

# ALUMNI

INTERNATIONAL MAGAZINE

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**Voluntary in the Caribbean**  
**Interview with the FDI President-elect**  
**Working in Iran**



YDW

**dti**

Dental  
Tribune  
International

# The Road Not Taken

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I –  
I took the one less traveled by,  
And that has made all the difference.

Robert Frost (1874 - 1963)

# Editorial



In May the President of Young Dentists Worldwide and our friend, Mark Antal, got married. The whole Executive Committee of YDW met in Hungary to take part in this important day of our friends. We started to work all together in IADS, the International Association of Dental Students years ago and went through good and difficult times together.

In the years since that, we developed our professional careers, kind of got married to dentistry and each of us found their way - everyone a different one. Magdalena finished her PhD, Ahmed moved to England, Ingmar and me got involved in dental politics and create magazines, Andrea settled in her hometown and in the family office, and Mark is working in his own practice and the university.

We all admit that the passion for voluntary work that we had while being students is hard to recall nowadays, when we all have a big workload, but we are committed to do our best for YDW. Because of this we spend the little amount of time that is left to bring YDW forward. But the next generation is already around the corner.

We are always thankful for young dentists who want to get involved in our association, and the easiest way to get in touch with us is by coming to a congress of ours or to start by writing an article for AIM. Especially in times where so many political changes take place all around the world, we would like to be your harbor and your connection. We all have to find our way of life, but we are connected through our special profession and through our ambitions to do more.

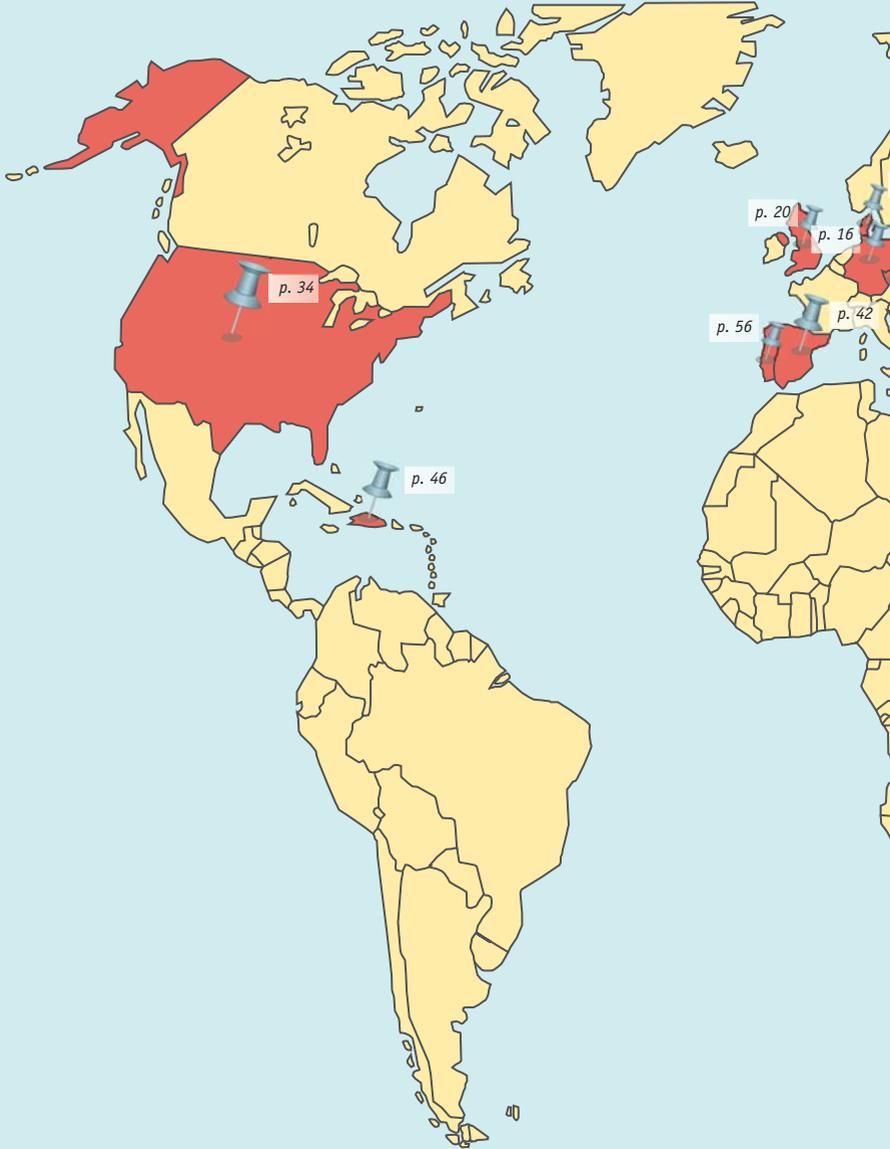
Yours sincerely,

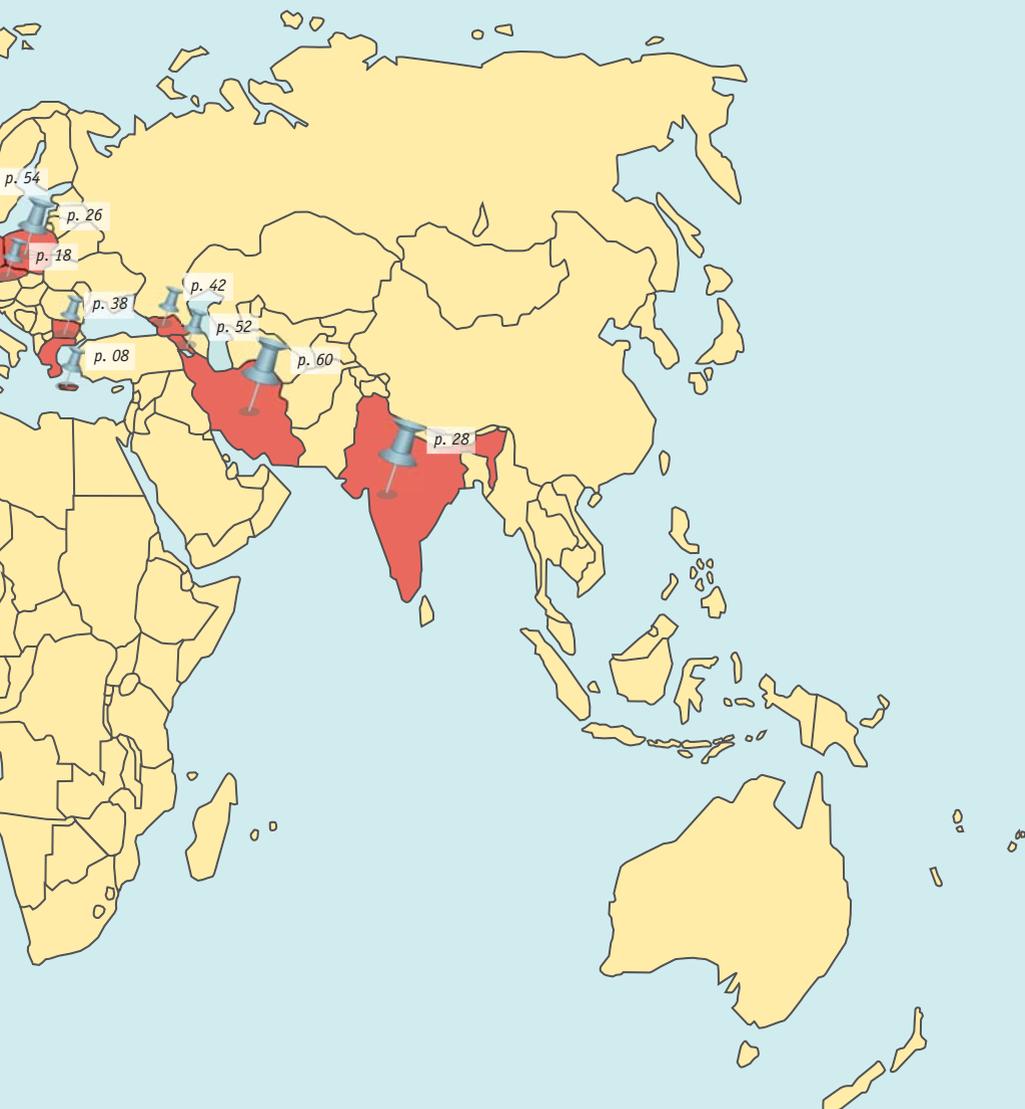
Juliane

*Berlin, Germany,*

*Editor-in-chief of ALUMNI International Magazine*







**Read about these countries in this edition.**

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## Pandora's Box

Text: Ioanna Rapti

*Athens, June 2010: 31 degrees centigrade, two months after getting under the inspection of International Monetary Fund, one month after three bank employees died in a fire caused by the explosion of a bomb in the bank during a demonstration, and thirty days after receiving the first installment of the loan from the IMF.*



photos: Nikos Mattheos

**A**thens, June 2011: 28 degrees centigrade under heavy rain, waiting for the fifth installment of the loan from IMF to give a solution to an impossible equation. It looks like Pandora's box has just opened and tax measures, social and political changes came out of it and huge demonstrations and strikes became the decoration of this box. On June the 16<sup>th</sup> the total eclipse brought with it the collapse of the government and on June the 17<sup>th</sup>, birthday of the Prime Minister, a new

government undertook the responsibility to find a way out of the labyrinth.

Last year was full of difficulties and scandals, which were investigated and as a result, today ex members of the government are few steps before imprisonment, while at the same time long discussions take place in cafés or on the streets about the causes of the crisis and the future results of it. The topics either have the form of a question, e.g. "Is there a future for Europe?" or "Can our political system survive?" or "Can we hope that things are going to improve within the next years?" Or they have the form of statements, e.g. "We are lost" or "The end of an era is here" or "We do not surrender". In an article in the newspaper Kathimerini a professor of Law School strongly supported the idea of a united Europe and Modernism, while at the same time he declared that the May of 1968 proved to be a utopia, New Liberalism was a tragic mistake and the decades of the '80s and '90s just a memory of long gone happy years.



The unique hopeful sign he finds is the fact that Athens alone has 120 theaters and many well-educated young people, capable for high performance.

On the other hand, another university professor is rather disappointed by the fact that the financing of universities has been reduced from 45 to 25 million euros for the University of Athens within the last two years. "Cut everything and then cut your throat also" he advises rather cynically, meaning that privatization in education shall mean the extinction of high standards education. Others keep on reminding that political choices of citizens, private over loaning and exaggerated consumption during the period of false development of Greece, can easily

explain the current situation. For them, it is obvious that people always pay for their mistakes in the end and accepting the new reality and making an effort to come out from the crisis, both on the private and collective level, would be the only way out.

The non-arguable fact is that everyday life has been tragically transformed last year. Mary, 26 years old, is working at the Zara shop in one of the main streets downtown of Athens. Almost twice a month the shop is temporarily closed down due to demonstrations, which very often include breaking the windows and use of chemicals by the police. When Mary's shift is over, the first thing she sees when she comes out on the street,

is the homeless man who permanently has his belongings on the side of the street and is reading the free press, perhaps to have the illusion that he is still a member of this society. Last year homeless people have multiplied, while at the same time decent pensioners search the garbage for bottles of beer or for precious things to resell at the flea market on Sunday. Until midnight immigrants sell their valuables on the street, which include clothing of every kind, toys and female bags, all of them false imitations of expensive gadgets. When Mary walks in the bar to meet her boyfriend, the bar is almost empty, just like the empty streets. People laugh with difficulty and jokes are rather sarcastic. Almost every day a shop closes down, not to mention at least ten burglaries per day in a bank, a super market, a jewelry shop, etc. Everyone is on alert when walking on the street or even when drinking a beer. Mary's future plans are interrupted, but she is trying to adjust to new conditions without losing her faith.

Katherine, 32 years old, was a lawyer at her aunt's law office. Last month her aunt decided to retire and close the law office due to new taxes set on the legal services and due to the new pension system, which constantly changes against lawyers. Katherine went back to her hometown, after having lived in Athens for 15 years, looking for professional sur-



vival. Unemployment is the new crash against young people. The situation changed rapidly and no provision was made for dealing with unemployment. New labor laws are enforced and Katherine knows many people who work only a few hours a day, without being able to make ends meet, and others who work



like slaves with less money than ever before. A general feeling of insecurity intrudes everyday activities like a phantom. The big question is who is going to be calm enough to be the safeguard of civil rights, now that the reconstruction of the society is a common claim, but the orientation of this reconstruction is still not clear.

Many young people follow social media like Facebook or Twitter in order to find answers to their questions. There is a slogan running around "Thought cannot be prohibited, Keep thinking". There are endless discussions about the crisis, about a new type of colonialism, about the transformation of the Greek society. Facebook was also the main organizational platform for the Greek version of the los Indignados movement (their website is [www.realdemocracy.gr](http://www.realdemocracy.gr)) with the main demands to refuse the commands of IMF and the European Union because they were unfair and destructive for the way of living and everyday life. They are against the politicians who support MOU with IMF and they feel compelled not to give up until those who brought the nation into this crisis leave. Their enemies are: Troika-Banks-MOU-Government. They say that their fight is matter of dignity and honor and they undertook this commitment towards themselves and towards their children to whom they offer days of horror. The followers of the los Indignados movement

stand on the square opposite to the Parliament and hold general assemblies, like in ancient Athens, where everyone can speak freely and express his ideas. A minister of the government (now Minister of Finance) proposed to the Parliament to invite representatives of Greek los Indignados to talk with representatives of the Parliament, because in his opinion it is rather dangerous to have an antiparliamental movement outside the building of Parliament without knowing its claims.

Moreover, traditional mass communication media go through an Armageddon due to the financial crisis. Major newspapers close down because of debts, while others stop running the everyday edition and are limited to the Sunday edition. Many journalists are laid off and there is a concentration of these media in the hands of a few major players. Often employees are left with no choice and either follow the new boss or lose their job. Television follows the same trend and due to huge financial problems there is no production of new content, and instead only old TV programs or Brazilian/Turkish soap operas are broadcasted.

In other words, the crisis is felt like an earthquake. It happened unexpectedly and had tragic results. The main issue is the political crisis and the crisis in society. Greece is a small country, but unfortunately "trust" in politicians has been

lost since decades, which is the main reason for social disorder. In Athens, the feeling of conflict is everywhere and the strong presence of police and special task forces brings nervousness—but coins always have two sides. In our case, people who were not interested in politics now began to participate in public discussions and are trying to express their claims and unite with others. It seems that the wisdom of ancient Greek Mythology is still vivid. Pandora’s box contained many evil things such as toil, illness and despair, but it also contained hope. Now that the box is opened, these evils as well as hope are released into the sunny country called Greece. We all hope that the sun will shine brighter and we will be able to find the sense of measure and balance again in the near future.

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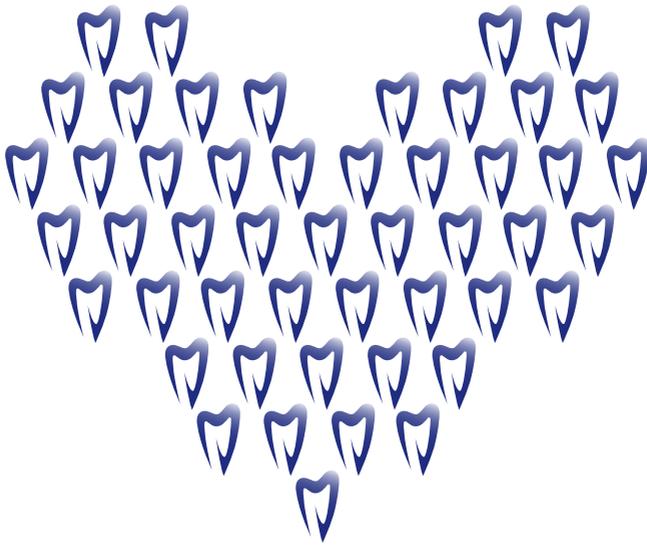
*Ioanna Rapti has studied Law and Communication & Mass Media at the Kapodistrian University of Athens. She is a lawyer specialized in Intellectual*

*Property Law and works in Athens.*

✉ **ioannarapti@yahoo.gr**

☎ **(+30) 6945-982509**

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**YOUNG DENTISTS  
WORLDWIDE**

**Take part in your world.**



## Annual IADS and YDW Congress 2011 in India

Text: Dr. Chandresh Shukla

*The 58<sup>th</sup> Annual IADS World Congress 2011 will be held in India between 22<sup>nd</sup> July 2011 and 31<sup>st</sup> July 2011. This Annual Congress will be hosted by the Dental Student Association of India (DSWAI), which warmly welcomes IADS and YDW.*

**T**he Annual Congress will be held at New Delhi with pre- and post-congress sessions at Agra and Bhopal respectively. This congress is very big because IADS is completing its 60<sup>th</sup> year and YDW 20 years of success. It will be a

grand event and a memorable congress because it is going to be held in the biggest democratic country of the world, and organized by the largest country member of IADS. As we all know, India is the country of diversity and multi

traditions. The organizing committee chairman and President of the dental student association of India, Dr. Chandresh Shukla, is going to organize this congress in the manner that students from different countries will see the different parts of the country and the different traditions of people.

### Pre-congress

The Annual Congress will kick-start with a pre-conference event. The pre-conference on 22<sup>nd</sup> and 23<sup>rd</sup> July 2011 will be in Agra. The pre-conference in Agra is the most ideal venue with a rich history. Agra will give all the international delegates a nice time to enjoy the rich and diverse culture present in India. Agra is home to one of the "Seven Wonders of the World". The Taj Mahal, which sits on the bank of Yamuna River, is one of the world's most beautiful and beloved structures. Agra is one of the prominent destinations on the World Tourism map with various heritage monuments like the Sikander Fort, Fatehpur Sikri and Ram Bagh.

### The Annual Congress

The Annual Congress will be held at New Delhi from 24<sup>th</sup> to 29<sup>th</sup> July 2011. There will be numerable pre-conference courses in the form of hands-on courses, panel discussions about career opportunities and research opportunities, which will open the horizons to the dental students. The congress will give a platform to Indian and for-

eigner students to share their experience with dentistry. This will also include the General Assembly of both IADS and YDW, partying, sightseeing, and dancing on Bollywood and Panjabi music. New Delhi is the capital of India, and the third largest city in the country. Standing along the West End of Gangetic Plain, the capital city, Delhi, is an epitome of culture, architecture, rich history, monuments, museums, galleries, gardens and exotic shows and exudes a strong old world charm.

### Post-conference

The post-conference events will occur at Bhopal on the 30<sup>th</sup> and 31<sup>st</sup> July 2011. Bhopal is a multifaceted city with a perfect combination of history, the urbane life and education. The post-conference at Bhopal will be ideal for the delegates to unwind and also to participate in the various treatment camps, extraction, filling and other education camps. These camps will give everyone an impression of the treatments carried out in India.



**“As the biggest community for young dental professionals world-wide, we have a great potential that should be used.”**

**INTERVIEW** with Juliane Gnath,  
Communication Officer of YDW and  
Editor-in-Chief of the ALUMNI International  
Magazine, Germany.



*Juliane Gnoth is the Communication Officer of YDW and the Editor-in-Chief of the ALUMNI International Magazine. She lives and works in Berlin, Germany.*

**AIM: Juliane, tell us a bit more about you.**

I was born in a country that does not exist anymore—the German Democratic Republic. That was in 1981. I spent half of my childhood in a dental laboratory, which is why I did not study German literature as I was thinking about; I first became a dental technician. But the wish to be with patients and the will to communicate were always big, so I went to dental school in Leipzig, Germany, until 2007. Now I live and work in Berlin, either in a dental office or in the dental chamber. There, I am responsible for postgraduate education and specialization. I like to do different things, to work with my head and with my hands. My international friends call me Julka.

**AIM: How did you get in contact with YDW?**

I had the luck to help at a congress of IADS in 2004 in Berlin. That was a time where Young Dentists Worldwide was very active also and I got in touch with many new friends from IADS and YDW. All of the people who are working with me for YDW were at that congress and I think my life would have turned out very differently if I had not been there in 2004. I met some of my very best friends through that. I know that I will always know those people and I love to spend time with them somewhere in the world.

**AIM: What is your job in YDW and what are you mainly doing?**

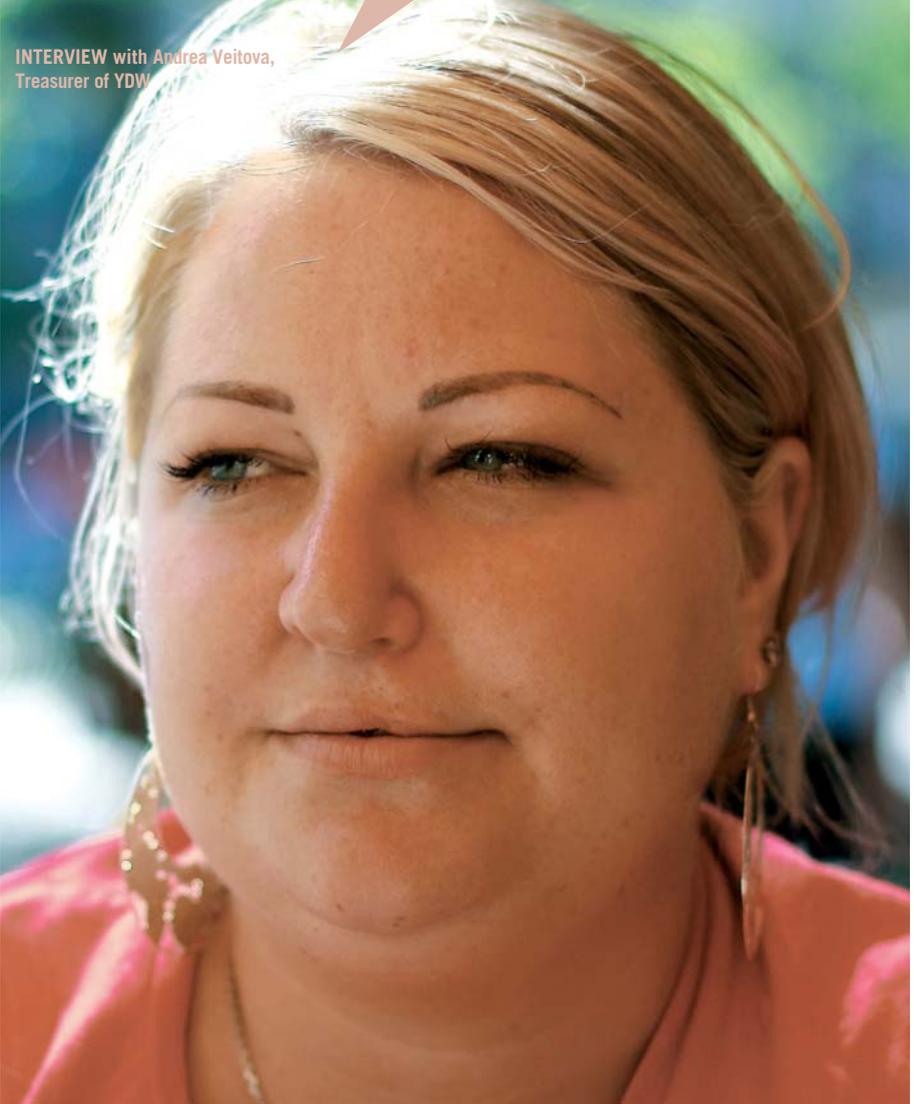
My job is Communication Officer, and for some time now also the editor of this magazine. I mainly do what I do as a private person—talking to people, writing, organizing and talking again. I have started the fan page on Facebook and I am still surprised that we are one of the biggest dental communities there. For sure, we are the biggest for young dentists. I have worked for magazines for years already, but being an editor-in-chief is another great chance and challenge, too. I hope that many people will read the magazine and would like to write for it too, in the future. As the biggest community for young dental professionals worldwide, we have a great potential that should be used.

**AIM: What is your wish for YDW in the future?**

It would be my wish that we develop more concrete projects. In the last two years, since we took over the job, we did basic work for the association and let people know more about us. Now, it is time to make concrete plans for projects. The magazine is just one step. People already communicate much with us in the internet; I hope more get the inspiration and will join our annual congress in India or the forum in Mexico during the FDI Congress.

**“Once attached to  
this spirit, it is hard  
to leave it.”**

INTERVIEW with **Andrea Veitova**,  
Treasurer of YDW





**Andrea Veitova is the Treasurer of YDW. She lives and works in Zlin, Czech Republic.**

**AIM: Who are you?**

My home country is the Czech Republic, where I have lived most of my life. I come from a dentist family, which is why my profession choice was clear during my studies. Currently, I am working as a dentist in a private clinic consisting of 5 dentists, providing overall care for our patients. I have also been the YDW treasurer for one year or so.

**AIM: How did you meet YDW for the first time?**

My journey with YDW is quite long. The first YDW members I met on my first international congress ten years ago. It was a great congress organized by our brotherhood organization IADS (International Association of Dental Students) in Sharm el Sheikh, Egypt. Since then I have joined the IADS family and became active first as an International Exchange Officer, and later on as part of the Executive Committee. After graduating from dental university, I went on to another great family—the YDW. Once attached to this spirit, it is hard to leave it.

**AIM: Where does YDW get money from?**

The main income of YDW consists of two parts. The first part are the membership fees that we offer both individuals and countries. The second part comes from our sponsors who we appreciate much!!

**AIM: What is the money spent on?**

YDW money is spent on organizing events for young dentists worldwide to open their horizons and make the world smaller with the possibility of international cooperation and consultation. Another point is the website, which is still under construction, but which will be relaunched soon as one of the basic communication tools. The Executive Committee members are not paid for anything, we do this 100 per cent for voluntary reasons, so we can save money for future projects.

**„I owe some of the best memories and friendships of my life to YDW“**

**INTERVIEW with Ahmed Hawas,  
International Scientific Officer**



**Ahmed Hawas studied in Alexandria, Egypt, and is now working as an International Scientific Officer in London, Great Britain.**

**AIM: What is important about the person Ahmed?**

After graduating from the dental school in Alexandria, I went on to being an all drilling, filling dentist for a few years until I realized I was passionate about prosthodontics. I went to Manchester for one year where I did my MSc in prosthodontics, after which I returned to Alexandria to become the drilling, filling, and this time crowning dentist. In addition, I started teaching undergraduates at Pharos University in Alexandria. After a few years, I decided to come to London for a PhD in implant dentistry. I just finished the first year of my research. I enjoy travelling and experiencing different cultures, I like watersports and recently have started playing golf (I had to wait until it was over for Tiger Woods to make my move).

**AIM: What can YDW do for young dentists?**

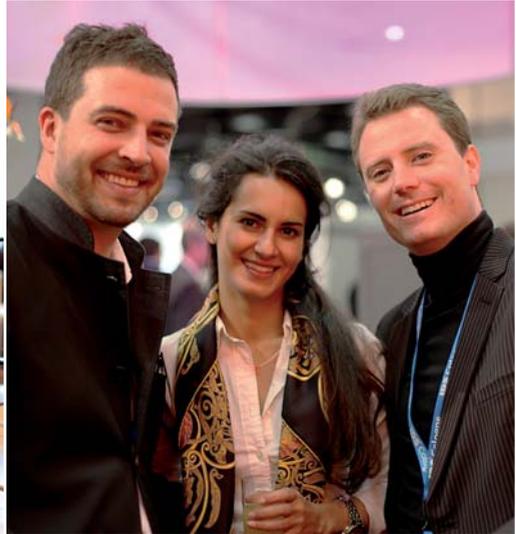
Young dentists are not always young scientists; they do not necessarily all go to the IADR or have the possibility of publishing in Nature. Most dentists are clinicians with a scientific background and a lot have clinical research going on within their clinic or have ideas based on cases, observations and experience. YDW can do a lot by creating a platform on which these dentists can present, share and discuss their views to and with the rest of the world.

**AIM: Which concrete projects do you have in mind?**

I have always believed that the contribution of YDW to IADS was very important in the scientific sense. This was previously fulfilled by ex-IADS lovers coming back to give lectures and hands-on courses. This year, we introduced the YDW Scientific Day, a series of lectures and workshops given by YDW member dentists at the IADS congress. The topics were very interesting and diverse. For next year's YDW Scientific Day I will try to gather many ex-IADS people, who are currently influential dentists/lecturers, to come and celebrate the IADS 60<sup>th</sup> birthday. We will have two days comprising a variety of lectures and workshops. Another point is the scientific YDW-forum at the FDI World Congress, a great way to discuss issues in the current dental world. Everyone who is interested in the topics of the Forum should read the scientific part of the magazine. The third point is the Visiting Program. For next year, the plan is to recruit more member clinics that will offer this and formalize the application procedures.

**AIM: What does YDW mean for your life?**

YDW means that I can still positively contribute to the worldwide dental community, to which I owe some of the best memories and friendships of my life.





## IDS 2011



# IDS in Cologne— A must-see for young dentists

TEXT: Juliane Gnoth



Everyone who is dealing with dentistry in a way has just one destination every two years in March: Cologne, Germany. This is the place where it all happens, where the newest innovations are shown, where associations meet and make politics, and where parties take place. It is all just

about dentistry in this city for some days; Cologne becomes the world's capital of teeth for a short period. More than 115,000 visitors had the possibility to see Cologne in the first days of spring with wonderful sunshine, but 1,956 exhibitors from 58 countries showed their

products at the International Dental Show (IDS) and did not give dentists much time to enjoy the city. But even with such a large number of booths and many halls full of things to see, you could meet familiar people everywhere. For all those who did not want to meet others only by accident, especially for members and friends of Young Dentists Worldwide, there was a meeting point: the booth of the German Dental Chamber (BZÄK). Together with the German Dental Students Association (BdZM) and Young Dentists Germany (BdZA), YDW had the opportunity to represent itself at this place.

During those days it was also the first time that the ALUMNI International Magazine could be read on paper. The first issue was handed out at the meeting point and at the booth of Dental Tribune/OEMUS MEDIA. The brand new magazine was one of the highlights of the IDS and the members of YDW also held their general assembly there. It took place in the building of DÄF (Deutsche Ärzte Finanz) in the city center, far away from the busy exhibition halls. The members of YDW discussed current projects and the future of YDW. One thing which was set is the next Mid Year Meeting which will be organized in Alexandria, Egypt, next March.

The German member of YDW, BdZA, also organized several events during the IDS

2011. One was the handing out of the 2<sup>nd</sup> ALUMNI award, which also took place at the booth of the German Dental Chamber, and which was interesting for many visitors. Several get-togethers took place there, like the international one with participants of the World Dental Federation (FDI), the International Association of Dental Students (IADS), the European Dental Students Association (EDSA) and other organizations. The same evening became night, and later morning, for hundreds of people who partied together at the location called Roonburg at the 2<sup>nd</sup> ALUMNI Night. This party was mainly visited by young dentists and students from all over the world, and the local beer called Kölsch was the drink of the night.

For sure, the IDS is a busy week with much input, during which you barely rest, but there is no better event to meet new and old faces. At the IDS everything seems to be possible and we are already looking forward to the next one in 2013.



# Engaged to Science

TEXT: MAGDALENA MACIEJOWSKA, POLAND

*Ph.D. or D.Phil—Doctor of Philosophy is an advanced academic or professional degree awarded by universities in many countries throughout the world; it is a requirement for a career as a university professor or researcher in most fields.*

## How to become a Ph.D.

The term doctorate comes from the Latin *docere*, meaning “to teach”, shortened from the full Latin title *licentia docendi*, which means “teaching license”. In different countries Ph.D. has international equivalent degrees, like: *Doutorado*, *Доктор*, *Tohtori*, *Doctorat*, *Doktor*, *Dottorato di ricerca*, *Doctorado*, *Doctorate*, *Daktaras*, *Doctor*, *Кандидат наук*, *Tien si*. The Ph.D. program is for all those with a master’s degree or an equivalent qualification, carrying out independent research work under supervision, with a rich history of graduated education (publications, exam results, achievements, etc.) and with successfully passed entrance exams.

Probably, the only real challenge for getting a Ph.D. degree is the Ph.D. thesis. It represents a substantial work. A thesis is a research report that concerns a problem or series of problems in some area of research.

This treatise consists of points like:

- Introducing the research topic
- Reviewing relevant literature
- Explaining how the research has been designed and why the research methods being used have been chosen
- Outlining the findings
- Analyzing the findings and discussing them in the context of the literature review
- Conclusion.





**What do Ph.D. students do?**

Participants of a doctoral degree program are likely to explore literature, discuss with experts, gather and process data, reflect and organize their thoughts, take notes, perform experiments, analyze data, observe cases and as a junior researcher, they should follow the ethical principals specified by their particular field of science. Ph.D. attendants might also be obligated to give lectures or seminars about the research, participate in conferences locally or abroad to interact with other specialists; write activity reports detailing one's latest results, prepare articles for publication in a peer-reviewed journal appropriate to their particular field of research, attend compulsory classes according to the course schedule, take examinations. To deepen their knowledge, they may follow courses including both interdisciplinary and specialized thematic discipline course blocks, actively participate in Doctoral School activities and in activities organized by Doctoral Programs (including doctoral seminars), follow summer schools, and go for study visits to other institutions.

Other faculty's obligation might also include organizing seminars or conferences,

MARRIAGE vs. The Ph.D.		
	 Marriage	 Ph.D.
Typical Length:	7.5 years	7 years
Begins with:	A proposal	A thesis proposal
Culminates in a ceremony where you walk down an aisle dressed in a gown:		
Usually entered into by:	Foolish young people in love	Foolish young people without a job
50% end in:	Bitter divorce	Bitter remorse
Involves exchange of:	Vows	Know-how
Until death do you part?	If you're lucky	If you're lazy

editing collections of papers by others. In addition, the Doctoral Program may require getting involved in the overall management of the faculty by looking into funding opportunities, preparing proposals, supporting visitors or other researchers, setting up infrastructure, making publicity for faculty activities, initiating collaborations, etc.

**// INFO** //////////////////////////////////////



Currently, Magdalena Maciejowska is in a course of Ph.D. studies in the Department of Dental Anatomy, Medical University of Wrocław/Poland. She is doing research in the field of Gerodontology and Oral Medicine. Dr. Maciejowska is the Secretary General of Young Dentists Worldwide and an Honorary life member of SSS Iasi, Romania.

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# Herbal medicines and dentistry: An Indian Art

TEXT: Dr. Saurabh Lall

*The sole purpose of any branch of medicine is to strive to make human life happier and healthier. To achieve this we must use every possible resource available. From time immemorial, we have been using our natural resources to attain the state of well-being.*



**H**erbal medicines are drugs of plant origin used to treat diseases or to attain or maintain a condition of improved health. Herbs with medicinal properties are a useful and effective source of treatment for various disease processes. Many drugs used in Western medical science (called allopathic medicine) have their origin in medicinal plants. Through this article, an attempt has been made to describe Ayurvedic resources to attain 'Dantaswasthyam'. The word 'Ayurveda' is derived from: 'Ayu' meaning 'life' and 'veda' meaning 'knowledge'. In its true sense, Ayurveda literally means the science that imparts all the knowledge of life.

### **Basics of Ayurveda**

The body of man and all the objects in the universe are composed of some base elements, namely earth, water, energy, air and space. 'Vata', 'Pitta' and 'Kapha' molecules are the three biological elements which constitute the cells and tissues of all the living organisms in the universe. The biological combination of earth and water gives rise to 'Kapha', water and energy to 'Pitta' and air and space to 'Vata'. Kapha molecules make up the main structural units of the body. Pitta molecules represent the various enzymes and hormones and are responsible for digestion and release of energy impulses and all the movements of the body. When quantitatively and qualitatively normal,

these three doshas (Vata, Pitta and Kapha) constitute the three pillars that stabilize life. But in a state of imbalance, the same three elements are responsible for disease, or even death.

Folk tradition in healthcare dates back to the origin of Homo sapiens on earth. The intimate relationship of nature with mankind, like a mother with her child, has always been promoting the atmosphere in which all the needs of man are met. However, the disturbance in equilibrium of the various forces within the human body and the surrounding atmosphere gave rise to diseases, which were healed by mother nature through adjustments within the body itself, assisted by the use of certain natural herbs and plant products. India, with its rich diversity of natural resources and strong traditions, even today has an enormous potential for good health in the form of medicinal plants, verbal traditions and written texts as the Ayurveda. Ayurveda uses a wide range of herbs, minerals and biological products, both singly and in combination formulations to attain the state of well-being.

### **Dantaswasthyam**

= Health and hygiene of the teeth.

Ayurveda has imparted a lot as far as dental health is concerned. Our main aim is to utilize all the given knowledge and plant products (herbs) to improve our



standard of living by keeping free from diseases. Ayurveda is an evolved system of medicine in India and it is a rich reservoir even for dental science.

### **Toothbrush or 'Datun'**

A soft brush can be made by biting and chewing the tips of fresh stems of 'Akra', 'Catechu', 'Banyan', 'Karanja' or 'Arjuna'. Mastication of stem acts as a good exercise for the teeth and gums. The stems should be healthy, soft, straight, without any leaves and knots and picked from a tree growing in a clean surrounding. The stems should not be dry, sticky or foul smelling. The stem should be one finger in breadth, ten to twelve fingers in length and should have a bitter, pungent or astringent taste. The stem should be chewed until it is broken up. Fresh twigs of the following trees are used as Datun: neem, babul, mango, guava, roots of pillu and dandrasa. Vata is predominant in the monsoon and summer seasons, Pitta in monsoon and autumn and Kapha in spring and winter season. So, one should select the stem suited to the season.

### **Toothpowder and Toothpaste**

One can use powders of triphala (amalaka, haritaki and bibheetaka) or trijataka (cinnamon, cardamom and tamal patra) with honey and saindhava salt for persons with Kapha and Pitta con-

stitutions. Massaging the gums daily with triphala mixed with til oil maintains them in a healthy state. Toothpowder consisting of equal quantities of ginger, pepper, pippali, cinnamon, cardamom, tamalpatra, tejovati, triphala, catechu and saindhava salt, which can be used as a paste after mixing with til oil maintains them in a healthy state.

Interestingly, apart from the effects on the gums and teeth, the fresh juices in various stems when digested and absorbed, exert their beneficial effects on different tissues of the body. Contraindications for brushing teeth with stems: fever, cough, breathlessness, diseases of lips, tongue, teeth, mouth and palate, indigestion, constipation, trushma (diseases characterized by excessive thirst), diseases of eyes, head and neck, facial palsy, diseases of heart, bleeding disorders and syncopic episodes.

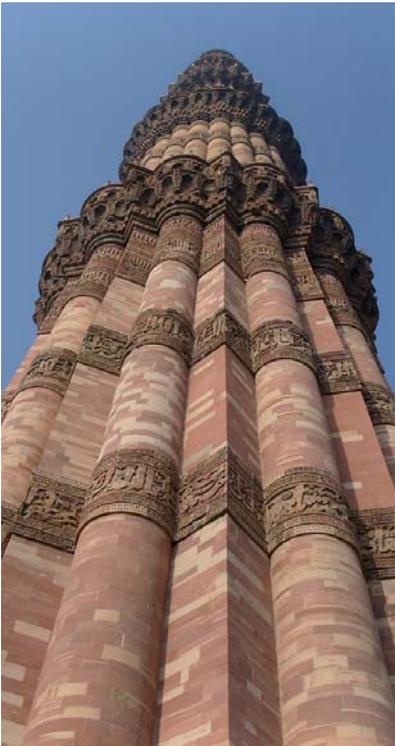
However, in these conditions saindhava salt may be used to clean the teeth since it neutralizes all the three doshas and is good for the heart. Saindhava being light and not hot, stimulates the appetite but does not cause hyperacidity.

### **Gargling of the mouth or 'Mukh Prakshalan'**

It is important to gargle the mouth after meals and after brushing the teeth. One should use cold/hot water, til oil or cold milk for gargling. Gargling with hot water exerts cleansing action on the mouth, teeth, gums and the tongue. It imparts a light and fresh feeling to the mouth. Gargling with cold milk has a cooling and cleansing action on the mouth and is useful in stomatitis. Gargling with til oil exerts a cleansing and strengthening action on the tongue, gums, teeth, etc. It also prevents stomatitis and is helpful in curing hypersensitivity of the gums to sour foods. It also improves the sense of taste. Contraindications for gargling: bleeding disorders, unconsciousness, poisoning, general weakness, conjunctivitis and miasmatic persons.

### **Cleaning the Tongue**

A thin plate of gold, silver, copper, a leaf or a thin wooden plate may be used to clean the tongue. It should be soft and smooth with rounded edges. Its length should be about equal to ten fingers. The main purpose of cleaning the tongue is to get rid of waste products and foul odour emanating from the oral cavity. It also improves the sensation of taste and exerts a tonic effect on the tongue. It also reduces the bacterial flora in the mouth.



### **Conclusion**

Our main aim is to explore and use the rich heritage of Ayurveda. Use of plants and herbs for dental care is a very common indigenous system of medicine and we must include it in our day-to-day life.

**// INFO** //



*Dr. Saurabh Lall graduated in Dental Surgery from Meerut University, India, and acquired a Certificate in Aesthetic & Cosmetic Dentistry in 2009. With over a dozen scientific presentations and two dozen publications to his credit, he writes for several national and international journals. Currently, he is pursuing his post-graduation (MDS) in Periodontics & Implantology at K. D. Dental College & Hospital, Mathura, India. Dr Saurabh Lall is the recipient of many national and international awards. He is a member of the Indian Dental Association, Indian Society of Periodontology and an Executive Life Member of the Indian Academy of Aesthetic & Cosmetic Dentistry.*

✉ [saurabhlll.delhi@gmail.com](mailto:saurabhlll.delhi@gmail.com)

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# Introducing the American Dental Education Association

TEXT: Evelyn Lucas-Perry

*Hello All! My name is Evelyn Lucas-Perry and I am currently serving my second term as the American Dental Education Association (ADEA) Vice President for Students, Residents, and Fellows. The ADEA Council of Students, Residents, and Fellows (ADEA CoSRF) would like to use the opportunity to share the mission, activities, and efforts of our Association.*

**B**efore I can properly introduce you to ADEA CoSRF, let me give you a better understanding of ADEA as a whole. Since 1923, the American Dental Education Association (ADEA) has served as the national voice of academic dentistry for individuals and institutions within the dental education community. As you all are aware, the dental education community extends beyond dental students and includes faculty members, program directors, administrators, dental industry organizations, specialists, dental hygienists, dental assistants and dental laboratory technicians. Therefore, ADEA boasts a diverse 18,000 membership.

## **How we are organized**

Diversity within ADEA is reflected in its governance, which is primarily comprised

of seven Councils; the Council of Deans, the Council of Allied Dental Program Directors, the Council of Faculties, the Council of Hospitals and Advanced Education Programs, the Council of Sections, the Corporate Council and of course, the Council of Students, Residents and Fellows (CoSRF). Each Council elects its own five-member Administrative Board including a Vice President who serves on the 11-member ADEA Board of Directors. The Administrative Board selects delegates to vote on ADEA resolutions and makes recommendations for ADEA appointments. Councils are responsible for directing their Council's business while implementing the overarching strategic direction of ADEA. Each Council is encouraged to organize, provide resources, and voice the perspective of its



individual Council. Nonetheless, collaboration amongst Councils and a focus to enhance the entire dental community remains the primary objective.

### **The mission**

The mission of the ADEA CoSRF is to serve as the national voice and advocate for all students, residents, and fellows in the dental education community by addressing the issues that shape the present and future of dental education. In addition to providing input into both dental and allied dental education, ADEA CoSRF promotes student activity within research, journalism, CoSRF leadership, ADEA ini-

tiatives, and the dental education community. A continued focus of our Council is exposing, preparing and encouraging students to consider a career in dental education. To complement our individual efforts, ADEA CoSRF partners with other student dental organizations to promote the involvement of students in the advancement of dental education.

United States and Canadian dental institutions are faced with the fast pace nature of technology, an insufficient teaching workforce, and preparing dental students for an interdisciplinary, expanding dental market. Conversely, United

States and Canadian dental students are facing the innovative changes within the dental curriculum, the implications of the rising cost of dental education and the ethical considerations involved in international service outreach. The 2011–2012 ADEA CoSRF Administrative Board is addressing these and other germane issues through policy resolutions, informational forums and recommendations. ADEA CoSRF is determined to inject the student perspective in these matters and is given a sound, respected voice within ADEA.

**Advancing through Collaboration**

As a conscious organization, ADEA CoSRF is constantly exploring ways to advance and improve our initiatives, position and reach. We aspire to positively impact the current and future dental student as they join you and matriculate into the dental workforce. Through collaboration with organizations such as Young Dentists Worldwide, a collective effort can enhance the academic experience and outlook for those within the dental education community.

Most of you have graduated from your formal education program and are serving as practitioners, administrators, and possibly even educators. Nevertheless, your dental education did not end after leaving the confines of your dental institutions. Rather, your capacity and quest for

knowledge will be enhanced by your newly assumed title, responsibility, and autonomy. Thus, your involvement and engagement within dental education serves to directly benefit you, your colleagues and your profession.

**// INFO** //



*Dr. Evelyn Lucas-Perry DDS, MPH is the ADEA Vice President for Students, Residents, and Fellows and member of the ADEA Board of Directors. Dr.*

*Lucas-Perry completed all of her higher education at the University of Michigan and will begin specialty training in Dental Public Health at the National Institute of Health’s National Institute of Dental and Craniofacial Research.*

*As life-long learners and members of the dental education community I welcome your commentary, valued insights, and unique perspectives to*

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*Additionally, please visit [www.adea.org](http://www.adea.org) for more information as well as educational resources.*

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# Medical University of Varna, Faculty of Dental Medicine

TEXT: Plamen Nenkov

*A few months until the graduation of the first alumni in the newest school of dentistry on the Balkan peninsula and probably in Europe will take place.*





**T**he sea capital of Bulgaria, Varna, has an over 2,500-year history. It was populated by the ancient Thracians, Romans, Greeks and last but not least by the Bulgarians. It keeps the spirit of all epochs but always follows the contemporary trends in all fields with all kinds of innovations and uses the detached eye of its academic community as a reviewer. Varna has always been an attractive city for merchants, navigators and explorers, conquerors, travellers and, nowadays, for students.

### **University**

Varna Medical University was established in 1961 when the first students began their academic studies in medicine. Today, the University is a modern educational, scientific and therapeutical centre in North Eastern Bulgaria and the Balkans. It is an autonomous higher school for academic training in medicine, dental

medicine, public health and pharmacy as well as for postgraduate studies. It is a centre for diagnostic and therapeutic training of national and international repute. For the 48 years of its existence, Varna Medical University has respected the most important values for high quality of the education, stable learning environment, scientific and faculty potential and practical orientation of the students' training and intensive social life which attract students, postgraduate and PhD students, with opportunities for development and observation of traditions.

### **Faculty**

In 2005 the faculty of dental medicine was founded. During the six years of training, my colleagues and I had the chance to learn 'straight from the horse's mouth'. Lectors and assistants teaching at the university are some of the best in their field in the country and most of



them are acknowledged and valued worldwide. Guest lecturers are frequently invited in order to keep the students up to date with the newest trends in dentistry and wide sight of the science. Two years ago our faculty became the first in our country to have Implantology as a separate and obligatory academic discipline. For the opening of the Implantology center Ady Palti, DMD (Germany) was invited as a lector. He is also the president of the German Society of Oral Implantology (DGOI) and president and member of the Board of Directors of the International Congress of Oral Implantologists (ICOI).

Years are passing slightly and tenderly and the faculty in Varna is wrapped with knowledge, traditions, and achievements. A few congresses were held under its warm hospitality: 14<sup>th</sup> Congress of Balkan Stomatological Society, 9<sup>th</sup> Congress of Bulgarian Dental Association, 41<sup>st</sup> EDSA Meeting and 7<sup>th</sup> EDSA Con-

gress are few of many congresses, trainings and seminars that took place under the patronage of Medical University of Varna.

### **Students**

During one of these congresses (European Dental Students' Association Meeting & Congress in April 2008) all of us, all students from my faculty, had the opportunity to meet dental students from other countries for the first time. This was the moment that you got addicted to these events! Six months later, we already had a local dental students association and became full members of EDSA. For me personally, during the three years of experience with EDSA, I became part of the magazine editorial team as Co-Editor, and finally EDSA Vice President. An experience that I highly appreciate and a time when I made a lot of friends that I value highly. Of course, a lot of projects are taking place in the Faculty of Dental Medicine of Varna due





## From dentistry to the business world

TEXT: Niako Kutaladze

*The undeniable process of globalization has directly enforced higher living and health standards all over the global society. More rapidly, the importance of global health and strategic management presents its crucial role in health care improvement and sustainability.*

**H**ence, I would like to express my interest to obtain valuable knowledge in this field. Simultaneously, my intention is to develop my personality as a professional to respond

to ongoing demand of skilled international managers on the global labor market. Today, I manage a family-owned dental clinic and face tasks that tend to require more and more business and

management knowledge. Therefore, I decided to do a master degree course at the Kozminski University. I truly think it is the right time to deepen my knowledge in this direction. This degree can help me raise the standards of our clinic to an international level.

### **My way**

During my studies I have had practice in several hospitals in Czech Republic, Turkey and Germany. There I have improved my knowledge and skills, and had practical experience in all departments of dentistry. When I compared their working style, techniques and behavior with my country's hospitals, I found out that there were a lot of differences, and there was a need to bridge the gap. Also, I have passed various practical courses, attended seminars, master classes and conferences in different countries. At these events I became familiar with new methods and innovations adopted worldwide. Building a network of friends, helpful colleagues, who are enthusiastic to share their views on professional issues, has also been a valuable asset gained from these trips.

### **Professional Career**

On the next step of my studies, I graduated from a one-year residency course in Dentistry and was involved in volunteer work. We were treating patients free of charge. The obtained experience supported me in improving my communica-

tion skills, refine my ability to build good relationships with patients and provided me with wide knowledge in my field, and self-confidence which is vital for a young professional, especially a doctor. Today, I think people skills help me manage our business. I am a member of several international associations. With each organization I have multicultural meetings during which critical discussions, brainstorming and information exchange take place. The social capital exchange process during every meeting is the vital objective of these events. I frequently ask my foreign colleagues about management practices in their countries. Nowadays, such information is valuable for my career.

### **Management—another aspect**

The reasons given above fuel my desire to apply to an International Management program because this degree course is tailored for my needs and future goals. Kozminski University ranked 30<sup>th</sup> in the world with the





quality of Master Program in Management and already attracts students from all over the world. I chose the International Master in Management Program (IMM). This Program gives us the unique opportunity to study in up to four different countries and obtain an internationally recognized management qualification. The international experience and knowledge that we gain by living, studying, and learning in four different countries, working closely with the international students of the program, and improving their foreign language skills, will prepare us for exciting careers in the international business.

// INFO //



*Niala Kutaladze comes from Tbilisi, Georgia. Dentistry is a vital part of her already obtained degree. Now she is a master degree student, studying*

*International Management. This course will undoubtedly ensure a substantial career to improve her family business, the dental clinic "PrimaDent". She loves traveling and communicating with colleagues from different countries.*

✉ [nia.kutaladze@gmail.com](mailto:nia.kutaladze@gmail.com)

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Training and Development Editor

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# A short dental diary of a life-altering experience in the Dominican Republic

TEXT: Vasiliki Karathanasi

*I am standing sleepless in the boarding gate at Madrid airport waiting to fly to Santo Domingo, where I'll work as a volunteer dentist for two weeks together with five Spanish colleagues. As soon as I landed in Madrid from Athens, I searched for my Spanish colleague and we both rushed in order to weight our luggage and put in order the dental and medical equipment that we're bringing with us.*

## **Sunday 10<sup>th</sup> of April 2011, 06:05**

Surgical kits, composites, more than 10kg of antibiotics, painkillers and anti-inflammatories. Our clothing weighs less than five kilos, as our real "treasure" in this mission is the equipment and the medication, our "weapons" of relief and cure. I check my boarding pass once again. In my mind, Santo Domingo is directly linked to sandy beaches, bachata, meringue, exotic cocktails and palm trees. I still don't have a clear image of the circumstances I'm going to face, of the population I'm going to treat. How can such a paradise on earth, visited by millions of tourists every year have such great needs? How will I react in view of such poverty and misery that I've been told I'm going to experience?

## **Monday 11<sup>th</sup> of April 2011, 07:30**

I'm having breakfast in a nuns' asylum surrounded by "canas de azucar", endless sugar cane plantations and a part of a jungle. The view is rested and completely lost in the clear blue sky. There is no sign of western living here in Higuera, my new home for the next two weeks. Here, the water and the electricity are available only for a few hours every day and, as malaria is a great existing health threat, we have to travel to the nearest village of El Seybo in order to buy drinkable water. In this part of the island, which is close to the borders with Haiti, basically live illegal immigrants from Haiti under the worldwide set poverty limit. Their "existence" is not formally recognized, thus it is literally doubted. Here, the men work more than ten hours every day, selecting sugar

cane for only 50 pesos (almost 1 Euro), and they have to support their numerous families. Here, the children have to walk almost 5 km in order to get to the nuns' school and receive their "reward", a glass of milk and a slice of bread that they could not have in their home.

Here, the people might have never met a doctor before, and they trust nature to heal their wounds and cure their illness, something that the Westerns have completely forgotten since science and technology became the "new God"... Here, women get married at their 14s and give birth to as many children as they can. Here, the circle of life usually ends at 45. Life is short, but living is intensive and

strongly linked to nature and to the other people. Human connection and constant interaction is what keeps them alive.

**Tuesday 12<sup>th</sup> of April 2011, 12:30**

We treat more than 30 patients every day in a simple room on plastic chairs, without light or suction. We only have electricity for a couple of hours every day in order to facilitate surgical tooth extractions and fillings. We need to provide the patients with basic and radical dental treatment, as it remains vague whether they'll have access to dental treatment again or not.

**Wednesday 13<sup>th</sup> of April 2011, 15:25**

We have already examined and treated 25 patients. The patients are waiting for us



**Fig. 1:** The "waiting room" gets crowded every day as soon as the sun rises. - **Fig. 2:** A typical working day in the nun's asylum offering dental help to entire families.

every morning since sunrise with patience. They might have walked more than 6 km in order to get to us. The local radio named “Radio Seybo”, which is directed by the dynamic and philanthropist catholic priest Migueal Angel Gullon and his team, has been announcing our arrival for several weeks now. Moreover, we gave a live radio interview and invited all the people in need to visit us and get dental treatment on a clear volunteer basis.

**Thursday 14<sup>th</sup> of April 2011, 11:00**

Today we visited one of the “batteys”, the extremely poor communities, which are spread among the sugar cane plantations and the jungle. The nuns took us there on their old track after an hour of driving through the jungle. The people of batteys built their own small stone houses and are accustomed to a life without “luxuries”

such as water and electricity. The babies grow up among piles of garbage and play with the rest of the children, chewing sugar plants in the open surroundings while the mother (often a teenager) cooks rice for dinner, awaiting the return of her exhausted husband. Our arrival dramatically alters the community’s routine and the residents surround us yelling, laughing and touching us constantly. To them we are the “blanquitas”, the white women who’ve come to help them. We settle down on the ground in the middle of the battey and put our materials on a wooden table that some villagers kindly offered us. Till sunset we work under the 40 °C, enduring the increased humidity and the deficiency of water. We are completely concentrated on our task and try to ignore the absence of “basic” dental facilities. We’ve already learned to trust our texture and put the



*Fig. 3: My home in Higuera during the volunteer mission.*



**Fig. 4:** A typical working day in a battey. - **Fig. 5:** Most of the children see a white person or a dentist for the first time and watch us working all day long.

patient's face in the most convenient angle for the proper natural lightening. Moreover, we discover that small masks pieces can serve as effective hemostatic gauges. We've also learned that the first major question to a patient is if he/she has eaten something during the last twelve hours. We have to select the most "vulnerable" patients and offer them a couple of the limited candies that we've brought with us in order to avoid severe hypoglycemia. We always have to take into consideration that both children and adults are malnourished and give them the adequate medical coverage after the dental procedure. Here, a common infection may prove as fatal.

#### **Friday 15<sup>th</sup> of April 2011, 13:05**

While I was treating a young patient one of the nuns called out for help. I rushed towards her and saw a middle-aged hectic man with a bleeding hand. He was a typical worker in the sugar plantation who had deeply cut his palm and was

severely bleeding. The man looked deep in my eyes with trust and full compliance. Otherwise, he would have to travel for at least five hours by car in order to get the nearest medical help. And something like that would require a car and money, pre-suppositions that he did not fulfill. He simply sipped a little of the locally made rum that his partner handed him and calmly sat down to receive my help. It was the first time in my life that I had to put eight stitches in a palm. The man did not cry or complain for once. He calmly let me help him and HIS help to me was much greater than he will ever realize.

#### **Tuesday 19<sup>th</sup> of April 2011, 22:30**

Just back in the room to change my wet robe that is covered with blood, sweat and dust. I'm still shocked and amazed by the experience that I've just had. A couple of hours ago I decided to accept to treat a modest man who had been impatiently waiting for eight whole hours, although it

was getting really dark. He had walked 11 km in order to come to us and urgently needed two molar extractions due to a growing apostem. Just after we had started, the electricity turbine went out and a heavy tropical storm bursted out. There was no light, only deep darkness that was sporadically disrupted by lightnings. The man was bleeding and the only help I could get were two small candles that a nun was saving “for an emergency only”. That was definitely an emergency, as the man suffered from a growing infection and had developed fever. With the help of the nun and a Spanish colleague after two hours we managed to extract the molars and the coexisted cysts, a typical “surgical” case that was carried out with peace and faith under the special candlelight. That night I felt that the candles literally “lightened up” the eyes of my soul, while the deep appreciation and the wide smile of my patient warmed up my heart.

**Tuesday 31<sup>st</sup> of May 2011**

I’m sitting at my desk, recollecting memories from my experience in the Dominican Republic, while listening to “Niagara en bicicleta” of the popular Dominican singer Juan Luis Guerra. Too many emotions, diverse images and multilevel reconsiderations to share with anyone, such an intensive life-altering experience is still “working” deep inside of me. I’ve ended up with knowing that appreciation is the greatest reward of all. It cannot be com-

pared to any amount of money, especially if it is expressed by a wide child’s smile, a true kiss and a warm “abrazo”. I reckon that if the “developed” world reevaluated the eternal human principles and read-opted the human-centric way of thinking and acting, then no “crisis” would be able to threaten our life and jeopardize our future. As I learned from my experience in the REAL Dominican Republic—the one that lies far beyond the well-known touristic zone—if you still have a smile on your face then you have a true fortune and, truly speaking, WHAT or WHO is worth taking this treasure away from you? From now on I decided to invest in the “stock market” of my smile and of the smile of others, what about YOU?

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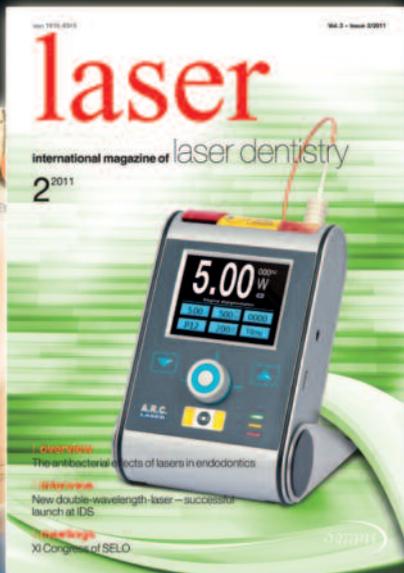


*Vasiliki Karathanasi qualified in dentistry and completed the 3-year postgraduate program of Oral Pathology & Medicine at the Dental School of Athens with honours. She contributed in the portfolio development of the ADEE regarding the competences of the modern European dentist. She is currently a PhD candidate in the Oral Pathology & Medicine Dpt f. Research associate of the Dental Oncology Unit, Dental School of Athens, Greece. She has maintained her own dental clinic for the last 7 years.*

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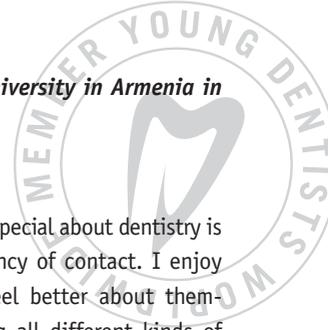


**„I hope to contribute  
to the development of  
dentistry in Armenia“**

**INTERVIEW** with Milena Nersesyan,  
Graduate from Yerevan State Medical  
Universtiy in Armenia



*Milena Nersesyan graduated from Yerevan State Medical University in Armenia in 2010. She now practices general dentistry.*



**AIM: Why did you study dentistry and how do you think about it today?**

My personal motivation to pursue a career as a dentist comes from the very nature of the work. It's diagnostic, technical and surgical enough to be continually interesting. I realized that like in any job, some aspects become mundane, but with the human form there will be enough patient variation to constantly pose a challenge. Coupled with this is the human aspect.

**AIM: Where do you practice dentistry and what is special about it in your country?**

I practice dentistry in my home country Armenia. I work as a general dentist in a private clinic and at the same time am getting ready to continue my studies in the United States. In dentistry, the acquisition of knowledge is an ongoing process and you need to study throughout your life. Thanks to the student exchange programs, students are exposed to new technologies and up to date with dental news all around the world. I certainly hope to contribute to the development of dentistry in Armenia one day.

**AIM: Why do you love dentistry?**

Now that I see patients on a regular basis, I realize that entering the field of dentistry was a great decision for me. You get the opportunity to help people and be involved

in their lives, but special about dentistry is the higher frequency of contact. I enjoy helping people feel better about themselves and serving all different kinds of people on an everyday basis is extremely exciting and fits my personality perfectly.

**AIM: Are you specialized or planning to be? Why did you choose this field?**

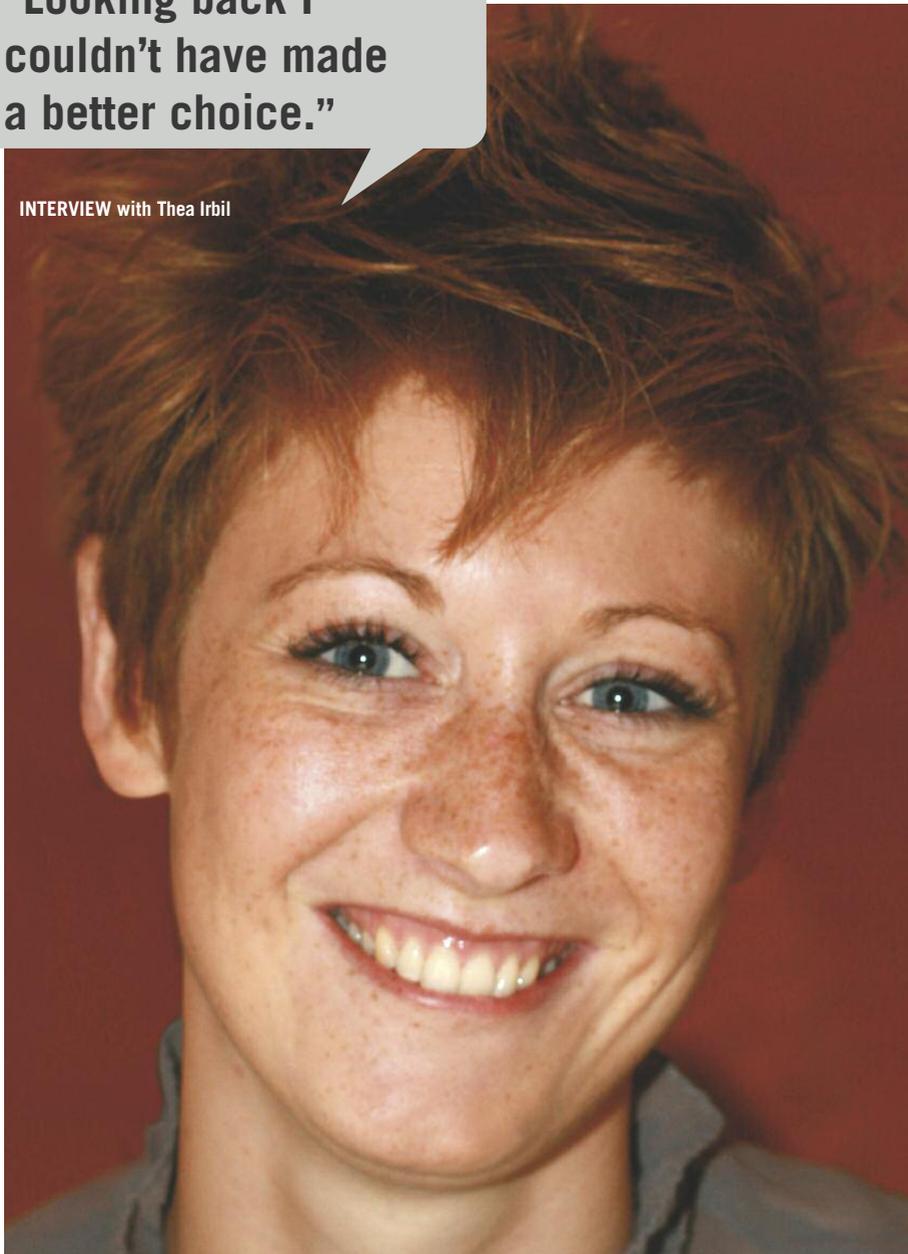
I studied at Yerevan State University for five years and graduated as a general dentist. I'm planning to be specialized in prosthodontics and would like to be involved in cosmetic dentistry. I am planning to continue my specialization in the United States. The field of prosthodontics and cosmetic dentistry allows the specialist to be more creative, which is why it is a perfect fit for me.

**AIM: What does Young Dentists Worldwide mean to you?**

Young Dentists Worldwide gives tremendous opportunities to young dental professionals and the dentistry field in general. The members gather together from different parts of the world and share their knowledge and experiences. It is a large family of dentists, who are young, enthusiastic, energetic and ready to make the field of dentistry better by suggesting fresh and bright ideas.

**“Looking back I  
couldn’t have made  
a better choice.”**

INTERVIEW with Thea Irbil



*Thea Irbil graduated in June 2010 and practices in Frederikshavn, Denmark.*

**AIM: Why did you study dentistry and how do you think about it today?**

It was almost by coincidence that I started studying dentistry. After high school I actually considered studying psychology or teaching based on the assumption that I would be able to help and pass on knowledge to others this way—something I wished for my career to contain. There are no dentists in my family or among my near associates, so at that time I had no idea how much you can actually accomplish exactly this by being a dentist. In the end it was also a matter of practical details (for instance the job security and the great amount of possibilities that come with the degree) and advice from dear ones that brought me to dentist school. Now, I realize, of course, that dentistry is so much more and looking back I couldn't have made a better choice.

**AIM: Where do you practice dentistry and what is special about it?**

I signed a special kind of contract with the navy, Admiral Danish Fleet, which lasts only a year and combines pediatric dentistry with general dentistry. It means working at Frederikshavn naval station three days a week and at the public pediatric clinic in Frederikshavn two days a week—a long way from my home in Copenhagen.

**AIM: Why do you love dentistry?**

There are so many reasons that I love dentistry. First of all, I enjoy being able to help and communicate with so many different persons. This contact results in every day being different from the other. At the same time, I find it so gratifying to focus on doing something to perfection, whether it's with regard to composite fillings/root canal treatments/extractions or something else. In addition to that, treating children in the pediatric clinic gives me a whole other kind of personal satisfaction. It feels great having succeeded in gaining the trust of a nervous or frightened child and motivating them to relax and receive treatment.

**AIM: Are you specialised or planning to be? Why did you choose this field?**

There are only two specialties in Denmark, orthodontics and oral surgery, however, neither of them really speaks to me. A close contact with my patients who present me many different issues is of great importance to me and the right way for me to accomplish this is by working as a general practitioner.

**AIM: What does YDW mean to you?**

YDW gives me the opportunity to meet old and new friends who share some of the same interests as me. Moreover, it keeps me updated on what's going on in the dentist world around the globe.

**„Today, you need much more in terms of skills, networking, and information communication. And FDI provides that better than anyone else...“**

**INTERVIEW with Dr. Orlando Monteiro da Silva,  
FDI President-elect of the World Dental Federation**



*During the upcoming FDI Congress in Mexico City from the 14<sup>th</sup> until the 17<sup>th</sup> of September, Dr. Orlando Monteiro da Silva from Portugal will take over the duty as the world dental president from Dr. Roberto Vianna. Our editorial board member Dr. Irina Dragan had the pleasure to interview him for AIM.*

**What will be your main goals during your term of office as FDI President?**

I'd like to see a better, leaner, younger and more flexible FDI.

**What aspects of world dentistry can be influenced and improved by FDI?**

At present, FDI, World Dental Federation is advocating for Oral Health to be integrated somehow in the WHO strategy for non-communicable diseases (NCDs). If we could achieve that, oral health and dentists worldwide would be more integrated into the medical sphere. This would benefit patients and contribute to a deeper, transversal approach to health, in which dental medicine should have a role of greater responsibility all over the world. In terms of health economics, oral diseases are the second to fourth most expensive area of national health budgets. The poor and disadvantaged suffer most from oral diseases, so prevention strategies should address both risk factors and the social determinants of health. Dentists are a key component in community-based health care and are in a unique position to diagnose and assess patients with regard to risk factors, in particular utilizing the emerging technologies of salivary diagnostics and prognostics.

FDI is also making a contribution to specific areas of policy, notably providing advice to the United Nations Environment Program (UNEP) on the issue of amalgam. We want to ensure that the proposed future treaty on mercury contains provisions for dental amalgam: this restorative material has been in use for over a century and has proved to be very effective. FDI is also a unique source of continuing education, for the dentists of tomorrow. It operates the World Dental Fund, which is supported by generous individuals, member National Dental Associations and corporate partners, to finance innovative health promotion projects in low- and middle-income countries, most recently in Africa.

**What problems does FDI face in carrying out its work?**

FDI World Dental Federation represents 198 national dental associations and specialist groups. It faces the same problems of organization and communication as other similar structures. Working as a team can sometimes be a challenge but things come together to achieve our objectives of being the authentic voice of dentistry in the world, furthering the cause of optimal oral health and advancing the ethics, art, science and practice of dentistry.

**What activities are the most important and how do they affect young dentists?**

We have activities for all of them, whether their interest is scientific, social, networking, volunteering and so on. They affect young dentists the same way that they affect all our colleagues around the world, with one important difference: nowadays, to be successful in the profession, it's not enough just to open a practice and wait for patients to come along. If you do that, you'd better take a seat because, in most cases, you'll have a very long wait. Today, you need much more in terms of skills, networking, and information communication. And FDI provides that better than anyone else.

**Why is it important to become involved in FDI?**

For the reasons I pointed out in my last answer. But also because FDI is unique, what you might call 'a classic', always fashionable, always good to wear and in all conditions. It's a prestige brand that all colleagues can wear everywhere in the world.

**When did you start to get involved in FDI?**

In 2000. My first congress was the millennium one, in Paris. After that, I became addicted! Before 2001, before the Kuala Lumpur Congress, I had already made up my mind: I wanted to be President of FDI.

**How did FDI affect your career and your ideas about dentistry and politics?**

In a powerful way. I was President of the Portuguese Dental Association at the same time. FDI helped me a lot to understand the profession in a global perspective. I couldn't achieve that without the network of FDI. Ever! I'm member of several professional, scientific and social dental medicine international organizations. But FDI is the top. Nº 1!

**Will your FDI Presidency have effects on Portuguese Dentistry and what might those effects be?**

I'm sure it will. In a positive way. It will increase the international visibility of Portuguese dental medicine and that of the *médicosdentistas*, oral physicians, as dentists are called in Portugal. We have very skilled professionals, recognized all over the world, but that's a secret that many people don't know. I want to help Portuguese dental medicine to think a little bit more outside the box: to open new perspectives, new challenges in this world where there are no limits. Another goal would be to draw attention to the African Portuguese speaking countries, like Angola, Mozambique, Guinea-Bissau, Cape Verde, São Tomé and Príncipe. They have huge needs in terms of oral health and dentists. We need some action here from the international decision makers and from the profession.



**Fig. 1:** The representatives of YDW were one of the first ones to congratulate Dr. Orlando Monteiro da Silva for winning the elections in 2009 in Singapore.

**Where do you see FDI in 10 years?**

I see a FDI made up of people, for all peoples all around the world. Leading the world to oral health. A modern NGO, from top to bottom. A reference for the profession, more known and better known.

**How important is cooperation between FDI and YDW?**

Crucial. Young Dentists mean renovation. The future. Investing in them is a task for the present. I intend to promote a summit with young leaders in our congress in Hong Kong. We'll celebrate our 100<sup>th</sup> congress there. There is a challenge to be addressed: what do we want for the next 100 years? Can we imagine that?

**How can YDW improve their work?**

By improving its social capital. That means organization, ethics, behavior, networking, self responsibility. Human resources and social capital. That's the key issue. The rest comes naturally.

**What are your future expectations of the cooperation between FDI and YDW?**

As I mentioned, the highest. We need more representation from young generations in all areas. I'm 48. In my first congress I had the impression that colleagues were a little bit antique. Now that impression is not so strong. Do you know why? Because of that collective generation hallucination of getting older at the same time. We need to get the impression that colleagues are younger. Meaning having more 'youngness' within us.

**What would you recommend young dentists interested in international dental affairs?**

Learn English and, if possible, other languages and join FDI!

Learn more about the FDI Congress in Mexico: <http://www.fdicongress.org/>  
 Read more about Dr. Orlando Monteiro da Silva in his blog: <http://orlandoms.com>

# How I turned into a dentist

TEXT: Lily Moharrami

*It's a cliché question, but lately I believe it's worth thinking about. By the way! How did I happen to become a dentist??? Would I be a dentist if I was born into another family or if I wasn't an Iranian? Could such variations have affected my future job?*

**M**y dad was a mechanical engineer, expert in dental equipment and units, etc. His working atmosphere and the correlation between his job and dentistry and the issues were transferred to our home, and through that I, as a little girl, was nearly familiar with it. I couldn't understand why, but dentistry was like a holy job in our home! Even all friends were chosen out of the dental society. Heh! I think I sat on the dental unit before I sat on the couch at home.

### **First trials**

OMG, can't forget how I shaped a wasted wire—out of my parents sight—into an orthodontic appliance and inserted it in my mouth! My gums and tongue got injured... oh! How crazy I was, even my dolls weren't out of harm's way in my hands—I used to brush their teeth as much as I could rub their color out and sometimes this attempt led to a hole in their mouth. My poor dolls, I'm sorry. Recently I came across an old composition of mine! I always keep such memorable stuff in an orange box, which was a gift for my 6th birthday. Curiously, I pulled off the paper. The title was a very common topic of those days: what do you want to be in the future?

### **My answer: "I wanna be a dentist!"**

Because with this job I can help people and reduce their pain and because it is a useful job for society. Because nearly all my

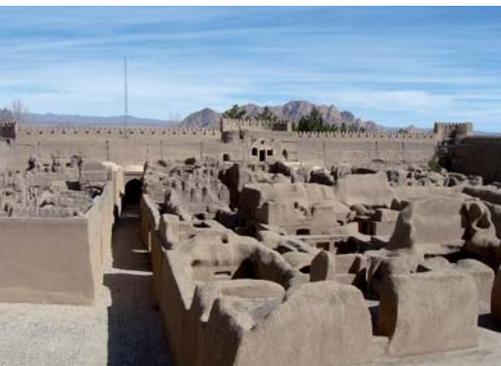
parents' friends have jobs related to medicine, and by becoming a dentist I can make them proud of me, and make their dreams come true! Because I love dentistry!!! Because..." Now that I think about it, I see something more than the family I grew up in that has led me to the dentistry world.

### **Years later**

Years passed, I turned 16–17, and the most important issue of those days for the young people like me was to choose our future job. This selection was not based only on our interest or favorite at that time, it really wasn't! In Iran you can find many educated young people who are unemployed. Many employees keep themselves busy with jobs far from the major they studied at university. Plus: many majors were not really what society accepts for a girl to work in! Among all majors, dentistry hadn't lost its stable position yet, offered a secure job. Still, it was a long way until working opportunities became saturated by dentists.

### **Physics or Dentistry**

After my childhood, when I wasn't that affected by my family anymore, dentistry was not my favorite anymore. My whole world was obeying physical rules, my science of love was physics, mechanics. But if I was supposed to have a successful life, I had to be a dentist. Actually, there wasn't any other choice for me if I wanted to have a bright future and I accepted it. So, again I shifted from physics to the medical majors.



The costs of becoming a dental student, for me, was about 13–14 hours of study a day for at least a year, forgetting all my hobbies and living with nothing but my books in order to pass the entrance exam. We Iranians call this important exam “konkour”.

### Dental Studies

“Konkour”, the most and—better to say—the only fateful day of my generation, is the name of an important entrance exam, with which one reaps the



harvest that had sown the entire year, as dentistry was in the top flight of the majors list. So, if you wanted to be a dental student, you had to work hard, really hard. “And Yeah...good news, I got accepted... wow.” Starting university, I met lots of studious, hardworking classmates who were like me. They all were in my age and had passed the same process as I to get into university. But at the beginning of the 2<sup>nd</sup> term, we found some new “Other” students among us, called “Tak-mili”, “Enteghali”, or “Behdashkar”. It is a long story that tells who these students were but, just as a short explanation, I can imply that the students in this group didn’t pass the regular process of entering university and unlike us, either were related to outstanding Iranian families of high rank, or paid—better to say bought—the seats of our dental school or appeared in our classes after a kind of protest against the government. This last group were the rural dental hygienists who, by the help of their parliamentarian, got the permission to spend some courses in university and become dentists, otherwise the rural communities could easily have turned against the government. Anyhow, these students’ marks in the entrance exam were so awful that, if they were supposed to accept, according to their grade they couldn’t even study the lowest majors or even get the minimum mark needed to let the high school students set foot in the university.

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### **Turning into Aliens**

So, we could easily see that our dental faculty students were divided into two groups. And little by little, their number began to grow and actually, after some terms, they outnumbered us. To be honest, in fact, we became the real minority, the “Alien” group. That was the time we found out the painful fact of our society—that talent, endeavor, attempt and other factors are no real options come to choose the successful people of my generation. Anyhow, we all passed those six years and graduated, but of course, as the regular courses of dentistry were hard for the “Others”, they finished a bit later than us, the “Aliens”.

### **Science or no Science**

During those years, chasing my dreams and my real ideal major of science, I tried to make use of mechanics in dentistry, and in fact, resolved the shortcomings of dentistry through a mechanical and, better to say, a biomechanical view. This ideology led me to the beautiful, exciting world of research, at least at that time. I thought that I’m not only a just consumer and can add something to the science world and pay my debt to it. In fact, I believe I achieved what I aimed at, no matter how hard it was. Not only me but also many of my good classmates chose this way and spent a great deal of their life on research. The final conclusion we reached at the end

was the same: “NEVER WASTE YOUR TIME ON RESEARCH IN HERE AGAIN!” Working with no financial or scientific support was like trying to grow a seed in stone. Some of us did it. But how long could we stand it?

### **Now and later**

Like it or not, everything is finished now. I’m not a student anymore and have started the 2 years of “Tarh”; the legal procedure of clinical experience in a public hospital that leads to an official working permission for dentists in Iran. Although again, this rule is trampled for the “Other” students I mentioned and is just mandatory for us “Aliens”. I think what I wrote here, is the mutual feeling of dentists like me, and at least in my age. Now that we all have graduated, some of us still come together every now and then. I’m just afraid to say that the majority of us is looking for a chance to leave the country that is not meant to be for us, the country that we are the real aliens of—but we did try not to be like that.

Brain drain is bad, but inevitable!



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Holbeinstraße 29, 04229 Leipzig, Germany

Tel.: 03 41/4 84 74-0,

Fax: 03 41/4 84 74-2 90

*kontakt@oemus-media.de*

**Members of the Board:**

Ingolf Döbbecke

*doebbecke@oemus-media.de*

Dipl.-Päd. Jürgen Isbaner

*isbaner@oemus-media.de*

Dipl.-Betriebsw. Lutz V. Hiller

*hiller@oemus-media.de*

**Executive Producer**

Gernot Meyer

*meyer@oemus-media.de*

**Art Director**

Jana Siebeneich

*j.siebeneich@oemus-media.de*

**Customer Service**

Marius Mezger

*m.mezger@oemus-media.de*

**Editor:**

un-plaquet:multimedia Verlagsgesellschaft mbH

Oranienburger Straße 91, 10178 Berlin, Germany

Ingmar Dobberstein *id@alumni-magazine.com*

**Editor-in-Chief**

Juliane Gnoth

*juliane@un-plaquet.com*

**Productmanager**

Leif Timmermeister

*leif@un-plaquet.com*

**Editorial Board**

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**Editorial Office**

Katrin Kreuzmann

*k.kreuzmann@oemus-media.de*

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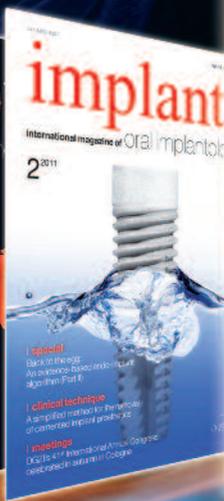
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