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# **Pins & Posts**

**An Official Newsletter Of IACDE**

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# *Contents*

<i>Editor's Desk</i>	<i>5</i>
<i>Activities</i>	<i>8</i>
<i>IACDE@40</i>	<i>12</i>
<i>Ask the Expert</i>	<i>15</i>
<i>Celebrations</i>	<i>20</i>
<i>Scientific Update</i>	<i>23</i>
<i>In the Spotlight</i>	<i>26</i>
<i>Entertainment</i>	<i>29</i>

# Au revoir ....



It gives me a great sense of satisfaction and immense pleasure as I write the farewell editorial before passing on the baton to an ever enthusiastic and hard working Dr. Rashmi Nair.

**PRATYHARA – The Journey Inward** Came across this very beautiful poetry.....

Try to travel, otherwise you may become  
racist, and you may end up believing that your  
skin is the only one to be right, that your language  
is the most romantic and that you were the first to be the first.....

Travel, otherwise you end up believing that you  
are made only for a panorama and instead inside  
you there are wonderful landscapes still to visit

- Gio Evan, poet and songwriter

Made me ponder.....Let us also travel inward



We never see anything in its totality. When you look at the back of your hand, your palm is hidden.  
When you look up at the sky, you are not seeing the ground. It is quite a mysterious journey to get to  
know ourselves that intimately. Let us all explore.

Thank you.

SIGNING OFF.....

On behalf of our team , with all the best wishes to the new team, Do take the mantle of our IACDE  
official newsletter PINS &POSTS to new heights.

Dr. Mahima Mohit Dand

# From editor's desk



*Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessing.*

*-William Arthur Ward*

It is my privilege and honor to accept the baton passed onto me by the two most dynamic past editors, Dr. Mamta Kaushik and Dr. Mahima Mohit Dand, who have made Pins and Posts grow in leaps and bounds.

Starting with this new chapter, I would like to first thank Almighty. Now with the menacing corona virus pandemic no longer casting its shadow on us, we welcome “Bappa”, the lord of wisdom, new beginnings and remover of obstacles with grandiose. Lord Ganesha is a patron of arts and sciences, and the Deva of intellect and wisdom. As the god of beginnings, he is worshiped at the beginning of rituals and ceremonies. Students worship Lord Ganesh to ignite their minds and give them the courage to overcome all the disincentives in life.



Our association continues to grow with the competitive, ambitious and tech savvy Gen Y, the release of this newsletter edition aims to bring a balance amongst the novice and the veterans. It provides a platform to exchange knowledge, share opinions, and a place where research and clinical technicalities will grow simultaneously. My team and I made immense efforts to bring to you the most recent advancements of our field. Rest assured, we shall bring you the same with immense dedication and effort in the future. We sincerely hope that we would be able to meet your expectations.

I would like to end by saying...

With Lord Ganesha in your city, open your hearts to the good vibes, express gratitude, spread happiness and finally create an impact-driven practice with this knowledge.

*Live your beliefs and you can turn the world around*

*- Henry David Thoreau*

Dr Rashmi Nair



## EDITOR



**Dr Rashmi Nair**

Professor, HOD  
CDCRI  
Rajnandgaon

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CDCRI  
CG



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Dean, Professor, HOD  
Vydehi Institute Of Dental Sciences  
Karnataka

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Professor, HOD  
Lenora Institute of Dental Sciences  
AP

### ENTERTAINMENT



**Dr Neetu Maurya**

Senior Lecturer  
CDCRI  
CG

# President's Desk



Dear Members,

Greetings from the President's desk!!

It gives me immense delight to take up the responsibility conferred upon me as the President of the pulsating and esteemed Indian Association of Conservative Dentistry and Endodontics which is the prime speciality of dentistry.

I extend warm compliments to my team and the fraternity. All the members have to strive to make the association more magnificent and amalgamated which is only possible with the expertise and determined hard work.

'Pins and Posts' gives us distinctive prospect to connect with our cohesive association which helps us to appreciate, value, invigorate each other and get enriched in its development. In the milieu of the digital social media which is so frail and transitory, printed newsletter stands out more prominently due to the alcove place it has carved in updating our Association.

'Pins and Posts' has always been the torch bearer in highlighting the activities and important events in our field. The publication gives a very apt proposal to add scientifically and contribute to awareness about the latest in the field of academic clinical and research proficiency in the field of Conservative Dentistry and Endodontics

**Dr. Ratnakar P.**  
President, IACDE

# 36<sup>TH</sup> IACDE NATIONAL CONFERENCE

## BELGAVI

The 36<sup>th</sup> IACDE National Conference and the 21<sup>st</sup> IACDE National Postgraduate Convention was hosted by the Department of Conservative Dentistry and Endodontics, KAHER'S V K Institute of Dental Sciences, Belgavi on the 19-21<sup>st</sup>, November 2021. The conference was inaugurated by Dr Dibyendu Mazumdar, President, Dental Council of India. The theme of the conference was "Illuminating the Dark Side". The Organizing Committee was headed by Dr.Sonal Joshi (Organizing Chairperson), Dr.Preeti Doddwad (Organizing Secretary), Dr.Anand C Patil (Scientific Chairperson), Dr.Sunita Shivanad (Treasurer), Dr Sneha A Patil (Registration), Dr. Suresh Shenvi (Travel and Accommodation) Dr Neha Dhaded(Hospitality) and Dr Mateen Peerzade( Trade Fair)

The conference was organized in a hybrid mode with a total of 760 presentations, 500 Papers and 260 Poster were presented by the postgraduates and delegates. Three international and 14 National speakers and 12 Panelists shared their clinical expertise during the conference. As ordained by the IACDE, hybrid mode of conferencing and interacting was implemented wherein the faculty delegates joined in person and the students participated virtually. This was in lieu of the pandemic protocol and security still observed. This mega event witnessed orations from two distinguished 'LUMINEERS' The 'G. V. Black Oration' was delivered by Dr Arvind Shenoy ,a doyen of Restorative dentistry and Endodontics from Mangalore, Karnataka, on the 19<sup>th</sup> of Nov. 2021 while Dr Vimal Sikri, a reputed author, able administrator and a teacher of teachers from Amritsar, Punjab, delivered the 'Cohen Oration' on the 20<sup>th</sup> of Nov.2021. Dr Waleed Kurdi from Cairo, Egypt, a silver member of Style Italiano, enlightened the delegates with the most common mishap in Endodontics –Broken File Dilemma on 19<sup>th</sup> November 2021 while Dr Liu Jing Jin, from JiaXing, China, a key opinion leader for Coltene, Ivoclar and Micerium, also a clinical practioner addressed: The principle of colour match : truly understand what is the color in direct composite restoration on 20<sup>th</sup> November 2021. Dr. Mohamed Salah, from Cairo,Egypt, a practioner of micro-endodontics for over a decade, a key opinion leader for various research companies ensured the transformation of every delegate from Zero to Hero: by Management of Endodontic Mishaps on 21<sup>st</sup> November 2021. Two panel discussions with eminent panelists and renowned moderators triggered interactions of clinical relevance. The Panel discussion on restorative dentistry, conducted on 19<sup>th</sup> of November was moderated by Dr. Arvind Shenoy and the panelists were Dr. Mahalaxmi S, Dr.Debjyoti Mazumdar, Dr. H Murli, Dr.Pratima Sheno and Dr. Mohan Kumar. The panel discussion on endodontics, 20<sup>th</sup> November 2021 was moderated by Dr. Shishir Singh and the panelists were Dr. Chandana Kalita, Dr. Abrar Sayed, Dr.Krishna Vyas, Dr. Mahima Tilakchand and Dr. Marina Fernandes.

As a mark of respect and remembrance, the five halls were dedicated to the stalwarts of our speciality 'Dr S. V. Bhagwat', 'Dr B.Sureshchandra', 'Dr K. S. Bhat', 'Dr Anil Chandra' and 'Dr. S. Jagadish'.760 student delegates contributed by presenting scientific papers and posters on 17<sup>th</sup> and 18<sup>th</sup> November 2021.These papers and posters included a wide-spectra of our curriculum in Conservative Dentistry, Endodontics, Esthetics and Material Sciences .

The most outstanding paper was awarded to Dr. Suman C (Post Graduate from Rajarajeshwari Dental College Bengaluru, Karnataka) in the category of Endodontic Case Report, with an EndomotorE -CONNECT PRO and the best poster award was bagged by Dr. Manisha and Dr. Anuj Shankar (Post Graduate from SDM College of Dental Sciences Dharwad, Karnataka) with an apex locator E- pexendorsed by our principle sponsor, Orikam.

Organizing Chairman  
Dr Sonal Joshi





## IACDE EXCELLENCE AWARD 2021

ACADEMIC EXCELLENCE AWARD

– Dr B. Saravana Karthikeyan

LIFETIME ACHIEVEMENT AWARD

– Dr R. Nageshwar Rao

CLINICAL EXCELLENCE AWARD

– Dr Praveen Rajesh , Dr. Smitha Reddy

HUMANITARIAN AWARD

- Dr C S Karumaran

RISING STAR AWARD

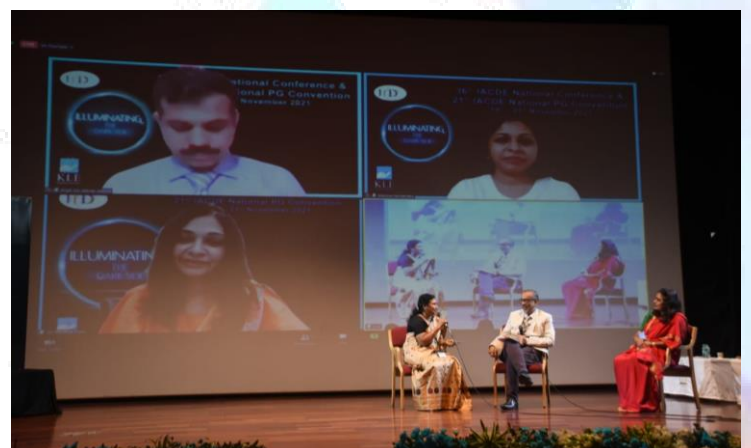
- Dr. Ratheesh Rajendran



## YOUNG ACHIEVER AWARD 2021

POST GRADUATE  
WINNERS

1. Dr Anisha Mishra
2. Dr Akshata Airsang
3. Dr Megha Kothari
4. Dr Shakthi Priya









# Head Office



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Chandrasehkar V, Dr. Girish Parmar,  
Dr. Kidiyoor





# INAUGURATION OF IACDE@40

IACDE@40 an event to celebrate the fruitful journey of 40 years of IACDE [Ruby Anniversary] was held on 27th February 2022 at Radisson Blu Plaza Hotel, Hyderabad.

The event was inaugurated by Dr. Dibyendu Mazumdar, Hon. President, Dental Council of India, Past President IACDE and Patron- IACDE@40.



The event was attended by the Executive Committee member President Elect IDA Telangana State, Office Bearers of IACDE, HOD's of the Department of Conservative Dentistry and Endodontics of Dental Colleges of Telangana, Faculty members of the Department of Conservative Dentistry and Endodontics of Dental Colleges of Telangana, practising endodontists of Telangana State who are IACDE members.

IACDE@40 is an event which will be celebrated from 27th February 2022 to November 2022 and will have its valedictory ceremony in the Bhopal Conference 2022. The various activities which will be conducted under the banner of IACDE@40 are Cons-Endo Day celebration, CDE programs under IACDE SPARK initiative, Student exchange program, National PG convention at Rajahmundry, National Conference at Bhopal, Excellence awards, Blood Donation camps, awareness camps and treatment camps etc.



The event which was attended by more than 200 delegates included inauguration of IACDE@40 and followed by Guest lecture on Magnification and Composites by Dr. Mohan Kumar.

A press meet was held and was addressed by Dr. Dibyendu Mazumdar, Hon. President, Dental Council of India, Past President IACDE and Patron-IACDE@40, Dr. Ratnakar P, President IACDE and Dr. Prahlad A. Saraf, Hon. General Secretary IACDE.



Dr. Dibyendu Mazumdar spoke about the importance of 40 Years of celebration and the need to educate the student fraternity of our speciality and serve the needy population through treatment and awareness camps. Dr. Ratnakar P spoke about the importance of IACDE@40 and also the services rendered by the speciality of Conservative Dentistry and Endodontics and its motto to save the tooth.

The dignitaries, special invitees, office bearers of IACDE and the Department Heads were presented a memento and an IACDE@40 badge to all the delegates as a mark of remembrance of the inauguration of IACDE@40.







# PROXI-CON 2022

As part of the IACDE SPARK INITIATIVE PROGRAM a two day workshop was conducted by Hitkarini Dental college and Hospital, Jabalpur on 23-24th April 2022 under the banner of IACDE@40.

The organizing team was headed by Dr Shiv Mantri (Professor and Head, Organizing Chairman), Dr Kavita Dube (Organizing secretary), Dr Bonny Paul (Scientific Coordinator), Dr Charu Chhabra, Dr Vrinda Dhirawani, Dr Nupur Bhatnagar and Dr Gargi Tiwari (program coordinators). The two resource persons were Dr H. Murali Rao and Dr Prashant Hatkar.

This workshop focused on this everyday challenge faced by clinicians - and aimed to bring the state of art science and technology to treat posterior teeth. Dr H. Murali Rao lectured on the selection of material for proximal posterior restorations and indirect restorations. Dr Prashant Hatkar lectured on posterior proximal restorations followed by clinical demonstrations. The conference received a total of 126 registrations for the lectures and 54 registrations for the Hands-on course. An e-poster competition was conducted for the student delegates - the theme for the poster was "My idea of Class II". The competition was won by Mr Akshay Gupta & Miss Shivangi Singh (INTERNS), Hitkarini Dental College. To benefit the delegates of Hands-on "RESTORATIVE DAY" was organized by Department of Conservative





# Ask the expert .....

*Verba volant, scripta manent” (spoken words fly away, written words remain)  
-Caius Titus*

Documentation is an important part of treatment and it comprises of the detailed information of the chief complaint, history of illness, medical history, clinical and radiographic examinations, diagnosis, treatment and follow-ups including all communications.

Documentation of initial clinical presentation and findings of various diagnostic aids not only help in diagnostic efficacy but also in effective communication with patient and also ensures consent and expectations from the procedure. Maintaining records helps support the reasons for the treatment plan advised, procedures performed and response to the treatment.

Documentation is essential not only for quality control<sup>3</sup> and standardization but also helps in self assessment and improvement. It encourages knowledge sharing, ensures consistency and reduces operational ambiguity. Various national and international level examinations need precise documentation for case discussions and presentations on treated patients along with follow-ups. for eg. Board Certified Diplomate Exams.

Documentation is regarded as an essential element in the legal system. Dental professionals are compelled by law to produce and maintain adequate patient records.

Documentation is also vital to forensic dentistry for personal identification of individuals who cannot be identified visually.

Recordkeeping plays multiple roles as a legally binding proof of discovery, historical artifact, intellectual property, a pedagogical tool, epistemological framework by which claims are made, organizational memory, and a mechanism of communication and collaboration.

Good record-keeping is central to the scientific process. Research records are important for managing and planning research, for replicating results, for documenting collaborations, for publications and for peer reviews and for complying with governmental and institutional rules and regulations.

There are certain basic criteria that need to be followed in writing a dental record-

- Entries should be either recorded legibly in ink and not pencil or recorded in a digital format.
- Date of every patient visit should be entered in a chronological order.
- The dentist is responsible for the patient's chart even if some entries are delegated to office or junior staff.
- All diagnostic aids (radiographs, study models, photographs etc.) should be properly labeled and dated.
- Established terminology, symbols and abbreviations should only be used in order to avoid misunderstandings.
- All entries should be signed by the treating clinician.
- Informed consent forms with patient or the accompanying persons signature should be taken. The consent form must be in a language that the patient understands.
- Registering informed refusal with signature of the patient is imperative.
- Record should be objective in nature.
- Any mistakes in the records should be corrected with a single line drawn through the incorrect material. Deliberate obliteration or alterations of the record should be avoided.
- All communications with the patient, including emergency telephonic consultations, should be recorded.
- If a patient is dissatisfied, all communications should be recorded including the problem, the attempt to deal with the problem and the solution to the problem.
- If a patient wishes to discontinue treatment, a note of it should be made in the patient's record along with the reason.<sup>9</sup>



**Dr Krishna Vyas**  
Chhattisgarh  
Private Practitioner

“WITH TONS OF DENTAL NEGLIGENCE CASES EVERY YEAR, IT IS IMPERATIVE THAT WE EMBRACE THE AVAILABLE TECHNOLOGIES AND DRASTICALLY IMPROVE THE WAY DENTAL RECORDS ARE HANDLED AND PROCESSED”

# Ask the expert .....

The palest ink is better than the strongest memory

Not documented = not done  
Poorly documented = poorly done  
Incorrectly documented = potentially fraudulent



**Dr Mamta Kaushik**  
Professor and Head  
Army College of Dental  
Sciences Secunderabad,  
Telangana

## Academic Activity Records

The MDS course is a stepping stone towards a glorious future.

The course accentuates the necessity of good record keeping

– preparing you for a successful future. The DCI has stipulated a minimal allocation of academic and clinical activities. And it is essential to complete these at fixed time intervals to be eligible for taking up the exams. **Fixed checklists** for your academic and clinical activities regularly assess your required skill set based

on particular criteria. If you prepare your Seminars, Journal Clubs, and Case Discussions based on the assessment sheet, you cannot go wrong in the format and presentation. They also aid in proper preparation and conduct towards patients in the clinics and the regular progress of your thesis. The verifiers given in the checklist aim to prepare for the whole PG programme excellently.

The documentation is your first step towards success. The first step is getting your logbooks A, B, and C right.

A Record of Academic Activity serves well to all non-students as well.

## Patient Records

This record may consist of several elements - written notes, radiographs, study models, referrals in the case sheets, consultants' reports, clinical photographs, results of special investigations, drug prescriptions, laboratory prescriptions, patient identification information, and comprehensive medical history. Most ignored and very critical are Consent forms, Post Operative Records, and Feedback forms.

Set particular patterns and establish fixed dates for follow-up. While recording your cases, follow - SOOOAAP

Subjective information

Objective information – including Pre-Operative Photos, Radiographs, Casts, Results of other Tests, and Patients Medical and Dental History

Opinion

Options

Advice

Agreed plan

Plan of care for intervention or follow up

End each day by sorting your cases and your records

Documents.... Why ? How ?

# Ask The expert .....

## IMPORTANCE OF DOCUMENTATION IN DENTISTRY

The word 'Documentation' refers to material that provides official information or evidence that serves as a record. Dentists have professional, legal and ethical responsibilities to maintain a complete record of patients. They allow for effective communication between health care providers, provide a database for dental research, enable quality of care assessments, optimize the safety and effectiveness of patient care, aid in the defending malpractice claims and assist forensic identification of victims. Documentation is of utmost importance in the field of research too.

Patient record should include

1. Identification data — name, date of birth, contact information.
2. Dental history
3. Medical history — a thorough investigation, to include a minimum of:-
  - Name and phone number of physician
  - Dentists' own evaluation of patient's general health and appearance
  - List of systemic disease — diabetes, rheumatic fever, hepatitis etc
  - Any ongoing medical treatment
  - Any bleeding disorders, drug allergies
  - Any systemic disorders
  - Relevant family medical history
4. Clinical examination to include an accurate charting
5. Diagnosis
6. Treatment plan
7. Documentation of informed consent



**Dr Paromita Mazumdar**  
Professor, HOD  
GuruNanak Institute of  
Dental Sciences and  
Research

This acts as aid to safely plan treatment. The previous experience of patient acts as guide.

Dental radiograph provides additional documentation of the pre-treatment condition of the patient. These are essential aids in diagnosis to verify final result and for follow-up comparisons at recall examinations.

Photodocumentation on the other hand is a great way to reference back when one has any question regarding any case. It plays a important role in lab communication and patient education.

Informed consent form-After diagnosis, the benefits, risks and treatment plan including patient refusal of treatment are presented to the patient. This will document acceptance or rejection of the consultation recommendations. The patient signs and dates the consent form including video informed consent. This will be the document of proof that every treatment detail was shared with patient and patient accepted it.

Subsequent changes in the proposed treatment plan should also be discussed with the patient to indicate continued acceptance and to acknowledge understanding of any new risk alternatives or referrals.

In this era of digitalisation the process of documentation has become more convenient, systematic and readily accessible. The data should be encrypted and protected by a password so as to prevent any unauthorised person from gaining access.

Patients have a right to expect that their personal information shared in the course of their health care will not be disclosed without their knowledge. The duty of confidentiality is towards all patients, including mature and immature minors and adults who lack the capacity to take decisions for themselves. Non- disclosure is held valid even after the individual's death.

A bulk of these data can aid as the database for research, to identify incidence of the most common dental problems, frequency of their occurrence, trends etc

Because of increased awareness about legal issues surrounding healthcare amongst general public, and with the rise in malpractice cases, a thorough knowledge of dental record is essential.

Complaints and notifications specific to dental record keeping accounted for 78% of formal complaints. There are a lot of negligence cases filed against doctors and hospitals for not being able to provide adequate records. To quote some cases:

1. The state commission held that failure to deliver x-ray film is deficient service. The patient and the attendant were deprived of their right to be informed about the treatment .
2. The state commission held that there was negligence as the case sheet did not contain a proper history, history of prior treatment and investigation and even the consent papers were missing .

Today comprehensive and accurate records are a vital part of dental practice .

Revised Dentists (Code of Ethics) Regulations – 2014 3.3.1 Every Dental surgeon shall maintain the relevant records pertaining to his out- patients and inpatients (wherever applicable). These records must be preserved for a minimum period of three years from the date of commencement of the treatment in a format determined by the Council or accepted as a standard mode of documentation. 3.3 Maintenance of Dental/Medical records .



# Ask The expert .....

## PHOTO - DOCUMENTATION FROM PG PERSPECTIVE

- Dr. Ashwini P

Photography, like writing, embodies an instrument of predilection, an Effective tool for formalizing experience, which is valued both for its capacity for denotation and its ability to offer a true and immediate account of reality.



**Dr Ashwini P**  
Reader  
VS Dental College

*“PHOTOGRAPHY REPRESENTS AN INELUCTABLE MODALITY OF THE VISIBLE”.*

- JOYCE 1922

Recent technological advances in digital photography allows even the novice to take images that are exceptionally sharp. What was once reserved for the few is now within reach of the many. We have digitized the world for our CONVENIENCE, UTILIZATION and MANIPULATION. Time is divided into seconds, minutes and hours; distance into miles or kilometers. PHOTOGRAPHY IS NO EXCEPTION, light is expediently converted into binary/digital codes for producing visuals.

Today, dental photography is no longer an option, but an integral and indispensable tool for practicing dentistry at every level and discipline. Besides offering indisputable photo documentation, photographs are probably the most powerful learning method for clinical dentistry and self-improvement. Photography should be regarded as an integral part of daily clinical practice and photographic equipment as a part of dental armamentarium no different to a dental handpiece. A routine photography session should take no more than 10 minutes of clinical time - a small sacrifice compared to the innumerable benefits it offers.

Three aspects that come to mind are - equipment and concepts, photography setup, and processing images. However, many students/clinicians are reticent about incorporating digital photography into their daily practice due to uncertainty about the choice of equipment, steep learning curve and initial capital expenditure.

Now, we need to establish the basic requirements of dental photography before choosing any camera or accessories.

Dental photography can essentially be divided into

- portrait photography
- macro photography

Portraits are essential in several clinical disciplines like orthodontics, prosthodontics, etc.

Macro photographs encompass intra-oral images and extra-oral images along with bench images of diagnostic casts, prostheses or restorations.

Therefore, IT IS ESSENTIAL TO CHOOSE A CAMERA AND LENS that fulfill the requirements of both portrait and macro photography.

## EQUIPMENT FEASIBLE:

### 1. BODY:

DSLR (Digital Single Lens Reflex) cameras combine the optics and the mechanisms of SLR-camera with a digital image sensor as opposed to photographic film. NOTE: When buying a camera make sure it has a second screen on top that will help change settings like f, ISO which can be found in DX or FX format.

DX - Crop sensor: chosen for macro

FX - Full frame: same size as old analog film

### 2. LENS:

100-105 mm MACRO f/2.8 which gives sharper and cleaner details in close up and intra oral.

3. BELLOWS/MACRO-RINGS: can be used to focus the subject closer.

4. LIGHTS: Ring flash for close up/macrophotography

Twin flash, studio lights for extra-oral portraits

Twin flash v/s Ring flash -

Twin flash allows us to capture the internal structure of the tooth, mamelons, halo effects, transparency, translucency.

## SPECIFIC DENTAL ACCESSORIES:

**BLACK BACKGROUND/CONTRASTORS:** These will help you get a clutter free background without light reflections.

**RETRACTORS:** These will help you get a great shot from the anterior view revealing the gingival area better with optimum illumination.

## DENTAL PHOTO MIRROR/REFLECTION:

Helps us capture images of the palatal/lingual view with ease. avoid a foggy surface - you can place them in hot/warm; spray with air during the process or apply soap and clean it out for anti fog effect to permit indirect photography of the oral cavity which is not directly accessible.

## STANDARD VIEWS INCLUDE:

- Full face in repose and smile
  - Full profile in repose and smile
  - Smile from anterior view and in profile
  - Anterior view with teeth closed and open
  - Lateral/anterolateral views from left and right
  - Occlusal arch views of mandible and maxilla
- Quadrant views of maxillary and mandibular left and right

## MINIMAL SET OF STANDARD VIEWS

### INCLUDE:

- Full face with smile
- Anterior view close-up with retractors
- Full maxillary and mandibular arches with mirror and retractor
- Left and right lateral views

## MAIN SETTINGS:

1. ISO - Sensor sensitivity to light  
Amount of light and brightness in images is influenced by ISO setting.  
ISO setting: 200-250
2. APERTURE - Determines the depth of field  
Intra oral: f22 - 29  
Close up: f16 - 18  
Portrait: f10 - 13
3. AF-S: Single focus point  
This is recommended for use in static photography like portraits, close ups and dental photography allowing you to keep the focus point in the desired area.
4. WHITE BALANCE: Set to FLASH WB

## RECOMMENDED PHOTOGRAPHY FORMAT:

RAW + JPEG (Fine) is recommended as RAW files are used when we need images of exceptional quality, as JPEG loses quality every time the file is edited.

**SOFTWARES** to process the RAW files - Capture NX  
Lightroom from Adobe or DPP from Canon.

One picture is worth a thousand words in a true and often quoted maxim.

Conventional photography had more than 150 years to develop, whereas digital photography reached a comparable technical level within a couple of years.

Digital dental photography is not the technique of the future. It is state of the art. A camera should be part of the standard equipment of every dentist as images are becoming more and more important. Digital photography has contributed essentially to attain this goal.



# Cons-Endo Day 2022

2017 saw the beginning of Cons Endo Day. Almost half a decade back, the Federation of Operative Dentistry (FODI) was formed. Later, this changed to Indian Association of Conservative Dentistry (IACDE). To mark the formation of our specialty, March 5<sup>th</sup> is celebrated as Cons Endo Day. Various events were conducted pan India to create public awareness like marathons, walkathons, motivational videos to patients, camps, plays, and memes. Numerous scientific activities were conducted for the benefit of students, post graduates and faculties. As a tribute Mother Earth, few collages initiated a 'Green drive' where trees plantation were done. At this point, the Head Office would like to thank each and every college for their enthusiastic participation.











Dr. Mohammad  
Hammo



Dr. Waleed Kurdi



Dr. Vandana Kumar



Dr. N. Velmurugan



Dr. Jayalaxmi



Dr. Sanjay Tewari



Prof. (Dr.) Aseem  
Prakash Tikku



Dr. Shishir Singh



Dr. Ajay Logani



Dr. A R Pradeep  
kumar



Dr. Aditya Mitra



Dr. Arvind Shenoy



Dr. Vibha Hegde



Dr. Mithra N. Hegde



Dr. Vivek Hegde



Dr. Chikoy Wang



Dr. Sai Kalyan  
Surapaneni



Dr. Abhishek Laha



Dr. Kavitha Sanjeev



Dr. R S Mohan  
Kumar



Dr. Kiran Kumar N



**Dr. Disha Agrawal**

The term “biomimetics” originates from the Greek words “bios” meaning- life and “mimesis” meaning- to imitate. Biomimetics is an interdisciplinary field in which principles from engineering, chemistry and biology are applied to the synthesis of materials, synthetic systems or machines that have functions that mimic biological processes. It is a creative **form of technology that uses or imitates nature to improve human live.**

The term **Biomimetic dentistry** was coined by **Dr William Douglas** and can be defined as the art and science of restoring damaged teeth by using materials that mimic the properties of natural teeth. It encompasses the study and understanding of biological, morphological, mechanical and functional aspects of teeth and their supporting tissues.

Biomimetic dentistry treats weak, cracked, fractured, and decayed vital teeth in a way that restores their strength and seals them from further bacterial invasion. Careful sealing against infection removes the need for aggressively preparing the teeth for crowns and drastically reduces the need for root canals.

**Advanced Adhesive Bonding Technique is the driving force of biomimetic dentistry**

Biomimetic dentistry focuses on developing maximum bond strength between the substrate and the restoration using the right technique and materials with gold standard bonding agents. The biomimetically-restored tooth eliminates gaps under restorations and cracks into dentin that develop as a result of deformation and stress concentrations, reducing or eliminating postoperative pain and sensitivity and preserving vitality, as bacteria are not able to invade and kill the pulp.

Presenting a case series performed using Dr David Alleman’s six lessons approach to biomimetic restorative dentistry that compiles scientific research from the past 40 years into a set of protocols that create consistent outcomes while preserving pulp vitality and maintaining the function.

### Six lessons Approach to Biomimetic Restorative Dentistry

Lesson 1- Diagnosis & Management of Carious Lesion using caries detecting dye

Lesson 2- Assessment and Management of Structural Compromise (horizontal and vertical structural compromise)

Lesson 3- Immediate Dentin Sealing & Resin Coating

Lesson 4- C-factor Control by Decoupling with time& Fibre Reinforcement in the Biobase

Lesson5-Enamel Replacement with inlay/ onlay/ overlay/ stress reduced direct composite

Lesson 6- Occlusal Adjustments

The purpose of using this technique is to increase the longevity of restorative dental treatments and to reduce or eliminate future cycles of retreatment.



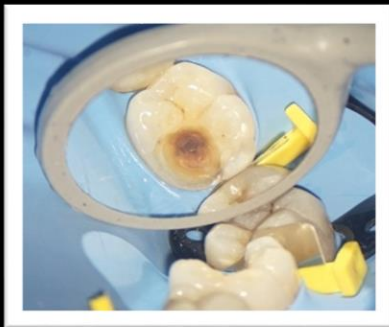




**Figure 1** Class II deep carious lesion involving distobuccal cusp was observed. Rubberdam isolation was donee was planned based on biomimetic protocol



**Figure 5** Air abrasion with 29 micronm alumina using aquacare device was performed.



**Figure 2** Carious lesion management- removing the carious lesion from periphery towards center.



**Figure 6** Immediate dentin sealing using GS clearfil SE bond by kuraray was done. Primer was scrubbed for 20 secs and air dried. Thin layer of bond was applied and no air drying was done



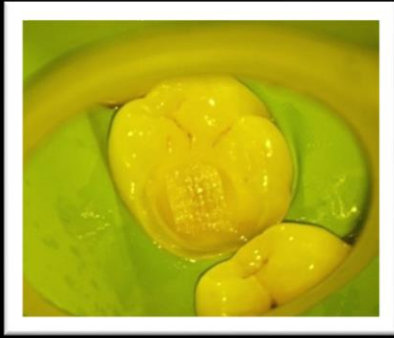
**Figure 3** Caries detecting dye by Kuraray was used to guide in carious lesion management for establishing peripheral seal zone



**Figure 7** Resin coating using Clearfil majestic flow was done. 0.5mm thin layer of composite was applied to dentin following which decoupling with time for 5 mins was done. At this point no additional layer of composite was added.



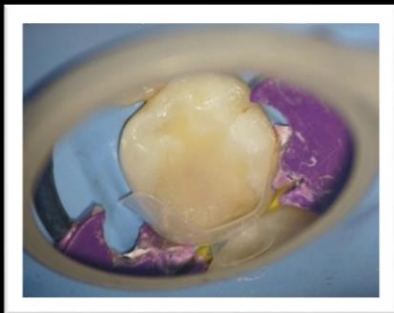
**Figure 4** Caries removal endpoint achieved- Peripheral seal zone of 2mm sound dentin from DEJ was established



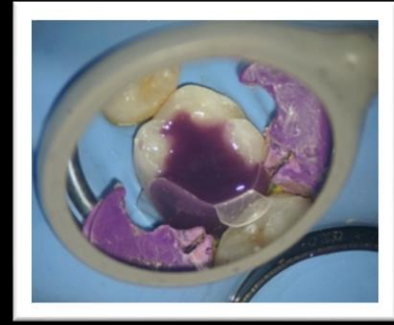
**Figure 8** A small piece of Ribbond was added to GC EverX flow on pulpal floor to improve bond strength and create fail safe mechanism in the restoration for purpose of protecting pulp vitality.



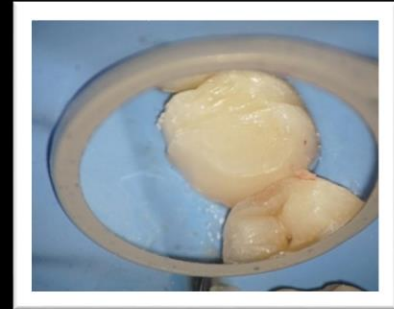
**Figure 9** Biobase - dentin replacement was completed using GC EverXflow in thin layers. Temporary restoration using spident temp-it was given and patient was recalled next day.



**Figure 10** second appointment- temporary was removed and air abrasion was performed following which bioclear biofit HD matrix system was used for restoring proximal wall in class II tooth preparation.



**Figure 11** Etching of enamel was done using kerr etchant 37% phosphoric acid.



**Figure 12** Injection moulding of heated composite was done using 3M bulkfil composite post bonding.



**Figure 13** Occlusal adjustments was done using 3 paper technique and final finishing and polishing was performed using rockstar polisher.



**Figure 14** Post-operative IOPA showing ribbon shadow

# SPOTLIGHT

Dr Ajay Logani and his team have been selected as winner of the **Journal of Endodontics Awards 2022 in the Category of Clinical Research**. The article titled 'Combination Of Nonsurgical Endodontic And Vital Pulp Therapy For Management Of Mature Permanent Mandibular Molar Teeth With Symptomatic Irreversible Pulpitis And Apical Periodontitis' was published March '21 issue.



DR. BHAWNA KOLI

DR. AMRITA CHAWLA

DR. AJAY LOGANI

DR. VIJAY KUMAR

DR. SIDHARTHA SHARMA



Velmurugan N (Faculty of Dentistry, MAHER University, Chennai), Dr. Anil Kishen (Faculty of Dentistry, University of Toronto, Canada) and team has been selected as the winner of the Journal of Endodontics Awards 2022 in the category of Case Reports and Clinical Techniques. The article 'Maxillary Anterior Teeth With Extensive Root Resorption Treated With Low-Level Light-Activated Engineered Chitosan Nanoparticles' was published in the July issue of Journal of Endodontics 2021.



Dr. AR Pradeepkumar

Dr. Hagay Shemesh

Dr. MS Nivedhitha

Dr. M Mohamed Jubair Hashir

Dr. Selva Arockiam

Dr. TN Uma Masheswari

Dr. N Velmurugan

Dr AR Pradeep Kumar and his team have been selected as honourable mention in the Journal of Endodontics Awards 2022. The article was 'Diagnosis Of Vertical Root Fractures By Cone-Beam Computed Tomography In Root-Filled With Confirmation By Direct Visualization:A Systematic Review And Meta-Analysis

Dr A.C Bhuyaafter completing his MDS from King George Medical University started his career as tutor at Regional Dental College, Guwahati and later on held subsequent posts till he was appointed as Principal. Author of various chapters and textbooks in specialty;Dean, Faculty of Dental Sciences, Govt of Assam Dr Bhuyan has now retired after 38years of service.





# Rapid Recap-2022

## "Sculpting the Future"



A Masterclass program / symposium was conducted from the Department of Conservative Dentistry and Endodontics, DAPMRV Dental College in association with ACE-K and IACDE between the 7<sup>th</sup> of April 2022 to 9<sup>th</sup> of April 2022. It was a program conducted to train the exam going post-graduates across Karnataka to face the University examination. The program was attended by 141 delegates and many Guest faculties. This event hosted more than 20 lectures by renowned speakers and the post lunch Inter-active scientific sessions were greatly appreciated. The 3 day event was organized at the Sivananda Sarma Auditorium of the DAPM RV Dental college between 9:00 AM to 5:30 PM. The Inaugural ceremony was conducted in the Shashwathi auditorium of the NMKRV College for women 7<sup>th</sup> April 2022. Mr.Nandish, trustee- RSST was The CHIEF GUEST and Dr. Asha R Iyengar was The Guest of Honour.



## IACDE JUMBLE WORDS

1. XAAODTTEYYHPRI

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2. MAATTXIRAAOU

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3. EOOAINTPRRF

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4. AANMLGORU

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5. MMTEESIMAR

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# IACDE 22ND NATIONAL PG CONVENTION, RAJAHMUNDRY

The 22<sup>nd</sup> IACDE National PG Convention was hosted by the Department of Conservative Dentistry and Endodontics, GSL Dental College, Rajahmundry on the 25<sup>th</sup>-27<sup>th</sup> Mar 2021. The team was headed by Dr T Murali Mohan (Organizing Chairperson), Dr K. Ramakrishna Raju (Organizing Secretary) and Dr Srinidhi V.B (Scientific Chairperson). A scientific extravaganza was planned over three days under the theme 'Quest for Perfection'. A pre-conference course on the topic "Biomimetic approach to restorative dentistry" was conducted under the guidance of Dr. R.S Mohan Kumar. An oration by Dr. Beena Rani Goel on the topic Posterior Restorations-Past Present & Future was conducted. A wide range of lectures by various national speakers based on their clinical and academic proficiency was conducted to motivate budding endodontists to attain perfection in the profession.

A total of 812 presentations were received, out of which 511 were paper presentations and 301 were poster presentations. For the first time student presentation under Ponder and Prove was initiated. This was further divided into three forms: two sessions were conducted which included two categories 1. Innovative and creative, 2. Concept. 3. Arithmetic Calculation of Master Apical File. Out of 16 presentations under this category, 10 were posters, and 6 were paper presentations. A total of 241 students received prizes for scientific presentations, 136 for paper presentations, and 105 for poster presentations.

Dr T Murali Mohan  
Organizing Chairperson





# WITH THE RECIPE



## ALOO- PANEER BIRD NEST

### INGREDIENTS:

#### For the Tikkis

1. 1 cup Potatoes (boiled & mashed)
2. ½ cup Green Peas ¼ cup Capsicum (chopped)
3. 2 tsp Garlic (chopped)
4. 2 tsp Ginger (chopped)
5. 2 Green Chillies (chopped)
6. 1 tsp Chilli powder
7. ½ tsp Turmeric Powder
8. 2 tsp Chopped Coriander
9. 1 cup Paneer (grated)
10. Salt to taste

#### For the Paneer Eggs

1. ½ cup Paneer grated
2. ½ tsp Black Pepper
3. Salt to taste Mint and

#### Coriander Chutney

4. 1 cup Mint Leaves (Chopped)
5. ½ cup Coriander leaves (dhania patta)
6. 1 Green chili (chopped)
7. ½ wedge Lemon (juiced)
8. Pinch of Black/Regular salt

### METHOD:

1. To Make the tikkis, take all the ingredients in a bowl, adjust the seasoning & combine well
2. Shape the tikkis into rounds & make a small dent in the center with your thumb to form the nest shape. Now dip these in a thin batter made with flour & water, then coat in broken vermicelli, at this point the tikkis should look like a nest
3. Chill the birds nest for 15 mins
4. Now heat oil in kadai & deep fry till golden
5. For the paneer eggs, mix the ingredients a bowl, shape into small eggs & deep fry in hot oil for 30 secs
6. In the mean time, prepare the green chutney by mixing all the chutney ingredients in a mixer
7. For the assembly, take the birds nest, add a spoon of green chutney in the center, add couple of leaves of fresh coriander & place 3 small eggs over it 8. Serve hot with ketchup & green chutney

**Dr. Neetu Maurya (MDS)**

Chhattisgarh Dental College and Research Institute.

### JUMBLD WORDS ANSWERS

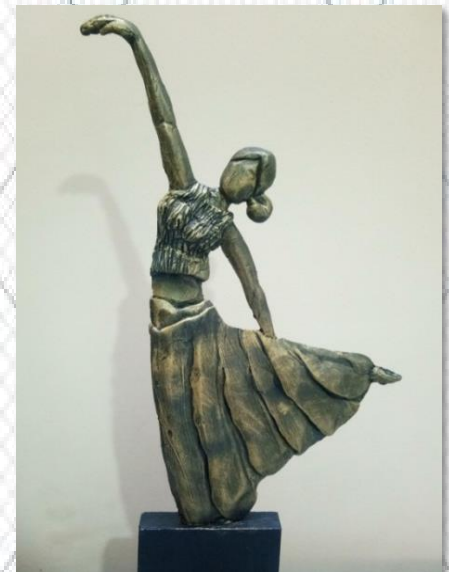
1. HYDROXYAPATITE
2. AUTOMATRIX
3. PERFORATION
4. GRANULOMA
5. METAMERISM

## NEWSLETTER OFFICE

Dr. Rashmi Nair.  
Professor, HOD  
Department of  
Conservative Dentistry  
and Endodontics.  
CDCRI, Chhattisgarh

IACDE members are  
requested to send their  
inputs, activities in your  
state, news, views,  
scientific and academic  
achievements, awards,  
jokes, cartoons &  
questions for the  
newsletter to:  
[newsletter@iacde.in](mailto:newsletter@iacde.in)

## *Beyond Dentistry*



### **Dr. Sejal Gandhi**

Chhattisgarh Dental College and Research Institute, apart from dentistry she is passionate about Sketching , Sculpting and painting.