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## PINS & POSTS

VOL 10 ISSUE 1





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## EDITORS DESK



My Dear IACDEians, as we step into 2025 a brand-new year unfolds before us, bringing fresh opportunities, renewed aspirations, and an unwavering commitment to excellence. Dentistry continues to evolve, shaping the future with cutting-edge advancements, patient-centric care, and aesthetic brilliance, let this year be a canvas for learning, growth, and transformative achievements.

In the same spirit of progress, National Cons-Endo Day reinforces our commitment to Conservative Dentistry and Endodontics. It is a reminder that true excellence lies in precision, ethics, and minimally invasive techniques that prioritize patient well-being. By embracing innovation while honoring the core principles of our practice, we pave the way for a future where aesthetics, function, and integrity go hand in hand.

Continuing the spirit of progress, is the celebration of Women's Day which is a perfect opportunity to recognize and honor the significant contributions of women whether through groundbreaking research, leadership in dental organizations, or making dental practices more inclusive and accessible. As we celebrate milestones along the way, Women's Day stands as a beacon of strength, resilience, and leadership.

So, IACDEians, let us continue to carry the essence of these celebrations with us as we journey through 2025. Here's to a year filled with inspiration, achievement, and unwavering dedication to the art and science of dentistry!

Wishing everyone a fulfilling and inspiring 2025!

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#### ASSOCIATE EDITORS

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DR GAURAV KULKARNI READER TERNA DENTAL COLLEGE & HOSPITAL NAVI MUMBAI



DR. D L MALINI
READER
GDC & H , VIJAYWADA

#### **SECTION HEADS**

#### DESIGN & LAYOUT



DR. RAKSHA BHAT
READER
AB SHETTY MEMORIAL
INSTITUTE OF DENTAL
SCIENCES, NITTE DU

#### **ENTERTAINMENT**



DR. NEETU MAURYA
SENIOR LECTURER
CDCRI
RAJNANDGAON



### PRESIDENT'S MESSAGE



A very good day to us all.

It is and has been a privilege to work with all of us from the very beginning of my journey as a Post Graduate student in 1991. Indian Association of Conservative Dentistry and Endodontics is probably the largest association of Post Graduate dental surgeons and Trainees in India in any speciality. We believe in spreading and sharing the knowledge gathered collectively in the journey. The Newsletter team led by Dr. Rashmi Nair is doing a wonderful job in this aspect.

This is a purely clinical branch of Dentistry. But to do anything clinical we need sound theoretical knowledge. It is a well known saying "When your mind does not know your eyes do not see" We need to study, practice and constantly update ourselves. At the same time we should know what is gong on in our BIG FAMILY throughout India. In both aspects our Newsletter is giving us an extra boost of knowledge and information. Sincere appreciation to the entire team.

I wish the team Newsletter to achieve even greater height of success. May God bless us all.

DR ADITYA MITRA

Addy at hile



# 39th IACDE National Conference MUMBAI





**RESTO-AESTHO-CONS-ENDO** 

Date: 28th Nov to 1st Dec, 2024 | Venue: JIO World Convention Centre

39TH IACDE National Conference Mumai was held at the Jio World Convention Centre, India's foremost venue with state-of-the-art facilities for scientific conference and symposiums. This scientific conglomerate dedicated to the benefit of post graduate students witnessed the participation of over 2200 delegates from 300 dental colleges across India.









This conference showcased six pre-conference courses namely: Direct Laminates, 3D Printing in Endo Surgery, Laser Applications, Orthograde MTA under microscope, Demineralized Dentin Matrix and Single Visit CAD CAM Crowns. All the pre-conference courses were offered free of charge to the post graduate students.

The invited speakers were an impressive mix of senior academicians and experienced clinicians. Each scientific lecture was tailored, to best address, the problems encountered by the post graduate students. In all there were 17 keynote lectures (3 international speakers) and 4 symposiums. There were also scientific presentations which included over 1800 paper presentations, poster presentations and table clinics by post graduate students, faculty and PhD scholars





















































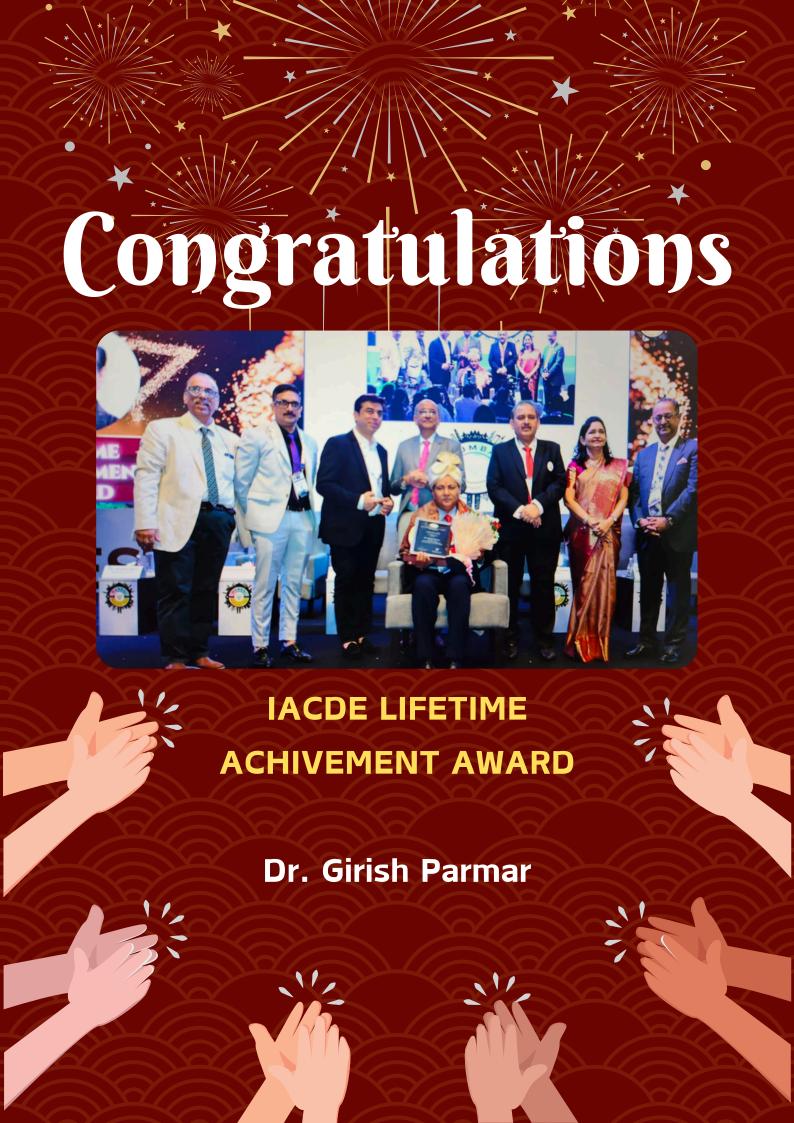




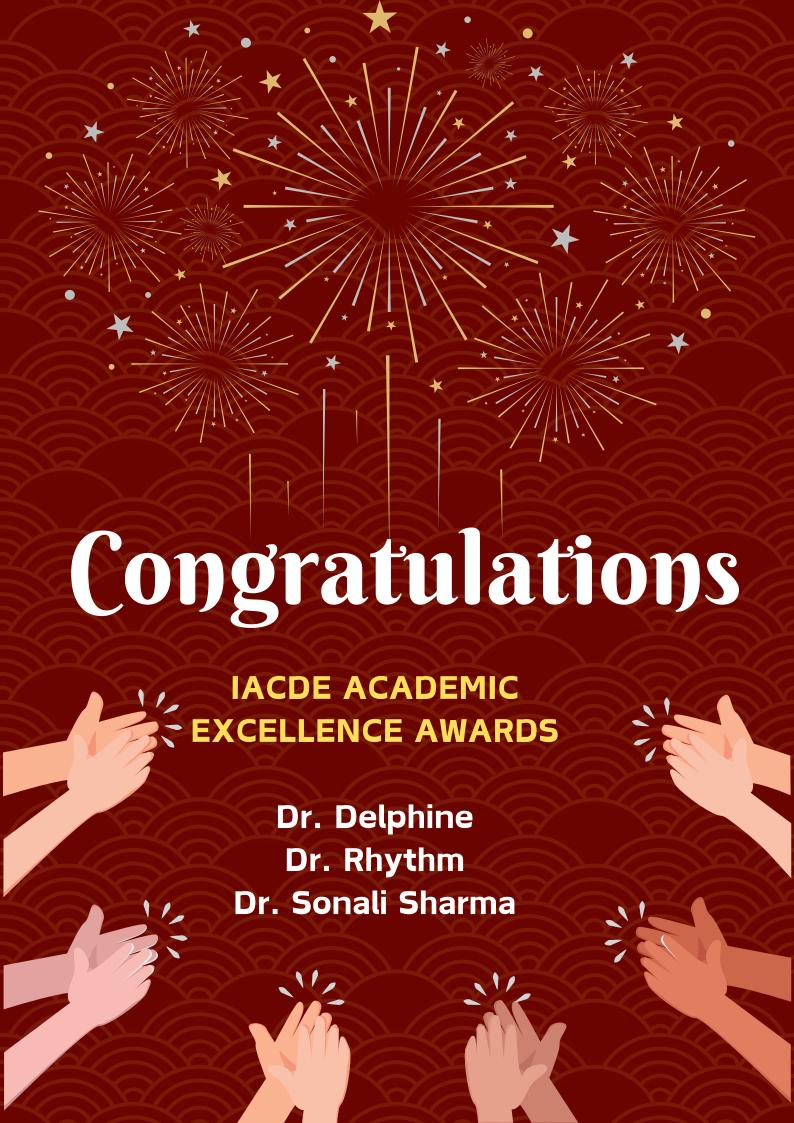




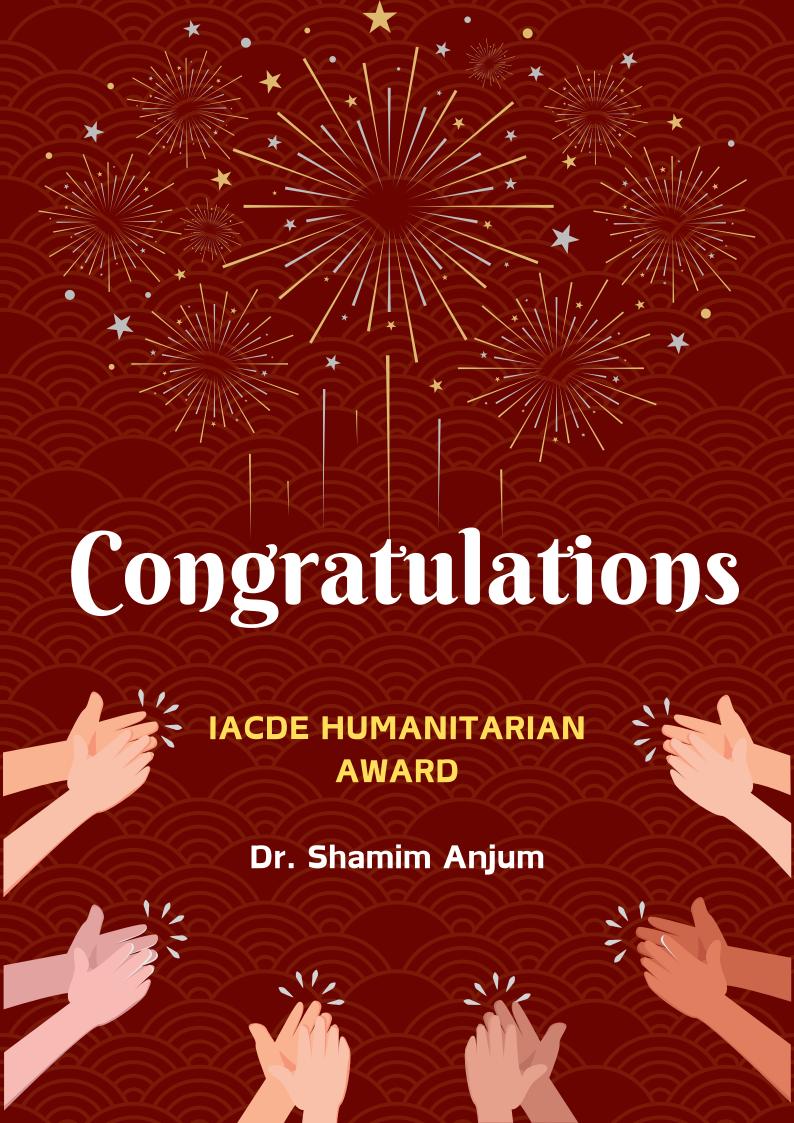
The success of the conference was the merit of having the best minds in the discipline to articulate a scientifically replete conference.

















DR ADITYA
MITRA

(PRESIDENT)



DR MITHRA N
HEGDE
PRESIDENT ELECT



DR DEEPAK KUMAR
SHARMA
IMM. PAST
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DR R S MOHAN
KUMAR
HON. GEN.
SECRETARY

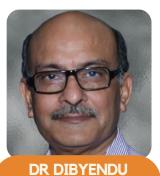


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JOINT SECRETARY



DR ABHISHEK LAHA



MAZUMDAR
PERMANENT EC



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(VICE PRESIDENT)



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DR SUPARNA
GANGULY SAHA



DR PRASAD H PATIL



DR O PAVANKUMAR



DR ANIL
MUNAVALLI



DR ANAND PATIL





### NATIONAL CONSENDO DAY CELEBRATIONS 2025

#### **MARCH 5TH**

A RADIANT CELEBRATION OF THE DISTINCTIVENESS OF THE PROFESSION, WHERE INTELLECTUAL AND CREATIVE RHYTHMS HARMONIZE INTO LIFE'S MOST MAGNIFICENT SYMPHONY.

March 5th, 2024 ignited a grand celebration of dental excellence!

With passion at the forefront, we honored Conservative Dentistry and Endodontics, turning the day into a symphony of expertise, innovation, and unity.

Across the nation, dental institutions became arenas of learning and inspiration, where every student, mentor, and practitioner shone as a beacon of oral healthcare brilliance. Breaking regional barriers, we transformed this day into a tribute to our field, raising awareness and amplifying our impact.

On March 5th, we stood together, a powerful force shaping the future of our profession.

Cheers to National ConsEndo Day—where our dedication leaves an enduring mark on dental history!

- ighlights from the Trand ( elebrations accross the ountry







D Y PATIL DENTAL COLLEGE & HOSPITAL, PUNE

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BUDDHA INSTITUTE OF DENTAL SCIENCES & HOSPITAL, PUNE



PANINNEYA MAHAVIDYALAYA INSTITUTE OF DENTAL SCIENCES, RESEARCH CENTER & HOSPITAL, HYDERABAD

RAJAS DENTAL COLLEGE & HOSPITAL, TAMIL NADU









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NORTH BENGAL DENTAL COLLEGE & HOSPITAL, DARJEELING





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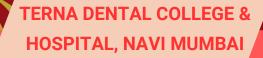
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CHATTISGARH DENTAL COLLEGE & RESEARCH INSTITUTE, CHATTISGARH

D.A.PANDU MEMORIAL R.V.DENTAL COLLEGE, BENGALURU





AME'S DENTAL COLLEGE, RAICHUR, KARNATAKA

NEW HORIZON DENTAL COLLEGE & RESEARCH INSTITUTE, SAKRI, BILASPUR, CHHATTISGARH





GOVT DENTAL COLLEGE AND
HOSPITAL
VIJAYAWADA, ANDHRA PRADESH



NARSINHBHAI PATEL DENTAL COLLAGE AND HOSPITAL, VISNAGAR.

MEENAKSHI AMMAL DENTAL COLLEGE AND HOSPITALS, CHENNAI





K L E VISHWANATH KATTI INSTITUTE OF DENTAL SCIENCES, BELGAUM



GOVERNMENT DENTAL COLLEGE AND HOSPITAL ,KADAPA, ANDHRAPRADESH

MADHA DENTAL COLLEGE AND HOSPITAL, KUNDRATHUR, CHENNAI



GURU NANAK INSTITUTE OF DENTAL SCIENCES AND RESEARCH, KOLKATA



Y.M.T DENTAL COLLEGE AND HOSPITAL.
NAVI MUMBAI



I.T.S DENTAL COLLEGE & HOSPITAL, GHAZIABAD



GITAM DENTAL COLLEGE & HOSPITAL VISAKHAPATNAM

# APEX SUMMIT







PROGRAM DETAILS		
TIMINGS	DAYI	DAY 2
GUEST SPEAKERS	Dr. ADARSH.M.S	DR. SWEEN KATHURIA
10:00AM-12:00 PM	SESSION I: LECTURE ON " MANAGEMENT OF COMPLEX ROOT CANAL ANATOMY "	LECTURE ON "VENEERS FOR EVERY GENERATION "
12:00- 12:45 PM	SESSION 2: LECTURE ON "RETREATMENT STRATEGIES"	DEMONSTRATION: INTRAORAL SCANNING BONDING PROTOCOL
1:00 - 1:30 PM	DEMONSTRATION: ORTHOGRADE APPEXIFICATION	LUNCH- BREAK
1:30- 2:00 PM	LUNCH- BREAK	INAUGURATION
2:00- 4:00 PM	HANDS-ON: RETREATMENT WITH COLTENE HYFLEX REMOVER	DEMONSTRATION & HANDS-ON : LAMINATES PREPARATION
1 1 1	# COLTENE	ivoclar :

**#**COLTENE

vivadent:

#### SPEAKER DETAILS

Dr. Manasi Kewlani

:For Further queries contact

Dr. Yuvraj Singh Sisodiya 9406626431 Dr. Harshvardhan Godaria 9993160754

MDS, Endodontist & Cosmetic Dentist

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9893002255

Dr. Sween Kathuria



Dr. Adarsh.M.S Masters in Conservative Dentistry & Endodontics (2007)

Advanced Training in Micro-Esthetics & Endodontics
Diplomate – Indian Board of Micro Restorative & Endodontics (IBMRE)

Clinical Excellence Award, ACD Karnataka

(2020)
All India Clinical Excellence Award, IACDE (2021) \* Key Opinion Leader - COLTENE

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□ 10,000+ Smile Makeavers

□ Professor - V.S. Dental College & Hospital, Bangalore

#### REGISTRATION DETAILS

LECTURE & LIVE DEMONSTRATION: 500/-INR

LECTURE, DEMONSTRATION & HANDS-ON FOR DAY 1:1500/-INR

LECTURE, DEMONSTRATION & HANDS-ON FOR DAY 2:1000/-INR

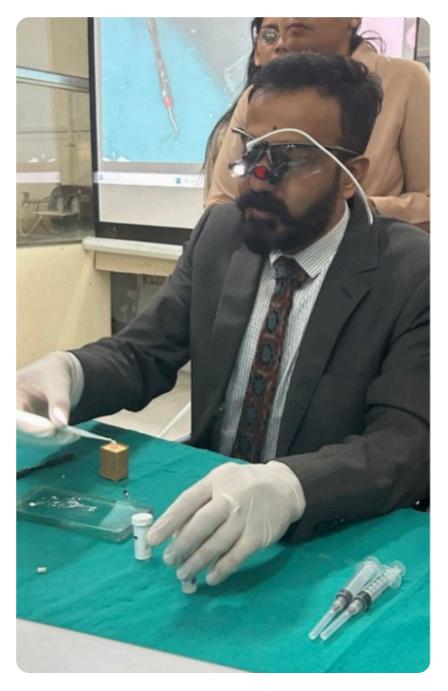
LECTURE, DEMONSTRATION & HANDS-ON FOR 2 DAYS: 2000/-INR NOTE- MAXIMUM NO. OF PARTICIPANTS FOR HANDS-ON: 20

THE COURSE FEES INCLUDES: ARMAMENTARIUM, CERTIFICATE, MORNING TEA & LUNCH

For Further queries contact: Dr. Manasi Kewlani 9893002255 Dr. Yuvraj Singh Sisodiya 9406626431 Dr. Harshvardhan Godaria 9993160754 The Department of Conservative Dentistry and Endodontics, Index Institute of Dental Sciences, Indore, in collaboration with Indian Association of Conservative Dentistry & Endodontics (IACDE), organized a two-day lecture and workshop 'APEX SUMMIT', on 7th and 8th March' 2025. Under the visionary leadership of Dean, Dr. Suparna Ganguly Saha, and Vice Dean, Dr. Rolly Agarwal, the event brought together renowned experts in the field, to impart invaluable knowledge and hands-on training to postgraduate students and practitioners from Indore.

The summit on the day 1, commenced with an insightful session —"Management of Complex Root Canal Anatomy" and "Retreatment Strategies", led by Dr. Adarsh M S, a distinguished endodontist from Bangalore. Renowned for his expertise in complex root canal treatments, Dr. Adarsh delivered an in depth exploration of the challenges posed by intricate root canal anatomy, emphasizing advanced techniques to achieve successful endodontic outcomes. His session provided attendees with invaluable clinical insights, refining their approach to managing complex cases. The learning experience was further enriched through a live demonstration on Orthograde Apexification, where Dr. Adarsh meticulously explained the indications, material selection, and procedural protocols essential for treating open apices, particularly in immature teeth. This interactive session offered participants a deeper understanding of contemporary techniques to ensure predictable apical closure. The day culminated in a highly engaging hands-on session on Retreatment with Coltene HyFlex Remover, allowing participants to practice the precise removal of obturation materials. With a strong focus on instrument selection, safe retrieval techniques, and efficient retreatment protocols, the workshop enhanced participants' technical proficiency and confidence in managing retreatment cases.









Day two of the summit seamlessly transitioned into the captivating world of aesthetic dentistry, headlined by an enlightening session from Dr. Sween Kathuria, a distinguished cosmetic dentist and endodontist. Her lecture, titled "Veneers for All Generations," provided a profound exploration of the applications of veneers and aesthetic laminates, emphasizing their transformative role in enhancing dental aesthetics. Designed to offer a blend of theoretical knowledge and hands-on experience, the session provided a comprehensive learning experience, beginning with a lecture offering theoretical insights into veneer applications, followed by a live demonstration that meticulously guided attendees through the intricacies of veneer placement and bonding. The workshop culminated in a hands-on training segment, allowing participants to refine their skills in crown preparation under expert supervision. With a strong focus on both functional precision and aesthetic excellence, this immersive session equipped attendees with advanced expertise, enabling them to elevate their approach to cosmetic dentistry and ultimately enhance patient satisfaction.











INDIAN ASSOCIATION CONSERVATIVE DENTISTRY &

### **ENDODONTICS** ACADEMIC ITIES 2025

Case Based Panel Discussion on

TRAUMATIC INJURIES

MANAGEMENT

12 MARCH 2025



SCAN To Join



President IACDE



DR RS MOHAN KUMAR Hon. Gen. Secretary IACDE



#### **PANELISTS**



DR AJAY LOGANI MDS Centre for Dental Education & Research, AIIMS, Delhi



MDS PHD MFDSRCPS Shri Ram Chandra Institute of Higher Education & Research, Chennai



DR MAMTA KAUSHIK MDS E.C MEMBER IACDE **Army College of Dental Sciences** Programme moderator & Programme Co-ordinator



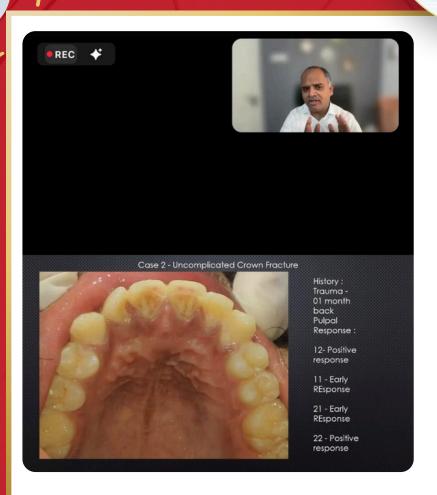
DR MALINI D.L. EC Member IACDE Programme coordinator





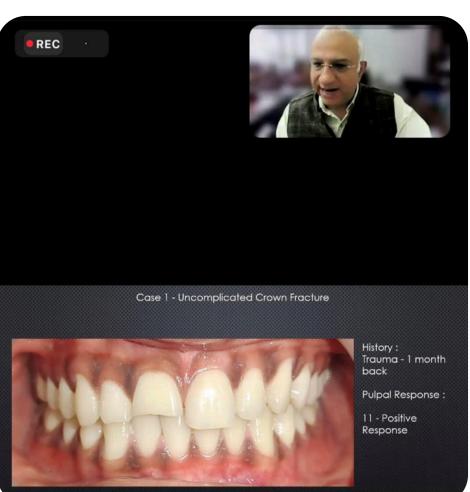
IACDE initiated its first online Academic Activity on 12th of March 2025, which was attended by large number of PGs and faculties across the nation. It is notable that this activity received raving reviews

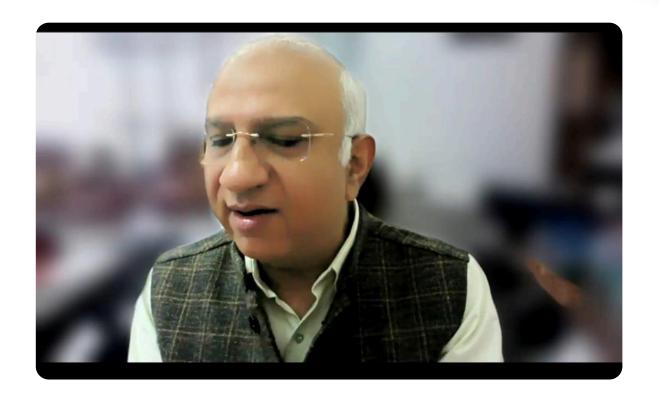














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#### CONS ENDO REELS **MAKING CONTEST**



- "Myth vs. Fact: Root Canal Edition" Busting common myths in an engaging way.
- 2. "Dental Problems in a Bollywood Style" Iconic movie dialogues related to CONS ENDO.

#### Rules:

- Open to all Faculty of Cons & Endo & Practitioners.
- Participant should be a member of IACDE.
- Kindly send the details along with IACDE membership number to the email address.
- Winner will be awarded at the 40th IACDE conference, Chandigarh.
- Winning reels will be displayed at the social sites of IACDE.
- The reel must follow the given dental theme.
- Duration: 30 to 60 seconds.
- Content can be in English or Hindi.
- Late entries will not be considered.
- The judges decision will be final.

Last date of submission :- 31.03.2025



Contact us at:

Dr. Kanwalpreet Kaur Bhullar: +91-9815201712 Dr. Suparna Ganguly Saha: +91-9303211635





# CONS ENDO REELS MAKING CONTEST \*







#### Themes:

"If Teeth Could Talk" - A fun reel where a treated tooth shares its journey from pain to relief.

"Expectation vs. Reality: Root Canal Edition" - Patients' initial fears vs. their relief post-treatment.

Winners will be awarded at the 40th IACDE conference Chandigarh. → 👘

The competition is open to all the post graduates of cons and endo.

The participant should be a member of lacde

#### Rules :

- 1.THE REEL MUST ALIGN WITH THE GIVEN THEME
- 2. DURATION :- BETWEEN 30 TO 60 SECONDS.
- 3. CONTENT CAN BE IN ENGLISH OR HINDI
- AVOID INAPPROPRIATE LANGUAGE, VIOLENCE, OR CONTROVERSIAL TOPICS.
- 5. ANY ENTRY SUBMITTED AFTER THE DEADLINE WILL NOT BE CONSIDERED.
- 6. THE JUDGES DECISION WILL BE FINAL.

Last date of submission 31.03.2025



Details to be send along with IACDE membership number to given email address :reelsconsendo2025@gmail.com Contact us on -

Dr Kanwalpreet Kaur Bhullar - +91 98152 01712 Dr Suparna Ganguly Saha - +91 93032 11635



## REVISITING THE APICAL PUFF: THEN & NOW

CATIFIC Up



DR. ROLLY S. AGARWAL
VICE DEAN AND PROFESSOR
INDEX INSTITUTE OF DENTAL
SCIENCES, INDORE

My journey through the field of endodontics has been both exhilarating and challenging. Like many aspiring endodontists, I initially found the concept of perfect root canal obturation to be a straightforward goal. I recall how, in my early years, I would celebrate even minor extrusions of sealer beyond the apex, referred to as "apical puffs." But as the philosopher Phaedrus wisely said, "Things are not always what they seem; the first appearance deceives many." Over time, I learned that this seemingly simple process was far more complex than it initially appeared.

Sealers are crucial in achieving successful root canal therapy. They help create a fluid-tight seal, filling the gaps between the dentinal walls and core material, and extend into the anatomical complexities and dentinal tubules. As endodontic materials evolved, sealers transitioned from bioinert substances to bioinductive ones, which promote healing and offer antimicrobial action. These advancements have significantly shifted the way we approach obturation techniques.

The apical extent of obturation has been a topic of constant learning and reassessment.¹ Initially, the goal was to fill the root canal to or beyond the radiographic apex, a concept heavily influenced by the Focal Infection theory that dominated the late 19th and early 20th centuries. Dr. Rhein (1920) advocated for extending obturation 2-3 mm beyond the apex to seal accessory foramina and prevent infection.² However, as the understanding of root canal anatomy and healing improved, researchers began to see the adverse effects of overfilling. Studies, including one by Wu et al, revealed that terminating treatment 2-3 mm short of the apex resulted in better success rates, particularly in vital pulp cases.³ Once again the recent advancements like availability of 3D imaging modalities and introduction of Bioceramic sealers, have prompted a relearning of optimal sealing techniques to balance effectiveness with biological considerations.

Between 2000 and 2015, extensive research focused on the factors influencing sealer extrusion and it became clear that the choice of instrumentation technique is one of the them. Manual instrumentation can cause over-enlargement of the foramen and increase the risk of extrusion. In contrast, rotary instruments offer a more controlled, uniform canal preparation, which reduces the likelihood of extrusion. Apical preparation size also impacts extrusion, with larger preparations more likely to distort the apical morphology and result in improper seal accompanied by sealer extrusion. <sup>4</sup>

Over the years, numerous studies have shown that most endodontic sealers are prone to extrusion beyond the apex. This tendency is influenced by the sealer's flowability and adhesion to dentin, highlighting the importance of carefully selecting the right materials for specific clinical situations. Obturation techniques also play a role in extrusion risk. Techniques including cold lateral compaction and warm vertical compaction can improve sealing in complex anatomies, but excessive pressure can lead to more extrusion. The single-cone technique, involving less taper preparation, have been shown to result in lesser instances of sealer extrusion in some studies with no reported differences among various obturation techniques by other researchers.

So the question that arises is; What happens if the sealer extrudes beyond the apex? Despite numerous studies exploring the effects of sealer extrusion, the relationship between extrusion and healing outcomes remains inconsistent. While some studies suggest that extruded sealers may negatively impact treatment success 7 others, including a recently published study by Radwanski et al, have shown that neither the type of sealer extruded nor the obturation technique significantly affects treatment outcome in non-surgical root canal treatments. These findings suggest that sealer extrusion, in itself, may not always be detrimental, but its impact likely depends on factors like presence of concomitant infection and inadequate apical seal. 8 The fate of extruded material is closely tied to its solubility in tissue fluids and its ability to be phagocytosed by surrounding cells. Ricucci et al. 9 found that, even after several years, the extruded sealer remained visible on radiographs, but this did not necessarily affect the long-term success of treatment. Zinc oxide-eugenol-based sealers were removed more quickly than resin-based (AH Plus) and calcium hydroxide-based sealers (Apexit). Data on the persistence of apically extruded CaSi-based sealers, including premixed injectable types, is limited.

Bioceramic sealers, in particular, have been shown to promote faster regression of inflammatory reactions in periapical tissues compared to resin-based sealers. Histological studies have shown that bioceramic sealers support the proliferation of connective tissue around the extruded material and may even foster mineralization in adjacent tissues, further indicating their potential benefits. 10 However, larger extrusions have associated with post-treatment complications, including flareups and apical periodontitis. In cases involving the extrusion into the inferior alveolar canal, the sealer can lead to temporary or alterations. permanent neurosensory These potential complications underscore the importance of maintaining precise length control and the apical stop during obturation.11

In conclusion, while sealer extrusion is not always avoidable, the sealer should not be intentionally forced out of the confines of the canal system. Thorough debridement and disinfection of lateral canals and apical ramifications, should be prioritized as a primary treatment goal, most effectively achieved through appropriate irrigation protocols. Apical patency should be maintained using a #10 k file. Proper selection and execution of the obturation technique, combined with smear layer removal, can help facilitate sealer ingress into these areas without overfilling.

In a recent webinar, Dr. Steve Buchanan provided an in-depth discussion on the topic of apical termination of intracanal procedures. He emphasized that untreated tissue in lateral and apical ramifications could contribute to persistent apical periodontitis, highlighting that a thorough understanding of root canal anatomy is essential for ensuring high-quality endodontic care. However, further research is needed to assess whether the placement of obturating material in apical or lateral ramifications improves outcomes by exerting antibacterial effect or does it create an effective seal to prevent bacterial ingress.

As this field continues to evolve, I believe that a position statement from relevant professional bodies would help guide practitioners in delivering the highest quality care to their patients.

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DR. SHAMIM ANJUM READER IGGDC, JAMMU

I've compeleted my pg from KGMU lucknow in 2008.

Apical puffs are the result of over-extension of filling materials. Probably due to social media, apical puffs are endorsed much as the Obturation seemed to be appealing to eyes and it appears to provide hermetic seal. However as per my experience more the over extension of filling material, more are the cases of postoperative pain. Endodontic filling material and sealer, beyond the apical foramen may give rise to clinical manifestations as a result of the toxicity of the product. When the extruded material is either close to or in intimate contact with nerve structures, anesthesia, hypoaesthia, paraesthasia, or dysaesthesia may occur. Ongoing research in endodontics focuses on refining obturation techniques and materials to minimize the occurrence of sealer puff. Innovations in instrumentation and sealer formulations aim to enhance the precision and predictability of endodontic procedure.



# MOBILE DENITAL PHOTOGRAPHY



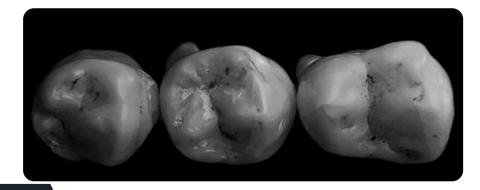
Dr. M S Khatib
Endodontist & Dental Photography Expert
Professional Diploma in Photography (Edinburgh Napier
University)

What is Mobile Dental Photography, and why is it important in modern dentistry?

Mobile Dental Photography is the practice of taking dental photos using a smartphone. It helps dentists capture clear intra oral and extra oral images for diagnosis, treatment planning, and patient education. It is important because it's easy to use, cost-effective, and helps in improving communication with patients and colleagues, while documenting cases quickly.

How can mobile dental photography enhance patient communication and education?

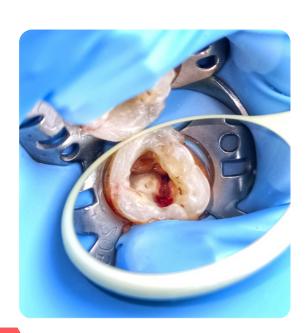
Visual aids are powerful tools in dentistry. By showing patients clear images of their dental conditions, we can better explain diagnosis and treatment plans. Mobile dental photography helps in illustrating procedures, expected outcomes, and improvements post-treatment, making patients more engaged in their care. This enhanced communication fosters trust and aids in informed decision-making.



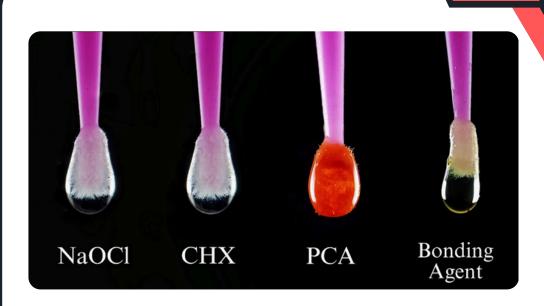
The beauty of mobile dental photography is its simplicity. To get started, you need:

A smartphone with a good-quality camera (more than 12 Mega pixels).

- Proper lighting, such as a ring light or external flash, to ensure clarity and detail in your images.
- Retractors, mirrors and contrastor to capture intraoral images effectively.
- A good mobile editing app, like Snapseed, to refine images for clarity, contrast, and detail.
- These tools are affordable and easy to use, making mobile photography highly accessible.







How does mobile dental photography fit into clinical documentation and treatment planning?

Mobile dental photography offers a seamless way to document cases at every stage of treatment. From pretreatment to post-treatment comparisons, it helps in tracking progress and maintaining a visual record of clinical work. This is essential for case presentations, insurance documentation, and referrals. Additionally, the images are excellent for self-assessment, learning, and improving clinical techniques over time.





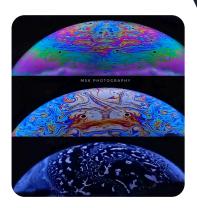
How can dentists ensure professional-quality images using a smartphone?

While smartphones have come a long way in terms of camera quality, the key to achieving professional-level dental photographs lies in technique. Some tips include:

- Always Zoom 2x: Use 2x zoom to get a closer, detailed shot of the teeth without distorting the image.
- Focus on the Canine: For intraoral photos, set the focus on the canine tooth to get a sharp and clear image of the entire arch.
- Use Extra Oral Lights at 45° Angle: Position external lights at a 45-degree angle to reduce shadows and enhance clarity.
- Keep Camera at Eye Level: Ensure your camera is parallel to the patient's eyes to maintain proper perspective and avoid distortion.

WITH PRACTICE, MOBILE PHOTOGRAPHY
CAN DELIVER STUNNING RESULTS THAT
RIVAL DSLR QUALITY!!





What advice do you have for dental professionals who want to incorporate mobile dental photography into their practice?

Start simple! Begin by integrating mobile photography into routine case documentation. Train your staff to assist with taking consistent, clear images. Use these images for patient communication and as part of your educational content on social media or during consultations. Over time, as you get comfortable, you can expand your setup with additional tools like external lenses or advanced lighting. The key is to keep experimenting and improving.

A great case with poor documentation is like a masterpiece hidden in the dark- start documenting to let your work shine!



Mit Photography



## DR SONALI KAPOOR



Congratulations!

## PROUD MOMENT FOR ALL OF US !!!!

APPOINTED AS FACULTY DEAN DENTAL AT SHRI GOVIND GURU UNIVERSITY, GODHRA, GUJARAT

2

MAHARAJA KRISHNAKUMAR SINH UNIVERSITY, BHAVNAGAR UNIVERISITY, GUJRAT

UNDER THE GUJRAT PUBLIC UNIVERSITY ACT 2023





Dr. Akshayraj Langaliya **Associate Professor** AMC Dental College, Ahmedabad





A Journey that started with an attempt to reduce my weight which had hiked upto 92 Kgs during the stressful COVID duties when appointed as a COVID coordinator for my institute, Ahmedabad Municipal Corporation Dental College, Ahmedabad. Initially I could barely drag for a distance of upto 50m at a stretch and had to take breaks as felt breathless and tired making me frustrated as I was a sports person in my school days. Consequently, I started walking for 3 to 5 kms a day, coupled with a small jog for 1 km. Progessively, over a period of 6 months I developed the endurance to run for upto 5 kms at a stretch that too in 30 The entire journey was full of injuries and heartbreaking times when I had to stop for some days intermittently. Also the weight loss was not significant but I didn't loose faith and this routine aided in further development of endurance to run about 10 kms.

Directly I jumped to participate in a half marathon – 21.1 KMS which was in the Vadodara International Half Marathon, held in January 2023 and I completed the race SUB 2:30, which counts for a respectable time given it was my first one. This boosted me to go for further races and my HM time reduced to 1:51 in a span of 10 more months. This further gave me the push to go for longer distances gearing me to do more than 20 half marathons, 4 full marathons, 4 ultra marathons many at flat terrains and some at extremely tough, hilly terrains with elevations.

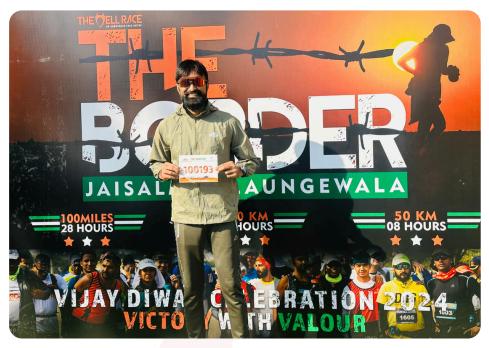


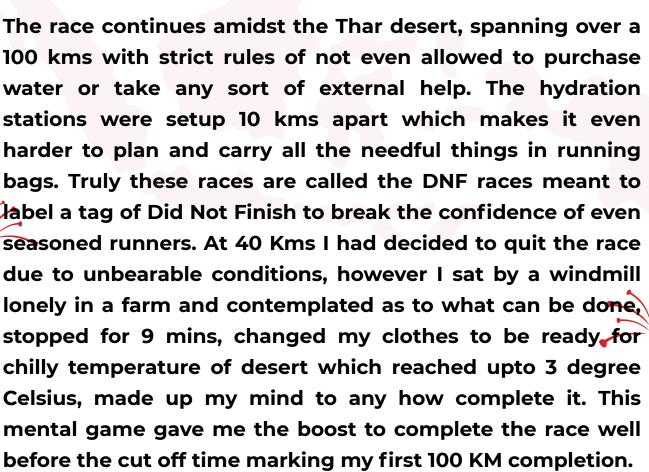
The BORDER, aka The Hell Race was a dream to run since the day I got to know about it. The Hell Race Series hosts the most incredible and challenging endurance races featuring offbeat trails and celebrated roads in India. Being rightly quoted as a race with tagline 'Not for the weak of will', it starts in the city of Jaisalmer at 12:00 in the noon with extreme desert afternoon temperatures.

The race continues amidst the Thar desert, spanning over a 100 kms with strict rules of not even allowed to purchase water or take any sort of external help. The hydration stations were setup 10 kms apart which makes it even harder to plan and carry all the needful things in running bags. Truly these races are called the DNF races meant to label a tag of Did Not Finish to break the confidence of even seasoned runners. At 40 Kms I had decided to quit the race due to unbearable conditions, however I sat by a windmill lonely in a farm and contemplated as to what can be done, stopped for 9 mins, changed my clothes to be ready for chilly temperature of desert which reached upto 3 degree Celsius, made up my mind to any how complete it. This mental game gave me the boost to complete the race well before the cut off time marking my first 100 KM completion.







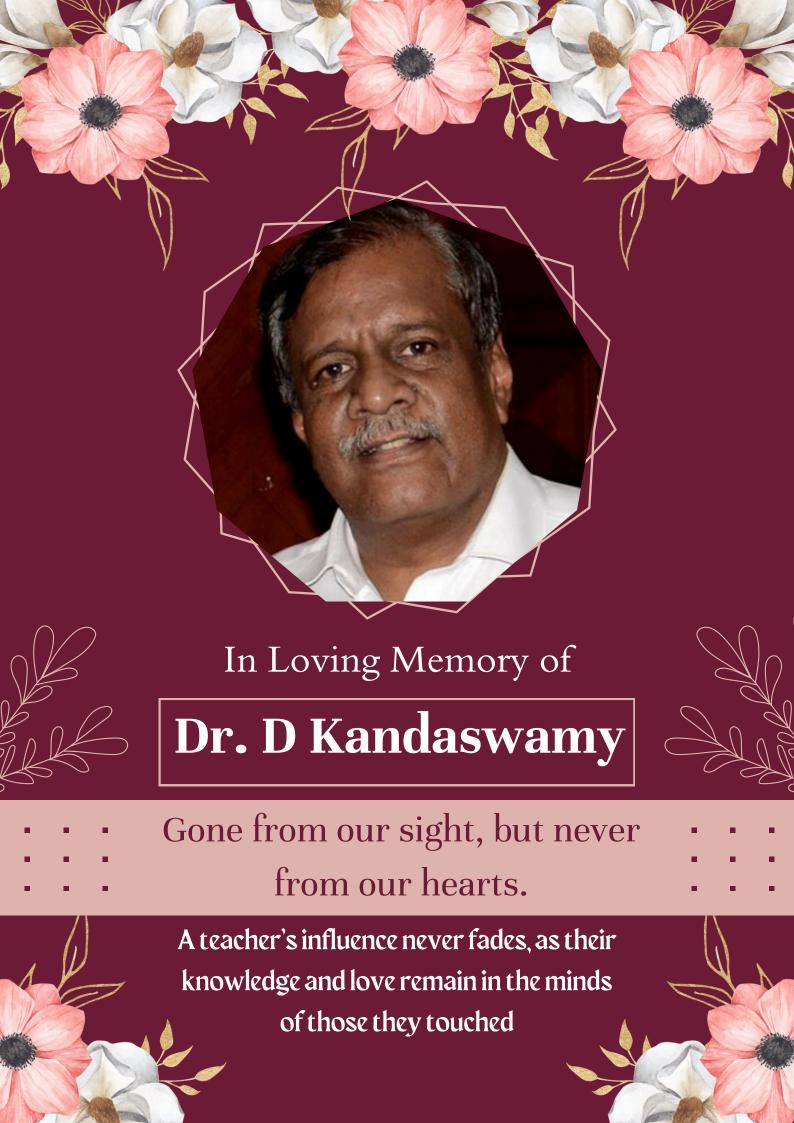




'Consistency is what transforms average into excellence', this is something I firmly believe in although it wasn't possible for me due to a hectic schedule at work place being associate professor with the responsibilities an institutional level and having a 9-5 job makes it difficult to Find times for all the training and running everyday and also dedicating time to my family and above all my small I year old who is probably the major inspiration for my feat. The best gift that running gave me was a potential and gradual weight loss which trimmed me by 20 kgs to my current weight of 72 Kgs. I dream to fight for the Ladakh Marathon this year which claims to be the highest marathon in the world, held at a height of 11,500 to 17,618 feet and has a stringent selection criterion and Acclimatization being the foremost issue at this height along with altitude sickness that can occur due to lack of oxygen. I wish to complete this marathon and hope there shall be another story for me to narrate!









## The Legend never dies!

The loss of a Legend always puts us in a state of shock rather sorrow, leaving us unable to react at first. Somehow we start believing them to be deathless. So, it takes time for the news to sink in our frozen minds and finally mourn the loss of a great Legend.

With deep sorrow we mourn the loss of Dr. Deivanayagam Kandasamy, a true legend in the field of Conservative Dentistry and Endodontics whose contributions to dentistry and society remain unparalleled. He started his professional journey in 1987 at the Government Dental College, Chennai; he quickly rose to prominence as a revered educator and visionary leader and a compassionate mentor in dental education.

He served as Professor and Head of the Department of Conservative Dentistry and Endodontics at Meenakshi Ammal Dental College from 2004 to 2008, and later at Sri Ramachandra Dental College & hospital from 2008, where he held the esteemed position of Dean from 2012 to 2016, later continuing his service as Professor of Eminence & Advisor following retirement from 2017 to 2019. His dedicated mentorship saw seven PhD scholars successfully complete their doctoral research under his mentorship.

He held prestigious roles, including International Advisor to the Royal College of Physicians and Surgeons, Glasgow, for Chennai, and co-contributor to the National Oral Health Policy 1999 under the Ministry of Human Resource Development. He served almost all the official positions from treasurer to President of the Federation of Operative Dentistry (Indian Association of Conservative Dentistry and Endodontics), where his efforts greatly advanced the field.

He was also a distinguished member of the Board of Studies in Dentistry at several prestigious universities, including Rajiv Gandhi University, Sri Ramachandra University, Meenakshi Academy of Higher Education & Research, and SRM University. He also contributed as a Telemedicine expert for the "Pan African e-Network Project"

at SRU. From 2005 to 2008, he held the prestigious role of Editor for the Journal of Conservative Dentistry. The Myriad of roles he played in dental field marks his versatile nature.

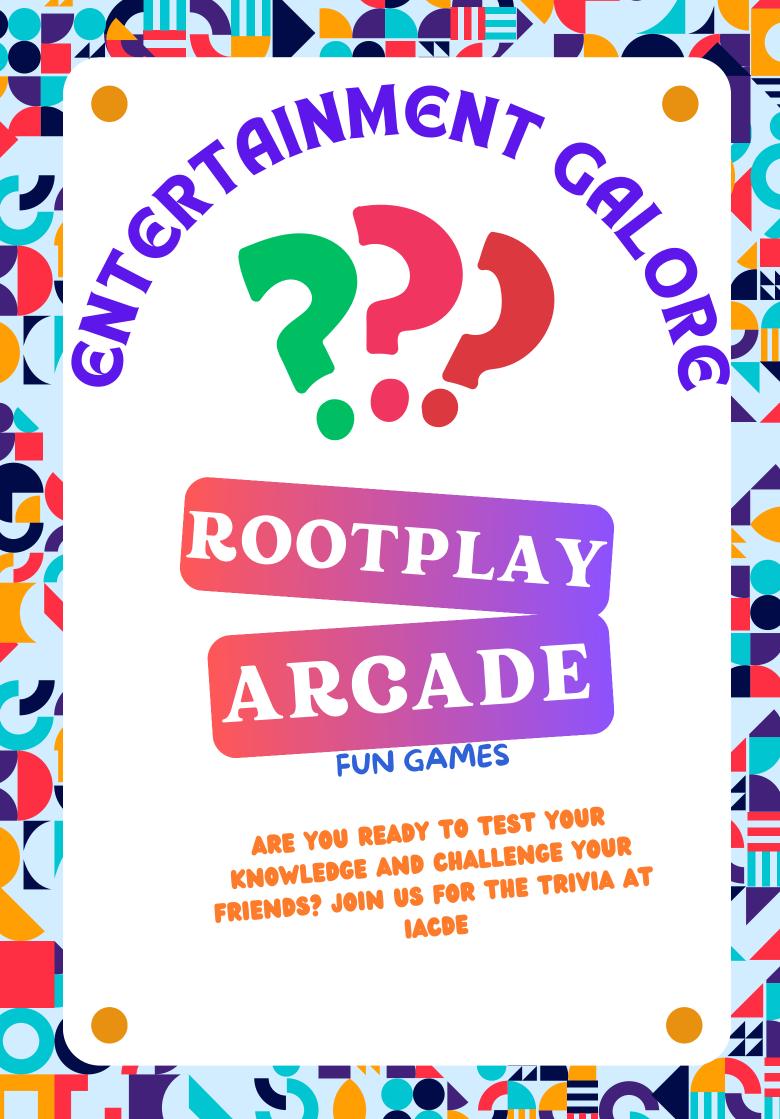
Fondly called as 'Kandy sir' by his students, he was not merely a teacher but a guiding force in their lives. Many recall his engaging 'story telling' teaching style, filled with wits and wisdom, which turned complex topics into delightful learning experiences. His remarkable lateral thinking and ability to handle difficult situations with composure made him a compassionate leader attracting a great number of followers and his artistic use of words made him a orator par excellence of his time. His empathy extended beyond dentistry, always offering support and encouragement to anyone in need, irrespective of their background. His ever charming smile and

compassionate words never fails to cast a calming spell in the stressed minds of his students and subordinates.

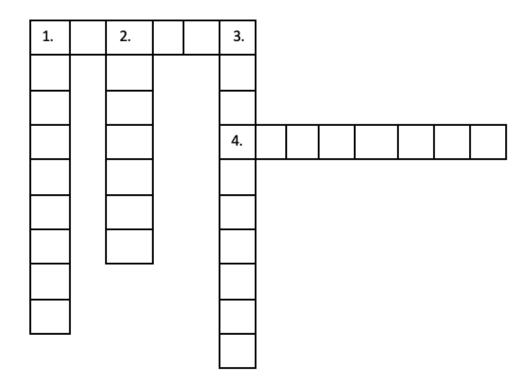
Legends never die. They continue to exist, living in the memories, hearts and thoughts of the people who knew him. Their accomplishments and achievements continue to inspire and influence the countless lives long after their physical death. 'And you our beloved Kandy sir are just another definition of Legend'.

The passing of this remarkable soul is an immense loss to the dental fraternity. Yet, his legacy will continue to inspire generations of dental professionals. May his soul rest in eternal peace and his memory continue to guide future generations.





## Root Rush Crossword



Left to right

- 1.AHplus/ MTA fillpex
- 4.Post crown

Top-to-bottom

- 1.Zinc in amalgam
- 2. Shows Micromechanical bonding with tooth
- 3. Reverse Filling

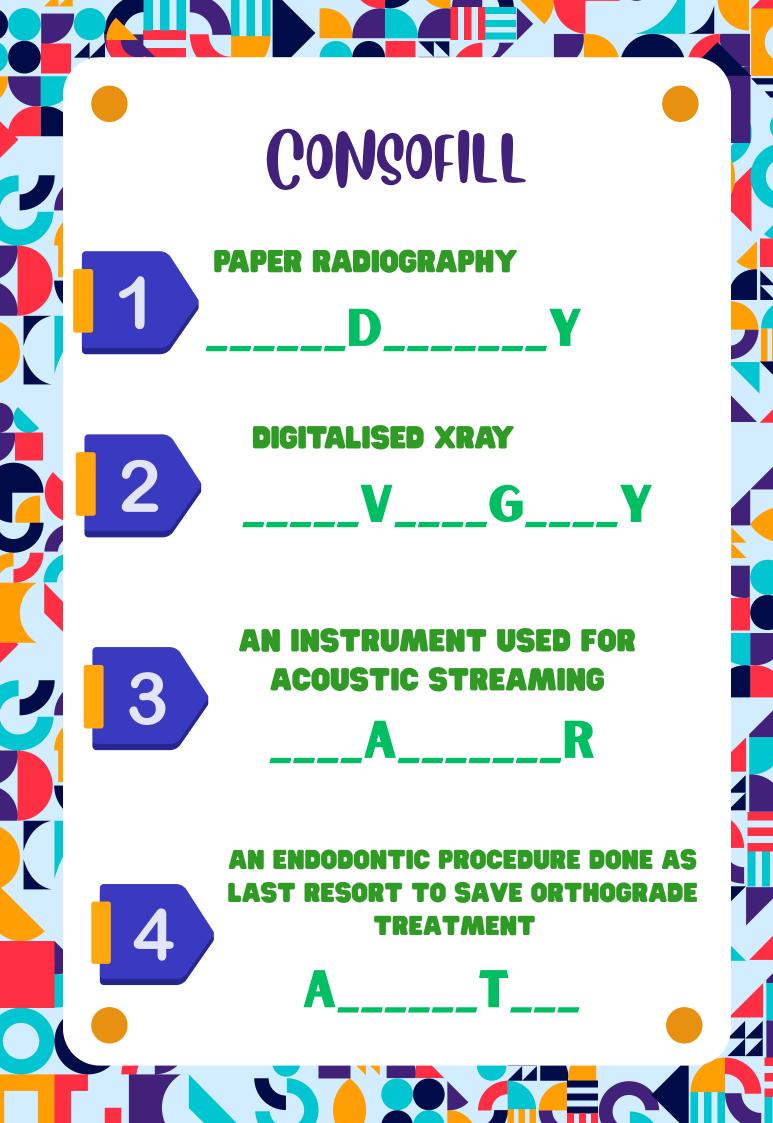


1) NOAVA

AVAIRCEN (2)

3) CIMARIOBECS

PEXILLAF (4)





# CONNECTWITHUS



## NEWSLETTER OFFICE

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DEPARTMENT OF CONSERVATIVE
DENTISTRY AND ENDODONTICS.
CDCRI, CHHATTISGARH

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