves to be well-informed advocates for their own oral health and be able to take an active role in their treatment decisions.

From the patient to the profession, Vision 2030 drives the message home that there is no health without oral health.



## NATIONAL ASSOCIATION OF DENTAL STUDENTS PAKISTAN



Muhammad Arif  
CEO NADS

### HISTORY OF NADS

The National Association of Dental Students Pakistan is branch of National Dental Association NDA for dental students, Founded by Muhammad Arif student of Fatima Jinnah dental college karachi in March 2020. A voluntary member organisation with branches in every Province and Federal area across Pakistan

**JOIN US FOR A BETTER FUTURE!**

### WHY SHOULD YOU JOIN NADS?

- As a member you will have access to;
- NADS E-Library.
- Nads talk seminars and webinars.
- Career planning and guidance sessions
- Research programmes led by Dr Nabeel Baig and Dr Rubab Jawed
- Access to NADS Lecture series
- Participate in NADS Dental Olympiad
- Discount on seminars, workshops and training sessions
- Discounts on undergraduate and postgraduate books
- Opportunity to join NADS Dental camps
- Annual NADS Dental conference.
- Advisory board of Senior Dental faculty for guidance



**50% OFF ON MEMBERSHIP FEES FOR NEW MEMEBERS**



<https://ndapak.org/>



[facebook.com/NadsPak/](https://facebook.com/NadsPak/)



[@nadsPK](https://instagram.com/nadsPK)

**MANI**  
FOR ADVANCED TREATMENT

**MANI**  
FOR ADVANCED TREATMENT  
REAMERS, K-FILES, H-FILES

**MANI**  
FOR ADVANCED TREATMENT  
**DIA-BURS**



Install our app. Pakistandentalworld  
first time in Pakistan the unique way of doing  
your purchases. Delivery FOC all over Pakistan

**The best guarantee to receiving 100% original, high-quality items covered under their warranty**



**PDW**  
**Pakistan Dental World**

Install our app. Pakistandentalworld and feel freedom of doing your purchases at  
your fingertips from your mobile 24/7 365days on.

All deliveries free of charge.

No more fake from small venders or suppliers.

No more misguiding by salespersons.

Head office: 3rd Fr. 44C, 11th Str. Jami Commercial DHA Phase 7 – Karachi Tel No. 0092-334-3455649

Lahore office: 833/E D-Block Ali Park Str. # 1 Bedian Road Cantt. – Lahore Tel No. 0092-336-3546214

# BUMDC BIDS FAREWELL TO FORMER DEAN DR ASADULLAH KHAN



A farewell ceremony was held in the Ibn-e-Sina Auditorium, BUMDC to recognize the services of Prof Asadullah Khan, former Dean and Principal Medical Section, Bahria University. The ceremony was graced by the presence of Rear Admiral (R) Imtiaz Ahmed HI (M), Director General BUMDC, Prof

Ambreen Usmani, Dean/Principal Medical Section, Prof Wahab Kadri, Principal Dental Section, Dr. Kusloom Rizvi Vice Principal Dental College, Dr. Khalid Aziz, Vice Principal DPT and all senior faculty. Dr. Kulsoom Rizvi hosted the ceremony. The ceremony commenced with the recitation of Holy Quran.

After which, Prof Wahab Kadri, Prof Ambreen Usmani and Director General Dr expressed their genuine regard for the untiring efforts of Prof Asadullah Khan towards the progress and development of BUMDC.

A shield along with a collage was presented to Prof Asadullah Khan by DG, Dean/Principal

Medical Section, Principal Dental Section and Vice Principal Dental Section. The highlight of the evening was a video featuring a collection of photos of Prof. Asadullah Khan at various times at BUMDC. The program was ended by cake cutting ceremony followed by lunch in the courtyard of BUMDC.



## FAREWELL CEREMONY OF DIRECTOR GENERAL, BUMDC

"Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others." Jack Welch 25th January, 2021, has been marked in history, as the day Bahria University Medical and Dental College, bids farewell to Rear Admiral (R) Imtiaz Ahmed HI(M), Director General of BUMDC, on successfully completing his tenure at BUMDC from Jan 2018 - Jan 2021. An appreciation and farewell ceremony was held in the Ibn-e-Sina Auditorium, BUMDC to recognize the achievements of departing Director General, BUMDC.

The ceremony was graced by Vice Admiral (R) Khalid Amin HI (M), Prof Ambreen Usmani, Dean Health Sciences/Principal Medical Section, Prof Wahab Kadri, Principal Dental Section, Crde. (R) Muhammad Ifan SI (M) Director A&C, Cdr. Saira Nazneen Zaidi PNNC, Dr. Kusloom Rizvi Vice Principal Dental College, Dr. Khalid Mustafa, Vice-Principal Medical college Dr. Khalid Aziz, Vice Principal DPT and all Senior faculty of BUMDC & PNS Shifa hospital. Dr. Kulsoom Fatima

Rizvi had the honor of hosting the ceremony. The ceremony commenced with the recitation of Holy Quran, followed by farewell addresses by Prof Wahab Kadri, and Prof Ambreen Usmani.

The zealous & determined leadership qualities, compassionate, encouraging and supportive personality traits of retiring director General were praised. His outstanding accomplishments include establishment of Girls Hostel, Sick Day, expansion of Dental college and most awaited ground breaking of Dental College hospital building, Animal houses and expansion of 7th floor terraces, to name a few. A momentous



shield along with a collage and farewell gift was presented to Rear Admiral (R) Imtiaz Ahmed HI(M), Director General of BUMDC by Dean/Principal Medical Section, Principal Dental Section and Vice Principal Dental Section as a token of remembrance for all its contributions towards BUMDC. The ceremony concluded with a cake cutting ceremony



succeeded by lunch in the courtyard of BUMDC under strict adherence to Covid-19 established SOPs. Sign out ceremony was conducted on 27th January 2021 as a tradition of bidding farewell to Director General at BUMDC.

# MIDS PRIME CHAIRSIDE CAD CAM PACKAGE



- ✓ Combination Top of the line Brands and Products.
- ✓ OpenSystem

- ✓ Two days Training
- ✓ Reliable back up
- ✓ Includes starter materials

**Programat CS4 Furnace**  
Suitable for glaze and & sintering zirconia

ivoclar  
vivadent Switzerland

**TRIOS 4**

The most powerful intraoral scanner to date

3shape Denmark

**Z4**

Milling and grinding in ultra HD.

**vhf Germany**

Dealer in Pakistan

**Mehran International**  
FL 4/15 Gulshan-e-Iqbal Karachi  
0300-2275667

## Health Minutes TV

Anchor:

MR. SHARAFAT ALI

Guest:

DR. SARA ASHIQ

Topic:

The Dilemma of Tooth Loss

# 'Lost Teeth Should Be Replaced Immediately'

**Q1. If there is loss of one or more teeth due to any disease or trauma, should the teeth be replaced immediately or there is no time constraint?**

Ans. The lost teeth should be replaced immediately. But if a patient has no functional or aesthetic deficit, he/she takes tooth loss for granted. There is a natural consequence, when a tooth is lost and not replaced, it causes supracruption of opposing teeth, tilting drifting of adjacent teeth which disrupts the normal tooth alignment and creates gap with its neighbouring teeth that can lead to decay or gums problems. Moreover jawbone needs stimulus to maintain itself, if the tooth is not replaced the jawbone shrinks both in height and width which eventually complicates the situation and the dentist now has limited options to offer to them.

**Q2. What is the number of visits and time required for oral rehabilitation of old age patients who have no teeth present at all?**

Ans. It takes at least 4-5 visits and each and every step is very important. The reason being we restore their smile and their bite from scratch. We replace their teeth, restore gums and part of jaw bone and it takes multiple visits and there is no shortcut.

**Q3. What are crowns and bridges and in which conditions are these indicated and how many visits are required?**

Ans. Crown and bridges is a fixed dental treatment option. Root canal is a very common dental procedure which renders the tooth brittle and a crown is advised to protect the restored tooth from fracture. If the patient has a missing tooth due to any gum disease, decay or trauma, one of the treatment options the dentist offers to them is dental bridge in which a single tooth on each side of the missing tooth is modified and replaced with the bridge.

**Q4. Is it possible if a tooth falls out in an accident and if it is washed immediately and replaced, it can heal in a natural way?**

Ans. Yes it is possible. This is known as tooth avulsion and is a rapid treatment option. The tooth has a favourable prognosis if replaced within 5min. If 2-3 hours has been lapsed it must be stored in a medium either isotonic solution or milk that is easily available. The patient should store it in milk till he/she visits the dentist.

Then the dentist cleans the socket from which the tooth has been avulsed and then washes the root of the tooth and replant it back into the socket.

The dentist then splints it to adjacent teeth with wire and antibiotics cover is given. The tooth heals favourably within 2 weeks.

**Q5. What are the materials used for artificial teeth and can its chewing efficiency be compared to natural teeth?**

Ans. Most commonly used materials are acrylic and porcelain. Acrylic is inherently weak and its chewing surface is not well developed. The chewing efficiency that is closest to natural teeth is in implants and fixed crowns and bridges. Dentures are either tooth supported, tooth and gums supported or entirely supported by gums like complete dentures. The chewing efficiency decreases as the support from gums increases.

**Q6. Are the gold teeth in reality gold and similar in function to natural teeth? Or they are just an option from fashion point of view?**

Ans. Yes this was practised in ancient times and considered as a status symbol. The karat value of dental gold ranges from 10-22 karat. Most commonly used is 16 karat gold and consists of 67% gold. Additional metals include silver, platinum, palladium, zinc, which provide strength. The dental gold is soft enough to be shaped and hard enough to chew food.

**Q7. Is hygiene of artificial teeth important like natural teeth or artificial teeth don't need to be cleaned at all?**

Ans. It's a misconception that artificial teeth need not be cleaned. Hygiene of artificial teeth is equally important. In case of crowns, gum line is most susceptible to decay and the tooth needs to be brushed and flossed properly. No doubt dentures are removable but if hygiene is not maintained it can lead to decay of tooth that supports the dentures or can cause gums problems, bad breath and oral fungal infections.

**Q8. The denture comes out after eating or drinking water. The reason behind is technical fault or some kind of negligence by the patient?**

Ans. If the denture is new, there is a normal adaptation phase in which the cheeks, lips and tongue accommodate the denture. So if the denture falls out during the initial adaptation phase that's perfectly normal. If the denture becomes loose after a period of 5-6 months, bone shrinkage is a natural phenomena. The patient needs to visit the dentist to improve the fit. Moreover the process of aging results in inelasticity of cheeks that leads to denture movement. Mostly patients who are candidates of complete dentures have systemic diseases and are on medications. The most common side effect of such medicines is dry mouth which provides inefficient seal and the denture falls out.

**Q9. Are there any side effects of artificial teeth?**

Ans. If hygiene is not maintained properly it can lead to side effects. Sometimes when bridge

is provided the patient is sometimes reluctant to get the healthy tooth modified. In case of dentures the patient has excessive salivation, difficulty speaking and ulcers during the initial phase of treatment.

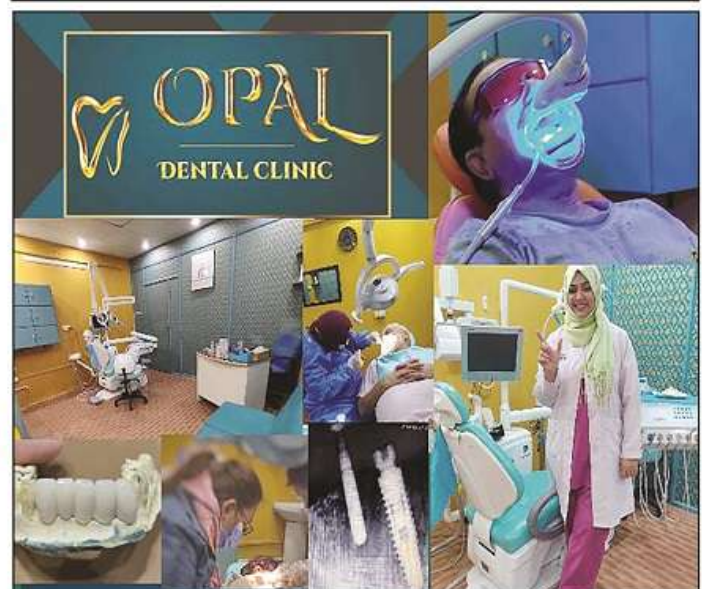
**Q10 Can we provide artificial teeth in young patients?**

Ans. The treatment option provided to young patients is removable teeth because a child is in growing age. Jaw bone and teeth are continuously growing so if a dentist plans an implant in a growing child, it can become embedded in the bone as the jaw grows. If a crown and bridge is planned there is a need to modify the healthy tooth that can lead to sensitivity and pain due to large pulp chambers. So we mostly avoid fixed treatment options.

**Q11. What are the post care instructions given to the patient?**

Ans. For crowns and bridges a patient is advised not to chew 24hrs from that side. Avoid hard and sticky foods like walnut, sticky candies, jellies, chewing gum as hard and sticky foods can dislodge the crown/bridge. In case of removable teeth the patient needs to clean the dentures, the teeth and the gums. The patient is also advised not to wear the denture at night because chewing causes stresses to build up in the bone and they need to be released by removal of dentures for at least 6-8 hours/day, else they may lead to early shrinkage of bone.

## Health TV Minutes



DR. AISHA ZAHID

BDS, RDS, C-Endo

5:00 to 10:00 pm Daily

Yashfeen Medical Centre, Near Lucky Milk Shop, Block 13 D/3, Karachi.

0331-2244768

opaldentalpk



**Doctor**  
TOOTHPASTE

New

# لوونگ

Fresh Mint & Original Grinded  
Cloves with Fluoride

مسکراہٹ سے آگے



Toothache Relief  
Soothes Bleeding Gums  
Minty Fresh Breath  
Cavity Protection

ڈاکٹر لوونگ اصلی ہے ہونے لوونگ سے بنا ہے،  
جو قدرتی طور پر آپ کے دانتوں کو موتی جیسے سفید  
اور مسوڑوں کو مضبوط بناتا ہے۔

70 اور 35 گرام میں دستیاب ہے



Scan QR Code  
for more details.



Anfords  
Values Life  
Est. 1958

Proudly Made In Pakistan  
Manufactured by  
Anfords Pakistan (Pvt.) Ltd.



# Protect

## Smile

Toothpaste

دانت محفوظ تو...  
Smile محفوظ





**PDW**  
**Pakistan Dental World**

## Gutta Percha Points .04 .06 Taper

### Available Sizes

Size	Gutta Percha Points .04 Taper	Gutta Percha Points .06 Taper
	SP-60	
#15	C158-S603	C159-S603
#20	C158-S604	C159-S604
#25	C158-S605	C159-S605
#30	C158-S606	C159-S606
#35	C158-S607	C159-S607
#40	C158-S608	C159-S608
#45	C158-S609	C159-S609
#50	C158-S610	C159-S610
#55	C158-S611	C159-S611
#60	C158-S612	C159-S612
#70	C158-S613	C159-S613
#80	C158-S614	C159-S614
#15/40	C158-S691	C159-S691
#45/80	C158-S692	C159-S692

(Pkg. of 60)



### Size vs Color Chart

15	45
20	50
25	55
30	60
35	70
40	80

### Package Information

- SP-60 Slide Package  
One hand slide open lid  
Box dimension:  
70 x 13 x 45mm(W x H x D)

## Gutta Percha Points

### Available Sizes

Size	Gutta Percha Points
	SP-60
#15	C101-S603
#20	C101-S604
#25	C101-S605
#30	C101-S606
#35	C101-S607
#40	C101-S608
#45	C101-S609
#50	C101-S610
#55	C101-S611
#60	C101-S612
#70	C101-S613
#80	C101-S614
#15/40	C101-S691
#45/80	C101-S692

(Pkg. of 120)



### Package Information

- SP-60 Slide Package  
One hand slide open lid  
Box dimension:  
70 x 13 x 45mm(W x H x D)

### Size vs Color Chart

15	45
20	50
25	55
30	60
35	70
40	80

## Absorbent Paper Points

### Available Sizes

Size	Absorbent Paper Points
	SP-60
#15	C201-S603
#20	C201-S604
#25	C201-S605
#30	C201-S606
#35	C201-S607
#40	C201-S608
#45	C201-S609
#50	C201-S610
#55	C201-S611
#60	C201-S612
#70	C201-S613
#80	C201-S614
#15/40	C201-S691
#45/80	C201-S692

(Pkg. of 200)



### Package Information

- SP-60 Slide Package  
One hand slide open lid  
Box dimension:  
70 x 13 x 45mm(W x H x D)

### Size vs Color Chart

15	45
20	50
25	55
30	60
35	70
40	80

## Absorbent Paper Points .04 .06 Taper

### Available Sizes

Size	Absorbent Paper Points .04 Taper	Absorbent Paper Points .06 Taper
	SP-60	
#15	C258-S603	C259-S603
#20	C258-S604	C259-S604
#25	C258-S605	C259-S605
#30	C258-S606	C259-S606
#35	C258-S607	C259-S607
#40	C258-S608	C259-S608
#45	C258-S609	C259-S609
#50	C258-S610	C259-S610
#55	C258-S611	C259-S611
#60	C258-S612	C259-S612
#70	C258-S613	C259-S613
#80	C258-S614	C259-S614
#15/40	C258-S691	C259-S691
#45/80	C258-S692	C259-S692

(Pkg. of 100)



### Size vs Color Chart

15	45
20	50
25	55
30	60
35	70
40	80

### Package Information

- SP-60 Slide Package  
One hand slide open lid  
Box dimension:  
70 x 13 x 45mm(W x H x D)

**GUTTA PERCHA & PAPER POINTS  
AVAILABLE IN PROTAPER & NORMAL**



### DIADENT GROUP INTERNATIONAL

16, Osongsaengmyeong 4-ro, Osong-eup,  
Heungdeok-gu, Cheongju-si,  
Chungcheongbuk-do, 363-951, Korea  
tel: 82-43-266-2315 fax: 82-43-262-8658  
www.diadent.co.kr diadent@diadent.co.kr



**PDW**  
**Pakistan Dental World**

### Head Office:

3rd Fr. 44C, 11th Str. Jami Commercial DHA, Phase-7  
Karachi, Tel. No. 0092-334-3455649

### Lahore Office:

833/E D-Block, Ali Park Str.#. 1, Badain Road Cantt.  
Tel. No. 0092-336-3546214



UAE International Dental Conference &  
Arab Dental Exhibition

تحت رعاية سمو الشيخ  
حمدان بن راشد آل مكتوم  
نائب حاكم دبي وزير المالية رئيس هيئة الصحة بدبي

Under the patronage of His Highness Sheikh  
Hamdan bin Rashid Al Maktoum  
Deputy Ruler of Dubai, Minister of Finance and  
President of the Dubai Health Authority

إيكد  
AEEEDC  
DUBAI

**29 June - 1 July 2021**

Dubai International Convention & Exhibition Centre

**Largest International Annual Scientific  
Conference and Exhibition in the World**

Organized by



Strategic Partner



الهيئة الاتحادية للهوية والجنسية  
FEDERAL AUTHORITY FOR IDENTIFICATION & NATIONALITY

Scientific Partner



وزارة الصحة والبيئة والتنمية  
MINISTRY OF HEALTH & ENVIRONMENT

Supported by



مجلس الصحة  
Gulf Health Council



مجلس الصحة بدبي  
Dubai Health Authority



مجلس الصحة  
Gulf Health Council



مجلس الصحة  
Gulf Health Council



مجلس الصحة  
Gulf Health Council



مجلس الصحة  
Gulf Health Council



مجلس الصحة  
Gulf Health Council



مجلس الصحة  
Gulf Health Council



مجلس الصحة  
Gulf Health Council

**INDEX® Conferences & Exhibitions Organization Est.**

INDEX Holding Headquarters | Road # D-62, Opposite Nad Al Hamar | P.O. Box: 13636, Dubai, UAE  
Tel: +971 4 520 8888 | Fax: +971 4 338 4193 | E-mail: info@aeedc.com | Website: index.ae

AEEDC Dubai  
aeedc.com



**MDP IS PROUD TO ANNOUNCE A  
CLINICAL COURSE TO BROADEN YOUR HORIZONS  
TOWARDS TRAINING & BECOMING A  
PRIVATE PRACTITIONER !**

**1<sup>st</sup> 8 Applicants To Be Selected For Quality Training**

**6 Months Course**

One Session (Sat & Sun) Per Month

**6 Sessions Comprising**

- Basic Clinical Protocols
- Autoclave, Disinfection and Sterilization Protocols
- Surgery Preparation
- Basic Instruments in a surgery...starting from necessities moving onto sophisticated armamentarium in a practise
- Consultation/Clinical examination and
- Importance of forming patient repo
- A chairside training by assisting doctors
- Treatments planning and demos to be included
  - Scaling and polishing
  - Demo on basic fillings and aesthetic buildups
  - Demo on oromaxillofacial surgical techniques
  - Dental Implants
  - Fundamentals of prosthetics
  - Fundamentals of orthodontics
  - Patient Photography
  - CBCT
  - X-Rays
  - O.P.G
  - Introduction to digital dentistry
  - Digital Impressions and 3D models
  - Digital Smile design software
  - Importance of consent forms, testimonials marketing and soical media marketing



**Dr. Munaaf Hashim**  
C-Ortho  
MSc Endodontics  
Member Interbnational  
Team of Implantology  
(ITI)  
Member American  
Board of Straight  
Wire Orthodontics  
Implantology



**Dr. Maria Yousaf**  
B.D.S (Gold)  
MSc Endodontics  
Digital Smile Designer  
& C-Ortho  
Botox & Fillers Assn

**Advance Payment : Rs 2,50,000**

**For Registration**

**0333-5512121  
051-5730077**



**Venue**

Ground Floor, Next to Askari Bank,  
Civic Centre Phase IV,  
Bahria Town, Rawalpindi

# Endodontics Essentials

*Basic to advanced Endodontics*

**Certificate course in Endodontics**

Course Commencement: **March 2021**

Course Fees: **27,000/- PKR** (early bird discount)

Early Bird Discount available: **1st March 2021**

Late registration: **30,000/- PKR**

Venue: **HOCO Specialist Orthodontic & Dental Practice**

## Dr. Kelash Kumar

BDS FCPS (Operative Dentistry)  
Assistant Professor  
Baqai Dental College

### Course Outline:

#### Session 1

1. Pulpal and periapical pathology
2. Radiograph interpretation (Manual and Digital Radiography)
3. Diagnosis & Treatment planning
4. Internal Anatomy (Root canal configuration)
5. Local anesthesia & Rubber dam application
6. Endodontic access preparation (Straight Line Access)
7. Endodontic access on anterior and posterior teeth (5 Endodontic access of each)
8. Glide path (Patency) and coronal flaring with gates Glidden drills

#### Session 2

1. Working length (Use of Apex Locator+ Radiographs)
2. Different Rotary systems and their use
3. Cleaning and shaping (Hand files, Hand Pro-tapers)
4. Cleaning and shaping (Rotary systems: Protaper and M3 Pro-Gold)
5. Irrigation protocols
6. Obturation

#### Session 3

1. Root canal failure (Case discussion)
2. Treatment planning of RCT failure and execution
3. Retreatment/ Re-Do (Hand files , GG drills, Rotary System)
4. Removal of smear layer (Ultrasonic and manual irrigation)
5. Regaining of working length and scouting

#### Session 4

1. Restoration of endodontically treated teeth
2. Post core build up
3. Management of badly broken tooth
4. Post preparation
5. Prefabricated (Metal and Fiber) and Cast post
6. Impression making of cast post
7. Post cementation

#### Session 5

1. Anterior crown preparation
2. Posterior crown preparation
3. PFM V/s All ceramic (E-Max and zirconia)
4. Impression making
5. Crown cementation protocol
6. Bite registration

REGISTER NOW!

Every Sunday from 10:00 AM till 4:00 PM



HOCO Specialist Orthodontic & Dental Practice  
6-C 8th Zamzama Commercial Lane, hall no.1  
DHA phase 5, Karachi- Pakistan



0314-4544626