



# RAKCODS E-NEWS

## AN INSPIRATIONAL JOURNEY!



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# PRESIDENT'S MESSAGE

Heartiest Congratulations to the entire team of RAK College of Dental Sciences ably guided by the Dean, Prof. Dr. Mustahsen, for bringing out the second edition of the E-Newsletter to showcase the contributions and achievements of faculty and students as well.

RAKCODS, one of the constituent colleges of RAK Medical & Health Sciences University has been playing a very important role in the Dental Healthcare in the Northern Emirates. In fact, RAKCODS has been the pioneer in the region to offer free Dental Healthcare from its inception in addition to providing quality Dental education.

I am sure, through this E-News, all the achievements including the community services of RAKCODS will reach to a wider spectrum of the audience enabling RAKCODS to utilize the facilities optimally.

I thank Mr. Hassan Khan, the CEO of RAK College of Dental Sciences, Dr. Mustahsen, Dean and the entire team of RAKCODS for being part of RAKMHSU, facilitating each other's growth. I take this opportunity to wish all the very best to RAKCODS in spreading quality Dental Science Education not just in UAE but across the Middle East countries thereby synergizing with RAKMHSU in strengthening the Health Science Education.

**Dr. S.Gurumadhva Rao**  
**PRESIDENT, RAK Medical and Health Sciences University**





# DEAN'S MESSAGE

Welcome to the 2nd edition of the RAKCODS E-Newsletter! It gives me great pleasure to express my deepest gratitude to all those who have voluntarily taken part in publishing this edition. The dedication exuded by the entire RAKCODS was highly appreciated by many who joined us in these activities from outside the college.

Last term, the academic trip to Turkey under the supervision of Dr. Melahat Gorduysus was the beginning of international academic student trips. Highlights of this term were the academic trip to Azerbaijan under the supervision of Dr. Sabrin Ali Azim, the AEEDC competition participation supervised by Dr. Mohannad Nassar, the zealous performance of our winners in the 7th ISDC Dental Olympics and the brilliant Dr. Yousif Hafedh and Mr Ahmed Dargham bringing laurels by winning the Hackathon event. Our stars in sports included Ms. Sakina Abbas Ali from 4th year and our staff members, Ms.Lhamqueen Morales, Ms.Florence Lagazo, Ms.Ferdelyn Siblon, Mr.Vincent Roy Fabira and Mr.Lhamjan Morales who made a clean sweep of obtaining the 1st, 2nd and 3rd places in the RAKMHSU Mini Marathon. The great initiative of the community screening event under the supervision of Dr. Sally Kamal followed by the oral health event was a great success. The organizing committee consisting of Dr.Md Sofiqul Islam, Dr.Vivek Padmanabhan, Dr.Sabrin Ali Azim, Dr.Hala Zakaria and Dr.Aqsa Khan along with the marketing team did an exemplary job with arranging all events successfully.

I am very proud of all the achievements recently attained. Our inspiring journey to be a college catering to the overall development of students will continue. I sincerely appreciate all the hard work put in by our students, faculty and staff members to compile this newsletter with all the current news about RAKCODS.

**Prof. Dr. Muhammed Mustahsen Rahman**  
Dean, RAK College of Dental Sciences (RAKCODS)





# MOMENTS OF PRIDE

**Ms.Rawan Adnan Alabrahim**  
BDS, Year V

Ms.Rawan was interviewed by Kuwait FM in a program called: (صاحبي الكتاب) after her article was published in a Kuwaiti magazine and Al Etihad newspaper.

She recently participated in the Innovations in Health, Hackathon, UAE.



**Ms.Sakina Abbas Ali**  
BDS, Year IV

Ms.Sakina secured the 1st position under the category of female students during the 4km RAKMHSU mini marathon held on 5th February, 2019. Around 109 students, staff and faculty members had participated in the marathon. Bravo!



# RAKCODS MAKES IT TO THE SEMI-FINALS AT THE ANNUAL INTERNATIONAL STUDENT COMPETITION: AEEDC 2019

Written by: Ms.Hawra Al Rashid

RAKCODS competed in the student competition of the Annual International Dental Conference & Exhibition (AEEDC) held from 5-7th February, 2019. The RAKCODS team had 5 zealous participants: Ms. Noor Al Alawi, Mr. Ahmed Dergham, Ms. Rayan Emad, Ms. Farida Fouly, and Ms. Samah Rady. These participants were guided by Dr Mohannad Nassar and the rest of the faculty aptly.

Taking place in the Dubai World Trade Centre, the competition included multiple rounds, each composed of 5 questions. With a total of 18 well known colleges competing from all over the UAE, KSA, Russia, Egypt and Lebanon, the pressure of succeeding only kept rising. After a random selection of the teams, RAKCODS was drawn against St. Joseph's Dental College of Lebanon on the first day, followed by the Dental College of Lebanon University, and finally against Al Qassim University from the KSA.

On Day 1, RAKCODS won against St. Joseph by a difference of 2 points, allowing us to advance to Day 2 against Lebanon University in which they won by a difference of 1 point. Seeing the proximity of the scores, and overwhelmed with happiness and a sense of achievement, RAKCODS made it into the semi-finals and started out strong against their final opponent, Al Qassim University of the KSA. As the intense face-off continued however, stress levels rose and fatigue reigned over our hard working participants.



# RAKCODS MAKES IT TO THE SEMI-FINALS AT THE ANNUAL INTERNATIONAL STUDENT COMPETITION: AEEDC 2019

Nonetheless, RAKCODS had still managed to answer 4 of the 5 questions, ending their participation just short of victory. Given the immensely stressful and pressurizing environment that they were immersed in, the RAKCODS team still managed to rank 4th out of the 18 competing schools.

It goes without saying that our students had worked unbelievably hard to earn this level of accomplishment, and that the courage, dedication, commitment and cooperation they presented under such intimidating conditions is a sash of honor that the entire college wears proudly.

In preparation, our students had undergone a minimum of 2 competition-styled practice sessions per month, from October till February under the guidance and mentoring of the RAKCODS faculty. Some of the resources involved included: 'dental decks', textbook references, conference lectures, and the NBDE (parts 1 and 2) materials that covered specialties such as but not limited to Oral Medicine, Pathology, and Prosthodontics.

When asked about their overall experience, following were some of the team members' comments:

Mr. Ahmed Dergham - "The experience was tiring and the competition was fierce, but it was one to remember, and to see months of hard work come together in one team effort is truly fascinating. I hope this encourages other students to represent the college."

Ms. Noor Al Alawi - "I am truly thankful for having had this opportunity. It helped me learn so much and it makes me wish I had joined this competition sooner, as in the previous years."

# RAKCODS MAKES IT TO THE SEMI-FINALS AT THE ANNUAL INTERNATIONAL STUDENT COMPETITION: AEEDC 2019





# RAKCODS FOR THE WIN!

## EARNs 1ST PLACE AT THE 7TH ISDC DENTAL OLYMPICS

Written by: Ms.Hawra Al Rashid

On the 10th and 11th of February 2019, our students took part in the Dental Olympics Competition at the 7th International Students' Dental Conference, held in the University of Sharjah, UAE. They victoriously scored 1st place among 4 other teams from the UAE and abroad. The RAK-CODS team consisted of 4 of our students: Dr. Amna, Mr. Asim, Ms. Jenan, and Ms. Mariam.

The Olympics kicked off marvelously with an assessment of their radiographic interpretation skills, in which our students were asked to answer basic questions on oral radiology in a span of 20 minutes as a group. This was followed by having to perform the tasks of suturing and orthodontic wire bending attended to simultaneously by Dr. Amna and Mr. Asim accordingly in a time period of just 20 minutes. Finally, the last two tasks included a Class IV restoration and PFM crown preparation, carried out by Ms. Jenan and Ms. Mariam respectively within a time limit of just one hour.

Needless to say our students spent countless hours from their otherwise already busy clinical schedules, in the weeks prior to the competition. They prepared for each task using different aids such as lectures, textbooks, phantom head jaws and skin pads, all provided by the college for practice purposes along with other instruments of their own to successfully master each of their given tasks. In addition to that, they received inspirational support and guidance from our faculty members who helped guide them in the right direction.



# RAKCODS FOR THE WIN! EARNS 1ST PLACE AT THE 7TH ISDC DENTAL OLYMPICS

When asked about their overall experience, following were some of their comments:

**Dr. Amna** - “The key to our success was cooperation, trust, optimism, and most importantly faith in our abilities. The enormous support provided to us by our beloved doctors during our preparation for the Olympics also played a major role.”

**Mr. Asim** - “This was never a stressful experience for me because I genuinely enjoy such tasks. I couldn’t have been more grateful and proud to see that all my practice had paid off. That winning moment was a sense of victory that words truly fail to describe!”

**Ms. Jenan** - “This experience allowed me to prove the kind of dentist I am, not only to myself but to all those who saw me as a mere unqualified beginner. For this reason among many others, I am unbelievably thankful for having had this opportunity! And I would like to thank all my family members, friends and doctors who believed in me and supported me throughout.”

**Ms. Mariam** - “Although some of the given materials were new to me, I was able to recall my theoretical and clinical knowledge on how to use them. This experience allowed me to break my daily routine by adding to my clinical education and knowledge, and the change was absolutely beautiful.”





# “INNOVATIONS IN HEALTH” HACKATHON, 2019

Among the many other events carried out during the UAE Innovation Month, our intern Dr. Yousuf Al Zaki and student Mr. Ahmad Dergham had teamed up to participate in the “Innovations in Health” Hackathon. This event took place in the main office of the Ministry of Health and Prevention (MOHAP), Sharjah on the 27th and 28th of February, 2019.

They were given 1 day to ideate and construct a business model canvas of their project on day 1, while day 2 involved pitch presentations and rehearsals for the final showcase. Their project was titled as "Shefa'i", an app that manages patient descriptions with an optical character recognition technology. Their project successfully scored second place among other competing healthcare college students as well as different biomedical and engineering company members from all across the UAE. Their team was rewarded a cheque of 10,000 AED, in addition to recognition for RAKCODS.

We congratulate Dr. Yousuf and Mr. Ahmed for doing themselves and the college proud, and we look forward to seeing them soar with success in all of their future endeavors.



# MOMENTS OF PRIDE

**Dr.Mohannad Nassar**  
**Assistant Professor of Operative  
dentistry & Endodontics**

Dr.Mohannad has been nominated as a candidate from the UAE for the IADR Unilever Hatton Award, 2019. The main conference is to be held in June in Vancouver, Canada. We wish him the best of luck for his future endeavours.

He was selected as part of the judging panel for the poster competition during AEEDC, 2019 and also participated as a presenter in the Innovation Arabia Annual Conference 2019.



**Dr.Jodat Askari**  
**Specialist Prosthodontics**

Dr.Jodat got two research articles published under his name in the Annals of Liaquat University of Medical & Health Sciences (LUMHS) recently.

They go by the names, “An Evaluation of Rubber Dam Acceptability by Dental Practitioners in RAKCODS” and “Awareness of use and Prescription of Antibiotics amongst Students and Interns in RAKCODS Clinics”.





# MOMENTS OF PRIDE

## RAKMHSU Mini Marathon 2019

Female staff category:

1. Ms.Lhamqueen Morales
2. Ms.Florence Lagazo
3. Ms.Ferdelyn Siblon

Male staff category:

- 3rd place – Mr.Vincent Roy Fabria  
4th place – Mr.Lhamjan Morales



Mr.Atiq ur Rehman

Head of Administration and Marketing

Mr.Atiq ur Rehman received a trophy on 28.3.2019 from H.E.Sheikh Nahyan bin Mubarak Al Nahyan, Minister of Tolerance UAE, on behalf of RAKCODS. This is for sponsoring the Dental and Rehabilitation Centre at the Pakistan Association, Dubai.

It is a proud moment indeed. Congratulations!



# RAKCODS MILESTONES

## GOING INTERNATIONAL!

An official MOU was signed between RAKMHSU and Azerbaijan Medical University (AMU) in June 2018. This MOU allowed an opportunity to organize a winter clinical training program for fifth year students under the supervision of Dr.Sabrin Ali Azim.

The students were divided into two groups of 22 students each. Lectures and courses were organized for these groups at the AMU OMFS and Implantology departments. For adequate understanding purposes, Dr.Sabrin took care of translating the said lectures from Azerbaijani language to Arabic and English respectively.

Furthermore, Dr. Sabrin was also interviewed by Amal Alisharli from the Azerbaijan National TV Channel and the news of these visits was published on the official AMU website.

After the insightful training program, this is what some of the students had to say.

Ms.Rayan Emad – “Firstly, I would like to start by saying how immensely proud I am to have been a part of such a fruitful opportunity and a great team. My gratitude extends to our dear Dr.Sabrin for working as hard as she could to make it happen and indeed all we planned for came into existence. It has truly been my pleasure to have visited this beautiful country and hope to revisit soon with greater opportunities.”



# GOING INTERNATIONAL!

Ms.Bayan Mirza Madan – “The Azerbaijan Trip was amazing and unforgettable. It was educational and entertaining at the same time, which made it extraordinary.”

Ms.Saba Tahir – “My trip to Azerbaijan was definitely an amazing experience. Everything the place had to offer was quite exciting. The 10-day training course at Azerbaijan Medical University aimed at giving us an insight into the hustle and bustle of oral maxillofacial surgery specialty. Moreover, there was also an opportunity for us to attend a hands-on implantology course that widened our horizons about the new trends in dental implants and added on to our manual dexterity skills.

All in all, my special thanks goes out to our very own Dr.Sabrin for arranging this purposeful trip for us and extending RAKCODS' international relations, in Azerbaijan. I hope the students of our college continue to grow and learn similarly in the future as well."



# RAKCODS MARKETING!

The RAKCODS marketing team visited schools in Jordan, Amman and Abuja, Nigeria to promote its BDS program in 2018.

Schools with an international science stream curriculum were focused for the visits. School counselors were met and given information along with some flyers to be distributed among the students. Few schools further invited RAKCODS to give presentations to their 12th grade students.





# RAKCODS MARKETING!

Some of the schools visited in Nigeria included:

- The Regent School whose school principal will be visiting our college on his next visit to the UAE
- American International School Abuja
- Nigerian Turkish International Colleges
- Lead British International School
- Stella Moris Colleges
- International Community School

Lagos Education Fair – Ibis Hotel Ikeja

Lekkside education arranged a one day fair in the city of Lagos Ikeja. Three schools visited the fair along with some interested parents and students. Most of them were interested to pursue career options in the US or the UAE.



# RAKCODS MARKETING!

15th International Education Exhibition Show in Sharjah from the 30th of January to the 1st of February, 2019.



Ajman Education Exhibition (AETEX) from the 5th to the 7th of February, 2019.





# RAKCODS MARKETING!

“Oral Health: A Mirror of Systemic Health” Innovation Week Program at Al Manar Mall – RAK on 15th February, 2019.



“Pakistan Association Dubai (PAD) Community Engagement Program” on 14th March, 2019.  
First batch of patients treated at RAKCODS clinics.



# SYMPOSIUM ON DENTAL ERGONOMICS

The Continuing Dental Education team of RAKCODS organized a symposium on “Dental Ergonomics” on 2nd February, 2019. Dr. Penelope Jones was invited for this fruitful symposium on the importance of keeping our back and the rest of our body healthy as we practice dentistry.

Dr. Jones gave an informative lecture on good working posture and also conducted a demonstration on how to organize your muscles, pelvis and ‘integrated core’ while working in your dental office using ergonomic chairs. There was also a lesson on how to adjust your sitting position in order to maximize benefits while using magnification loupes or the microscope. Around 50 students and faculty members utilized this opportunity to learn more about and address their incorrect postural habits. The symposium was concluded with an interactive Q&A session, followed by a light brunch.





# SPECIAL LECTURE ON ENDODONTICS

The Continuing Dental Education committee organized a special lecture on endodontics in RAK-CODS on the 5th of March, 2019. On this occasion, Dr. Mohamed Jamal from MBRU presented a talk on "Schilder's Concepts in Cleaning, Shaping and Obturating Curved Canals."

Around 100 students, interns and doctors registered to attend this enlightening discussion. Not only did Dr. Jamal provide useful tips on performing good root canal treatment procedures on teeth with curved canals, he also shared a lot of his cases which were a delight to watch. We would like to especially thank the endodontic department at our college for arranging this lecture in order to ensure that better quality root canal treatment procedures are being performed at the RAKCODS clinics.



RAK College of Dental Sciences would like to take this opportunity to offer its heartfelt gratitude to both the speakers, Dr. Penelope Jones and Dr. Mohammed Jamal for sharing their invaluable ideas with us. RAKCODS would also like to acknowledge the CDE organizing committee and all the delegates for contributing so enthusiastically towards the smooth functioning of both the lectures. With the overwhelming response and positive feedback received, we look forward to organizing and attending similar symposiums and lectures in the future.



# WORLD ORAL HEALTH DAY & RAKCODS DENTAL OLYMPICS

The 20th of March marks the world oral health day. This year, RAKCODS arranged a special extravaganza in order to celebrate the day from the 19th to the 21st of March, 2019.

The program included outdoor students' activities such as sports activities, henna painting as well as oral screenings arranged by the volunteers. Students from the RAK modern school joined us in the celebrations.

Along with this, the continuing dental education committee of RAKCODS arranged the first RAKCODS Dental Olympics which took place in the college on March 19th and 20th, 2019. Fifty students participated in competitions which consisted of the "Radiology genius", "Master of Resin Composite", "Wire Bending King", "Crowned King" and "Suturing Specialist" where the students displayed their skills and talents. The submitted entries were then subjected to a blind evaluation by the respective faculty of RAKCODS.

The winners of the competitions were as follows: "Radiology Genius" – 1st: Mr.Fares Al Hajeb, 2nd: Ms.Isra Khaled and 3rd: Ms.Lama Mohammed, "Master of Resin Composite" – 1st: Ms.Yasmeen Yahya, 2nd: Ms.Yasmeen Jamal and 3rd: Mr.Omar Khaled, "Wire Bending King" – 1st: Ms.Noor Sayed, 2nd: Ms.Sanabel Jamil and 3rd: Ms.Lama Mohammed, "Crowned King" – 1st: Ms.Noor Sayed, 2nd: Ms.Mariam Abdulaziz and 3rd: Ms.Saman Saad & "Suturing Specialist" – 1st: Ms.Sanabel Jamil, 2nd: Ms.Fatema Saeed and 3rd: Ms.Alaa Khalid.

The event was concluded on the 21st of March with the awarding ceremony where the winners of all the competitions, the organizers and the volunteers were given certificates and exciting prizes.



# WORLD ORAL HEALTH DAY & RAKCDDS DENTAL OLYMPICS





# WHAT'S NEW AT RAKCODS?

It's always good for dental students to keep abreast of new technology, equipment and materials taking over and there is no doubt that the faculty members at RAKCODS want nothing less for its budding dentists.

For this semester, the Prosthodontics department decided to order the striking VITA Easyshade® V for increased reliability in tooth shade determination. The seamless casing as well as the shortened measurement tip ensures maximum ergonomics. Consistent, stable and operational around the clock, this is one technology that allows shade information to be interpreted with ease for not just direct fillings and/or ceramic restorations but also for all CAD/CAM materials. Cannot wait to use it!





# KNOWLEDGE DIFFUSER

## TINNITUS AND LOSS OF HEARING IN DENTISTRY!

Ms.Islam Makki,Ms.Noora Salah,Ms.Adian Ahmed, Supervised by Dr.Mohannad Nassar

The concepts of tissue preservation, treatment and regeneration are gaining considerable interest in the field of dentistry recently. Developments in this industry primarily concern improvement in the quality of services delivered to the patients. However, long term occupational hazards may sometimes affect the dental team resulting in harmful consequences. Some of these include but are not limited to tinnitus and loss of hearing.

Noise-induced hearing loss (NHL) and tinnitus due to noise produced by dental hand-pieces and suction are frequently reported within dental settings. Suctions and hand-pieces are usually used during treatment procedures for a time period exceeding the recommended and permissible National Institute for Occupational Safety and Health (NIOSH) exposure limits.

Dental practitioners suffer from tinnitus twice as much as normal medical practitioners. In 2013, a study conducted in the UAE showed that out of 177 dentists, 21% reported hearing related problems after working in the dental office, while 37% reported the occurrence of tinnitus. Also, dental students were found to experience a temporary threshold shift (TTS) following the use of dental hand-pieces in their laboratories. It may be noteworthy to mention here that repetitive TTS can often lead to a permanent threshold shift.

Hearing loss can be treated with hearing aids but the hearing capability itself cannot be restored. Preventing exposure to loud and prolonged noises is very important and can be easily achieved through some modifications in one's work environment.

# TINNITUS AND LOSS OF HEARING IN DENTISTRY!

## Methods to Prevent Hearing Loss:

- Maintain a good posture and an appropriate distance from patients while a hand-piece is in use
- Undertake regular annual audiometry check-ups
- In selecting dental equipment, consider noise level as an important factor
- Ensure periodic maintenance of your dental equipment
- Use hearing protection devices whenever possible

## Selecting Dental Equipment

Electrically powered dental equipment may produce lower levels of noise. Also, new hand-pieces such as the “GENTLE-silence LUX” from KAVO now available in the market may offer less noise production; equivalent to 55 decibels.





# TINNITUS AND LOSS OF HEARING IN DENTISTRY!

## Maintain Dental Equipment

Insufficient lubrication contributes to noise, together with the resultant bearing wear and turbine failure. These are associated with an increased level of noise production from air turbine hand-pieces.

## Hearing Protection Devices

These give good protection to the dental professionals from potential noise damage; however the dentist must be able to hear sufficiently in order to communicate with the patient.

- Earplugs

- o Custom earplugs [softer voices but still audible]
- o Electronic earplugs [allows soft to modest-level sound reducing damage]

Custom  
Earplugs



Electronic  
earplugs

## References:

- A Peer-Reviewed Publication written by Rebecca Mervine, AuD, MA, CCC-A
- Elmehtdi, HM. (2013). Noise Levels in UAE Dental Clinics: Health Impact on Dental Healthcare Professionals. Journal of Public Health Frontier, 2(4), 189–192.
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# OMNICHROMA: ONE SHADE FITS ALL

Mr.Fares Nasereldin Al Hajeb, Supervised by Dr.Mohannad Nassar

## Introduction:

Most composites today depend on the chemical color of the dyes and pigments added to the resin material to emulate certain shades of human teeth. OMNICHROMA is the first one-shade universal composite that matches every tooth from A1 to D4 and beyond with a single composite shade. Featuring groundbreaking shade-matching abilities, this innovative restorative material is the culmination of 35 years of research and development by Tokuyama Dental. Omni comes from the latin word omnis which means all. Chroma is the strength or relative purity of a color. ONMICHROMA's Smart-Chromatic-Technology is the first use of structural color in composite dentistry as the main color mechanism. As ambient light passes through the spherical fillers in OMNICHROMA, they generate red to yellow structural color which are the natural colors found in all human teeth. The red to yellow color combines with the reflected color of the surrounding tooth to create a seamless match for almost every patient eliminating the need for any pigments or dyes.

## Chemistry:

Material components include: uniform sized supra-nano spherical filler (260nm spherical SiO<sub>2</sub> - ZrO<sub>2</sub>), composite filler (260nm spherical SiO<sub>2</sub> - ZrO<sub>2</sub>), filler loading is 79 wt% (68 vol%), and the resin matrix monomer including 1,6-bis(methacrylethyloxy carbonylamino)trimethyl hexane (UDMA), and triethylene glycol dimethacrylate (TEGDMA).



# OMNICHROMA: ONE SHADE FITS ALL

## Usage:

- Direct anterior and posterior restorations
- Direct bonded composite veneers
- Diastema closures
- Repair of porcelain/composite



Advantages	Disadvantages
1. Simple inventory management	1. Low stain resistance
2. Saves time*	2. Average radiopacity
3. Reduced composite wastage	3. Smaller sized filler particles lead to:
4. Unprecedented color matching	• More polymerization shrinkage
5. High compressive strength	• Poor physical characteristics
6. Highest wear resistance	• Reduced flexural strength
7. High polishability	
8. Exceptional handling	

\*According to a recent survey, OMNICHROMA adds up to a time-saving of almost 20 hours per year. This universal composite gives this time back to dentists by eliminating the need for shade selection and streamlining the restorative process.

## References:

1. [https://www.accessdata.fda.gov/cdrh\\_docs/pdf17/K173275.pdf](https://www.accessdata.fda.gov/cdrh_docs/pdf17/K173275.pdf)
2. <http://www.dentalgrouppractice.com/omnichroma-one-shade-fits-all.html>
3. Omnichroma from Tokuyama Dental. (2019) Decisions in Dentistry, 5(2), 44
4. <https://www.tokuyama-us.com/wp-content/uploads/docs/OMNICHROMA-Brochure.pdf>
5. <https://omnichroma.com/us/wp-content/uploads/sites/4/2019/01/OMNI-TechReport-Color-Final.pdf>

# WHAT ARE YOUR CAREER GOALS?

Information provided by: Dr.Dragana Gallagher , Dr.Husain Ahmed, Dr.Ahmed Jasim, Dr.Ismaeel Mahmood and Ms.Mehriya  
Edited by: Dr.Zainab Riaz & Supervised by: Dr.Jodat Askari

If you wish to set yourself apart from other dental job candidates, pursuing a master's degree following your bachelor's in dental surgery is the way to go. Not only is that going to help secure your career better, but it also contributes further in your personality development making you capable of handling all sorts of challenging situations. If you are confused and are wondering where and how to apply for your post-graduate education, worry no more.

Following are some countries that offer well-recognized post-graduate degrees/residency programs in dentistry that you can look up, and apply for with the help of these simplified career path flowcharts. Good luck!





# WHAT ARE YOUR CAREER GOALS?

## The United States of America.

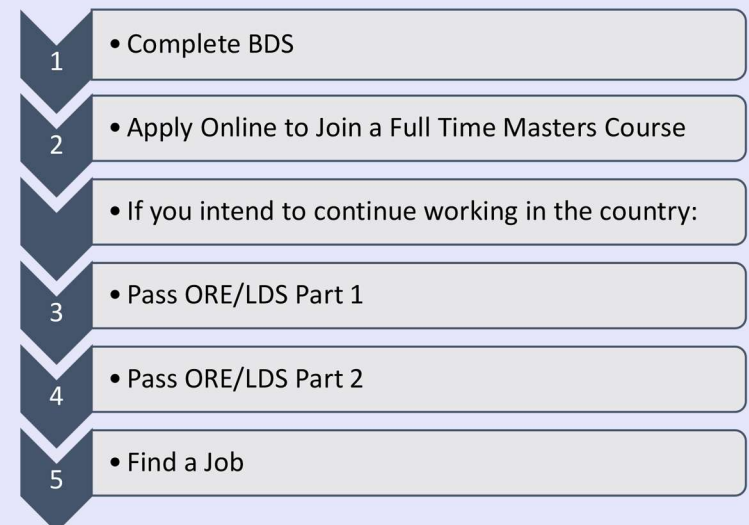
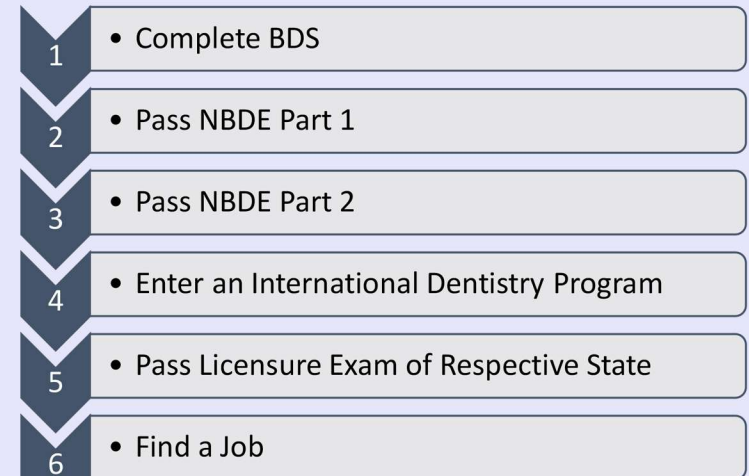
Upon successful completion of your BDS, you need to apply for and clear your National Board Dental Examination (NBDE) Part 1 followed by Part 2 for licensure or if you intend to apply for postgraduate studies in different dental specialties in the country. After that, you can apply online to enter an international dentistry program of your choice and wait to hear back. Henceforth, pass the licensure exam of the respective state and start looking for your dream job.

## The United Kingdom.

Join a full time master's course by applying online to universities or by meeting the country representatives personally.

If you intend to work in the UK:

Pass the Overseas Registration Exam (ORE Part 1&2) or the License in Dental Surgery (LDS Part 1&2) license exams conducted by the General Dental Council in the UK. Once you have cleared the exams and met other requirements, start finding a job!



# WHAT ARE YOUR CAREER GOALS?

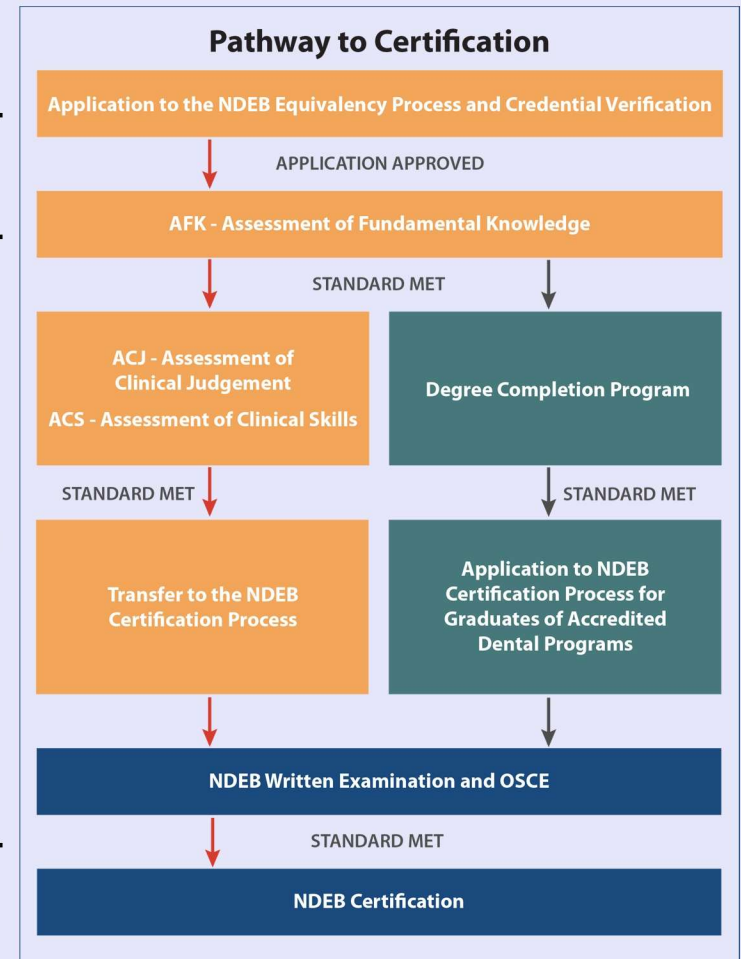
## Canada.

Internationally trained candidates must carry out a web-based self assessment before moving forward with the certification process. If you find yourself eligible, apply to the NDEB equivalency process and get all your documents verified.

Following your equivalency, an assessment testing your fundamental knowledge will be conducted. Once the standard for this particular test is met, your clinical skills and judgement will then be assessed.

If it proves necessary for you to attend a two-year advanced training program, do so. Once you have successfully completed the NDEB equivalency process and/or an approved two-year advanced training program, you must complete the National Dental Examining Board of Canada's examinations. Once you have cleared the written and OSCE examination, you will then obtain NDEB certification and can apply for a provincial licensure.

As per your plan, apply to universities online for a master's program of your choice and wait to hear back or find a job if you intend to work.





# WHAT ARE YOUR CAREER GOALS?

## Germany.

There are no masters' degree programs in dentistry in Germany as dentistry is not split into bachelors and masters in the country. However, if you wish to apply for their residency programs lasting 3-4 years, the following steps apply.

Enroll into a language school, for example, the Schiller language school. Once you get accepted, you can begin learning the German language which is an essential requirement in order to work there.

The language school itself will apply for you to different universities and hospitals in the country. You will then be employed and paid accordingly as a resident in a specialty program of your choice.



# WHAT ARE YOUR CAREER GOALS?

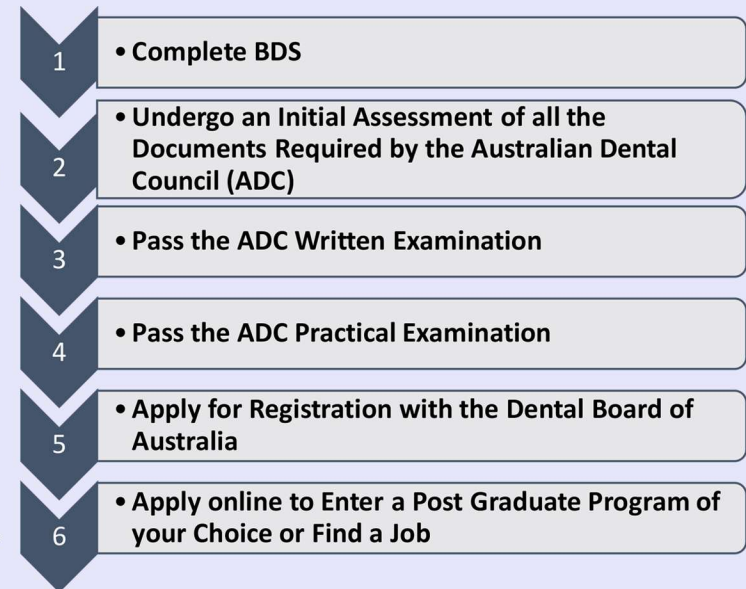
## Australia.

Initial assessment: Assessment of the required documents following a BDS/DDS degree and a license in either your home country or country of training. Fill the online application form and submit all the supporting documents required in order to receive a candidate reference number from the ADC.

Written examination: Held over two days and consists of four, 80 question, multiple choice examination papers. The examination is held in multiple locations in Australia and overseas.

Practical examination: Held over two days and consists of a technical skills day and a clinical skills day. The examination is held at the ADC examination center in Melbourne. Candidates are eligible to sit the practical examination within three years of successful completion of a written examination.

As the final step in the assessment process, candidates will then be eligible to apply for registration with the Dental Board of Australia to work and/or to apply to universities for further studies.





# WHAT ARE YOUR CAREER GOALS?

Looking for something different in dentistry? Tired of just working in the clinics all day long? Fret no more. Dentistry is so much more than just that. Take a look at these non-clinical dental programs and get a new outlook on the field. You can thank me later.

## Research in Dentistry

## Masters in Sciences of Leadership & Dental Education

-RAKCDS in collaboration with Academy of Leadership Sciences, Switzerland.

## Dental materials and equipment

-Queen Mary University of London, University of Birmingham, University of Leeds, UK

-The Indiana University School of Dentistry, US

## Administrative Dentistry

-Academy of Learning Career College, Ontario, Canada

-Dental Business Administration Training Academy, Vancouver, Canada

## Dental Public Health

-The University of Iowa, US

-Harvard School of Dental Medicine

-The University of Manchester, UK

-University College London, UK

## Sports Dentistry

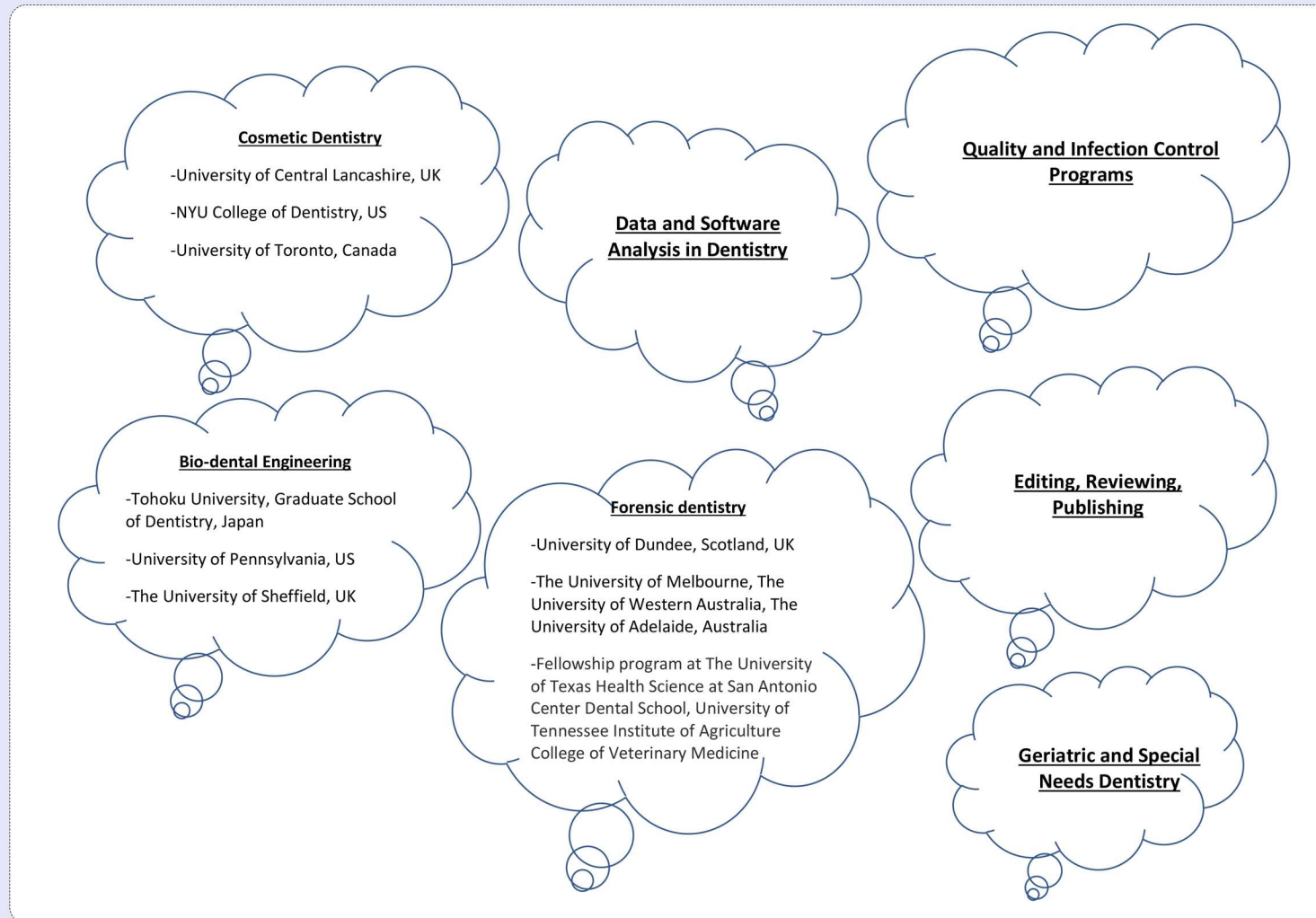
-Manchester Metropolitan University, UK

-University College London, UK

-Academy for Sports Dentistry, US

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# SERVING HUMANITY!

Written by: Abdullah AlZaidi

Believing in humanitarian acts is a part of our duty not only as dentists but also as humans first. We have established and found a volunteering group that seeks the help of others across the globe. Throughout our journey in Nepal and Tanzania, we managed to treat more than 7000 patients with just the basic available armamentarium.

Believing in the cause of bringing joy and drawing smiles on people's faces, we went on a trip to Sri Lanka where we treated around 864 people in just three days. Within the limitations of our knowledge we helped out as many people as we could. Using this platform, we would like to promote our trip reaching out to other young dentists in order to help out more communities.

We would like to raise awareness of dental volunteering in the world and particularly on social media platforms. Volunteering is based on giving and sharing with no financial compensation and requires a lot of heart and selflessness which is rare these days. Doing a good deed is a beautiful thing, it's always a great feeling to help someone and see how happy it makes them.

# SERVING HUMANITY!

This is the link to our video:

<https://drive.google.com/open?id=1f9AfhfiablefrDTDbfsuLZUMmtD9K242>

And these are the links to our pages:

<https://www.instagram.com/missionandmercy>

<http://www.missionsandmercy.org/>





# RAKCODS ADMISSIONS ARE OPEN FOR 2019-2020 NOW!

Program: Bachelor of Dental Surgery (BDS)

How to apply?

Just visit: [www.rakcods.com](http://www.rakcods.com)

Click "**Apply Now**"

Create your own username & password

Upon receiving the information by email, fill up the Online Application Form selecting **BDS as your first option**

Admission Criteria:

80% overall marks in Grade 12 with the science subjects; Biology, Chemistry and Physics and a passed proficiency test of English Language (IELTS, TOEFL etc).

Students can apply on the basis of their grade 11 results and get their provisional offer letters now.







*And the journey continues . . .*