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# DENTAL HEALTH MONTHLY

## PMDC Approves Admissions Policy for MBBS, BDS Programmes



The Pakistan Medical and Dental Council (PMDC) has recently approved the admissions policy for Bachelor of Medicine and Bachelor of Surgery (MBBS) and Bachelor of Dental Surgery (BDS) programmes for the 2020-21 session, according

to media reports. Half of the weightage for admissions will be on an entrance test, 40pc will be on FSc and 10pc will be on SSC. Candidates must have scored at least 65pc in premedical FSc or its equivalent to be eligible for the Medical and Dental Colleges Admissions Test (MDCAT) or the entrance test, and only students who score at least 33pc

*Continued on page 14*

## Global Research on Coronavirus Disease



WHO is bringing the world's scientists and global health professionals together to accelerate the research and development process, and develop new norms and standards to contain the spread of the coronavirus pandemic and help care for those affected. The R&D Blueprint has been activated to accelerate diagnostics, vaccines and the therapeutics for this novel coronavirus. The solidarity of all countries will be essential to ensure equitable access to Covid-19 health products.

**Global research database**

WHO is gathering the latest international

multilingual scientific findings and knowledge on Covid-19. The global literature cited in the WHO Covid-19 database is updated daily (Monday through Friday) from searches of bibliographic databases, hand searching, and the addition of other expert-referred scientific articles. This database represents a comprehensive multilingual source of current literature on the topic. While it may not be exhaustive, new research is added regularly. The WHO evidence retrieval sub-group has begun collaboration with key partners to enrich the citations and build a more comprehensive database with inclusion of other content. The database is built by BIREME, the Specialized Center of PAHO/AMRO and part of the Regional Office's Department of Evidence and Intelligence for Action in Health.


## Dr Kamran Vasfy Receives Sitara-E-Imtiaz



The prestigious civil award was conferred by the President of the Islamic Republic of Pakistan, Dr Arif Alvi, in the ceremony held at President House.

On the behalf of Dental Health Newspaper we congratulate Dr Kamran Vasfy and acknowledge their services towards dentistry in Pakistan.

Dr Kamran Vasfy was honoured with Sitara-e-Imtiaz in recognition of his services rendered to dentistry in Pakistan.



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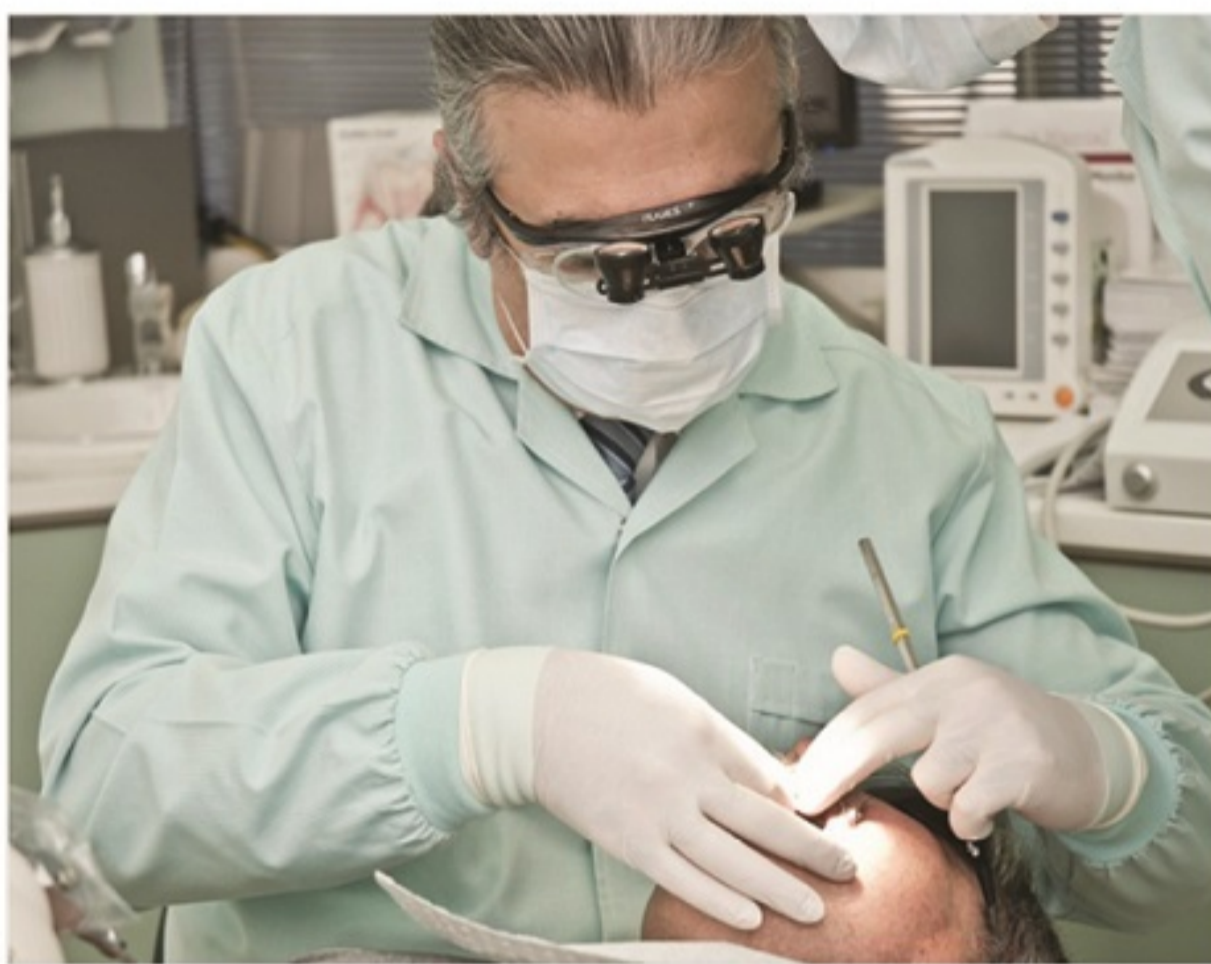
\*Forms a protective layer over the sensitive areas of the teeth. Brush twice a day for lasting sensitivity protection.



# Researchers Identify New Bacterial Suspects Behind Dental Caries

Streptococcus mutans typically gets the blame for producing most tooth decay. Using next-generation DNA sequencing, however, researchers at Okayama University have identified other members of the oral microbiome that may be responsible for dental caries. Student volunteers at the university received an oral examination and answered a survey about their dental health at the beginning of the study and during a follow-up three years later, providing data about which students had significantly increased dental caries and who didn't. The researchers then divided the students into two groups during the follow-up and collected saliva samples of randomly selected students from these groups to analyze via next-generation DNA sequencing to obtain microbial profiles. Both groups had very similar oral microbial diversities. But the abundance of the Prevotellaceae and Veillonellaceae bacterial families and Alloprevotella and Dialister genera were greater in the first group than in the second. These two families are known to comprise species that

produce acid as well. This finding, the researchers said, suggests new prevention possibilities for dental caries that do not focus on keeping S mutans populations in check. In fact, the researchers said, both groups had low levels of S mutans. The results underscore the need to update current knowledge about the oral microbiome and its role in the development of dental caries, they added. However, there were limitations in the study's applicability. "Among other things, all our participants were from Okayama University, so our results may not be generalizable to the wider population," said Dr. Yoko Uchida-Fukuhara, leader of the study, who was nevertheless hopeful about the results. "For many years, our group has been conducting population studies to reduce oral diseases. We believe that the results of this new study will help us develop novel strategies to prevent dental caries, and our students will achieve greater life satisfaction because of better teeth and oral health," she said.



## For the past 120 years, the FDI World Dental Congress Continues to Unite the Global Oral Health Community

**fdi** 120 YEARS  
FDI World Dental Federation

Throughout history, the FDI World Dental Congress never lost its ambition to advance the science and practice of dentistry by bringing together oral health professionals from around the world. Dr Charles Godon (center) and FDI delegates convene at the congress in Cambridge in 1901.

In the late 1800s, there was already a need to disseminate scientific advances in dentistry, share evolutions in clinical knowledge, improve dental hygiene and reinforce

standards in dental education. At the time, most dentists were poorly trained, and even those who had received more robust training, especially in the USA, had the desire to learn more from key figures in dentistry.

Thanks to his determination, FDI founder Dr Charles Godon was able to provide an answer to these pressing challenges by establishing the Annual International Dental Congress (what we call the FDI World Dental Congress today).



**DENTAL HEALTH**



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# DentoScope Conducts Endodontics & Esthetic Dentistry Course



DentoScope has emerged as a Top Brand in Pakistan due to its well organized and clinically oriented courses in different disciplines of Dentistry.

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, it is offering six months courses in Dental Implantology, Advanced Dentistry and Endodontics & Esthetic Dentistry.

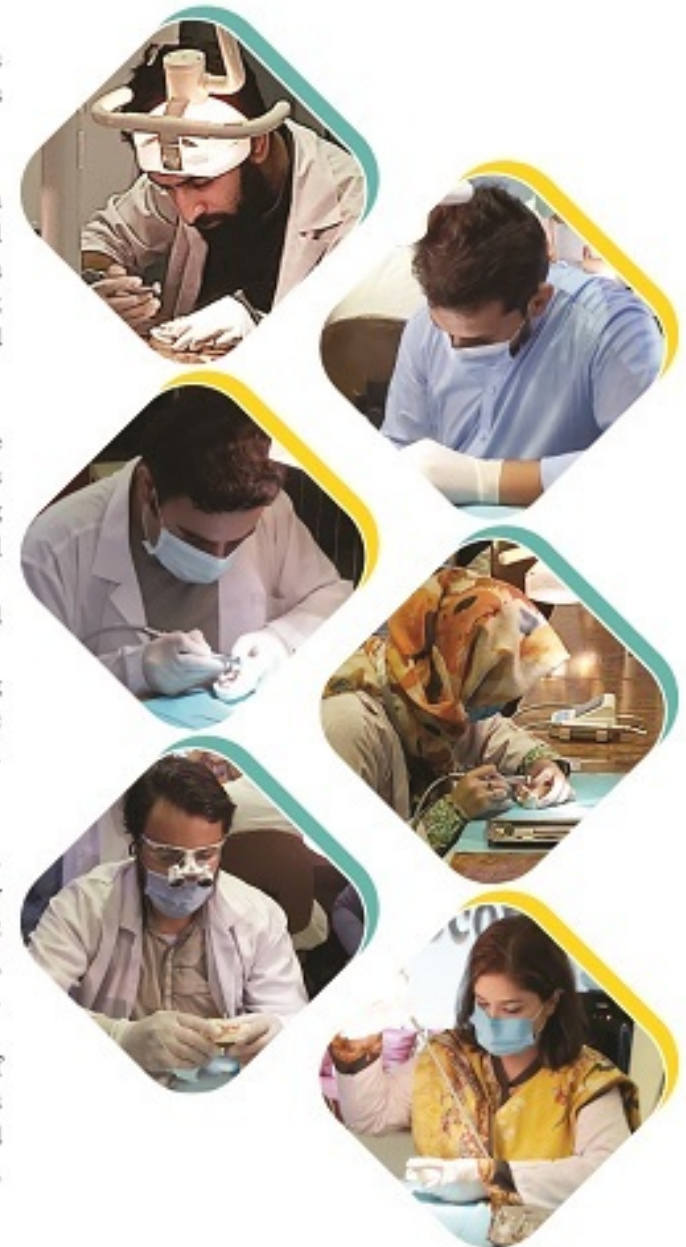
Under the visionary leadership of Founder & CEO DentoScope Dr. Rashid Hassan, Team DentoScope is working on new projects to take DentoScope to a whole new level. Recently Media Wing has launched DentoScope Official YouTube Channel

"DENTOSCOPE STUDIO" which is appreciated and supported worldwide due to its content for young dentists.

Dentoscope successfully conducted the 3rd Month's Training Sessions of its 5th Batch of six months Endodontics & Esthetic Dentistry Course in August. The sessions were facilitated by Dr. Nouman Noor (Course Director).

The training focused on Manual & Rotary Endodontics for Molars. All the delegates performed all the steps of Manual and Rotary Endodontics under supervision. The sessions were attended by 32 participants from all across Pakistan including Karachi, Lahore, Gujranwala, Peshawar, Quetta, Abbottabad and Multan.

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 Dr. Rashid Hassan. Dental Health, the official media partner of DentoScope, covered the event.



The College of Physicians & Surgeons Pakistan has decided to conduct theory examination of FCPS - I, FCPS - II (major and other subjects), Intermediate Module and IMM during the year 2020 & 2021 as per program given below.

EXAMINATION SCHEDULE 2021	
Program	Examination Detail
FCPS I	February 16, 2021 (Tuesday)
	May 25, 2021 (Tuesday)
	August 10, 2021 (Tuesday)
	November 30, 2021 (Tuesday)
FCPS II (Major Subjects) IMM	February 9, 2021 (Tuesday)
	August 24, 2021 (Tuesday)
FCPS II (Other) MCPS	April 6, 2021 (Tuesday)
	October 26, 2021 (Tuesday)

01- FCPS - I Examination of February 2021, and November 2021 will also be administered at Saudi Arabia and Khatmandu.

02- FCPS - II (major & Other Subjects), IMM, and MCPS Examinations will also be administered at Nepal and Saudia Arabia on the same dates.

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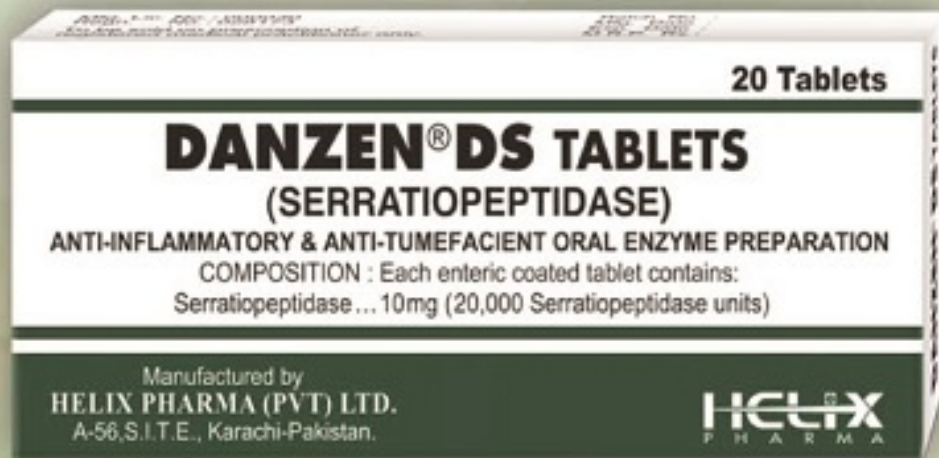
Anti-inflammatory



Antiedemic



Analgesic





# 10 Countries Whose Citizens Have Healthy Teeth

Having a gleaming white smile and straight teeth is wonderful, but having a healthy smile is even better. Find out which countries can boast top dental ratings because their citizens have the world's cleanest, best teeth.

## How Were the Countries Ranked?

How were these countries rated? The list is based on each country's scores related to the DMFT index. It's the most reliable and widely accepted way of judging an entire population's oral health status. The list creators also consulted World Health Organisation data, Country Oral Health Profiles, and the World Oral Health report of 2003. With all that data compiled and reviewed, this list reflects the global dental situation with accuracy.

### 1. Denmark

In the top spot, with an impressive score of 0.4, is Denmark. The score reveals that of all the people surveyed and checked, the average citizen had less than half a tooth that needed attention or had problems. Those are some clean, pristine pearly whites!

### 2. Germany

Thanks to a super-low score of just 0.5 on the DMFT index, Germany lands second place on our list. The people of this nation have superior dental health care and are conscientious about their personal oral hygiene routines.

### 3. Finland

Finland seizes third place on the list, with a stellar score of 0.7 thanks to quality dental care available throughout the nation.

### 4. Sweden

With a DMFT score of 0.8, Sweden scores a spot among the top five. Its citizens have some of the cleanest, whitest, straightest teeth in the world.

### 5. United Kingdom

The U.K. shares an identical DMFT score with Sweden, making it into the top five as well. This score is particularly interesting because of the old (now untrue) stereotype of British citizens with bad teeth.

### 6. Switzerland

Not surprisingly, Switzerland scored high thanks to its advanced medical and dental programs. Its DMFT score was 0.9, which means that the average citizen included in the DMFT survey had less than one tooth that had issues.

### 7. Canada

Canada sits in seventh place with an excellent score of 1.0. It ranks above the United States in this area of its healthcare provisions. Not only did the country receive a good DMFT score- there are also studies and reports that

showcase its population's teeth as some of the whitest and straightest in the world.

### 8. Mexico

Mexico's budget isn't an ample one, but its dental care system seems to be effective. Mexico manages a 1.1 DMFT score.

### 9. United States

You might expect the United States to sit near the top of the list. Its score of 1.2 is excellent compared to those of other nations in the world,

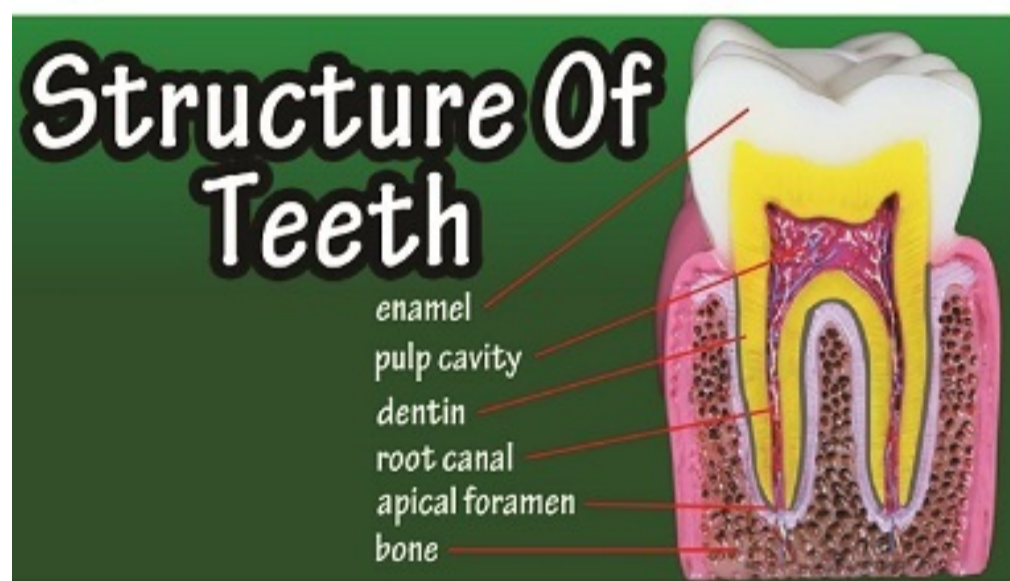
but there are other countries that simply achieve better statistics when it comes to oral care.

### 10. France

France has a DMFT score of 1.2, which is fairly good. Its score was actually equal to the United States, but due to some additional factors, including a diminished healthcare budget, France takes a lower spot. While it isn't doing quite as well as the other nations on this list, it is still sitting securely in the top 10.



## Oral Health: Warning Signs You Should Never Ignore



Nearly 9 in 10 diseases can cause symptoms in your mouth. That puts your dentist on the front line for spotting serious health conditions developing silently in your body.

This is one reason it's so important to see your dentist at least two times a year for dental cleanings and checkups.

When caring for your teeth and gums at home, it's also important to watch for new problems in your mouth. They may be warning signs of more serious conditions in your body. Symptoms to look out for include:

- Mouth and Jaw Pain
- Bleeding and Sore Gums
- Loose or Lost Teeth
- Changes in Tooth Surfaces and Enamel
- Bad Breath (Halitosis)
- Mouth Sores, Patches, or Lumps

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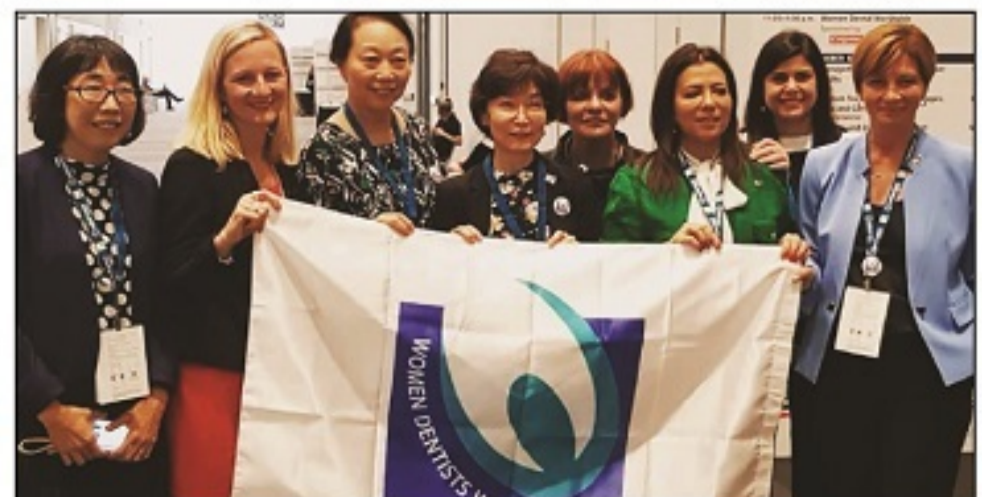
## The Women Dentists Worldwide Board for the Next 3 years, elected during the FDI Congress in San Francisco 2019.



Women Dentists Worldwide proudly introduce today: Dr. Henriette Lerner, founder of Leading Ladies in Dentistry. Together with her and the initiative Women in Dentistry, we are planning our first online congress for November! Henriette gained her DMD at the University of Medicine, Temeschburg, Romania, in 1990. She then undertook her Oral Surgery Training at Fortbildung Academy, Karlsruhe, Germany from 1990 to 1993. In 1993, she worked in a Private Dental Practice, specializing

in Implantology, Periodontology, and Esthetic Dentistry, in Bruchsal, Germany. In 1998 Dr. Lerner became a DGZI Implantology Specialist, and in 2002 International Congress of Oral Implantology (ICOI) Diplomate. In 2004 she became a DGOI (German Society of Oral Implantology) Implantology Expert, and undertook Oral Surgery Training at the Carol Davila University of Medicine and Pharmacy, Bucharest, Romania, in 2003 to 2004.

Since 1996, she has worked in Private Dental Practice in Baden Baden, Germany. She has been Associate Professor at the Grigore T. Popa University of Medicine and Pharmacy, Iasi, Romania, since 2011, and Director of the DGOI Study Club, Baden Baden, Germany, and Director of HL Dentclinic & Academy since 2012. She is Boardmember of the DGOI, Diplomate of the ICOI as well as President of the Digital Dental Society International 2018-2019. @henriettelelerner





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**I-POL N**  
Zinc Polycarboxylate Cement



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**I-FIL**  
Glass Ionomer Filling Cement



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**I-EDTA Solution**  
Root Canal Preparation Solution, 17% EDTA



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**I-CAL**  
Calcium Hydroxide Paste



packaging: 4\*2g syringes, 20 tips

**I-BONDING SE**  
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5 micro applicators  
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**I-CAL Duo**  
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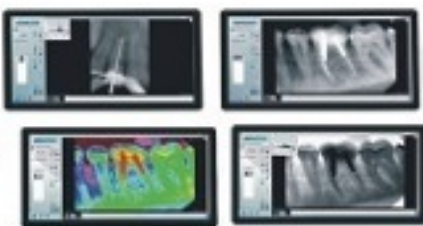
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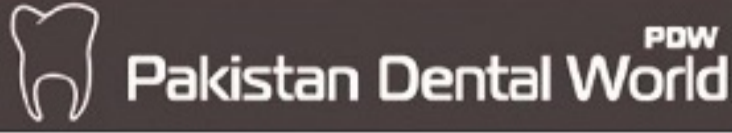


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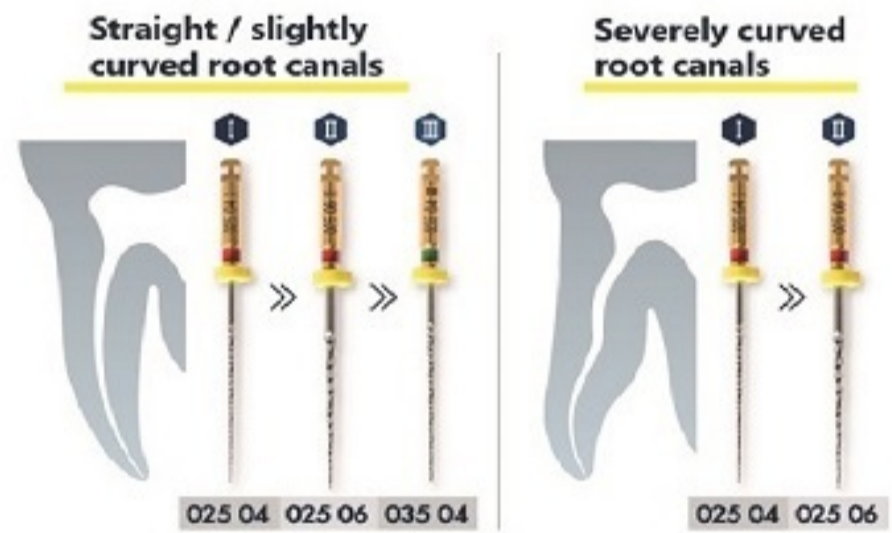
### Product Range For multiple use

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

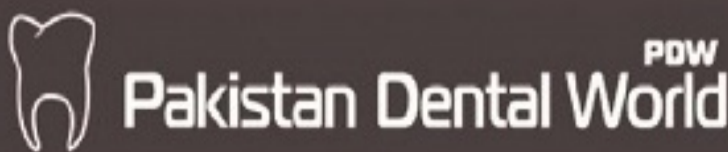
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# "Be a Mouth Keeper": Looking after your Oral Health during the Pandemic



You've heard of 'JobKeeper'. Now the Australian Dental Association (ADA) is urging people to become a 'Mouth Keeper' by putting into action a range of low-cost measures to look

after their oral health during COVID-19.

It's Dental Health Week (Aug 3-9) and the ADA is predicting a downward spiral in the nation's oral health once the pandemic is over. "Right now, there's a perfect storm brewing for oral health issues with a range of factors coming into play," said Dr Mikaela Chinotti, ADA Oral Health Promoter. "Plenty of people are stuck at home snacking more on sugary treats, others won't head to a dentist as they're concerned about virus transmission or public transport travel. "As well, some people have lost their job and can't prioritise their oral health, and some states have restrictions on what dental procedures can be done. "We already knew the nation's oral health was in poor shape with one in three people having untreated tooth decay, only 48% of adults visiting a dentist for a check-up in the last 12 months, one in two adults having way too much sugar every day and 30% of kids having tooth decay in baby teeth by age five. "The pandemic will make this bad situation worse. For Dental Health Week we're encouraging people to be 'Mouth Keepers' with some free or low cost smart tooth tactics they can adopt to protect their oral health through this difficult time." With the theme of this year's Dental Health Week 'Get Sugar Savvy', the Australian Dental Association's top ten tips for oral health protection without leaving home:

1. Brush twice daily with a toothbrush - it's one of your best defences against tooth decay. But beware - brushes with bristles splayed sideways are due for the bin. An electric toothbrush isn't necessary - and remember to brush gently as hard brushing will damage enamel.

2. Always use a toothpaste containing fluoride for optimum

protection of your teeth. Children should start using fluoride paste from 18 months of age and be supervised until they are old enough to do it alone.

3. Clean between your teeth with floss or interdental brushes to free the trapped food debris and plaque that builds up, starting the tooth decay process and inflammation of the gums. Children need help to floss until they can manage it themselves.

4. Ditch the rinse after brushing - spit out the excess toothpaste after brushing but don't rinse with water. This leaves behind toothpaste residue to continue providing extra protection.

5. Get sugar savvy and watch your sugar intake: the WHO recommends just six teaspoons a day - that's around 24g, to decrease your risk of developing tooth decay

6. Be your own 'sugar detective': check the sugar content on the Nutrition Information Panel (NIP) on food and drink - this may be per serve or per 100g. To make the content understandable, turn it into teaspoons. Divide the value by 4 as one teaspoon of sugar is equal to 4 grams. So, if the label

says 10g, this equals 2.5 teaspoons of sugar.

7. How much is too much? Look at the sugar content per 100g serving on the NIP - if it's more than 15g you should consider looking for an alternative with a lower sugar content - the lower the sugar the better - ideally less than 5g per 100g.

8. Location, location: When deciphering the list of ingredients on food labels, the higher to the top of the list an ingredient is, the more of it is present in the item.

9. Make it yourself: when you make your own foods from scratch at home you know exactly what and how much has - and has not - gone into it including how much sugar. What's more, it will probably be cheaper than buying it.

10. Be creative with alternative sources of sweetness in your life such as stevia, and when you get a sugar craving, opt for protein rich and tooth-friendly, nutritious snacks like nuts and cheese. "These measures will save you money and help protect your mouth in the long term, though if you have any issues or concerns, always consult your dentist," said Dr Chinotti.



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*Continued from page 1*

## PMDC Approves Admissions Policy for MBBS, BDS Programmes

on their entrance test will be eligible for admissions. In a meeting, the PMDC allowed admitting universities to conduct the MDCAT or entrance tests for the 2020-21 session between Sept 19 and Oct 25 across the country including Azad Kashmir, while adhering to standard operating procedure to limit the spread of the coronavirus. According to a statement issued by the council, approximately 250,000 students will sit the MDCAT, of which around 18,000 students will be enrolled in medical and dental colleges. PMDC Registrar Brig (ret'd) Dr Hafizuddin Ahmed Siddiqui said that the council has revised the admissions policy to facilitate students, in line with merit. He said that there will be 200 multiple choice questions (MCQ) with four options on the MDCAT in all the provinces and federal territories.

The MCQs will be broken into 80 biology questions, 60 chemistry questions, 40 physics questions and 20 English questions.

Candidates will have two hours and thirty minutes to attempt the entire test. He said the council has directed all admitting universities to complete their admissions in time, and regulations related to the admissions policy have been shared on the PMDC's website.





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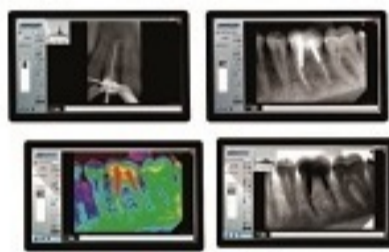
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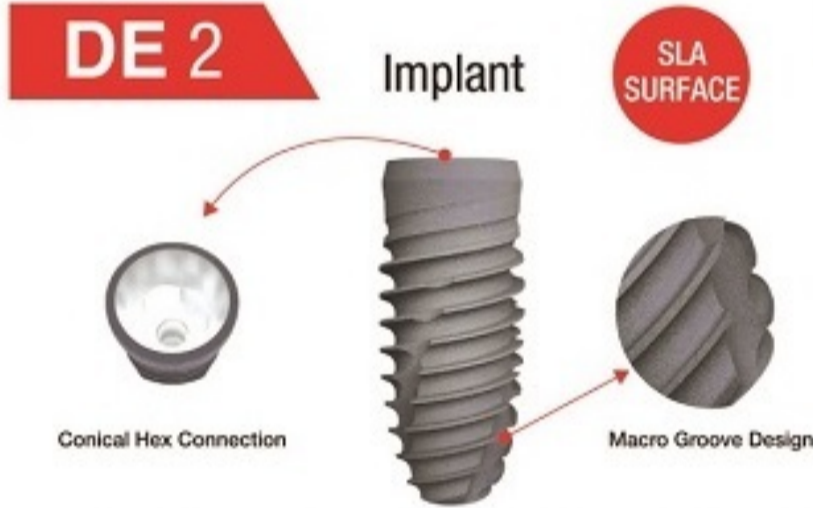
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# Oral Health Conditions in Children with Idiopathic Nephrotic Syndrome: A Cross-Sectional Study

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### Abstract

#### Background

Nephrotic syndrome is one of the chronic illnesses in the pediatric age group. The aim of this study was to assess the oral health of patients with steroid-sensitive idiopathic nephrotic syndrome (iNS).

#### Methods

A case-control study was performed on iNS patients and healthy from May 2018 to April 2019. Dental caries was assessed by the World Health Organization criteria, developmental defects of enamel by the mDDE index, oral hygiene by the OHI-S and API, and gingival condition by the GI. Oral health behavior was recorded using a standardized questionnaire including tooth brushing, fluoride prevention, dietary habits and utilization of dental care. Additionally, *Streptococcus mutans* (SM) and *Lactobacillus* spp. (LB) bacteria in saliva were assessed using the CRT bacteria test. Statistical analysis comparing oral health parameters was carried by Pearson's chi-squared, Fisher's exact, Shapiro-Wilk verified by Student's t or Mann-Whitney U tests.

#### Results

The study included 94 participants of both sexes at the age of 4 to 17 years (47 cases and 47 controls) who were treated in Clinic of Pediatric Nephrology or outpatients' dental clinic in



Wrocław, Poland. The iNS patients compared to the controls revealed some lower caries experience (83.0% vs 95.7%) and number of caries affected primary and/or permanent teeth (4.6±3.5 vs 6.0±4.1), a significantly lower number of filled primary and/or permanent teeth (1.1±1.6 vs 3.5±3.0, P<0.001) and higher incidence of enamel hypoplasia (31.9% vs 4.3%, P<0.001).

The numbers of the iNS patients with high level of SM and LB were similar to the controls. The iNS patients had a higher OHI-S score (1.89±1.59 vs 1.05±1.02, P<0.010) and a higher GI score (0.77±1.0 vs 0.37±0.6, P=0.050). Moreover, they less frequently brushed their teeth twice a day (78.8% vs 93.6%, P=0.026) and more frequently consumed three or more snacks daily (53.2% vs 23.4%, P=0.002).

#### Conclusions

The iNS patients despite the poor oral hygiene revealed lower caries experience but smaller number of restored caries-affected teeth, more severe gingivitis and more frequently teeth affected by enamel hypoplasia.

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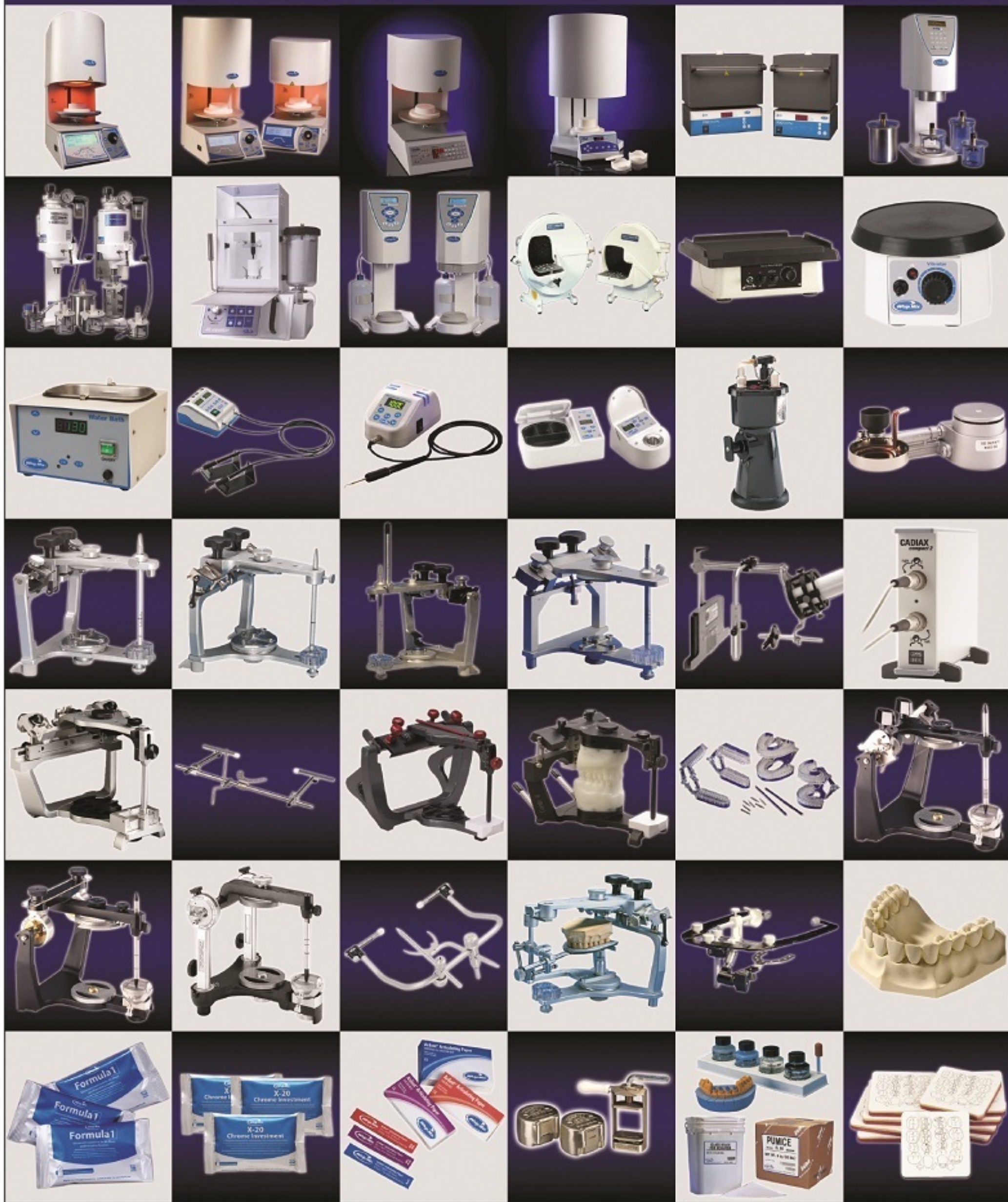
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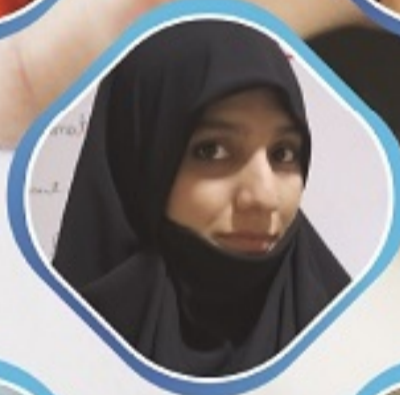
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