



PERIO-TIMES

DEPARTMENT OF PERIODONTICS

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FROM HOD'S DESK



DR.ANIL MELATH

PRINCIPAL & HOD
DEPT. OF PERIODONTICS, MINDS

I am very happy that our department is releasing 2nd issue of 'Perio times' as a forerunner of department activities. It is a technical platform to bring out the hidden talents of students and faculty. The major strength of the department is a team of well qualified and dedicated faculties who are continuously supporting the students for their academic excellence.

I take this opportunity to congratulate staff members and pg students for their great effort to make this news letter as a reality. Also I invite the readers of 'PERIO-TIMES' for their valuable contribution and suggestions for the forthcoming issues.

DEPT OF
PERIODONTICS, MINDS

UPCOMING EVENTS

2nd & 3rd April 2022
ISP PARICHAY

IMPORTANT DAYS

07th April 2022
WORLD HEALTH DAY



PERIODONTOLOGY-PILLAR OF ORAL & SYSTEMIC HEALTH

DR. ANIL MELATH



Periodontics, in the past few years, has been on the leading edge of the revolution of dentistry as evidence based discipline. However, there is a general feeling that the students are not aware of the full potential of this remarkable speciality. The main pedestals of this speciality now are periodontal medicine, regenerative therapy, periodontal plastic surgery and dental implant surgery. Treatments based on these pillars of periodontics will help patients to maintain the form and function of their teeth as well as aesthetics for a long time thus ensuring a complete satisfaction

The concept of periodontal medicine and its emphasis on diminishing the chronic inflammatory load has thrown a new light on the management of medically compromised patients. According to the American Academy of Periodontology (AAP), the nation's leading organisation of periodontists, these findings signal the importance of diligent oral care during COVID-19. "It is well-established that systemic inflammation is not only linked with periodontal disease, but to several other respiratory diseases as well," said Dr. James G. Wilson, President of the AAP. "Therefore, maintaining healthy teeth and gingiva in an effort to avoid developing or worsening periodontal disease is absolutely crucial in the midst of a global pandemic like COVID-19, which is also known to trigger an inflammatory response. Research from the AAP and the Centers for Disease Control and Prevention suggests up to half of adults age 30 and older have some form of periodontal disease. Periodontal disease has been linked to several other serious conditions in addition to COVID-19, including diabetes, heart disease, and Alzheimer's.

Conducted using the national electronic health records of the State of Qatar between February and July 2020, the study analysed patient cases with severe COVID-19 complications (death, ICU admissions or assisted ventilation) The control group was comprised of COVID-19 patients discharged without major complications

"More than 90 percent of all systemic diseases have oral manifestations, meaning that your dentist could be the first health care provider to diagnose a health problem."

- RAYMOND MARTIN, DDS, MAGD,
SPOKESMAN FOR THE ACADEMY OF GENERAL DENTISTRY

Periodontal conditions in the two groups were analysed using dental radiographs from the same database. Of the 568 patients studied, those with periodontitis, the most severe form of periodontal disease, were at least three times more likely to experience COVID-19 complications including death, ICU admission, and the need for assisted ventilation. Additionally, COVID-19 patients with periodontitis showed increased levels of biomarkers associated with worsened disease outcomes including white blood cell levels, D-dimer, and c-reactive protein.



WINS & MILE STONES OF PERIO DEPARTMENT

The year 2021 was vibrant in all arenas. It marked the transition from the gloomy grasps of the pandemic to a productive reality.

Every year marks a new page in the diary of life. This year began with the grand celebrations of our beloved Head of the Department Dr Anil Melath's birthday celebrations along with the welcoming of the new year on the 1st of January 2022. The Perio team was delighted and proud to be a part of the inauguration of our quarterly news letter Perio-Times on the 3rd of January by the Chairman of MINDS Mr KP Ramesh Kumar.

On the 13th of January, the department celebrated the birthday of our senior lecturer Dr Mahesh V V Raj. The 4th and 5th February marked the 2ND Virtual ISPRP Conference wherein our postgraduates participated and won prizes for paper presentations.

1st prize: Dr Arun, Dr Thavi
Consolation prizes: Dr Venkat, Dr Salma

The 6th of March highlights an important day in the life of a dentist. The Dentist Day celebration included a collage competition for the undergraduates. The winners of the competition were as follows:

1st Prize: Rumana Nizar
2nd prize: Satchit
3rd: Sandra

World Oral Health Day was observed on 20th of March. The Importance of Oral Hygiene was highlighted by Dr Anil Melath through an informative lecture for the 3rd year undergraduate students.

A poster competition was conducted for the undergraduates to commemorate the event. The winners of the poster competition included
1st prize for Keerthana,
2nd prize for Anusree,
3rd prize for Pooja Sanjeev
Prize distribution was also done on that day by the Chairman MINDS for the poster and slogan competitions held in the year 2021 for Oral Hygiene Day and No Tobacco Day

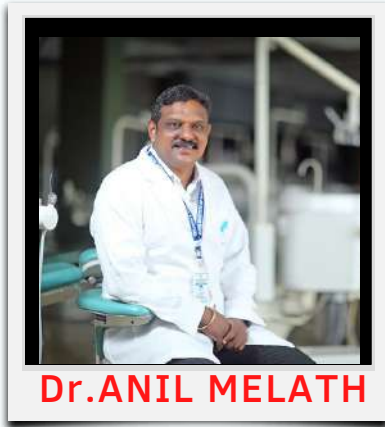
The Perio team also takes pride in announcing that Roshlin Raaji who is the topper in University Exam in final year BDS was selected to appear for the scholarship exam conducted by Kannur Dental College, Anjarakandy. It is a great pleasure and proud that Dr Vishnu Sri Priya, was the college topper in Final year PG University Examination-2021 and she also secured second place at the University level.

In both academically and clinically our department achieved a lot by the immense support of our administration, management and chairman Mr.K P Ramesh Kumar.

The foundation of every great team is a direction that energizes, orients, and engages its members. Teams cannot be inspired if they don't know what they're hat they're working toward and don't have explicit goals. We've learned countless lessons during the pandemic and economic downturn. As the recovery begins, we all will need to process what we learned and apply it to our future success. It's time to get away from all the things that have happened in the past year by allowing new possibilities for the next year.

Alone we can do so little; together we can do so much.





Dr. ANIL MELATH

PRINCIPAL & HOD, DEPT OF PERIODONTICS, MINDS

'PROUD MOMENT'

Dr. Anil Melath elevated as the PRESIDENT of ISPRP on 06th February 2022 on ISPRP National Conference. ISPRP is an association for the three specialties in dentistry, viz Prosthodontics- Restorative- Periodontics for better interaction, learning and understanding.



CONGRATULATIONS

The 4th and 5th February marked the 2ND Virtual ISPRP Conference wherein our postgraduates participated and won prizes for paper presentations.

1st prize: Dr Arunagiri, Dr Thavithavaker

Consolation prizes: Dr Venkat Raghavan, Dr Salma Arif



Dr. ARUNAGIRI

3RD YR PG



Dr. THAVITHAVAKER

2ND YR PG



DR. VENKAT RAGHAVAN

3RD YR PG



DR. SALMA ARIF

2ND YR PG



Congratulations, to the winners of E-poster & Drawing competition conducted on No Tobacco Day on 31st May 2021



Congratulations, to the winners of 'INTER COLEGE E-POSTER COMPETITION' on Oral Hygiene Day

'ART OF COMPOUNDING'

DR. ARJUN M.R



For my students with love....

I will teach you how to earn Rs 100 crores in 30 years I promise....

For that you must know what compounding is ...

Just keep aside 100 rs per day , means 3000 rs per month and you will achieve your goal for sure

Compounding interest doesn't care about your race, gender, or age. Compounding interest affects everyone the same, because it depends on time.

If you ask any person older than you what they wish they had more of, chances are they will tell you they wish they had more time.

Time is truly a wonderful thing, and it's something we all share in common. Compounding interest works its magic because of this. It is a universal truth. Compounding interest utilizes momentum.

Have you ever wondered at what makes an avalanche so powerful? A force so massive actually starts from a very small place. Before an avalanche can smash trees and break legs, it needed to become a snowball first, and a piece of snow before that.

Every great force you see in our world didn't always begin that way. A small piece of snow becomes an avalanche by first becoming a snowball. At first, the amount of force and energy to create a snowball must be great. Snow needs to be continually added, with an almost intense effort.

But once the snowball is built? Then you can roll it down a hill, and it will naturally do the work for you, until one day it is an unstoppable force.

Your wealth works the exact same way. The work you need to do in the beginning is often very painful and tiring. But once your wealth snowball is built, then your wealth naturally attracts more wealth. Then the power of compounding interest can work in your favor.

Just as a snowball compounds and grows, so can your wealth.

Compounding interest can create millionaires from average people.

The tired and overused excuse I hear over and over is that people think they don't have enough money to make good money in the stock market. The truth is you don't need that much!



Compounding interest can make you a millionaire, especially if you are young! Take the median income in india today is INR 50,000 a year. Now the average 25 year old making 50,000 a year would only need to save and invest 10% and would have a staggering 10,434,221 at retirement

This is just assuming conservative 10% returns in the stock market, and assuming he never gets a raise. The real results could be much greater!

A year ... mind u...The possibility of this is all due to compounding interest. By investing in companies that are growing– thus paying out increasingly more cash to shareholders, an initial investment could multiply many times over in the course of a long time span. Don't underestimate this power.

Compounding interest teaches you patience.

Why is compounding interest a greater teacher of patience? Well for one, you don't see results overnight. In fact, compounding interest is actually pretty boring, it can be like watching paint dry.

Compounding interest at its core is best served by conservative investing. Someone who chases speculative and very trendy stocks won't see the power of compounding interest. How can you when your capital moves up and down wildly, growing fast and then crashing hard to remove all your gains?

An investor whose primary concern is compounding interest will instead look for the company that is growing slowly and surely. Like the tortoise who plods along at a painstakingly slow pace, an intelligent conservative investment will beat out any high flying "trend / technology" stock of the day. Time and time again.

Compounding interest lets you sleep good at night.

What do the wealthiest and wisest investors have in common? They are always smiling, because they are making money every second of the day. That's the power of compounding interest. Nothing can stop it from growing. As long as an investment is paying you interest, you can keep smiling at night, because you know that time is your ally. The longer time goes, the richer you get!

Because as time goes on you will keep collecting interest. As time goes on, you can reinvest that interest and get more interest. Voila! You have compounding interest. Take this quote from the Oracle from Omaha himself, Warren Buffet: "I always knew I was going to be rich, so I was never in a hurry to".

Compounding interest is your friend if you are poor.

Rich people don't have any bigger advantage in the market than poor people do. My rs 500 in the market has just as much of a chance at making 10% returns as Ambani s rs 500 million. Sure he may have more opportunities than I do, but in any stock market security- pound for pound- we have an equal shot. So what if you are poor, penniless, and inexperienced? Does the younger generation hear me? You have the biggest advantage of them all- and that's time!

The kind of time that young people have today to compound their investments makes old hedge fund cats salivate. That's why they are looking for the fountain of wealth. Will they find it in Botox? Only time will tell, but the same is true with your investments. Only time will tell if you are smart enough today to put some money to work.

Compounding interest teaches and rewards discipline.

One of the best pieces of advice my mentor gave me when I first started investing was simply this: "Invest the same amount every month." There's actually a name for this strategy. It's called rupee cost averaging. It's so effective because not only does it teach you discipline and good habits, but it prevents you from making stupid mistakes in the stock market.



You can't expect to time the market. That's just a fact. The market is massive, facilitating trillions of dollars a second into and out of securities, futures, and commodities. Your guess at what it's going to do next is as good as the next guys. Until you find someone that can predict the future, you're just going to have to face the fact that you won't be able to time the market.

And that's ok. That's why you must employ a system like rupee Cost Averaging. When you decide to put the same amount of money into the market every month, you automatically buy less when the market is up and buy more when it's down. It's classic buy low, sell high. By doing this you resist being greedy when everyone else is greedy, which results in losing your shirt.

Compounding interest is best pursued when you are rupee cost averaging. Use this system to your advantage.

Compounding interest separates the rich from the broke.

The great Albert Einstein once said "Compound interest is the eighth wonder of the world. He who understands it, earns it ... he who doesn't ... pays it." When's the last time you saw a high interest credit card balance move much lower after making a payment? When you get into high interest debt, you are now fighting against the inevitable force of compounding interest.

Why fight up a hill when you can instead run down it? While everybody might know that interest is bad, only a few people decide to do something about it. And if I can be quite frank, it's why broke people are broke and rich people are rich.

Nobody makes a real fortune overnight, and nobody goes broke in one night either. The exceptions to the rule regress back to where they should be over time. That's why lottery winners oftentimes end up broke years later.



It's the habits that you live with which define your wealth. If your spending habits cause you to fight against interest, you're going to fight that fight the rest of your life. And sorry but, you'll never be rich.

However, if your habits create interest for you, then just sit back and relax. You will one day be rich, you just have to let compounding interest do the work for you

Compounding interest can save our kids' generation.

Let's face it. Our generation isn't very good at giving future generations a leg up in this world. It's always been this way. I mean how big a mess has our parents' generation left us? It saddens me to see such disregard for the future. Everyday, we have people who live in a mindset of scarcity instead of abundance. People who are destroyers instead of creators. This isn't the world I want my daughter to grow up in.

What if we lived in a world where everybody took responsibility for their finances? What if we all decided to kick our debt habits, and build wealth for our family and future generations?

If 5,000 rs a year can turn into 2.4 million in 40 years, imagine what it would do in 60. It would be 16,691,244, which is of course outlandish. Nobody has that kind of money to save for their kids. But what if we saved just a little bit for them. Like 5000 a year. In 65 years, it could grow to rs 26911120. What if we did this for our kids, and they did it for theirs? The wealth could compound, until the whole world was living with financial freedom. It starts with one person, but could later affect many.

Really, it starts with you. If you want more wealth and abundance in this world, be the change. I believe in you, my fellow freedom fighter, because I know you can make a difference.

If you've been reading all the way through, you're already better than 90% of the world. Why can't you take the 8th wonder of the world and do something great with it? You can, and that's why I believe.

More to come in future....wait for the next issue of Perio-Times !

“ Making money is a hobby that will complement any other hobbies you have, beautifully ”

Scott Alexander

THE SCENT - 'STORY OF A WOMAN'S SUPER POWER OF SMELL'

DR. NANDITHA CHANDRAN



Parkinsonism- A progressive disease of the nervous system marked by tremor, muscular rigidity and slow imprecise movement, chiefly affecting middle aged and elderly people. It is associated with degeneration of basal ganglia of the brain and a deficiency of the neurotransmitter dopamine.

The story begins with the life of **Joy Milne** who had a super power that she was totally oblivious to. She simply had no idea she possessed an utterly amazing, slightly terrifying biological gift that scientist would itch to study. Joy has an extremely sensitive sense of smell, and this enables her to detect and discriminate odors not normally detected by those of average olfactory ability. The discovery: An unusual sense of smell

It all started when Joy Milne recognized some greasy, musty smell from her Husband Les Milne who was a doctor by profession. Unfortunately as years peeled on, it was not only the smell but his personality and character began to change. By his early 40s, Les was totally a different person. He was diagnosed with Parkinson's disease.

To begin this was a new scientific discovery- Parkinson's disease was predicted before its well known symptoms such as shaking and sleep disruption, even started to appear- lead to a breakthrough.

The experiment

Preliminary tests with T-shirts and medical gauze indicated the odor was present in areas of high sebum production, namely, the upper back and forehead, and not present in armpits. The Parkinson's researcher at the University of Edinburgh named Tilo Kunath and Fellow scientists published their experimental work in ACS Central Science.

Results of the research

Their research identified certain specific compounds that may contribute to the smell. It was the sebum- a waxy liquid produced by the sebaceous gland in the skin, overproduction of which known as seborrhea, is a known non-motor symptom of Parkinson's disease along with increased production of yeast, enzymes and hormones which combine to produce the odour.

Three compounds seemed to play a key role in the distinct aroma: Hippuric acid, eicosane and octadecanal.



MRS. JOY MILNE

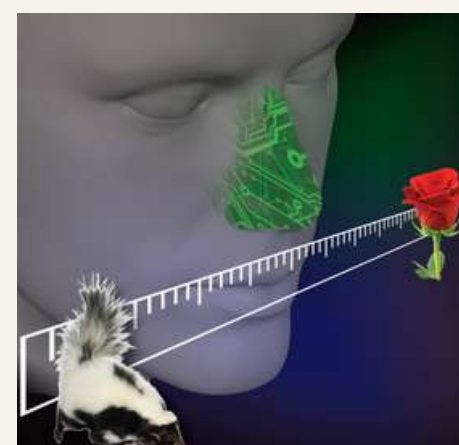
Why change in smell?

Musky aroma was due to elevated levels of three volatile chemicals as identified by Gas Chromatography-Mass Spectrometry Alteration in the microbial flora of the Skin in Parkinson patients-*Malassezia spp*- Yeast present on human skin is often increased in such patients.

E -Nose or electronic nose

Portable, artificially intelligent olfactory system or E- nose, combining Gas Chromatography With A Surface Acoustic Wave Sensor Which Measures Gaseous Compounds through Interaction With a Sound Wave And Machine Learning Algorithms that could diagnose Parkinson's disease based on odour compounds on skin.

Identification and quantification of such compounds associated with this distinctive Parkinson's disease odor could enable rapid, early screening of Parkinson's disease as well as provide insights into molecular changes that occur as the disease progresses and enable stratification of the disease in the future.



JZT FACTS IN PERIO

DR.JILU ABRAHAM



Welcome back, everyone,

In this series, we discuss the historical survey of diagnosing periodontal disease. The first iterations of us documenting the diagnosis of periodontitis comes from Orban in 1942, where we established two major forms of periodontitis. The first was simplex, which was essentially a formation of an abscess in subsequent bone loss. Versus complex, which was more degenerative.

While this was a rudimentary way of explaining acute vs. chronic periodontitis, it wasn't until 1966 that the American Academy of Periodontology developed the World Workshop, which specifically termed chronic periodontitis with no definite system for classification.

In 1982, Page and Schroeter identified five different forms of periodontitis, and these forms were used until 1986, when the American Academy of Periodontology established our case types.

Case Type Zero - Healthy

Case Type One - Gingivitis

Case Type Two - Mild

Case Type Three- Moderate

Case Type Four - Severe Periodontitis However, in addition in 1989, there was an adoption of classifications of juvenile periodontitis, adult periodontitis, necrotizing ulcerative gingiva periodontitis and refractory periodontitis.

Finally, in 1999, the American Academy of Periodontology established gingival and periodontal classifications, these classifications changed the way that we looked at periodontal disease because it integrated various modalities of risk factors associated with these disease processes



In 1999, the American Academy of Periodontology classified:

Classification Zero as Healthy

Classification One - Gingivitis

Classification Two - Chronic periodontitis

Classification Three - Aggressive periodontitis

Classification Four - Periodontitis as a manifestation of systemic disease

Classification Five - Necrotizing diseases

Classification Six - Abscesses of the periodontium

Classification Seven - Periodontitis associated with endodontic lesions

Classification Eight - Developmental or acquired deformities and conditions

This allowed the clinician to create a multifaceted approach when identifying a diagnosis and subsequent treatment plan for patients.

Finally, in 2017, published in 2018, the American Academy of Periodontology created with the World Federation, the staging and grading guidelines as we know them today.

Thank you for reading Jzt Facts in Perio. We'll see you in next series with another Fact !

MY JOURNEY

DR.PRAKASH- 1St Yr PG



When I completed my BDS I thought that this is enough to achieve a great things & one of my friend told that you have to search for more & this is not an end & there are lot of things to learn & I intially thought in a funny way & after I understand there are lot more things to shine & I realized that I only thinking this is enough & I joined PG & still I excited upon new things & still I learning new things day by day & I go into my path in an energetic way. So, I believe if you want to pursuit something in your life you have to go for it & don't say its an end for the journey.



KNOWLEDGE IS A JOURNEY, NOT A DESTINATION ...

Focus on the journey, not the destination

Burn like Sun
Glow like Moon
Shine like Star



TIME MANAGEMENT SKILLS

DR SUBAIR K



The key is in not spending time, but in investing it."

Time management is the method of planning and balancing your time between different activities. Good time management helps you to complete a given task in a specific time frame amidst challenges and tight schedules. When you manage your schedule and deadlines, strong time management skills help you better your reputation and move ahead in the workplace.

What are time management skills?

Time management skills are those that help you use your time effectively and achieve desired results. Time management skills can help you allocate your time properly and accomplish tasks efficiently. Some of the most important skills related to successful time management skills include:

Organisation, Prioritisation, Goal setting, Communication, Planning, Delegation, Stress management, Flexibility

Organisation

Staying organised helps you to keep track of your responsibilities and priorities, like what you need to do first and when to do the rest of it. An organised list of tasks acts as a map to guide you from morning to evening and helps increase your productivity. A well-organised plan helps you break down large goals into smaller, easily achievable tasks and enables you to complete those tasks on time.

Prioritisation

Prioritisation is the key to successful time management. When you prioritise your daily tasks, you ensure that you will complete the important tasks first. Write down every single task starting with the top priority. For instance, you can break down your tasks as the following:

A-level tasks: Things that will lead to major consequences if not done today

B-level tasks: Activities that may have a negative effect if not completed today

C-level tasks: Activities that have no consequence if not completed today



Goal setting

Goal setting is the process of defining your aims and objectives with a certain plan to help you achieve the set goals. Setting goals is a key step in excelling as a professional. Without goals, you may find it challenging to complete your tasks in a well-organised manner. Setting both short- and long-term goals can lead to success in your career. An example of a short-term goal may be to increase sales in your department by 40%. A long-term goal could be something like completing law school or starting your own business

Communication

Communication skills are a major component of success in life. Effective communication promotes trust and makes your plans and goals clear to people you work with. It plays a crucial role in resolving conflicts and preventing potential conflict situations. Strong communication helps you delegate more work, which lets you focus more on the important tasks that support your goals

Planning

Planning is the core of time management. With a proper plan, you can prioritise your tasks accordingly, which can help avoid confusion and unnecessary stress. A planned work schedule helps you complete the tasks in the given time frame. For example, a plan for a project manager might include ordering supplies, scheduling labour, acquiring the proper permits and so on

Delegation

It is an important process to manage multiple tasks satisfactorily. While managing a project, you can delegate some of the tasks to your subordinates. This will help in reducing your workload so that you can focus more on important tasks, such as planning, business analysis and others.

Stress management

Positively handling stress keeps you motivated and helps you complete tasks at the scheduled time against all adversities. Exercise, yoga or having snacks during breaks can help you reduce stress. In fact, including stress-relieving activities or self-care rituals into your daily schedule can positively impact your productivity on work-related tasks throughout the day.

DR.ARUNAGIRI
3RD YEAR PG



CASE NO.2 DR.VENKAT RAGHAVAN
3RD YEAR PG

BRIDGE FLAP



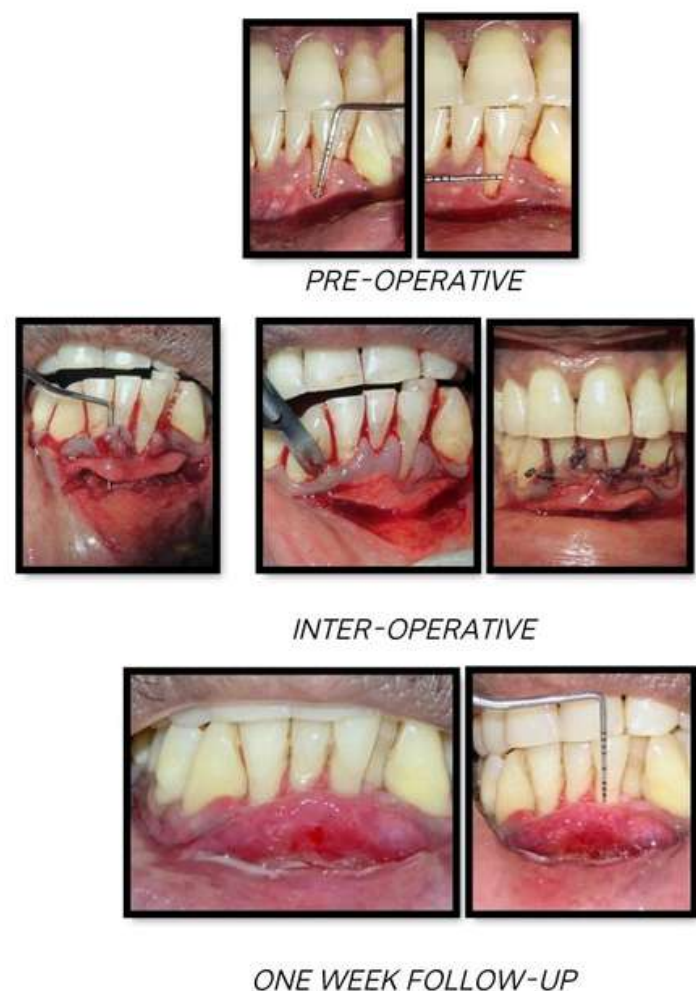
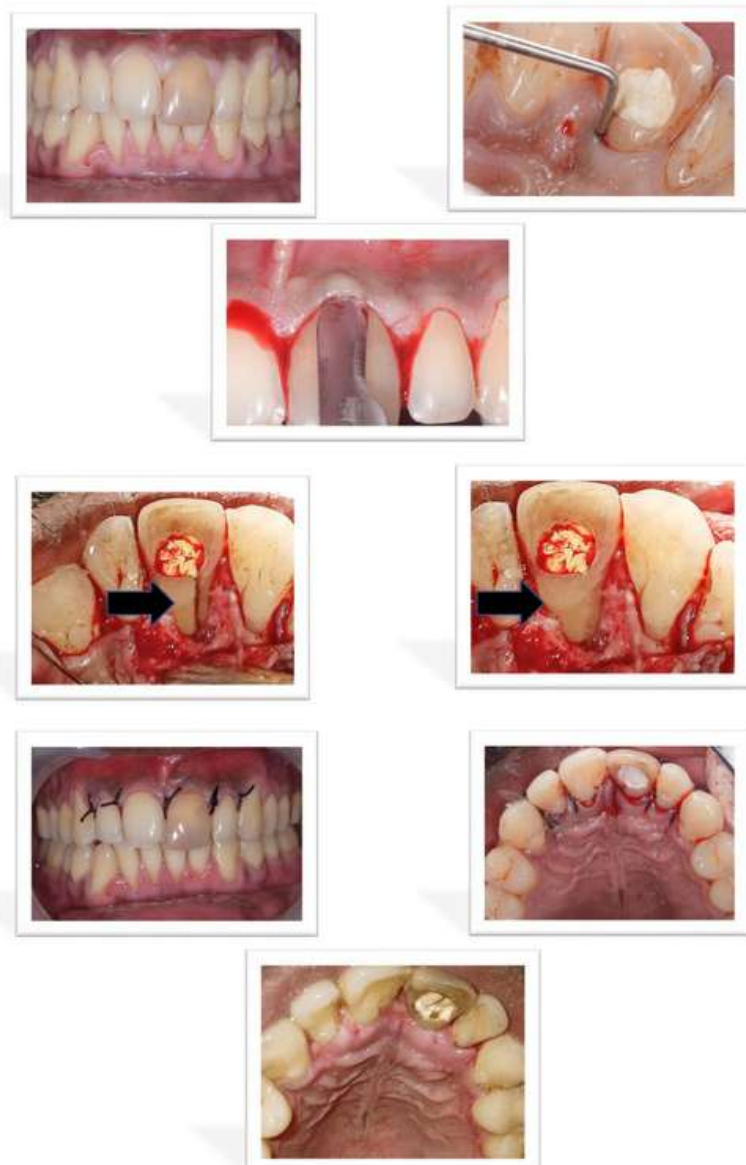
CASE NO.1

PALATOGINGIVAL GROOVE

35 year old male patient referred from the department of conservative and endodontics for periodontal opinion regarding 21, Patient gives history of trauma to upper front tooth 15yrs back followed by root canal treatment done 7 years ago. The patient also reported about recurrent swelling and pain in the same tooth which was relieved by medication. On examination periodontal pocket of 10mm, IOPA irt 21 reveals radiolucent line extending from crown to root apex. Based on clinical and radiological examination diagnosed as Combined Endo-perio lesions ,Treatment was full thickness mucoperiosteal flap was elevated from 12 to 22 and the palatal radicular groove was sealed using light cure GIC material.

Gingival recession in anterior teeth is a common concern due to esthetic reasons or root sensitivity. Gingival recession, especially in multiple anterior teeth, is of huge concern due to esthetic reasons. Various mucogingival surgeries are available for root coverage. Gingival recessions are regularly linked to the deterioration of dental esthetics. The bridge flap technique includes two surgical techniques simultaneously. In this technique, the flap which covers a denuded root surface is supplied by plasmatic circulation from capillaries in the adjacent portion of the gingiva, allowing it to survive.[9] The flap creates a healthy, functional, and esthetic result that appears to be resistant to further recurrence

48 year old male patient reported to department of periodontics with chief complaints of receding gums in lower front tooth region since 3 months. Patient noticed receding gums 3 months ago which was not pleasing aesthetically. Diagnosed as Mucogingival deformities and conditions: Gingival Recession (2017 world workshop). Under surgical phase- Root Coverage Procedure (BRIDGE FLAP) done irt 31



GINGIVAL DEPIGMENTATION: A JOURNEY FROM BROWN TO PINK GINGIVA

DR. NAJIA NAZIR
3RD YEAR PG



Gingival hyperpigmentation is a major esthetic concern for many people. Although it is not a medical problem, many people complain of dark gums as unesthetic. Gingival depigmentation is a periodontal plastic surgical procedure, whereby the hyperpigmentation is removed or reduced by various techniques.

Gingival depigmentation is a periodontal plastic surgical procedure whereby the hyperpigmentation is removed or reduced by various techniques. The patient demand for improved esthetics is the first and foremost indication for depigmentation. Various depigmentation techniques have been employed. Selection of the technique should be based on clinical experiences and individual preferences. One of the first and still popular techniques to be employed is the surgical removal of undesirable pigmentation using scalpels. There is only limited information in the literature on the depigmentation using surgical techniques. The procedure essentially involves surgical removal of gingival epithelium along with a layer of the underlying connective tissue and allowing the denuded connective tissue to heal by secondary intention. The new epithelium that forms is devoid of melanin pigmentation

A 23-year-old male patient reported to the Department of Periodontics with a chief complaint of discolored gums. On examination, gingival pigmentation was noted with DOPI score of 3. Gingival depigmentation was done under LA using scalpel irt arch and using diode laser irt lower arch. 2 weeks post-operatively, a decrease in DOPI score was noted. Patient reported no post-operative pain and complications.

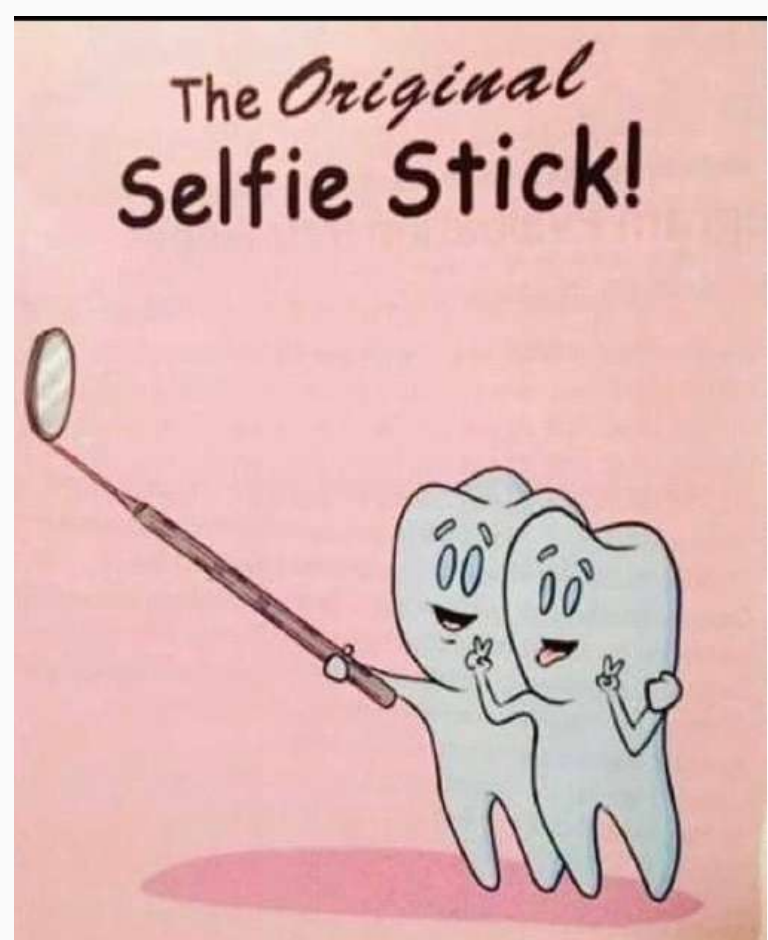
POST-OPERATIVE



Smile expresses a feeling of joy, success, sensuality, affection, and courtesy, and reveals self-confidence and kindness. The harmony of the smile is determined not only by the shape, the position, and the color of the teeth, but also by the gingival tissues.

Based on the available literature, gingival melanin pigmentation can vary depending on whether it is physiological or pathological, based on the location, color or it can be traumatic. The most important factor for determining the treatment for gingival melanin pigmentation is the type of pigmentation, patient acceptance of treatment procedure, its prevalence and its esthetic importance depending on the skin complexion of the patient.

PRE-OPERATIVE



PERIO ORTHO SYMBIOSIS



DR. INDRAJITH-1STYR-PG

Interaction between different specialities in dentistry extremely important in establishing diagnosis and treatment planning. The inter relationship between Periodontics and orthodontics often resembles symbiosis. In many cases periodontal health is improved by orthodontic tooth movement where as orthodontic tooth movement is often facilitated by periodontal therapy.

Benefits of orthodontic treatment for a periodontal patient includes better access to clean all surfaces of tooth, improvement of certain osseous defects, gingival marginal levels & repositioning of adjacent teeth before implant placement.

Some minor periodontal surgery associated with orthodontic therapy includes frenectomy, gingivectomy, surgical exposure of unerupted teeth, alveolar ridge augmentation and pre orthodontic mucogingival surgery for teeth with inadequate zone of keratinized gingiva.

So it is utmost important to assess the need and outcome of interdisciplinary approach to maintain harmonious periodontal and orthodontic relation. Some possible future research in this field include detection of salivary biomarkers for screening periodontal diseases as well as demonstrating ortho tooth movement. Periodontally accelerated osteogenic orthodontics (PAOO) has been used to accelerated tooth movement.



STRESS RELIEVING PROTOCOLS IN DENTAL PRACTICE...



DR. MAHESH RAJ V V

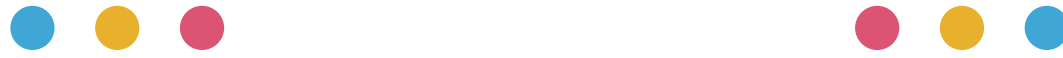
Stress is defined as “an imbalance between a perceived demand (stressor) and a person’s perceived ability to cope with, or to meet, that demand”. It is well known that dentists are subject to a variety of stress-related physical and emotional problems. In dental practice it may include the difficulties in managing anxious children, or dealing with “neurotic”, difficult or uncompliant adults. Stress may also take the form of personal insult if dentists are regarded as incompetent when compared with their peers or are seen as insensitive, inconsiderate and inferior to doctors. Dentists are prone to professional burnout, anxiety disorders and clinical depression. While the root causes, stress and stressful situations, can never be totally eliminated from clinical practice, they must be reduced to avoid the many stress-related physical and emotional problems. The key to managing stress successfully is to first recognize and understand its causes. Once those have been identified and understood, preventive steps can be taken. People perceive and react differently to stress and a stressor for one person may not be a stressor for another. Choosing and implementing an approach or combination of approaches is crucial for effective stress management. Some of the preventive measures that could minimise the stress of dental practice are as follows

- Improve the working environment in the surgery
- Avoid isolation and share problems with fellow practitioners
- Work sensible hours and make time each day for a leisurely break
- Take time off whenever the pressures of practice start to build
- Learn how to better handle patient anxiety and hostility
- Attend courses on stress management, and improving communication skills
- Adopt a programme of regular physical exercise
- Be kind to yourself and less critical and demanding of your efforts.



SUDOKU

Confidence is when you stop using a PENCIL while solving a SUDOKU



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IKIGAI- FEW FACTS

The people of Japan believe that everyone has an ikigai – a reason to jump out of bed each morning. And according to the residents of the Japanese island of Okinawa – the world’s longest-living people – finding it is the key to a longer and more fulfilled life. In Japanese, ikigai is written by combining the symbols that mean “life” with “to be worthwhile.”

“Translates roughly as ‘the happiness of always being busy.’” (Note: I believe they mean “busy” in the sense of living a full life vs busy life)

“There is a passion inside you, a unique talent that gives meaning to your days and drives you to share the best of yourself until the very end. If you don’t know what your ikigai is yet, as Viktor Frankl says, your mission is to discover it.” (Note: Viktor Frankl is the author of Man’s Search for Meaning) Our ikigai is hidden deep inside each of us, and finding it requires a patient search. According to those born on Okinawa, the island with the most centenarians in the world, our ikigai is the reason we get up in the morning.”

“Once you discover your ikigai, pursuing it and nurturing it every day will bring meaning to your life.”

DR. JILU ABRAHAM



OUR MINDS

DR RAJ A C

**NAAC CO-ORDINATOR &
HOD, DEPT OF ORAL MEDICINE & RADIOLOGY**



Mahe institute of Dental Sciences is one of the prime dental institution in the nation with continuous thrive to excel.

Its components, departments and committees are constantly active to take the students of MINDS to next level. Add-on courses, short courses, CDE programs, CPC etc. are the few outputs enriched by every department. Cognizance- a monthly scientific online platform donated by alumni of the institution, brings academic peers of the nation to share their knowledge.

One of the vibrant department of MINDS, Dept. of periodontics brings out their trimonthly news letter PERIO TIMES.

MINDS always tries its best to accomplish its vision “To become a premier center of excellence in dental health care, teaching, training of competent dental professionals and research in dentistry at national and global levels “.



Education is the most powerful weapon which you can use to change the world



The Perio team was delighted and proud to be a part of the inauguration of our quarterly newsletter Perio-Times on the 3rd of January by our honorable Chairman of MINDS Mr KP Ramesh Kumar

FAST FACTS

DR.JILU ABRAHAM



In this digital age and with so many other avenues of communication available to us, it seems that a school newspaper is outdated and irrelevant...!

Are you too thinking like this????
If so, let me explain the benefits ..

Readers can access newsletter anytime and anywhere from any device. It is user-friendly and adaptive

Students will learn valuable skills (writing, editing, designing, photography). A digital newsletter will provide the basis to learn these skills, embrace these skills, or refine these skills.

Students and staff who work at the newsletter learn a lot of workplace skills including management, meeting deadlines, and communicating well with others. Newsletters enforce a need for teamwork. Writing and researching articles on a variety of different subjects gives a clear vision on topics. That will help them to tackle exam and also in their future practices.

Some people didn't know that they actually loved writing until they published their first issue. This sometimes showcases the students skill to the society and they can also find out their passion and their inner talents.

ALL WAR AND NO LOVE

DR. SALMA ARIF
2ND YEAR PG



Daddy, why do grown ups always fight?"

My eight year old enquired

His face bright

Even though tired

As i stood looking into his

Sparkling eyes...

How shall I answer this?

Laced with lies?

How was I to explain

The human vengeance?

I struggled to restrain

His world pure innocence

Bloodshed

Nuclear weapons, explosives

Rivers of red

Humanity lives??

Will he comprehend

Survival of the fittest?

Rules of God we bend?

He tugged at my wrist

All we need to learn

Is inherent humanity

All that hearts yearn

To live as one community

Homo Sapien

The rich shall not oppress the poor

Or the whites the Blacks,

Compassion at every door.

Do not turn your backs

Listen to your core.

All we need is to drive

The sins, The wrong

The corrupt strive,

With us they dont belong...

How will my son discern?

"Beta" I began

His eyes showed concern

My little man

"Countries of the world

Have to defend..."

He looked bewildered

"What happened?"

"Daddy... I was asking about you and Mommy

— “ —

When the power of love
overcomes the love of
power the world will know
peace.”

—————
Jimi Hendrix

SMALL MOMENTS..BIG MEMORIES



LIFE

DR.HEMALATHA



Our life is between B and D. Yes, Birth and Death. But inbetween this B and D, we have C. We have a CHOICE to make. If you want to be happy, you can be happy.

If u want to be frustrated, you can be frustrated. You always have a choice to make. Happiness is a choice. By choosing wisely you can make a difference.

Life can be a Pleasant life when you enjoy your day to day pleasures in life. A Good life when you use your skills for your enrichment. And it can be a Meaningful life when you contribute.

Our happiness is in the way we live our lives,the choice we make in our life. A good choice made today will always lead to a better tomorrow.

Always stay connected with your present. As your present will always give you happiness instead of thinking of past or wondering about future.

Living in present situation is always the best gift which we can give to us. Let us choose to be HAPPY today.

SECRET OF HAPPINESS

DR.JILU ABRAHAM



Always remember that even if we are unsatisfied with our life, there are many people in this world who are dreaming of living our life...

A child on a farm sees a plane fly overhead and dreams of flying. But, a pilot on the plane sees the farmhouse and dreams of returning home. That's life!! Enjoy yours...

If wealth is the secret to happiness, then the rich should be dancing on the streets. But only poor kids do that. If power ensures security, then officials should walk unguarded. But those who live simply, sleep soundly.

If beauty and fame bring ideal relationships, then celebrities should have the best marriages. Sometimes you just have to pause and be grateful.....

Live simply. Walk humbly and love genuinely..! All good will come back to you.

“LIFE IS ONLY A REFLECTION OF WHAT WE LET OURSELVES SEE”

DR.DEEPITH KELOTTE
1ST YEAR PG



APRIL -2022



KOLAM

*It's time to explore the art of
Kolam!*

DR.VISHNU SRI PRIYA

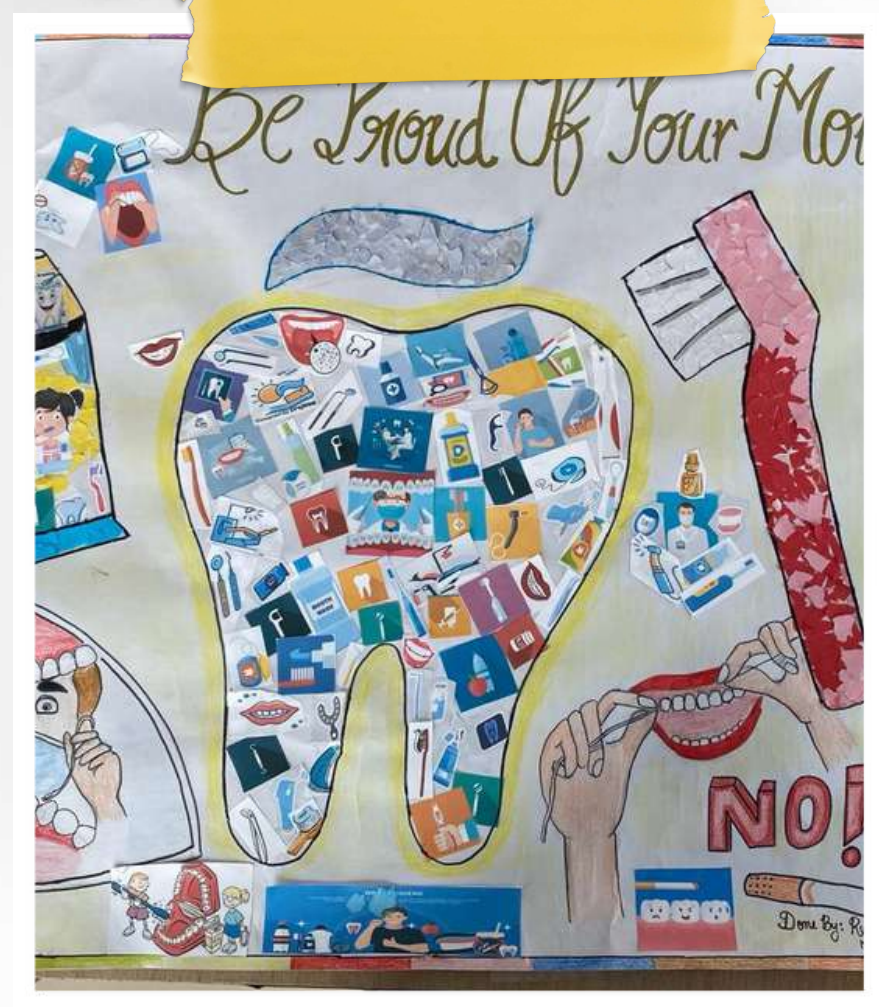
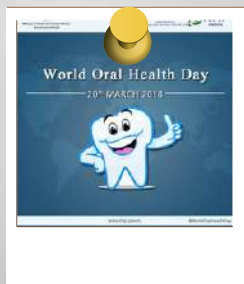


Kolam is a unique art form that has been passed down for centuries from generation upon generation. It is a technique which combines artistic expression and mathematical reasoning, as well as ancestral tracing techniques. The process involves concentration, memory and a series of disciplined hand and body movements. Working with great dexterity and speed, we can make highly intricate and complex designs that vary according to events or days of the Indian calendar. These geometric patterns, drawn using rice powder and colored pigments, form captivating arabesques which interlock in concentric circles to create mandalas.

When I think of Kolam, I see an explosion of warm colors, a kaleidoscope of colors. Colors has a huge impact on life. Colors is to the eye what music is to the ear. It is the biggest source of inspiration and the essence of my work. With its manifold shapes interweaving differently in each creation, the Kolam art form pushes artists to be all the more creative.

Every piece pairs compelling graphic designs with a vivid palette—just like the endless creations from a stem cell !





ORAL HYGIENE DAY CELEBRATION

Dept of Periodontics, MINDS

