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DENTAL HEALTH MONTHLY

FDI Spotlights Importance of Integrated Oral Healthcare at WDC24

In recent years, oral health has gained significant momentum within the global health agenda, highlighted by the World Health Organization's (WHO) oral health strategy and action plan for 2023–2030. This recognition reflects a growing understanding that oral health is not a separate issue but integral to overall well-being. FDI's Vision 2030: Delivering Optimal Oral Healthcare (Vision 2030) aligns with these developments, emphasizing the need for integration. Poor oral health can lead to systemic conditions like cardiovascular disease and diabetes, while systemic health issues can worsen oral conditions. This interconnectedness highlights the need

for comprehensive care to improve patient outcomes. Through its initiatives FDI continues to champion the integration of oral health within general health. FDI's Vision 2030 and the WHO oral health strategy are guiding documents for policymakers worldwide to reduce the global burden of oral diseases through prevention, universal access, and integrating oral health into primary healthcare systems. Implementing integrated measures is critical to achieving universal health coverage (UHC), ensuring all individuals can



Continued on page 18

WHO, Partners Establish Access and Allocation Mechanism for mpox Vaccines, Treatments, Tests



In coordination with Member States, the World Health Organization (WHO) and partners have established an access and allocation mechanism for mpox medical countermeasures including vaccines, treatments and diagnostic tests. The Access and Allocation Mechanism (AAM) will increase access to these tools for people at highest risk and ensure that the limited supplies are used effectively and equitably. This is part of the response to the public health emergency of international concern declared by WHO

Continued on page 18

167,077 Candidates Enrol for MDCAT Across Country

The Medical & Dental College Admission Test (MDCAT) will be held on September 22 under the Pakistan Medical & Dental Council (PMDC), for which the PMDC has received 174,744 applications, generating an income of Rs1,397,952,000, according to media reports.

This year the PMDC has charged a fee of Rs 8,000 per application instead of Rs5,000. After verification, the PMDC has declared 167,077 applications valid and admissible to take the test. Most of the candidates



Continued on page 18

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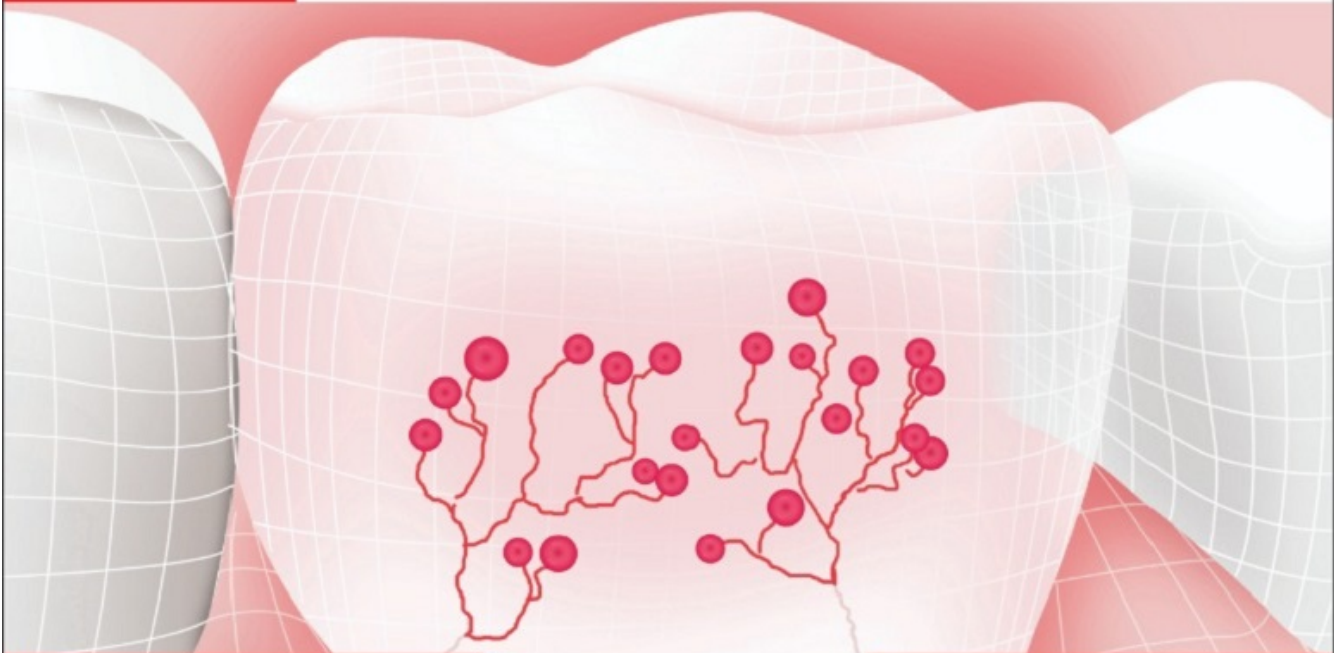
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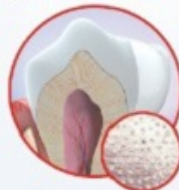
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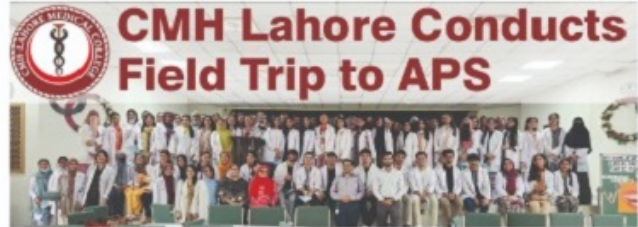


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Composite direct veneers are a trending topic in dentistry, and many clinicians lack the skill set to master this technique. To bridge this gap, PDTMA organized a pre-conference, one-day aesthetic dentistry masterclass on composite veneers on May 2nd. Led by Dr. Najiya Ilyas, an emerging restorative dentist, Workshop Co-Ordinated by Dr Shazia Nayyar and Dr Fatima Tanveer with Bilal Enterprises, the session was held at Art Life Plaza, Bahria Town Islamabad. This comprehensive masterclass was designed to provide hands-on training and enhance direct veneering skills. Participants from various nearby cities attended the session, which focused on multiple techniques to create life-like veneers, including: - Layering techniques for optimal aesthetics and durability - Shade selection and color matching for natural-looking results - Tooth preparation and bonding for long-lasting adhesion - Finishing and polishing techniques for a high-gloss finish - Troubleshooting common challenges and complications To accommodate distant learners, an online lecture and demonstration were also arranged via Zoom, ensuring that everyone could benefit from this learning opportunity. Both the on-site and online sessions received overwhelmingly positive feedback from participants, who appreciated the expertise shared by Dr. Najiya Ilyas and the hands-on experience with leading brands Saremco and Ultradent. As aesthetic dentistry continues to evolve, such events are crucial for clinicians' ongoing learning and professional development. PDTMA's initiative sets a benchmark for continuous education and skill enhancement in the dental community.



On September 9th, 2024, the Department of Community & Preventive Dentistry at CMH Lahore Medical College & Institute of Dentistry conducted a second insightful and comprehensive field trip for its 2nd Year BDS students to Army Public School (APS) for Girls. Following the success of the initial visit; this time 71 students, accompanied by five faculty members and ten House Officers, deepened their practical knowledge under the supervision of Head of Department; Dr. Asma Shakoor.

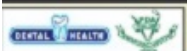
The visit emphasized oral hygiene assessments, using modified WHO forms to record Decayed, Missing, and Filled Teeth (DMFT), brushing habits, and dentist visits. Students showed enhanced proficiency in identifying dental issues, improving both their diagnostic abilities and communication skills. Interactive demonstrations of brushing techniques, conducted by house officers, further refined the students' experience. A vibrant oral hygiene awareness session was also held, engaging APS students and promoting dental care. Key highlights include a new initiative for a follow-up treatment plan, organized in collaboration with the Institute of Dentistry, CMH Lahore Medical College, and a commitment from APS to implement biannual dental check-ups. Free samples, including toothpaste, toothbrushes, and puzzles, were distributed to reinforce healthy dental habits.

This field trip showcased not only the students' growing confidence but also the vital role of mentorship from faculty, augmenting a shared commitment to spread healthy smiles across the community.



Workshop on Lesson Planning Using AI

A recent workshop was organized at Liaquat College of Medicine & Dentistry under the supervision of Principal Prof. Dr. Navid Rashid Qureshi & the chairperson of AI committee Prof. Dr. Tahera Ayub in collaboration of DHPE. The workshop focused on integrating AI into lesson planning. Lesson planning is crucial for effective teaching, providing a structured approach to delivering content and meeting educational goals. The workshop emphasized how AI tools can enhance this process by automating lesson creation and personalizing learning. Dr. Sabaa Shahid, Ayesha Khurram, and Ariba Tahir, who served as facilitators, emphasized the value of lesson planning and its essential elements. In the first part of the training, various lesson planning templates were also showcased. The participants' comprehension and application were met with keen interest and enthusiasm. Then, in the second half of workshop, there was an introduction of AI tool and its applications in education. Facilitator guided participants through a hands-on activity where they used that tool to develop lesson plans. A comprehensive feedback provided by the participants on their learning through this workshop about understanding the significance of lesson planning, different templates of lesson planning and their implementation via AI. Conclusion: The workshop highlighted the advantages of AI in making lesson planning more efficient and engaging, ultimately aiming to improve teaching strategies and student outcomes.



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LCMD Celebrates Pakistan's Independence Day

The Liaquat College of Medicine and Dentistry celebrated Pakistan's 77th Independence Day 14th August 2024 with great enthusiasm. The event began with a warm welcome by Prof. Dr. Naheed Najmi, followed by the recitation of the Holy Quran. The National Anthem and Flag Raising Ceremony evoked a strong sense of unity, and the atmosphere was further enriched by stirring Milli Naghmay.

Students-performed patriotic play highlighted the historical significance of Pakistan's independence. Speech by the Principals of college of medicine Prof. Dr. Rashid Naseem and the Chairman senator Mr. Amir waliuddin Chisti underscored the importance of healthcare in nation-building and the institutions' commitment to excellence. Special recognition was given through the Best Faculty and Best Department Awards for MBBS & BDS. The event concluded with a Vote of Thanks and a Cake Cutting Ceremony, symbolizing unity and celebration. The day was a fitting tribute to Pakistan's enduring spirit.



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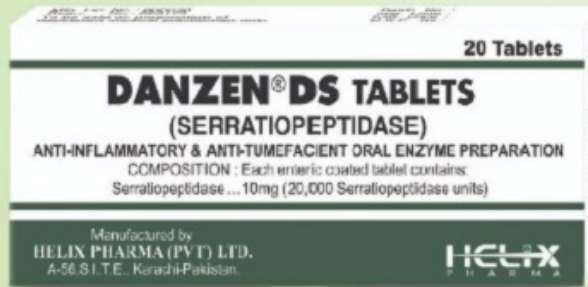
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Diploma Program in Aesthetic Medicine Held by Abams in Collaboration With FJDC



The "Diploma in Aesthetic Medicine" (Level 1) was held at Fatima Jinnah Dental College (FJDC), Pre-Clinical Campus, by the American Board of Aesthetic Medicine and Surgery (ABAMS).

The diploma program, held from 16th to 20th August 2024, offered a week of intensive learning and hands-on training in cutting-edge aesthetic procedures.

Esteemed trainers featured experts from ABAMS and the Academy of Aesthetic & Regenerative Medicine (AARM) including Dr. Fahad Usman (Board-Certified Aesthetic Physician, Senior Faculty ABAMS), Dr. Islam Kassem (Maxillofacial Surgeon, Senior Faculty ABAMS), Dr. Andaleeb Khan (Dermatologist, Faculty AARM), Dr. Sadaf Saeed (Plastic Surgeon, Faculty AARM), and Dr. Nazia Bhurgri (MBBS RMP, Faculty Member AARM-PAK). Participants comprised dentists, dental students, and medical doctors, who all gained valuable practical experience in procedures like Botox, thread lifts, chemical peels, PRP, fillers, and HydraFacial on real patients.

The first day began with a specialized lecture on Botox injections, emphasizing facial anatomy and anatomical landmarks. Participants engaged in hands-on training to administer Botox, focusing on proper dosage calculations, potential complications, and management strategies. Day two featured an in-depth session on energy-based devices and laser technology, with a focus on practical applications in aesthetics. Participants also received training in HydraFacial and micro-needling. Dr. Nazia Bhurgri conducted a lecture on chemical peels, followed by hands-on training. The third day delved into the intricate details of facial anatomy, crucial for dermal fillers. Dr. Sadaf Saeed guided participants through the anatomical landmarks, musculature, vascular anatomy, and nerves, highlighting the importance of personalized treatment plans. Practical demonstrations and hands-on training were provided on real patients. On the fourth day, participants explored the significance of PRP (Platelet-Rich Plasma) and Mesotherapy. Dr. Fahad Usman demonstrated the process of plasma extraction from blood, followed by practical training on PRP administration and the use of derma pens and micro-needling. The final day focused on the innovative procedure of facial thread lifts. Dr. Islam Kassem, an international speaker, delivered a comprehensive lecture covering patient selection, thread placement techniques, and post-procedure care. Participants practiced using different types of facial threads on live patients, gaining in-depth knowledge of this advanced aesthetic technique.

The diploma training concluded with the distribution of certificates to all participants, marking the successful completion of an intensive and highly rewarding program. The success of this workshop was attributed to the efficient program team, skilled trainers, and the dedication of all participants. The event not only enhanced the clinical skills of the attendees but also set a new standard for aesthetic medicine training in the region, reflecting FJDC's commitment to excellence and innovation in healthcare education.





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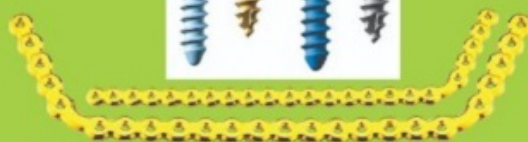
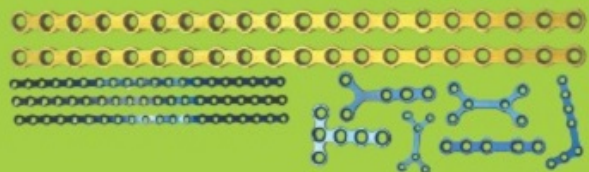
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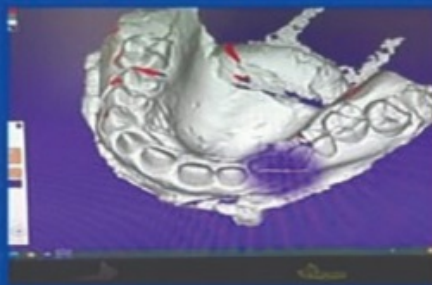
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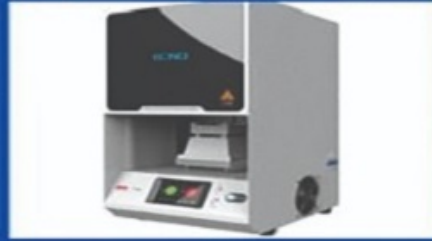


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Colgate Pakistan Launches Oral Health Month 2024 in Karachi



Colgate Pakistan, the nation's trusted oral care brand, is keeping Pakistan smiling by spreading awareness about good oral hygiene habits through Oral Health Month 2024. Increasing oral health awareness, access, and action, Colgate Pakistan's Oral Health Month 2024 commenced on 2nd September and will continue till 11th October, 2024; an endeavour that underscores Colgate's continued commitment to fostering improved oral hygiene for all. Travelling across 22 cities nationwide at over 700 locations - including institutes, clinics, and schools, Oral Health Month will give people from all walks of life access to FREE dental check-ups. Colgate Pakistan hosted an event at Mövenpick Hotel Karachi to kick off the Oral Health Week in the city. The event was graced by the Head of Periodontology Department & Director PhD Program Dental Health Sciences of Jinnah Sindh Medical University Karachi, Professor Dr. Muhammad Khaili Khan, and Registrar, Dow University of Health Sciences, Associate Professor, Ashar Afaq, who also commended Colgate's dedication to 'Keep Pakistan Smiling.' The Oral Health Week is running from 2nd September to 6th September, 2024, in Karachi, other major cities in Sindh, and Quetta. This activity can be accessed between 9 am and 1 pm. This initiative also emphasizes the crucial role of oral hygiene in overall health, aligning with Colgate's mission to improve the oral health of everyone in Pakistan. With close to 40 years of rich heritage in Pakistan, Colgate continues to bridge the gap in oral health awareness by empowering individuals with vital knowledge on maintaining oral health. Colgate envisions a future where the nation's smiles are brighter, healthier, and cavity-free, and brimming with confidence. To learn more about the Colgate Oral Health Week in Karachi and other cities like Hyderabad, Quetta, Lahore, Faisalabad, Islamabad, Rawalpindi, Peshawar, Abbottabad, Multan and Rahim Yar Khan, including a full list of relevant locations in the city; visit www.colgate.com.pk, WhatsApp "COLGATE" to 0332-SMILEON (7645366) or Call 0800-22111 for details.

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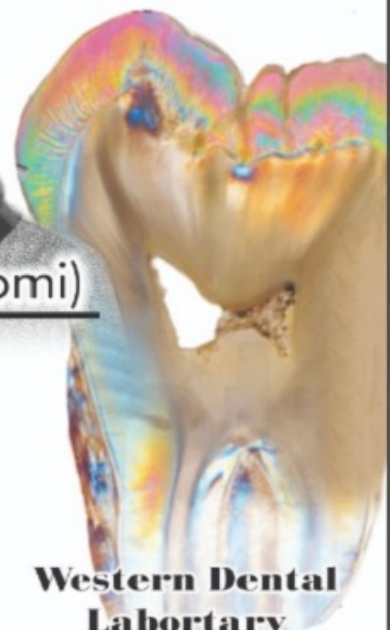
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Continued from page 1

FDI Spotlights Importance of Integrated Oral Healthcare at WDC24

access essential services without financial hardship.

Over the years, FDI has launched numerous initiatives to support its vision 2030, such as projects like Whole Mouth Health, Whole Body Health, and Educational Modules for other healthcare professionals. More information is available on the FDI website at <https://fdiworlddental.org/projects>.

At the FDI World Dental Congress 2024, a range of sessions will focus on integrated care, interprofessional collaboration, and UHC. Eleven years earlier, at the Istanbul Declaration was adopted at the 2013 FDI World Dental Congress in Istanbul, calling for FDI and its members to integrate oral health within general health and improve interprofessional collaboration. The initiatives showcased at this year's Congress demonstrate FDI's commitment to improving oral health globally and fulfilling the objectives set out in the Istanbul Declaration over a decade ago.

Integrating oral health into general health is essential to supporting improved access, cost-effectiveness, and improved patient outcomes. As global health organizations advocate for this integration, it is important for policymakers and health professionals to collaborate to ensure better health for all.

Continued from page 1

WHO, Partners Establish Access and Allocation Mechanism for mpox Vaccines, Treatments, Tests

Director-General Dr Tedros Adhanom Ghebreyesus on 14 August 2024, following an upsurge of mpox in the Democratic Republic of the Congo and neighbouring countries. Fifteen countries in Africa have reported mpox this year. Recommendations issued on the advice of the International Health Regulations Emergency Committee asked States Parties to ensure "equitable access to safe, effective and quality-assured countermeasures for mpox."

"Alongside other public health interventions, vaccines, therapeutics and diagnostics are powerful tools for bringing the mpox outbreaks in Africa under control," said WHO Director-General Dr Tedros Adhanom Ghebreyesus. "The COVID-19 pandemic illustrated the need for international coordination to promote

equitable access to these tools so they can be used most effectively where they are most needed. We urge countries with supplies of vaccines and other products to come forward with donations, to prevent infections, stop transmission and save lives."

The AAM was established as a part of the Interim Medical Countermeasures Network (i-MCM-Net). The i-MCM-Net brings together partners from around the world, including UN and other international agencies, health organizations, civil society organizations, industry and private sector to build an effective ecosystem for the development, manufacturing, allocation and delivery of medical countermeasures. The network was endorsed by WHO Member States as a mechanism to operate in the interim, as negotiations continue towards a pandemic agreement.

Along with WHO, the AAM for mpox includes members of the i-MCM-Net: the Africa Centres for Disease Control and Prevention, the Coalition for Epidemic Preparedness Innovations, the EU's Health Emergency Preparedness and Response Authority, FIND, Gavi, the PAHO Revolving Fund, UNICEF, Unitaid and others.

Over 3.6 million doses of vaccines have been pledged for the mpox response. This includes 620 000 doses of the MVA-BN vaccine pledged to affected countries by the European Commission, Austria, Belgium, Croatia, Cyprus, France, Germany, Luxembourg, Malta, Poland, Spain, and the United States of America, as well as vaccine manufacturer Bavarian Nordic. Japan has pledged 3 million doses of the LC16 vaccine, the largest number of doses pledged so far. The recent surge in mpox cases, coupled with the limited availability of vaccines and other medical countermeasures, underscores the need for a collaborative and transparent process to distribute these critical resources fairly. The AAM is working to allocate the currently scarce supplies of vaccines and diagnostics for those at the highest risk of infection, including for vaccinating contacts of confirmed cases, and providing access to point of care diagnostics to countries with ongoing mpox outbreaks so that people who might be suspected cases can systematically be tested and cared for.

Continued from page 1

167,077 Candidates Enrol for MDCAT Across Country

belong to Punjab, where 58,380 candidates will take the test at the University of Health Sciences, Lahore, while 42,329 candidates from Khyber Pakhtunkhwa will take the test at the

Khyber Medical University, Peshawar. Sindh's 38,678 candidates will take the test at the Dow University of Health Sciences' Ojha Campus and the NED University in Karachi, while 5,806 candidates from Balochistan will take the test at the Bolan University of Medical & Health Sciences, Quetta. Islamabad's 18,408 candidates, Azad Jammu & Kashmir's 3,145 candidates, and Dubai and Riyadh's 259 candidates will take the test at Shaheed Zulfiqar Ali Bhutto Medical University, Islamabad, while 259 candidates from Gilgit-Baltistan will take the test at the Karakoram International University. The medical and dental colleges run by the armed forces have already conducted their tests, while the Aga

Khan Medical College is the only private medical college in the country that conducts their test separately for 100 seats and has nothing to do with MDCAT, which is mandatory for admissions in all the other private medical and dental colleges across the country.

PMDC President Prof Dr Rizwan Taj has also nominated council members to monitor MDCAT and ensure that it is conducted smoothly in their respective provinces, with Prof Dr Amjad Siraj Memon overseeing Sindh; Prof Dr Khalid Masood Gondal, Punjab; Prof Dr Muhammad Zubair Khan, KP; Prof Dr Tehmina Asad, Balochistan; and Barrister Chaudhry Sultan Mansoor, Islamabad.

WHO Updates Influenza Care Guidelines, Includes Recommendations for Viruses with Pandemic Potential

WHO has updated its guidelines for the care of patients with influenza. The guidelines are designed primarily for health care providers who manage patients with influenza virus infection, and will also serve as a reference source for policymakers and others in efforts towards epidemic and pandemic preparedness.

Influenza is a viral disease. Seasonal influenza is common in all parts of the world. It is estimated that there are around a billion cases of seasonal influenza annually, including 3–5 million cases of severe respiratory illness. An estimated 290 000–650 000 deaths each year are due to seasonal influenza related respiratory disease, in addition to the deaths related to other influenza-related complications.

Along with seasonal influenza viruses, animal influenza viruses – most commonly avian and swine influenza viruses – can occasionally infect humans. They can cause disease ranging from mild conjunctivitis to severe pneumonia and even death. Current animal influenza viruses have not shown the capacity to transmit from person to person, but do pose a pandemic threat for the future. These guidelines provide recommendations on the use of antiviral medications, and other treatments such as steroids for immune system regulation. This update applies to patients with seasonal influenza viruses, potential pandemic influenza viruses, and new influenza type A viruses that are known to cause severe illness in infected humans.

A Guideline Development Group of content experts, clinicians, patients, ethicists and methodologists analysed available data and produced these recommendations following standards for trustworthy guideline development using the Grading of Recommendations Assessment, Development and Evaluation (GRADE) approach.

The recommendations form part of WHO's response to influenza, which includes the work of the Global Influenza Surveillance and Response System (GISRS), and the Pandemic Influenza Preparedness (PIP) framework which addresses gaps in access to effective medical therapies and other tools.

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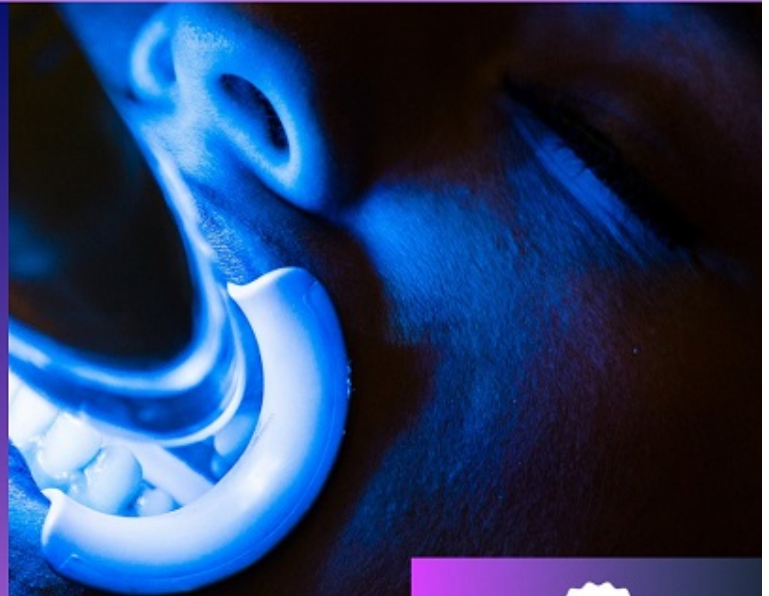
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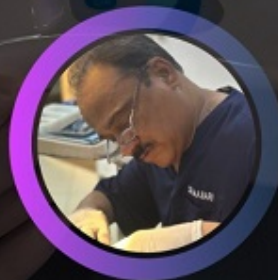


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