

Why Read a (Scientific) Paper ?

What are the best treatment options for the patient that I am seeing tomorrow? The new dental material that the company guy is raving about - does it really work? Which treatment is better - this or that? What are the success or failure rates of the treatment plan that I have chosen for the patient? Does the chosen treatment plan for the patient meet the current standard of care? These are the common scenarios we face in our clinic routinely on a day to day basis. So, how do we find answers to these questions? 'Google - anandha' !!! he has answers for everything. But is it trust worthy enough? How reliable or valid is it? Is google the best search engine to answer the complicated clinical scenarios in our practice? If we are unlucky enough to face legal disputes for our clinical decisions, will they hold up in court? The next common source to answer our clinical doubts/ dilemmas is our reliable colleague / friend who we feel has more knowledge and expertise in that particular field. They do provide the necessary guidance but is it enough? One more reliable and valid source to answer these complicated clinical questions are scientific papers,

articles and guidelines in journals. Learning to read and judge the scientific papers in a systematic and reliable manner is the basis of evidence based dentistry. The American Dental Association (ADA) identifies three main areas in evidence-based dental care: Relevant scientific evidence, patient needs and preference, and dentists' clinical expertise. Since the patient needs/preferences and clinical expertise are subjective and can vary among different dentists and patients, relevant scientific evidence is of critical importance. There is no perfect recipe for optimal clinical practices, but keeping it evidence-based is probably the clinician's best bet. So it is imperative that all of us learn about evidence based dentistry and how to best use them in our clinical practice to ensure that we provide best possible care to our patients.



Dr. A. Amirtha Mekhala

Reference

Dhar V. Evidence-based dentistry: An overview. *Contemp Clin Dent.* 2016;7(3):293-294. doi:10.4103/0976-237X.188539

From the Head Office



It brings me joy to know that IDA Tamil Nadu Branch is bringing out the final issue of TIDAL for the year. As we all know that this requires considerable amount of planning, research, knowledge and dedicated team effort to collage and publish a journal on regular basis for the dentist members in Tamil Nadu. There are many disciplines and specialities that make up the science of dentistry which make the journal appealing to dental professionals. Your earlier issues have always emphasized on high-level research of clinical relevance and exciting education.

I am sure the editorial team will continue in the same spirit to maintain high standards of quality and publish creative and informative articles so that dentists can continually improve their skills. I hope members are encouraged to contribute original research, reviews, case reports, works-in-progress etc. to ensure continued success of the journal.

In your pursuit of conveying scientific and positive dental news happening in the State of Tamil Nadu, I wish you all the best and success in all your efforts in

Dr. Ashok Dhoble
Hon. Secretary General



Tamil Nadu IDA State President Dr. Bhaskar, Ex- President Dr. Rajasigamani and Secretary Dr. Sendamarai Kannan, along with Dr. Pon Gautham Sigamani - Member of Lok Sabha (Kallakurichi), handed over a cheque for Rs. 8,05,000 to Thiru. Udhayanidhi Stalin MLA for COVID Relief fund.

Message from the Hon' Secretary



Dr. K.P. Senthamarai Kannan
Hon. State Secretary
IDA - Tamil Nadu State branch

Dear Members,

Its Great privilege for me to write secretary message in our prestigious IDA Tamilnadu state Journal TIDAL. TIDAL reveals about latest development in dentistry and also update our knowledge scientifically. Tidal will detail about the IDA TN activities throughout year. Dr. J. Kannaperman editor of TIDAL has done excellent and dedicated work towards releasing Tidal every 3 months in a year. Best wishes.

President's Message

My dear IDA members, Warm greetings to all

I would like to thank each and every member for electing me for the most prestigious post to serve as the president of IDA-Tamil Nadu State. As a president I had various plans to uplift IDA-Tamil Nadu State Branch to new heights. But due to pandemic we were not able to do so. Some of events to be cherished, increased the members strength more than 5000, blood donation camp all over Tamil Nadu state, NEET coaching for BDS, donated 800000 for CM relief fund, IDA placement cell etc. I personally thank everyone for your warm welcome everywhere and for the smooth conduction of the meetings. Hope as a leader I have discharged my duties and have done something fruitful for the benefit of the members and for the betterment of IDA-Tamil Nadu state. I thank Dr. K.P. Senthamarai Kannan and my team for the excellent service and support. Till my last breath I will work and support IDA-Tamil Nadu State Branch. Once again I thank all of you for giving me an opportunity to be your leader and serve for IDA.



Dr. V. Baskar
President
IDA - Tamil Nadu State branch

வாழ்க தமிழ் ! வளர்க இந்திய பல் மருத்துவ சங்கம் !!

Editor's Message

"News is only the first rough draft of history "TIDAL (Tamilnadu IDA news journal and letter) has since its re-launch in 2017 has colorfully carried the untiring and unrelenting activities of branches of the state. Scientific tips have added fervour! This triannual news journal with the spine and support from the state office has helped good news take the scenic route from and towards the fraternity.

The leadership of our vibrant state secretary Dr. Senthamarai Kannan during testing times contributing help and support to members simmering under the pandemic pressure requires special mention. Hope to strengthen the preexisting unity and bond marching into the golden jubilee year of our glorious association through TIDAL!!! Jai Hind!



Dr. J. Kannaperuman

A Success Story - Can We Emulate This in Dentistry ?

Infinite vision: The story behind Aravind Eye Hospitals

Intelligence and capability are not enough; There must be a joy of doing something beautiful

Dr. G.Venkatasamy, Founder Aravind Eye Hospitals



Dr. Venkatesh Prajna

From a 17 bedded eye clinic started in Madurai, in 1977, Aravind Eye Hospitals (AEH) have gradually grown to become the largest and the most productive eye care facility in the world. Every year, 50 lakh people get their eyes tested and around 5 lakh people get their surgery done at Aravind. To put in perspective, around 45 % of the total eye surgeries performed in Tamilnadu are done through AEH. Interestingly, almost two thirds of these surgeries are either done free of cost or are heavily subsidized. The entire system is completely self-supporting and does

not depend on external donations, thus making it as a global role model in large scale sustainable health care delivery model, finding place as leading case study in many business schools including Harvard business school.

Throughout this journey, Aravind never lost focus on the single mission which drives the organization – namely, “Eliminating needless blindness.” Everything in the organization revolves around this mission. In its quest to achieve this broad mission, Aravind has grown beyond just hospitals and has developed other allied organizations, which all work cohesively and harmoniously to realize the goal of eliminating needless blindness. This expanded model is called as Aravind Eye Care System (AECS) and its various components include:

1. Hospitals (Primary, Secondary and Tertiary Eye hospitals)
2. Aurolab: Produces world class ophthalmic supplies at a fraction of the cost and exports to around 120 countries from Madurai. This is a CE marked facility and has about 11% of the global Intraocular lens market.
3. Lions Aravind Institute of Community Ophthalmology (LAICO): Which shares the successful Aravind model across the world through conducting on site and in house skill transfer courses.
4. Rotary Aravind International Eye bank: This is one of the largest eye bank in the country.
5. Aravind Medical research foundation (AMRF): This has all the facilities to do basic research in ophthalmology including state of the art proteomics and genomics facilities.

AECS is guided by the following principles, which are termed as the “pillars” on which the institution stands. They are:

- A. Providing Equity of care by making appropriate eye care accessible and affordable to every patient irrespective of their capacity to pay. In addition, the institution takes a lot of efforts to proactively search for and then serving the patients who need the care, but do not have the means to access eye care

on their own.

- B. Ensuring high Quality by a process of continuous Improvement, thus continuing to be a learning organization.

C. Patient Centricity

This pillar is concerned with the process of answering two questions; what the patient wants, and what the patient needs. The first requires thinking like patients, and what will satisfy them; the second requires thinking like ophthalmologists, and what will improve eye health. Aravind cherishes in doing this with compassion and in a manner that maintains the patient's dignity. This pillar is the antithesis of advertising, creating wants, or selecting patient populations to maximize income.

D. Self-Reliance

The principle is that Aravind will continue to draw inspiration from outside individuals or organizations, while at the same time taking care as to not become dependent and will cherish its capacity to make its own decisions. Aravind will continue to find innovative solutions to problems that come in the way of its mission of delivering care to all.

E. Staff Centricity

The core of this pillar is that the well-being of the staff is given a high priority. It rests on a belief that when staff needs are considered, they will respond most effectively to create synergy between individual's aspirations and the organizational goals.

F. Frugality

The main theme to learn from this pillar is to use the existing resources to the maximum. It also applies to patient treatments like no unnecessary treatments, no return visits as much as possible etc.

G. Sharing

Aravind, through its sister concern, LAICO has created a platform which is designed to share the best practices learnt to various organizations around the world. The principle is to put the mission ahead of the organization itself.

AECS, which is today the world's largest eye care system and a recognized WHO training centre, is headquartered in Madurai, which is often referred to as a “big village”. It is a testimony to the world that being in a small town does not prevent you to have global aspirations. Envisioning beyond geographies, methodical planning, providing world class services to the customers and clearing the obstacles for the non customers are all the reasons for this success.

“ We need people who will transplant the heart.

We also need people who will hold the hand”



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Indian Dental Association
Tamilnadu State Branch

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CARE & CONCERN SCHEME
Indian Dental Association
Tamilnadu State Branch

CARE AND CONCERN
SUBSCRIPTION DETAILS & ACCOUNT DETAILS

Annual RENEWAL FEE ₹ .2000/- ONLY

New Annual Members Fees Non Refundable Deposits

Age Group	Non Refundable Deposits	Annual Fee (EVERY YEAR)	Total
25 to 40 Yrs	5,000/-	2,000/-	7,000/-
40 to 50 Yrs	10,000/-	2,000/-	12,000/-
50 to 60 Yrs	20,000/-	2,000/-	22,000/-

Death Fraternity Contribution advance amount Rs. 2000/- per year for all age group of the annual member.
Upper age limit to join Care and Concern in 60 Yrs only.

ACCOUNT DETAILS

ACC. NAME
CARE AND CONCERN IDA TAMILNADU

BANK & BRANCH
CANARA BANK
SALEM MUNICIPAL CORPORATION

ACC. NO. 62991010002779 IFSC CODE CNRB0016299

Novel Anticoagulants in Dentistry

Novel oral anticoagulants (NOACs) are either Factor Xa inhibitors eg. rivaroxaban (Xarelto), apixaban (Eliquis), edoxaban (Lixiana) or direct thrombin (factor IIa) inhibitor: eg. dabigatran (Pradaxa). They are preferred over vitamin K antagonists (eg. Warfarin, Acitrom) due to their rapid onset of action, short half-life, wide therapeutic margin, stable anticoagulation at a fixed dose and requiring minimal dose changes. The need for monitoring is not required and food interactions are insignificant. Rivaroxaban and edoxaban are given once daily whilst apixaban and dabigatran are given twice daily. NOACs been used widely to treat patients with non-valvular AF, and in the prevention of stroke and systemic embolism.



At present, there are no published clinical trials to guide us regarding the risks associated with dental procedures in patients taking NOACs.

For dental procedures unlikely to cause bleeding or with low risk of bleeding, treatment can be performed at trough concentrations (i.e. 12 or 24 hours after last dose depending on twice daily or once daily dosing) without interrupting NOACs

For procedures with high bleeding risk either delay (rivaroxaban, edoxaban) or skip (apixaban, dabigatran) one dose on the morning of the dental intervention in addition to scheduling morning appointments, limiting the surgical site to single extraction and usage of local haemostats like surgicel.

After complete haemostasis has been achieved NOACs can be resumed 6 to 8 hours after the procedure.

Due to short time to peak concentration of NOACs resuming the drug at the usual dose will suffice without need for bridging with other anticoagulants.

Dr. Chandrakala Harikrishnan
BDS, MFDS (Glasgow)
Fellowship in Implant Dentistry
Oral Surgeon – Chennai

Chair Side Milling - The Ultimate Time Saver

Starting in 1950, it took at least three decades to bring this CAD-CAM technology to market, which included an optical impression of the abutment tooth and a numerically controlled milling machine. Today, chairside or direct CAD/CAM systems are a promising technology saving time with total independence from the laboratory technician and better communication with the patient.



Dr. M. Narasimman, M.D.S
Prosthodontist & Implantologist

At present, the 2 most popular systems that offer the entire range of equipment from scanning to in-house milling are CEREC and Planmeca.

Chairside workflow:

- ◆ Dental preparation.
- ◆ Optical impression.
- ◆ Design confection.
- ◆ Milling.
- ◆ Intraoral checking.
- ◆ Characterization and glazing.
- ◆ Bonding.

Digital workflow:

- ◆ Administrative File-At the software level.
- ◆ Digital Impression.
- ◆ Design Confection of the Prosthetic Restoration
- ◆ Manufacturing or Milling Process

Pros:

- ◆ Chairside CAD/CAM technologies have emerged into user-friendly and patient friendly, versatile, effective, predictable, and accurate clinical assets.
- ◆ Current intraoral scanning technologies are as accurate as, or even more accurate than, conventional impression techniques, at least for single or short multiunit restorations, and more comfortable for the patient.
- ◆ Design software has been simplified with excellent features to produce natural esthetics and function by applying files and shapes of natural teeth and smile designs.

PhD in Dentistry - Passion or Fashion

Prof. Dr. N. Kurunji Kumaran MDS., PhD., Department of orthodontics and Dentofacial orthopedics, Government dental college – Cuddalore district, Tamilnadu

For any discipline to evolve with time it needs research and development. Dentistry is not an exception. Research has two domains, one to develop a superior material or method over the existing and the other to substantiate with evidence for what we practice in everyday clinical scenario. It is not a scientific method to blindly follow oral suggestions or anecdote. Following suggestions from a few successful case reports may also not justify what we practice. Constant and continuous effort by researcher throughout the world produces not only new inventions but also evidence for what we practice. The awareness towards evidence-based dentistry has become more in recent times. To create robust evidence, one has to search into research results. Translational research and clinical trials will provide robust evidence provided they were subjected to produce a cumulative result by systematic reviews and meta-analysis. Dental council of India (DCI), the apex body governing the guidelines and developing curriculum for dental education has not yet recommended any regulation pertaining to PhD in dentistry. The universities offering PhD degree in dentistry follow the guidelines and protocols laid down by university grants commission (UGC), the apex body governing the higher education and research nationwide. However, as a good 2 initiative and recognition in the year 20171 with the revised guidelines, DCI has allotted 10 points for those faculties possessing PhD in dentistry. In addition to this in year 20182 it has started the regularization process by collecting details from dental colleges offering PhD in dentistry and it is underway. Though most of the institutes offer the PhD course as either internal parttime or external part time or full-time mode for only those having MDS qualifications, ICMR exclusively offer this with fellowship for BDS graduates. Within 2 years after completion of BDS, young researchers can enroll themselves under the scheme nurturing clinical scientists³. Naturally a question arises about the presence of research component in MDS curriculum. Yes, Our MDS curriculum also has an integrated research commitment but it is only partial fulfillment to acquire the MDS degree. But PhD is dedicated to research and the degree is solely awarded based on the research work carried out. Pursuing PhD in overseas institutes is also a good option but always bundled with financial constraints. Some institutes offer fellowship to their deserving research candidates enrolled in PhD

program. Scoring high marks in entrance exam followed by interview will obviously enable one to claim fellowship. After completion varied job opportunities are available in teaching as well as research institutes. Being a master degree holder in orthodontics, I opted to pursue PhD 17 years before when no one dared to do it. During that period, though I know that holding a PhD degree may not put me forward in the race, I did it only because of passion and not for fashion. The scenario has now changed a lot, research fund and research activities are well organized and recognized by the institutes as well as among colleagues. Overseas institutes are started recruiting only those candidates having PhD degree. Opportunities ³ are also available in Indian scenario as post-doctoral fellowship or research associate under a scientist. Cumulatively this has increased the number of aspirants pursuing for PhD degree nowadays. However, this will not hamper the quality of research because this is one such an education system having one on one relation between the guide and the research candidate. Both should dedicatedly work together to get the results. As a research supervisor I strongly believe in that we should give back more than what we took from our profession. Certain disciplines such as medical education, life sciences, genetic research offer their PhD programme across disciplines and accept candidate with bachelor as well as master's degree in dentistry with competitive qualifying exam at national level^{4,5,6,7}. Such a switch from profession and acquiring knowledge in the interdisciplinary subjects are becoming more common now. The job opportunities after acquiring this type of interdisciplinary PhD degree are promising. To amalgamate, PhD in dentistry is the need of the hour. Everyone should cultivate the passion for the same. Even for those who are doing or about to do it by fashion, after completing PhD they would be forced to acquire passion towards research because they would be sole responsible for a research candidate under their guidance. In academic scenario, those who have neither passion nor fashion towards research and not planning to do PhD, might be forced to acquire it for their carrier advancements in near future.



Prof. Dr. N. Kurunji Kumaran, MDS., PhD.,
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34th IDA Tamil Nadu State Dental Conference



VMV 2019 is the 34th IDA Tamil Nadu State dental conference conducted by IDA Coimbatore branch in the year 2019 on 29th, 30th November and 1st December at Jenneys Residency, Coimbatore. This conference was dedicated to our most daring and dynamic leader, Dr. V.M. Veerabahu who led us with his mantra- Vision, Mission and Victory.

This conference was aimed to bring our brethren members together under one roof to not only enlighten ourselves but also to celebrate the oneness amongst the dental fraternity.

The conference began with a grand inaugural function followed by Dr. V.M.Veerabahu Endowment Oration and Dr. G. Chitrambalam Memorial Oration. Next in agenda was our "Oasis 2019 - The Cultural Night". Several branches of Tamilnadu participated with great enthusiasm lighting up the night sky with their scintillating performances!

30th November dawned with the feast to our ears by the top speakers of the country. We had 12 pre-conference courses, 5 orations, 25 guest lectures at three different halls and the trade fair was one of a kind. The day ended with a colorful note - Our Banquet, where the participants enjoyed the delightful music of the DJ and relished an appetizing dinner.

Another golden feather to our hat was the Dentathon 2019 - Dental Awareness Marathon with a motto to our public - "Brush Your Teeth Twice Daily".

VMV 2019 was a splendid event with 726 Dentists participating as it has the merriment that could be cherished for years. Altogether the conference was a treat to our mind, body and soul.



JOURNEY OF RACE 21

*“Sports has the power to change the world, To inspire the world
Sports make us active, healthier and physically fit”.*

With this aphorism, the Pollachi – Udumalpet IDA branch has planned to conduct the 8th IDA TAMILNADU STATE SPORTS MEET at PA Engineering College, Pollachi on 30th and 31st October 2021. The progress of RACE 21 was initially planned on 2020 September 11, 12 at Disha school. Due to covid pandemic, under the guidance of



for 30th.

Pollachi – the Natures Paradise is a town and a taluk headquarters in Coimbatore district, Tamil Nadu state, India. Pollachi is a popular Marketplace, cattle, hill stations and for its weather. After overcoming the weather forecast and various struggles, the Journey of RACE 21 has finally reached the time for which everyone were doing hard work for years.

office and organizing committee of host branch IDA Pollachi- udumalpet postponed the event to 2021 at PA Engineering College, Pollachi. We the host branch received more than 100 early bird registrations on 2019 and released teaser and pamphlets in a state conference conducted in Coimbatore on November



It was an entertaining, challenging, fun filled sports event under the guidance of IDA state branch members and host branch of IDA Pollachi – Udumalpet.



Our team work has efficient triumph in attaining the entries of 42 branches with massive participation of 750 members from various branches of Tamilnadu. The event is honored by the presence of Dr. Varadharajan, District Secretary DMK; Dr. Appukutty, Chairman PA College; Dr. Lakshmi Appukutty, Vice Chair

Person PA College; State IDA President Dr. V. Bhaskar; State IDA Secretary Dr. Senthamarai Kannan; State IDA Treasurer Dr. Rajkumar; State IDA President Elect Dr. K.K. Umashankar; State IDA Sports Convenor Dr. Narendran; State Sports Co-Convenor and state joint secretary Dr. Kalai Selvan.

The entire responsibilities were taken care by the host organizing committee, Dr. A.P. Senthilkumar RACE 21 Organizing Chairman; Dr. S.T. Sobin Organizing Secretary; Dr. Hari Venkatesh Sports Secretary; Dr. M. Rajmohan Organising Treasurer; Dr. Farith President; Dr. P. Saravanan Hon' Secretary; Dr. K. Karthikeyan Treasurer; Dr. S. Thillainayagam Past IDA State President; Dr. S. Manoharan Senior Dental Surgeon and all members of IDA Pollachi – Udumalpet.



IDA Pollachi – Udumalpet branch has made an outstanding arrangements in providing the nourishment and food to the participants with a magnificent Gala Banquet and DJ party with a satisfying hospitality to the gatherings that turned to be noteworthy.

On conducting various group and individual events in couple of days for men and women, the Overall Championship was taken up by IDA Tirunelveli

branch, 2nd place is received by IDA Tirupur and 3rd place was awarded to IDA Coimbatore branch.

For the first time in the history of IDA Tamilnadu State Sports Meet, Pollachi- Udumalpet branch proudly introduces the 'Rolling Trophies' in memory of the late Dentists and a wide token of appreciation to the participants.



- Dr. Punnus Jacob award for overall championship received by IDA Tirunelveli branch.
- Dr. Rangaraju award for overall runner up goes to IDA Tirupur branch.
- Dr. Subramaniam T award for maximum participants from big branch received by IDA Tirunelveli branch.
- Dr. Ranjith award for maximum participation from small/ new branch is received by IDA Palani branch.
- Dr. Kavitha G award for maximum female participants awarded to IDA Coimbatore branch.

So with the diverse and dynamic representation from our branches of Tamilnadu and for giving us the gift of their presence, the host branch of IDA Pollachi – Udumalpet richly deserves our gratitude and appreciation to each and every one who put equal efforts behind the success of RACE 21.



Blood Donation Camp - IDA Salem



Blood donation camp conducted at Salem Government Hospital (Govt. M.K.M.C hospital) Salem

CBCT in Dentistry Program by IDA Madras Branch



The program was graced by the presence of Dr. Ramaswamy, President of Tamil Nadu DCI. The program titled "CBCT in Dentistry" gave an insight on Basics of CBCT by Dr. Poornima Karthik, Clinical indications for CBCT in Endodontic treatment and in Implant therapy by Dr.S.Abharajithan and Dr.D.Arunachalam respectively. An awareness of Role of Amoxycylav was given by Dr.A.P.Maheshwar.



State secretary visit to AVT branch and CDE programme on "How to overcome failures in periodontal treatment" by Dr. Selvakumar.

CDE Program – IDA Thoothukudi Branch



A lecture & hands-on session on full mouth rehabilitation by Dr. Kamalashankar MDS DICOI (USA), Mentor - ADIN implant systems, Israel Dr. Chakradhar BDS MS (strategic implant specialist, IIF Germany) giving an insight on immediate loading concepts in full mouth rehabilitations. Dr. Nelson MDS - Associate professor, Rajas Dental college giving an insight on radiological aspects in full mouth rehabilitation.

Aadukalam 2021 Sports Meet By IDA Tirunelveli



National Tooth Brushing Event – IDA Kanyakumari



Extracting Struggles and Implanting Smiles in Dentistry - A Pathway To Mental Wellbeing

Mental health has always been a crucial factor of existence and has gained much significance after Covid pandemic drastically skewed life style of every individual. Mental illness is stigmatized in the society while physicians forbid their own mental health for the sake of their patients. Dental practitioners who are in supportive medical services are under the most at-high risk of developing mental health issues which is improperly addressed. The experts who are in the field of fixing and making things better are in deep distress of physical exhaustion and emotional paralysis. It is high time for us to introspect without being judgmental of our position and accept the fact that mental health issues in dentistry needs greater attention. Ignoring mental health by attrition for a longer duration of time would bring down personal effectiveness, physical health, family & social relationships and above all self reliability.

Mental wellness of dentists needs to be addressed in a larger perspective as stress and anxiety could hinder the best outcomes for patients and better quality care. Consulting numerous patients in a day who expect improved oral health, managing patients' fear & anxiety could easily instill psychological fatigue in a dentist. Dentistry is an exceptional and challenging profession where dentists work in close proximity with the patients, being in the risk of contracting oral and respiratory infections including Covid 19 while performing intricate dental procedures. A survey done among dentists in Bengaluru during Covid pandemic last year states that Dental Health Care Professionals (DHCP) are at higher risk to encounter the cross-infection because of employment of high-speed rotary instruments generating a large volume of aerosols and splatter of saliva during treatment, increasing the probability of nosocomial spread of COVID-19. Dental literature confirms that dentists are subject to a variety of stress-related physical and emotional problems. These problems included an alarmingly high incidence of cardiovascular disease, ulcers, colitis, hypertension, lower back pain, eye strain, marital disharmony, alcoholism, drug addiction, mental depression and rarely suicide.

Another study revealed that high psychological distress was found among dentists those who have background illness, fear of contracting COVID-19 from the patient, and a higher subjective overload. Other major causes of depression include confined workspace without proper ventilation, meticulous concentration and time consuming clinical practice. The dental profession is one that can wreak havoc on your back and cause postural issues if not addressed with appropriate exercises. Dentists work in an uncomfortable way, in bent position with crimped neck and back straining their body, examine patients' mouth intensely and hold tools for longer time period which creates immense physical pressure. The responsibility of taking decisions on providing best treatment for patients also generates mental pressure for which the dentists are not immune to.

Women practitioners experience much bigger stressors like indirect affront, disparage, exclusion and trivializing comments in workplace. Often they tend to lose self confidence and fall prey for self doubt and criticism. This condition would trigger impulsiveness, mental instability and work life imbalance resulting in alleviation of practicing skills. Work pressure also demands time management, financial enhancement and living style. The stigma and rejection concurrently faced by DHCP while practicing further impedes recovery from their psychological challenges. Research also confirms that the most common psychiatric disorder associated with the COVID-19 pandemic was post-traumatic stress disorder (PTSD). The presence of PTSD further worsens the prognosis of the psychological disturbances likely to be faced by DHCP. Dentists and oral professionals often are seen as pleasant and energetic icons, while they deliberately conceal their worries, frustration, sense of isolation, anger, anxiety and fear of uncertainty that is extremely harmful to a person's psychological and physical health. The natural human tendency to hide negative feelings and "I'm fine" attitude would corrode mental wellness.

Mental wellness is taken care by an incredible organ the brain that functions based on the inputs we feed and the neuronal & hormonal implication

it brings out in response. Socrates said centuries ago, "There is no illness of the body apart from mind". Mounted psychological stress, emotional burden, lack of forgiveness, absence of emotional support and flexibility, financial crises, isolation and fear of change might lead to multiple organ distress. The Hypothalamus- Pituitary- Adrenal axis plays a pivotal role in the synthesis of cortisol, neurotransmitters and happy hormones; oxytocin the love hormone, dopamine the "feel good" hormone, serotonin the calm hormone and endorphins Runners high hormone. Mental wellness is closely associated in the synthesis of all these neuronal substances and stress when ignored for longer duration may result in the metabolic regression in turn leading to physical and psychological suffering. Lack of physical exercise, improper food habits, unhealthy sleep pattern and chronic stress could also potentially affect the HPA axis. As health practitioners, all dentists know these physiological facts but the saddest part of the tale is they forget to remember they are normal individuals by heart and mind



A dentist's personality traits such as compelling attention to details, extreme conscientiousness, careful control of emotions, unrealistic expectations of himself or herself and others (employees and patients), a marked dependence on individual performance and reputation could be well defined and improved if proper importance is given to enhancement of mental wellness. It is not about creating awareness; instead speaking louder in action would harmonize personal life and profession. Dental practitioners should believe that even though they work in healthcare it doesn't mean they are any less susceptible to mental health issues. Lowering stress means finding out a suitable way that works completely for an individual. Managing everyday stress is vital by practicing simple techniques like constructing a personal space for healthy relaxation, sharing thoughts & feelings with close friends, spending more time in positive communication, working sensible hours, learning how to handle patient anxiety and hostility in a better manner, taking small breaks through the day, being self-compassionate, less critical & demanding of your efforts, regular physical exercise, getting proper sleep and ultimately listening to your mind & body. Don't be afraid to talk about your struggles and challenges to peers, as you might get constructive inputs from them since both of you are experiencing the same sail. Practicing Mindfulness helps focusing on your breath and being in the present moment can cause you to let go off past regrets and worries about the future.

Dental practitioners should mandate on prioritizing personal health on par with professional excellence. A transition from focusing on self-weakness to optimism and positive psychology would rather enhance work related state of mind which is characterized by dynamism, perseverance and fulfilling work morale. A Global Network of Dentists has recommended simple but specific physical exercises like Wall slides, Chest stretch, Hip flexor stretch, thoracic extensions and double knee raise for relieving physical strain during work hours. Striking a balance on work-life style could be well achieved by keeping your happy hormones optimal. Following the recommended stress management techniques could effectively elevate self-esteem, a sense of wellbeing, social behavior, interpersonal relationship with family especially your spouse, gives a feeling of euphoria, learning & memory and above all keeps you grounded even under pressure and challenges. The alarming statistics shared earlier can start to fall, and the dental industry can be an open and healthy place for mental wellbeing, not just oral care. Living the life you deserve is more important and not merely what you settle for. Because Dentistry is the only profession that constructs the epicenter of smiles and positive energy as long as this universe exists.

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Accolade...

It's my pleasure to reach out to fellow members of our esteemed society as I take this opportunity to congratulate our new editor Dr. Kannaperuman & Team on bringing out this new TIDAL newsletter.

This newsletter is truly a window which reflects the academic and research standards with new innovative techniques that will benefit the budding dentist to upgrade their skills. This is a great vehicle

of dissemination of precise and accurate information which will guide in facing the daily challenges faced in clinical practice. Knowing him, I am absolutely confident that he is made for this position not only for his commitment and leadership quality but also for his dedication to going above and beyond in his work. My best wishes to him and his entire team.



Dr. Balvinder Singh Thakkar
President Elect
Indian Orthodontic Society

IAPD
International Association
of Paediatric Dentistry

2nd GLOBAL SUMMIT

Global Pathway to Evidence-Based Dental Caries Management in Children

11-13 November, 2022 | Taipei, Taiwan

Dental South China 2022
International Expo 华南国际口腔展

2-5 March 2022 Top Dental Show in China

MALAYSIA INTERNATIONAL DENTAL SHOW 2022
DENTISTRY ADVANCEMENT AND TECHNOLOGIES

30 SEP - 2 OCT 2022

AEEDC DUBAI

1-3 FEB 2022
Dubai World Trade Centre
Live In-Person



11th TAMILNADU STATE MIDTERM CONFERENCE

Organised By : IDA Kanyakumari Branch
"Get Sharpened At The Southern Tip"



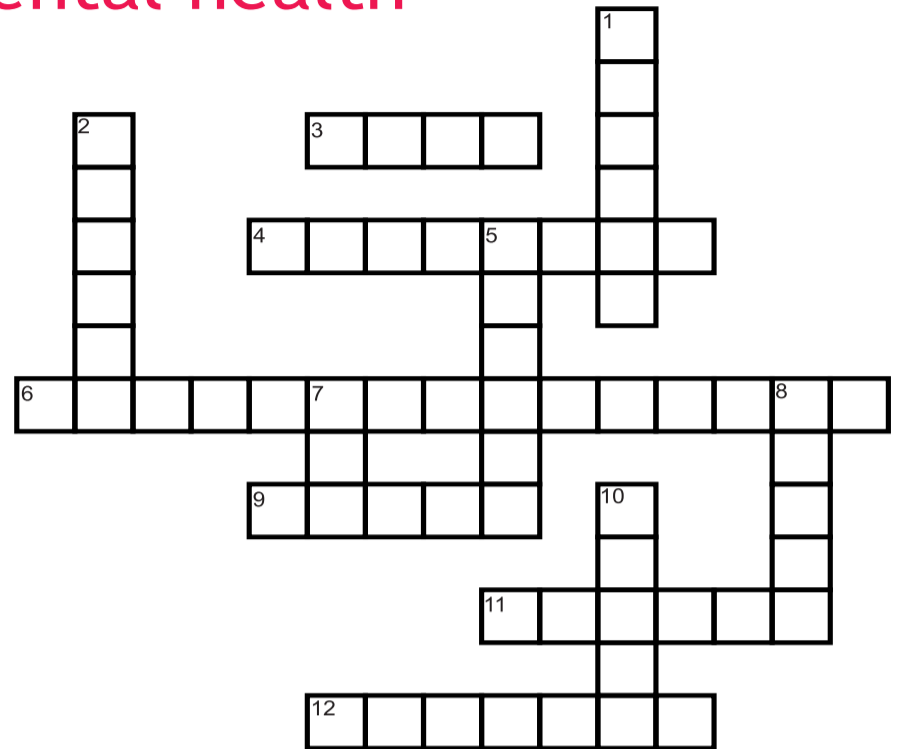
Date : April 23 & 24, 2022

VENUE :
HOTEL SINGAAR INTERNATIONAL,
KANYAKUMARI



- | | | | |
|--------------------------|-------------------------|---------------------------|----------------------------|
| Patron | : Dr. Jacob Raja | Accommodation & Transport | : Dr. V.M.Shaju |
| Conference Secretary | : Dr. J. Kannaperuman | | : Dr. S. Natarajan |
| Organising Chairman | : Dr. A. Arvind Kumar | Souvenir | : Dr. Bijivin |
| Co-org. Chairman | : Dr. M.S. Jaish Lal | | : Dr. Roshini |
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| Jt. Organising Secretary | : Dr. N. Kesavadhas | Trade | : Dr. Tania Niranjan |
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| Registration & Reception | : Dr. M. Kandasamy | | : Dr. Ignatius Rex |
| | : Dr. S. Sindhuja Devi | | : Dr. S. Wesley Jesu Kumar |
| | : Dr. Kala Bagavathy | | : Dr. J. Jaresh Kingsley |
| Food & Banquet | : Dr. J. Aldrin Jerry | | : Dr. T. Issac Joseph |
| | : Dr. L. Baskar | | : Dr. R. Arunkumar |

Dental health



Across

- The area inside the tooth that contains the nerves and blood vessels is called what ?
- Brushing and flossing help prevent _____.
- What dental profession (job position) is allowed to remove calculus ?
- You should brush your teeth _____ a day.

- Plaque will harden if not brushed or flossed, plaque that becomes hard is called calculus, which is also known as _____.
- When flossing, the floss goes _____ the teeth.

- When brushing your teeth, it is also important to brush your _____.

- Acidic drinks and foods have a _____ pH level

- Food and drinks high in _____, can help cause cavities

- When flossing, you want the floss to _____ around the tooth.

Down

- What is the outermost layer of a tooth ?

- What is the soft material that starts to build up on your teeth after you eat, and will harden if you do not get it off by brushing and flossing ?

Send your answer along with passport size photo to editor.tidal@gmail.com

Early bird prizes assured !!!

Please send high resolution (300 dpi) photographs of IDA related events and activities to editor.tidal@gmail.com

Registration	Delegates	₹ 4000
	Students	₹ 2500
	Students (without banquet)	₹ 1500

Spot Registration	Delegates	₹ 4500
	Students	₹ 3000
	Students (without banquet)	₹ 2000

Spl Tariff For Conference (in house)	Deluxe room	₹ 2500
	Super deluxe	₹ 3250
	Deluxe suite	₹ 4250

Bank Details	Account Name : 2ND IDA TAMILNADU STATE MIDTERM CONFERENCE
	Bank A/c No. : 2404201000759
	Bank Name : CANARA BANK, K.P.Road, Branch
	IFSC Code : CNRB0002404
	MICR Code : 629015005

For Registration Contact
Dr. M. Kandasamy
97918 03916

REGISTER NOW

For Accommodation and Transport Contact
Dr. V.M.Shaju - 91235 92904
Dr. S. Natarajan - 89039 86751

Tireless Service for the Needy



Tribal people are neglected for their race and occupation, kids get neglected because of their community. We believe that only Education can change their life. For the past few year IDA cuddalore along with CDH has been helping them to provide education in all possible ways by appointing teacher, giving food in school etc. We strive to make their lives better.

TEAM TIDAL

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