

EDITORS' DESK

Volume 5 Issue 2
May 2015



SARASWATI DENTAL COLLEGE & HOSPITAL

OBSTRUCTIVE SLEEP APNEA



A guest lecture and presentation on Obstructive Sleep Apnea was held on February 27, 2015. Saraswati Dental College invited **Lt Gen (Dr.) Vimal Arora, PVSM, AVSM, VSM***, Director General Dental Services, Army Dental Corps. **Dr. Suryakant**, Professor and HOD, Department of Pulmonary medicine, KGMC was the Guest Speaker for the event.

mechanical, surgical and pharmacological management.

Lt Gen Vimal Arora motivated the students to be a part of the Indian Army as a dentist by saying "ARMY - Its not a career , it's a way of life". He also informed the students about the new procedure to join the Indian armed forces.

Dr Suryakant shared his valuable knowledge about Obstructive Sleep Apnea and the role of a dentist in diagnosing and treating Obstructive Sleep Apnea. The clinical prerequisites as told by him were hypertension, obesity, habitual snoring, and hypersomnolent persons. He told the students about the main signs and symptoms, the various tests available and the treatment modalities of the problem including behavioral,



Inside this issue:

<u>CASE - O - PEDIA</u>	2
<u>DENTAL IMPLANTS - THE NEEDS & THE FUTURE</u>	3
<u>CDE ON ORAL HEALTH AND PLAQUE CONTROL</u>	3
<u>GUEST LECTURE ON RECURRENT ORAL CANCER</u>	3
<u>DENTAL CAMPS</u>	3
<u>EDITORS' RECOMMENDATION</u>	4

UPCOMING EVENTS

- FRESHERS PARTY 2015
- WISHING ALL THE STUDENTS SUCCESS IN THEIR UPCOMING EXAMINATIONS.



“CASE - O - PEDIA”: Vertical Positional Relationship of Maxillary Central Incisors to Upper Lip in Repose

By: Dr. Abhishek Gaur

The **purpose of this study** was to determine the “vertical positional relationship of maxillary central incisors to upper lip in repose, in dentate patients which helps in better rehabilitation of edentulous or partially edentulous patients”.

Aims & Objectives

To Measure the Amount of Visibility of Maxillary Central Incisors in Frontal Plane with Lips in Repose and to Evaluate the Relationship of Upper Lip Length Vertically from the base of the Columella to the tip of the Philtrum in Repose, to the Visibility of Maxillary Central Incisors.

Methods:

A total number of thirty (30) subjects were selected of different age groups. The groups were categorized according to age with ten 10 subjects each.

Group I : 20 – 29 years

Group II : 30 – 39 years

Group III: 40 years and above

Each of which were divided into

Subgroup A : (Male)

Subgroup B : (Female)

Selection Criteria: No missing maxillary or mandibular anterior teeth, No anterior spacing, No severe attrition, Incisal edge surfaces of both the central incisors should be at same level, Good gingival and periodontal health, Skeletal class-I jaw relationship.

Exclusion Criteria: History of orthodontic treatment, History of dental trauma, Anterior restorations, Diastema, Crowding, Cross bite (unilateral and bilateral), Open bite, V-shaped arch, Congenital or Acquired defects in Head and Neck region.

For the ease in conduction of the study, it was conducted separately in two parts, viz. Study I and Study II:

STUDY I – Measurement of the Amount of Visibility of Maxillary Central Incisors in Frontal Plane with Lips in Repose:

Manual Technique

Digital Photographic Technique

STUDY II – Evaluation of the Relationship of Upper Lip Length Vertically from the base of the Columella to the tip of the Philtrum in Repose, to the Visibility of Maxillary Central Incisors.

Manual Technique

Digital Photographic Technique

Study – I

We measured the amount of visibility of maxillary central incisor tooth surfaces vertically in frontal plane.

Study – II

We measured and metrically co-related the

relationship of upper lip length from the base of the columella to the tip of the philtrum vertically in repose, to the visibility of maxillary central incisors.

Manual Technique

METHOD: The measurements were obtained when the subject was asked to say “emma” with one's face and lower jaw relaxed. The amount of visibility of anterior teeth was measured by placing the digital vernier caliper at the incisal edge of maxillary central incisor to the lower border of the upper lip in repose. The upper lip length was measured vertically by placing the digital vernier caliper at the base of the columella to the tip of the philtrum in millimeters, at the facial midline with the lips in repose.

Digital Photographic Technique

The position was standardized with the help of a cephalostat machine and the digital camera with the Tripod stand was adjusted so that the center of the lens of the camera should coincide with the tip of the subject's nose.

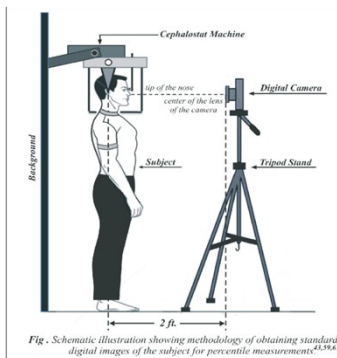
METHOD

The cephalostat machine was used to standardize the position of the subject's head to obtain the facial photograph. Three sequential photographs were obtained in this position at a distance of 60 cm (2 ft) away from the subject. The visible portion of the maxillary central incisors vertically was measured, from the incisal edge to the lower border of the upper lip in repose.

Observation & results

A total of 30 subjects were included in the study from three different age groups. There were 10 subjects with an equal number of males and females in each age group.

Conclusion: Result shows that upper lip elongation is a continuous process from the age of 20 and above, the post adolescent growth of craniofacial skeleton balances the increase in upper lip length. In the third and fourth decade of life, after growth of craniofacial skeleton is minimal, elongation of the upper lip exceeds vertical growth of the face.



Volume 5 Issue 2

DENTAL IMPLANTS - THE NEED & THE FUTURE

Saraswati Dental College hosted a CDE on "Dental Implants - The Need & Future". It was organized by the Department of Periodontics under the guidance of the scientific coordinator, Dr. Rohit Madan, who invited Dr. Anand Krishnamurthy from Mumbai

Dr Krishnamurthy is an acclaimed implantologist, practicing since 1998. They tied up with a company called "Equinox" who manufacture dental implants by the name of "Myriad."

The program included a lecture on "A multi-design approach to optimize implant based rehabilitation". Other than a lecture,

there was also the option of participating in a hands-on workshop which gave many students a opportunity to gain practical knowledge about the basic concepts of implantology. There were about 400 participants from various institutions of the city

The session ended with the dispersion for pre arranged lunch for all the participants.



Other events that took place were:

- A career counseling session for the interns was conducted by Dr. Vineet Raj on February 28, 2015.
- A talent hunt was organized by "fbb" on April 28, 2015.
- Debate organised by ETV Uttar Pradesh on "Who is more into fashion - GIRLS or BOYS?" was held on May 4, 2015 at Saraswati Dental College. It was aired on ETV UP on May 9, 2015.

CDE ON ORAL HEALTH AND PLAQUE CONTROL

A CDE programme was organized by the Department of Periodontics on "Oral Health and Plaque Control" in collaboration with "Oral-B" on January 28, 2015.

Dr. Ajay Kakkar, an eminent periodontist from Mumbai, was the guest speaker for the event. He runs an academy called "Bite - in" through which he organizes various

courses and Continuing Dental Education Programs throughout the country. The topic for his presentation was **"Prevention and Maintenance of Periodontal Disease and Health"**

A team from Oral B distributed various samples of their products to the students and guests attending the program.



CONGRATULATIONS

Dr. Snehkiran Raghuvanshi of Saraswati Dental College (batch 2007-08) cleared the UP PG 2015 examination, securing second rank. She is now pursuing her MDS in Prosthodontics at King George's Dental University

GUEST LECTURE

A guest lecture on "Recurrent Oral Cancer" was delivered by Dr. Vivek Garg, chief oncosurgeon at Lucknow Cancer Institute on April 28, 2015 by the Department of Oral and Maxillofacial Surgery. He gave the students an insight about different oral cancerous lesions as well as their various treatment modalities, encompassing both surgical and non surgical aspects of treatment. The program was sponsored by Colgate Palmolive India and samples were distributed amongst the audience.



DENTAL CAMPS

The interns of Saraswati Dental College, in collaboration with Dabur and Amar Ujala, conducted many dental camps from November 2014 to February 2015, under the guidance of Dr. Gaurav Mishra and Dr. Nishant Das.

The students diagnosed over 200 patients per day encompassing numerous schools in the Lucknow and Barabanki region.



EDITORS' RECOMMENDATIONS

Travel Diaries

Varkala, a calm and quiet hamlet, lies on the outskirts of Thiruvananthapuram district. It is 51 km north of Thiruvananthapuram and 37 km south of Kollam, Kerala.

Varkala offers excellent accommodation facilities for tourists and is fast becoming a popular health resort with many Ayurvedic massage centres.

Places of interests: Papanasam (Varkala) beach with its natural springs, a 2000-year-old Vishnu Temple and the Ash-

ramam - Sivagiri Mutt a little distance from the beach and the Janardhanaswamy Temple

Best time to visit: October to March

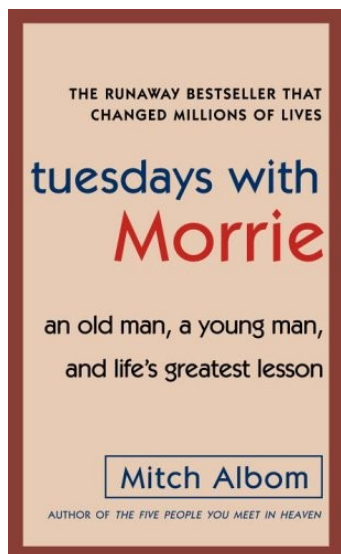
Getting there:

Nearest railway station: Varkala, about 3 km away

Nearest airport: Trivandrum International Airport, about 57 km away



For our avid readers...



Tuesdays with Morrie

By Mitch Albom

A simple, inspiring yet profound read, Tuesdays with Morrie, is based on the author's life itself, where he talks about his unambiguous relationship with his college professor and mentor, Morrie Schwartz.

Mitch is a young, successful sportswriter who is so absorbed in his life that he completely forgets about his 20 years old promise to Morrie, to stay in touch always.

Morrie, an old man now, is diagnosed with the life threatening Lou Gehrig's disease, but continues to be just as jovial and content. Mitch learns about his professor's illness and works towards renewing his warm relationship with his revered mentor. Like the good old college days, Mitch starts spending Tuesdays at Morrie's, where he takes his "last class" with his mentor.

His aphorisms like, "Love each other or perish" and "Once you learn how to live, you learn

how to die", actually tell us how simple life truly is, contrary to our complicated portrayal of it.

"Death ends a life, not a relationship. Death is as natural as life. It's part of the deal we made", said Morrie.

In a manner, not mawkish, Albom pens down the beauty of life and death. A must read for all those willing to get a deeper insight into the true meaning of life and daring enough to explore life from a whole new yet honest perspective.

Other must reads- • Ramayana Series- Ashok K. Banker • The 5 People You Meet in Heaven- M. Albom

The Editorial Board

FACULTY MEMBERS:

Dr. Alka Yadu

Dr. Pratik Chandra

Dr. Saurabh Mathur

STUDENT MEMBERS:

Dr. Raahat Vikram Singh
Dr. Aiyana Parthi

Dr. Abhay Sahay
Dr. Ankur Nigam

Dr. Prarthana Dalmia