May, 2018

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A stage for dental students to show their talented skills

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Dr. Ionut Luchian
IADS President
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Dear Friends,

It is a great pleasure for me to address you in yet another issue of the IADS Magazine. You are holding now not just a few pieces of paper and some ink, but hundreds of hours of work of many people who dedicated their time and efforts to create this magazine for you.

I read a book called “The Storytelling animal” recently, and it’s all about us, humans. We love stories, we strive to read and hear stories, we make up stories and tell them to each other. This magazine is a way you can get awesome stories we make for you, the stories which can change your life forever.

My interest in IADS sparked when I heard a story of a friend of a friend who went somewhere to exchange and had the best time of his life there. And of course, I started to want it too, I joined meetings, went for exchange and so on...It has been an amazing experience so far.

What would be your story with IADS?

Just flip the page and experience it for yourself. Read it, tell your friends, colleagues and teachers to read it, post it on your facebook or reach to us and tell us what you think.

See you in IADS somewhere!

ANDREY BALTAEV

Editor-in-Chief

Dear IADS members and fellows,

Welcome to the newest issue of the oldest dental students publication worldwide “IADS Magazine”!

This March, I went with my ExCo colleagues, association delegates and members to the amazing Mediterranean island of Cyprus and we were lucky enough to be generously hosted by LOC from NCADS “Northern Cyprus Association of Dental Students” who managed to make our week on the island as one of our rare lifetime experiences. Statistically, it was a cool bonus for IADS family which was enlarged by welcoming 5 new member students organizations from Lithuania, Kenya, Iraq, Uganda and Ethiopia. IADS MYM’18 was about the brand new IADS constitution, fresh delegates, bright visionary discussions and normal IADS entrainment dosages of parties and friendly gatherings.

Today, you are invited to another IADS multicultural, missionary and entraining tour. Our history is part of our supreme entity that we all feel proud of, that’s why Silvi and Khaleed executed exceptional interview with one of IADS notable alumni Dr. Ionut Luchian from Romania. From Iasi to Tartu, Ave Pold is taking you for a brief and mind blowing tour in her tiny but diverse country Estonia. Then she tells you what happened at land of pharaohs “Egypt” at the IFMSA March Meeting 2018 where she was delegated on behalf of IADS. Flying from Hurghada to northern Italy, Adelin gives you the final report of IADS TNT SRT event that took place there under organization of AISO.

Because dentistry is a revolutionary advanced discipline, Sri and Esraa are writing to you about the Virtual Articulators which are newly introduced technology, while Amna and Dana wrote about the dental setups at primary and basic schools and its potential impact on oral health of school children.

Speaking about Missionary IADS, or humanitarian mission of IADS, Alakyaz and Banoub write to you on the implications of multimedia on evidence based dental practice (EBD). It’s not all yet, as IADS Lite section, report of IADS Photography Contest, report of IADS People are waiting for you too.

It’s bright obvious that IADS Magazine is model of successful teamwork between writers, proofreaders and designers who all work hard and together to generate what could hopefully be entertaining and informative to IADS wide scale audience. Thanks IADS Editorial Board!

ABANOB YOSRY

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2017/2018
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Northern Cyprus, or what I like to call, a little piece of heaven that fell by mistake to make the most gorgeous spot on planet. From the amazing weather to the great nature, this country held so much love to stay at from the very first sight. Northern Cyprus is a part of the Turkish republic that is located at the north of Cyprus Island, landing near both Lebanon and Turkey boundaries. It has a soft, cool air in the day, and a bit of cold in the night that only a light jacket can restrain. The location by the sea is more than magnificent as one wakes up and indulges with the view of a blue, serene sea and calm sky. As a scientific IADS program, the expected exceptional lectures handled the recent subjects’ dental students needed to know, from the correlation of systematic diseases to implant abutment impression at a pro level. Professor Bezgin shed lights on a recent endodontic regeneration technique in young permanent teeth that has become a controversial important subject discussed for dental students worldwide. Another interesting subject was the use of laser in dental field suggested by Professor Yilmaz in both soft and hard tissue implications. Nevertheless, the conference was not missing its lovely orthodontic lecture handling every patient’s attention nowadays: invisalign; that is the transparent braces of our era. Digital work flow, stem cell regeneration, minimal invasive techniques in dentistry where discussed as well including all recent dental filed applications away from extension for prevention and Black’s old rules. Overall, updated dentistry was discussed for both undergraduate and postgraduate dental students handled at ease with simple, understandable, English words. As a part of the IADS program, training where held to increase the intellectual student capabilities. Doctor Marc from France, gave a treasury training session, that discussed how a treasurer manages to make his tasks without undergoing any miscalculation mistakes using Excel and Google Drive. Another training session included teambuilding, which is one of the most beneficial programs that helps being a part of a group without the ego of only being a leader, learning how to share, help, and listen; oh and much fun activities! Near East University (NEU) and Northern Cyprus dental student association (NCADS) lead by Dr. Ferdyte hosted a peaceful Dental Congress in cooperation with Puzzle Travel agency that contributed to logistics preparations from A to Z for both
both the scientific and social programs along with accommodation in the beautiful Merit Park Hotel and Casino in North Cyprus. Their preparations where extraordinary leveling both quality and time management. At the general assembly, the heart of IADS, the delegates of each country gathered on a round table to share the country profile along with Executive Board review for their past work. The most important issues to be noted are the adoption of a new constitution and the joining of Iraq, Lithuania, Kenya, Ethiopia and Uganda to the association, they’re most welcomed! Another issue discussed was the next MYM meeting, and it was set to happen in Strasbourg and you’re all welcome to join. As always, the working groups came up with great new ideas for how we can keep on improving our association. The program also included a presentation from ROCS, an elite dental brand that’s now sponsoring IADS by their fine products in either whitening the teeth or protecting them. ROCS not only handle prevention and esthetics but are also leaders in implants and prosthesis and their main concept with IADS included dental hygiene practice and how to handle with their products.

As it is very important to relax after a day full of meetings and lectures, the social programme was one that indeed helped us cut back, enjoy ourselves and make some friendships and memories that we will never forget. On the first night, the opening ceremony was held in the Near East University Car Museum, which stunned everyone and not just those who have a passion for cars. Afterwards, the party continued in Retro Lounge, and it was followed by a room party, as they already became a tradition between us. On the second night, we had a traditional dinner where we tried all kind of different, and absolutely delicious, Northern Cypriot foods.

The next day, it was time for Exchange Fair. The weather allowed us to have our favorite party in an open space, which made this night even more amazing. Traditional food, drinks, outfits and gifts were brought from all over the world for us to get to know better the culture of our new friends. On our last night, the Gala Dinner was held in the hotel. Everyone dressed in their fancy outfits came to celebrate one more together, and enjoy the time that was left of this meeting. Since we did not want to stop the party so early, we went back to Retro Lounge and then partied in the hotel. What is also important to mention about the social part of the MYM is that the bartenders in the hotel lobby bar quickly became our buddies since both IADS and TNRC people are some of the friendliest kinds.

The post-congress was also held on Kyrenia, for those who were lucky enough to spend two more days there. The group went sightseeing, discovering the city, the old monastery and the harbor, together with a local guide who told them all about the history of those places. The fun continued at night with clubbing and karaoke so it was, as Martina from Finland said, “an awesome ending to the week”.

As a conclusion, it is fair to say that the overall experience was one that no one will forget for sure. The local organizing committee did an amazing job in helping us have the time of our lives and through this article we want to thank them again for all the efforts that they put in making this happen. The sea, the weather, the venues, the scientific programme, the parties and most importantly the people around us are merely pieces of this puzzle that was put together by the LOC and the result is one of the greatest weeks of our year. Hoping to see you all soon, we say “See you in Taiwan”, because “Together is better”.

Alexa Dogaru / Romania
Zeinab Jaber / Lebanon
In February, Tunisian Dental Students’ Association organized a 18-25 days TNT event to improve personal and professional life by learning new different skills. The aim was to introduce communication, presentation, creativity, and improvisation skills. The second day was dedicated to training on communication and presentation. The third day focused on learning how to manage time, as every doctor must know how to plan patients in advance and approximately imagine the time needed for each procedure. Students had to be able to manage their daily schedule and finish everything planned at the end of the day. The fourth day was about managing stress, keeping calm, and controlling feelings during various situations, and also had a training for motivation which is surely the most important thing in every single action you do! The fifth day was a little bit different from previous ones; SRT sessions were delivered in the university to more than 60 students who were divided into some groups and had to make a presentation about different topics. Last 3 days were left for traveling and doing some sightseeing in the city and popular touristic places.
Thoughts about TNT Tunisia from trainers:

**Souha Sboui**
She did a great job while delivering the sessions as she created a bond between her and the trainees. The impact of Souha on the trainers was huge and her experience in previous TNTs helped her a lot.

**Abdallah Elkhatim**
One of the best trainers that I saw them delivering in my life. He masters what he is doing and he passes the information smoothly and in a clear way.

**Aya Sakr**
She is the youngest one between the trainers that’s why she was a little shy at the beginning but then she found herself and she delivered her sessions in a great way.

“Finally, I want to say that it was a life-changing experience for many people and I am more than happy that we hosted such an event in Tunisia. I think the next challenge is that we host TOT Program. Thank you for providing us with such opportunity.” - Sami Amri (TNT Tunisia 2018 Chairman)
The Prince Mahidol Award Conference (PMAC) is an annual international conference focusing on policy-related health issues. More than 1500 people who are involved as key role people in global organizations were invited to the event. The conference was supported by many sponsors and contributors from all over the world.

PMAC 2018 is co-hosted by Foundation the World Health Organization, the World Bank, the United Nations Development Programme, the Joint United Nations Programme on HIV/AIDS, the International Organization for Migration, the Global Fund to Fight AIDS, Tuberculosis and Malaria, the U.S. Agency for International Development, the National Institutes of Health, the Japan International Cooperation Agency, The Rockefeller Foundation, the China Medical Board, the Chatham House, and the Bill & Melinda Gates Foundation.

PMAC 2018 also provided an important setting for fostering policy and strategic action by engaging multi-sectoral experts in zoonosis and AMR, as well as climate change and related environmental fields from across the public and private sectors, international organizations, foundations, academics and non-governmental organizations, as well as critical players in Global Health Security Agenda (GHSA). Importantly, a PMAC sponsored “Making the World Safe from the Threats of Emerging Infectious Diseases” would build on PMAC 13’s highly successful conference on One Health and lead to real change.
International Association of Dental Students (IADS) participated in the Prince Mahidol Award Conference (PMAC) in Bangkok, Thailand during 29th January to 3rd February 2018.

As a part of the delegation of the World Healthcare Students Alliance (WHSA), IADS collaborated with International Pharmaceutical Students’ Federation (IPSF) and The International Federation of Medical Students Associations (IFMSA) and had a productive discussion in the conference sessions as well as an enjoyable time during the conference period.

The conference provides us the opportunity to show the importance of interprofessional collaboration in fighting against infectious diseases.

More information: http://pmac2018.com/site/home

Pongkarn Kanjanawattana / Thailand
IADS Editorial Board Member
The sun is barely showing its face when the plane hits the ground. It is an inspiring Sunday morning, and the moment you step out the plane, the Alps standing up north as firm as ever are recreating the glorious view Leonardo da Vinci himself must have experienced. It is like all of Lombardy dressed up to applaud our choice - the choice of walking an unknown path promising future self development and knowledge. Cause what other promises would drive people for hundreds or thousands of miles than the promises of evolution and success?

Yet this place is merely a pit stop because the final destination were all our dreams will find their answers is going to be Pavia. So we must leave behind the Alps, Bergamo and even the more famous Milano. Of course theNaviglio Pavese is not an option so we pretend Trenord was the only option from the very beginning.

No matter personal preferences, arriving Pavia one feels confidence flooding all the senses. Firstly because you hope that you can catch at least the slightest form of wisdom just by breathing the air of what once was Albert Einstein home. As if brains can be caught as catching the flu... Anyway, secondly because once the delusion passes you realize that all those years studying medicine were not in vain since you recognize the name of Camillo Golgi, Nobel Prize winner in Medicine and former student of University of Pavia. But if any of you still wonder if this overwhelming confidence over time did not become a permanent status, I want to be clear: the dense rain vanished any trace of what was left awaiting for the unfolding of what once was Albert Einstein home. As if brains can be caught as catching the flu... Anyway, secondly because once the delusion passes you realize that all those years studying medicine were not in vain since you recognize the name of Camillo Golgi, Nobel Prize winner in Medicine and former student of University of Pavia. But if any of you still wonder if this overwhelming confidence over time did not become a permanent status, I want to be clear: the dense rain vanished any trace of what was left awaiting for the unfolding of what will be Pavia’s TNT.
Training New Trainers (TNT)

self development program is not an IADS invention. But I guess foreseeing the tremendous benefits of such a program amongst dental students is. Mostly because it underlines a paradigm shifting truth: soft skills matter in the equation of who you will be as a dentist.

As our trainer put it: our calling is not only to clean, drill, cement, straighten, cut, place implants or whatever else you can imagine yourselves doing...our calling is to change lives so we could change the world. And if the technical part is for sure acquired during your studies, there is still a big concern regarding the emotional, personal, psychological part. Who are you without the handpiece? Does it matter?

No one told us that EQ is not only the way you face fear, anxiety or the way you focus on delivering your best. EQ is not a psychological test score. EQ is a skyscraper that encompasses all your abilities portraying a better image of yourself to the world, than your past exam results. If something will predict your career better, that something is EQ.

And so we saw that the TNT was all about what companies we should offer space in our skyscraper. We started with Intercultural learning as we live now in a world without borders and if we want to make the full of it, we have to understand our neighbors, we have to respect them. It becomes clear that in order to do so, we must know how to communicate so public speaking and communication presentations offered some valuable insight. Then we focused on leadership and team building, just to find that in order to perform creative thinking will always be required. And of course, never forget that the last floor is kept for the CEO - emotional intelligence itself.
IADS mission

Did I ignite your curiosity? Because this is precisely my point. This is not a travel journal...it is a serious statement about what IADS does. We look for something in your eyes. Those little sparks, that curiosity, that real interest and hope and we as a supporting family bring a lot of matches to start a fire so big that one day will fill the entire students community so that all of us may live our lives fully, up to our incredible potential. Why? Because we are in the happiness business.

What else?

Now, some of you may probably wonder if this was it. Well, not quite... We don’t forget that we are to become dentists and for that purpose we spiced our week with clinical activity at Pavia University Clinic and with workshops. And for this, we thank Tokuyama for letting us play doctors with their impressive composite (you should have seen those class IV... the closest thing to nature you ever witnessed). Also, many thanks to Hu Friedy for sharpening our minds as well as our instruments in a very needed workshop. And how could we forget Rhein 84? Their workshop was fun and energetic as well as really useful. I guarantee those dentures won’t fall again...

Thank YOU!

It seems to me that we are getting to the bottom of it. Are we? Not without mentioning the musketeers that made this TNT possible: Giulia, Stefania, Ugo, Alberto and probably a lot more from the Italian Dental Students Association in Pavia. Or without mentioning the musketeers who came from Italy, Romania, Slovakia, Sudan by citizenship and also from India and South Korea by birth. Or how could someone forgive our Training Officer, the amazing Deniz Yenidunya, who is working very hard behind the scenes to make all TNT’s possible? And last but not least a very unexpected help - Gabriel Toma who came as a trainee and ended up as a great addition to our training family with all the games and ideas he provided? They all brought this TNT to life with their unique contribution. In my humble opinion, I believe that more than friends we all who attended Pavia, became a part of IADS family and we honestly came to understand that together is better! For that reason on behalf of all, I wish you students around the world the same experiences!

To our sponsors:

Francodental, Hu-Friedy, Rhein 84 and Tokuyama. We cheerish your financial support and active involvement. Without you this TNT would have remained nothing more than a beautiful dream. Thank you!

Adelin Radu / Romania
This year during 1st-7th of March our partner organization, the International Federation of Medical Students’ Associations (IFMSA) held their annual meeting in Hurghada, Egypt. I went there on behalf of the IADS and witnessed a week full of interesting trainings, sessions, new people and got lots of great ideas for development and cooperation within our association as well.

I arrived a few days before the GA to attend the Global Health Advocates training. It was organized by several members of the TOM (Team of Officials) or IFMSA and consisted of various sessions and tasks.

All together there were several 3-day trainings happening at once that were attended all together by around 300 people.

My GHA group consisted of 17 people. In general, we learned about how the UN and the WHO work, how to write policy statements, policy documents and other political writings. We had a chance to practice elevator pitching, lobbying for advocacy issues during high-end meetings, working on global topics and most importantly networking.

I am very glad to have been part of this training as I strongly believe that dental students in general have been way too distant to global health topics for way too long. Based on this knowledge and contacts we will start organizing also global & public health trainings for our members of IADS and initiate a systematic focus area on global health. Dentistry and oral health comprise a huge part of global healthcare and there are enormous issues where we must have our say and work towards Universal Healthcare. As the medical students have been active regarding these topics already for a long time, it is very comforting to know that they will help us to get started as well.

I also attended a few days of the GA of IFMSA and it had a big “Wow” effect on me. The MM2018 was attended by around 1200 people and there were delegates from around 100 countries. It was extremely interesting to watch and see how a federation of such capacity works and functions. Their GAs have a very different structure compared to the ones of IADS with some sides we could definitely use and others definitely not yet.

I just noticed that this article became something very “official”, so I’ll add a bit about the venue and atmosphere as well.
The meeting was held at a beautiful venue, the Sahl Hasheesh Resort. It looked as if a huge palace next to the sea with gardens, pools and waterslides at the back. It was very warm as well with temperatures rising up to 27°C during the day and the seawater around 18°C. This was like summer for me coming from Estonia where we had -15 and snow at the time. The people I met there were lovely, smart and fun. I knew and had worked with some IFMSA officials before so it was very much fun to meet them again or in some cases for the first time. The week was packed with meaningful day sessions and fun evening social events.

In general, I was very pleased with the meeting. As an external I was taken much care of, we managed to discuss future potential platforms of collaboration between IADS and IFMSA and most importantly start working on building a strong network of interprofessional collaboration.

All I can say now is stay tuned, work with IFMSA, IVSA and IPSF also nationally in your countries and regions and let us know more about what cool global and public health events your countries are organizing and students attending.

Ave Põld / Estonia
CHAIRWOMEN OF EXTERNAL RELATIONS COMMITTEE
Photography Report

“From the idea, we will create the stage that all dental students around the world can show their ordinate talented skill”

From the very beginning we, Editorial Board, had the vision to create the event that could gather all talented dental students to show their skills in the competition. For this reason, in 2018 February for the very first time we organized “International Dental Student Photo Contest”.

We have worked hard on selecting the judges who are experts in dental photography, held meetings online for strategy of the project promotion and create the fair regulation as well as find company sponsor.

42 dental students from all over the world submitted for their photos and in the end we came up with 2 winners:
1. Winner chosen by Judges:

Salem Shurrab
Palestine
Al-Azhar University-Gaza

Caption:
You reach success when you decide to succeed, regardless of all the circumstances around you.

"An 18 years old lost medical camera under the name of Salem W. Shurrab, was found in an abundant old clinic named Gaza-Palestine".

I knew that by mixing all what is between my hands (from my career to the harsh circumstances of the my society Palestine) together would create this masterpiece. My city lives in a severe siege and this was my inspiration for taking my contest photo, as my caption of the photo says: You reach success when you decide to succeed regardless of all circumstances around you, in other words - Gaza students aim is to reach success regardless of any circumstances, willing to achieve their goals. I was certainly deliberate of showing the real environment of the general atmosphere of Gaza dentistry student due to the continues cutting off of the electricity,

he is forced to use a big battery to operate the device of drilling which costs a lot, even the lighter he put in his forehead is not commonly used by dentistry students around the world, just here in Gaza to light the place.
2. Winner chosen by Facebook

Ayah Sayed
Egypt
Future university

Caption: 

*whenever you feel low.. remember.. you’re a SMILE MAKER*

The best kind of winning when you join something that makes you better than you used to be, that makes you know, the real you and what you can do in no time. The story begins when I started to see the post for photo contest applications and some photos talking about Dentistry and the theme which is “DEN-IS-TRY “. I started to figure out how the competition is hard especially with a strong competitor (the Palestine guy) who has 1K likes, I was like “no way”, the competition is already started, I’m late and it’s impossible to win! But guess what! The impossible exists.

I’ve always believed that what’s better for me in this life will never come easy without the hurdles, tears and people who disappoint you. I’ve never been a part of IADS actually. But I can say, that IADS is the spirit. IADS photo contest gave me the passion I need to make my energy full, to dream and float and I’m really proud that I made it so far. Moreover, it wasn’t that easy to think about the idea of the theme, it took me 5 years to survive in dentistry, so 5 years of trying, 5 years to stand and not to give up, 5 years of accepting rejection and failures and 5 years of challenges. Maybe I want the very good of everything despite the challenges, so here I am saying it out loud again “whenever you feel low remember you are a smile maker “. Keep on practicing, keep on working more, cuz you are a smile maker :)

Editorial Board wants to say a very big thank you for judges who contributed to this contest and helped us to select the winner.

The judges:
1) Dr. Arthur H. L. Partiyan
2) Luis G. Quintero
3) Malek Ghorbel
4) Abanob Yosry
5) Dr. Montri Chantaramungkorn

Greta Kersyte
Pongkarn Kananawattana

/LITHUANIA
/THAILAND
Estonia is a small country located in Northeastern Europe with an area of around 45,000 km² and a population of 1.3 million. It is a member of the European Union and the NATO. The capital and biggest city, Tallinn, is a UNESCO heritage site due to its marvelous medieval Old Town, that invites tourists from all over the world. Estonian language is considered one of the most difficult languages in the world together with its neighbor language Finnish.

Estonia has a very interesting history, dating back to around 10,000 years ago, when the first people inhabited these areas. Throughout centuries we have been under foreign powers such as Denmark, Germany, Sweden and Russia. For more than 50 years we were under the Soviet occupation as well. All this has made our culture quite interesting and mixed. Our capital’s name means “Danish town” when translated, we have German food and architecture and most Estonians can also speak some Russian from time to time. The Republic of Estonia is celebrating its 100th anniversary this year with great festivities taking place all over the country and abroad.

Estonia is often mentioned using words such as “digital”, “electronic”, “e-state”, etc. We like to mention to every single foreigner that Skype was invented here (true story), that we are privileged to vote online at home during state elections, we have eHealth, eResidency, highest density of start-up companies and so on. Long story short, Estonia is quite an innovative, tech-savvy country where interestingly enough 52% of land is covered with forest.
Now a bit about dentistry in Estonia.

Both dentistry and medicine can be studied in our oldest university, namely the University of Tartu. The dental faculty was officially opened in 1938 and is now functioning as the Dental Institute of the university. One course consists of 32 students; at the moment we do not have an international course but definitely in the future, it will be also possible to study dentistry in English.

It takes 5 years of studies to become a dentist in Estonia with the studies divided between 2 years of mostly general medicine followed by 3 years of mainly dental subjects. Students can start working on patients from the third year and after graduation they can go to work in a clinic or open their own private office. There are also various postgraduate specializations a graduate can apply for: pedodontics, endodontics, oral and maxillofacial surgery, periodontology, prosthodontics, orthodontics. The specializations are highly competitive to get accepted to, as only a few spots are open every 2-3 years.

The Estonian Dental Association was founded in 1921. It unites dentists in Estonia - organizes various courses, stands for dentists’ rights and helps them in various professional matters. It is not compulsory for dentists to be members of the EDA but rather warmly recommended as it also grants them malpractice insurance.

The Estonian Dental Students’ Association was founded after Estonia became independent again in 1991. The EstDSA unites all dental students, stands for their rights, organizes courses and social events. Each spring we have a big dental conference for students and dentists, last year it was also international for the first time with lecturers and participants coming from all over Europe. The association joined IADS in 2015 and EDSA in 2016. We actively participate each year in organizing local and national campaigns for World Oral Health Day, we have also joined other prevention-related campaigns such as the Mouth Action Month in November. On a national level, the association works hard on prophylaxis, going regularly to kindergartens and schools to teach children about oral health.

Estonia is a small yet very diverse country. Dentistry in general is at a very good level, most of our clinics are equipped with the newest technology and knowledge. The EstDSA is very happy to be a part of the IADS and plans to organize more events for our international colleagues to come and witness this beautiful country named Estonia.

AVE POLD /ESTONIA
IAD Stories

Interview with Dr. Ionut Luchian
In this section of our magazine we tell stories of our alumni in hopes of inspiring young generations to pursue their dreams and aspire to always aim higher. For this interview we bring to you Dr. Ionut Luchian. He is a lecturer and Assistant Professor in Grigore T. Popa University of Medicine and Pharmacy, Faculty of Dental Medicine, Department of Periodontology. He was International Scientific Officer of IADS 2009-2010. He was Chairman IADS 2010-2011. He was also an Immediate Past President IADS 2011-2012.

1. Firstly we’d like to know a little about you. Who is Dr. Luchian? How did you decide to study dentistry?

First of all, allow me to thank you for your kind invitation. It’s always a pleasure to hear from IADS. I never found it easy to talk about myself because I don’t know where to start from or what to emphasize. I am a regular person who tries, all the time, to do things properly in his professional life. I have wanted since I was a kid to study medicine. I think that practicing in the medical field is more like a mission than a profession. You have to possess certain qualities like determination, motivation, ambition, strength and in the same time it’s mandatory to build your career on humanity. In my case dentistry was just an option based on my first choice, medical field.

**Periodontology is the most 'medical' out of the dental specialties**

2. You are a specialist in Periodontology. For all our readers that are making their post grad career choices, could you tell us why you picked periodontology? Looking back now, would you pick it again?

Well, this is a very good question. I like to say that periodontology picked me instead of me choosing periodontology. Some people say that periodontology is less appealing when we compare it to other dental specialties. I always say that periodontology is the most 'medical' out of the dental specialties and I see it as combination of internal medicine with plastic surgery. Periodontology is the best choice for people who like challenges and integrating the general status of the patient in their daily dental practice. In the same time periodontology is the perfect option for individuals fond of research. Looking back, I would pick periodontology earlier, instead of waiting for it to pick me.

2. You are a specialist in Periodontology. For all our readers that are making their post grad career choices, could you tell us why you picked periodontology? Looking back now, would you pick it again?

IADS was one of the best periods of my life because I learnt a lot and I made friends for life. My first IADS meeting was the MYM in Ljubljana- Slovenia in 2008. It was a great experience and I was impressed by everything. I went back home and I said to my colleagues that we have to bring IADS to Romania.
In 2009 we hosted in Iasi the 56th IADS&YDW Annual World Dental Congress where I was the Chairman. I still remember the hard work that we did for organizing such an event and I am proud of my colleagues from the LOC for the passion and devotion they invested. I would like to express my special gratitude here for my lifetime friends Alexandra Wattad, Ciprian Meriuta, Ioana Meriuta, Cosmin Popa, who were part of that team. After the congress I became, for a short period of time, International Scientific Officer for filling up the vacant position until the elections. In 2010 I was elected IADS President in Brno in a sensitive moment for the association. The responsibility and the pressure were huge. I tried, during my term, to bring back the equilibrium in the organization and assure a smooth transition from one period to another. I was lucky to work with an incredible Executive Committee and I am proud of all them. I would like to take a minute to thank the members of the ExCo 2010-2011: Dr. Stefania Rado (General Secretary), Dr. Babak Sayahpour (Treasurer), Dr. Kajika Florykova (Czech Republic), Dr. Lena Malaty (Egypt), Dr. Pavel Scarlat (ISO), Dr. Tomaz Spindler (IPP).

5. Could you say being a member of IADS has positively affected your career?

Definitely YES. IADS was both part of my professional and personal life. My career wouldn’t have looked the same without IADS, because the association taught me that sky is the limit when you work hard to reach your goal.

The moment when you realize that a patient’s appreciation is more important than the pay check itself.

6. There is a general idea among young undergraduates, if not also the community that a periodontist only deals with plaque and tartar on teeth, though we all know it doesn’t include just that. Could you tell us of a moment or a specific case that made you realize there’s a lot more to it?

Periodontology might be neither the most spectacular nor the most profitable dental specialty but for sure it is the most biological one. A periodontist definitely deals with much more than plaque and calculus. In the last decades alone there were established many links between general diseases and periodontal status. Nowadays we are focusing extensively on the influence of periodontal disease on controlling systemic diseases. The case that will stay in my heart forever is a young patient with diabetes and kidney transplant. The patient was referred to our clinic due to a gingival overgrowth and she was desperate. Not only that the surgery went well but we manage to save the remaining teeth and also provide a splinting for the patient. Since then, I always receive a Christmas card from her. This is the moment when you realize that a patient’s appreciation is more important than the pay check itself.

7. You are in your mid 30s and you are a specialist in periodontology and a lecturer, it must have been tough, what keeps you going?

4. Have you followed up and noticed any difference in IADS during the past years?

I am happy to see that IADS is in a continuous evolution. Although many years passed since I retired from IADS, I am extremely happy to notice the multitude of projects and the impressive work of the association.
I can’t say that it was easy and still it is not easy. You should never sleep on your achievements and start going further immediately. I really love teaching and researching and maybe the thought that one day I could make a difference in a student life keeps me going. There were many sacrifices on the way but I have never regretted anything. Performance requires sacrifice. In the end, it’s all about what you have left woven in the lives of the others.

8. What do you do during your leisure time, well apart from studying?

I am an absolutely normal person. I love cars, I like traveling, I am fond of classical music and visual arts. I never miss my gym training no matter what.

9. Is there anything else you would like to add on?

I rarely accept interviews due the lack of time. But I really enjoyed this one because I think that it might send a positive message to the newer generations.

10. Is there any advice you would like to give to our readers, especially the ones considering periodontology?

My piece of advice for your reader is to choose a specialty with their heart and not because of the profitability of a certain field. Doing what you like will make you feel like you are never going to work. I would feel extremely happy if after reading this interview, at least one student was convinced to choose periodontology for his or her advanced training.

We would like to thank Dr. Luchian for this interview. It was as informative as it was inspiring, and it hit home with the story of the young patient and the advice. We hope to see your light always shine brighter and brighter Dr. Luchian and also hope our new generation follows in your footsteps.

Silvi Domnori / Turkey
Khaleed Umar / Nigeria
Imagine a day in the prosthetics department and you have an exclusive oral examination session with your professor, irrespective of the country you are located, we all would have come across the following questions: which articulator should I use? How far are they adjustable? How much are they anatomical? Surely these questions for a moment would leave us puzzled....

We are in the world of growing technology, each and every day some new things keep up popping and dentistry is influenced by it. Virtual reality is one of such things and we all must have heard of it. If not to simplify things it is that technology which gives you an immersive feeling of virtual world in reality. Virtual reality dentistry provides us with so many tools ranging from mock surgery planning, predicting treatment results, etc. which help us to communicate better with our patients.

Articulation have been one of the most crucial yet an cumbersome procedure in dentistry because it deals with the intricacies of human masticatory system and whenever a new articulator or technology related to occlusion is developed, it is tested to find out how far they simulate the same. Virtual articulator in simple terms is a software tool that does articulation of your digital models. The basic algorithm of this technology was developed by Kordass and Gartner in 1999. There are basically two types of visual articulators: completely adjustable and mathematically adjustable. The latter is an average value articulator. The first part of algorithm is to obtain scanned model, it can be done either directly with intraoral digital scanning or
indirectly - scanning of the models that are obtained through the conventional impression techniques. Following scanning, we use a jaw motion analyser, obtain articulated models on our screens which can be simulated accordingly for various mandibular movements. With the evolution of facial scanners like Facehunter combined with T-scan we obtain instantaneous data on facial profile and occlusion which can be used for treatment planning and CAD-CAM milling of the prosthesis. So what about the future in this field? Virtual haptic articulators are currently in R&D, so it is basically newer evolution where you will have haptic feedback.

So is virtual articulator a reality or replacement? Even though with strenuous concentration and hard work small amounts of errors tend to be present when we manually orient and articulate a cast, in the upcoming era of digital dentistry virtual articulators will be the key to success and help us to get closer to the beautiful world of human masticatory system.

I would like to thank and offer my gratitude to Late.Emeritus.Prof.Dr.E.G.R.Solomon

Esraa Mohammed / Sudan
Srinivasan Narasimhan / India
¿Has escuchado que...

...un grupo de cirujanos en China implantó con éxito una mandíbula elaborada con una impresora 3D a un niño de 10 años? La intervención se realizó en enero de este año, pero recién se ha podido conocer tres meses después, una vez que se confirmó que el paciente puede hablar y comer sin problemas. El niño sufrió una fractura en la parte inferior derecha de su mandíbula tras someterse a una cirugía para extirparle un tumor. La operación duró tres horas y fue todo un éxito. El implante (una mandíbula de titanio) se ajustó bien a los huesos y articulaciones contiguas. [1]

...la periodontitis se asocia a un mayor riesgo de cáncer? Un estudio dirigido por investigadores de la Facultad de Medicina de la Universidad Tufts en Boston (EE.UU.) alerta que las personas que padecen periodontitis presentan un riesgo mucho

...actriz Demi Moore dos dientes por el estrés? Las situaciones de estrés se pueden manifestar de varias maneras, como cambios en el pH de la boca (que como mal menor, provocan alteraciones en el color de las piezas), o con bruxismo (apretar los dientes de manera involuntaria, síntoma que padecen el 17% de los pacientes con estrés). [2]
mayor de padecer un tumor, muy especialmente de pulmón o colorrectal. "Esta asociación parece que podría deberse a la elevada y continua presencia de mediadores de la inflamación derivados de la agresión bacteriana en la periodontitis", señala de la Universitat Internacional de Catalunya UIC Barcelona. [3]

...los piercings causan Hipersalivación? Los piercings en la cavidad oral, sobre todo en la lengua, producen esta alteración que puede ser muy incómoda y molesta. [4]

...el departamento de Odontología de la Universidad de Londres ha creado una pasta de dientes que actúa mientras el paciente duerme? Esta pasta contiene un vidrio bioactivo llamado BioMinF, que rellena los huecos existentes entre los dientes y al mismo tiempo, libera calcio, fosfato y fluoruro. El invento puede revolucionar el mundo de la odontología, pues a largo plazo, esta sustancia podría sustituir el uso de herramientas. Además, sería muy útil para revertir el daño causado por bebidas y comidas muy ácidas. La principal ventaja de BioMinF respecto a intentos anteriores de crear productos similares es que éste libera las sustancias mucho más despacio, durante unas ocho o nueve horas. [5]

...dos usos diarios del enjuague bucal predisponen a la diabetes? Un nuevo estudio publicado en Nitric Oxide a cargo de investigadores de la Universidad de Harvard ha puesto el punto de mira en dichos enjuagues, llegando a sugerir que el uso excesivo de este líquido antibacteriano podría acabar también con microorganismos beneficiosos para la salud bucodental, algo que en consecuencia acabaría aumentando el riesgo de obesidad y diabetes. Así lo afirman los investigadores de la Universidad de Harvard tras estudiar a más de 1.200 individuos que usaban este líquido antibacteriano una media de dos veces al día. Según sus hallazgos, estos individuos tenían hasta un 55% más de riesgo de acabar desarrollando pre-diabetes -azúcar elevado en sangre sin llegar al diagnóstico de diabetes- o directamente diabetes mellitus tipo 2 en un tiempo de tres años. [6]

...el vino previene la caries dental? La revista americana Journal of Agricultural and Food Chemistry publica el estudio español que demuestra los beneficios del vino para prevenir enfermedades dentales. Los antioxidantes que se encuentran en el vino, como los polifenoles, han sido asociados desde hace años como poderosos ayudantes para su salud. Si bien es sabido que el vino, tinto y blanco, es de naturaleza ácida y ello implica un debilitamiento del esmalte y pérdida de color -motivo por el cual es recomendable tomar un vaso de agua tras una copa para eliminar residuos y equilibrar el PH de la boca- ello no supone que por este motivo nuestra salud dental corra riesgo. Así, tal y como han demostrado los científicos del CSIC, los antioxidantes del vino tinto evitan que las bacterias que causan la placa se adhieran al tejido de las encías. El efecto fue aún mayor cuando los antioxidantes se combinaron con un probiótico oral: Streptococcus dentisani, que inhibe el
crecimiento de la placa. [7]

...instrumento fue usado en la Edad Media para extracciones dentales? Se utilizaba un instrumento terrible llamado “el pelícano dental”, y más tarde una “llave dental”, parecido a los fórceps para extraer los dientes. [8]

...el médico francés Pierre Fauchard, que practicó a finales del siglo XVII y principios del siglo XVIII, se le acredita como el padre de la odontología? Es alabado por sus explicaciones científicas de la anatomía oral básica y procedimientos dentales pioneros como la eliminación de la caries y el trasplante de dientes. Pero también recomendaba enjuagarse la boca generosamente con orina... la de uno. [9]

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Patients Stumbling Between Multimedia and the Real Deal

To most of us, it is unimaginable how social media has recently been the biggest influencer in shaping how people perceive the world around them, including taking decisions which affect their general wellbeing. Even though most of these decisions seem to be harmless, there are actual cases in which some patients take reckless decisions based on non-evidence based information they see or hear that might transform their lives upside down; which is why as dental students today and future dentists tomorrow, we need to always bear in mind that social media is a very powerful double-sided sword, and it is up to us to determine which side of it dominates for the benefit of the common.

The Universal Declaration of Human Rights states that everyone has the right to seek, receive and impart information through any media regardless of frontiers in Article 19; and to be able to put this into practice as dentists, we need to fully comprehend and re-contextualize it in terms of our dental profession. Thus, in other words, all patients have the right to receive, process and share evidence-based information regarding their dental health in plain language, which will in turn aid them make informed decisions regarding their dental healthcare without the interference of purely business-intended, non-evidence based temptations.

In the mid-twentieth century, the interest in Patients’ right to be informed regarding their medical status and proposed treatment plan appeared in the United States. The implications of the exercise of this right reside in helping and protecting both the patient and the practitioner in terms of various aspects. First is from an ethical point of view; where patients need to clearly understand their current medical status in order to be able to make wise choices regarding their treatment approaches proposed by the practitioner, whenever applicable. Second, is from a medico-legal point of view; which protects practitioners by making patients share part of the responsibility for the decided treatment plan. Third is from a clinical point of view; since informed patients show more cooperation during treatment as well as commitment to the practitioner’s post-operative instructions, leading to increasing the success rate of the procedure. And fourth, is from a human rights point of view; where fulfillment of the patients’ right to necessary information is attained according to human rights standards and principles.

In our day-to-day practice we see patients falling into many common pitfalls, and it is our responsibility to raise as much awareness to prevent such incidents. In simple steps, we can shift the equilibrium towards disseminating adequate, evidence-based health literacy through social media; such as adopting a more humanitarian standpoint and turning ‘giving back to the society’ into a lifestyle, spreading awareness in our clinics on daily basis as well as holding regular oral health awareness campaigns, especially in marginalized and less-advantaged societies, dedicating enough time for proper history taking, assessment and treatment planning with the patients, developing the habit of taking written consents for guaranteeing patients are well-informed about the treatment course and possible outcomes, being responsible about what we share on social platforms, and last but not least, holding important positions in the future, in governmental and non-governmental organizations alike, for improving dental public health-related policies and programs.

References:

ALAKYA\Z_ ASSADORIAN
MOHAMED BANOUB

/JORDAN
/EGYPT
Rubber dam indications:
1. Too much saliva
2. Patient that doesn’t shut up
3. Patient you don’t like

What’s worse than an agitated patient
Their agitated spouse who comes in every 2 seconds to ask if it’s hurting.

There’s two extremes when it comes to patients
1. Those who have perfect teeth yet come to you for whitening or veneers.
2. Those who are only left with black roots and claim to have no problem or need of treatment whatsoever

We have gone from “getting mad at our dentist for telling us it won’t hurt” as kids into telling our patients that “the pain is in their head.”

When people ask about last movie I saw... watching dental videos on

What does "MD" mean?
Doctor of Medicine. (X)
Oh, I simply read it as Mesial & Distal

Intern: Do you have any health issues in general?
Patient: No, I’m perfectly healthy. Let’s start.
Assistance asks same question minutes later. Patient is tragically dying of all possible systemic conditions

Intern: Close your teeth as you normally do
Patient: Class 3
Assistant: Close your teeth as you normally do
Patient: Class 1

Rubber dam
You go to get yourself some cement.
Dycal is now swimming in a pool of saliva.
1. If one assistant doesn’t approve of your work, ask the other one.

2. Composite is more easily adhered to the applicator tool than the tooth.

3. Single crowns can fly away at any time into another dimension.

4. The patient with the most difficult extraction will always come in an emergency as you are closing the clinic for the day.

5. Composite is prone to fall off the applicator into the mouth just as you’re about to condense it into the cavity.

6. You forget to ask one patient if they have eaten, prior to performing anesthesia – that patient will faint.

7. You tell your patient “Do not close your mouth” – patient feels the need to voice out the reply by saying “Okay!”

8. That K-file you decide to use one last time – it will break inside the canal.

9. That 3rd degree mobility tooth you think will come out easily during extraction – it will break into pieces.

10. That need to scratch your face right when you are elbow deep in your patient’s mouth.

11. If you have made anesthesia wrong, just tell your patient that it’s a pressure.

12. Random patient with 4 rooted molar endo: finished in 20 min

13. Relative patient with single canal endo: contra breaks down, perforation and 3 broken files.

14. There is always that weird child who stays calm during isolation, anesthesia and drilling but starts to cry when you start filling.

15. When your patient cancels his appointment because he tooth hurts.

In the end we tempted to make a joke about sodium but... Na!!
In IADS I am working just for the year but during this short period of time I have managed to see many benefits that IADS can give! You not only can meet a lot of new people, make connections for the life, but also discover a new side of youself, improve your own skills and develop as a personality as well as specialist. I am really passionate about position I am having now and I will do all my best to keep on working in IADS in the future too! And even though Lithuania has never been very active in IADS before, I hope I can change it and begin this journey so the future generations would understand how interesting, beneficial and at the same time fun it is to be a part of IADS family!

Opportunities are the life saving drug, yes you read it right. IADS was my life saving drug. IADS gave me the platform to interact with legends and learn the nuances from them, thereby helping me to discover my inner potentials. I would like to quote Dr. Stanley “Being part of a bigger game” and being part of IADS just makes sure of it.

The picture here is of IADS Congress in Bangkok in Thailand, one of the most precious moments of my life. It was the first ever international stage for a young rookie to deliver his research guided by a Legend of dentistry. This picture takes me down on my memory lane on the beautiful moments I spent with my mentor Dr. E. G. R. Solomon and my core team members of TPCC. Thank you IADS for giving me this opportunity to cherish our beautiful dentistry, looking forward for more happy moments in our family.

Being a part of IADS family, gave me confidence and motivation to push my boundaries and reach so many people. On one of the events of World Oral Health Day in a suburban school, I came to realize my influence on People and especially Children as a Dentist. I am still a student and I am still learning but making a difference and teaching those children about diet made me feel great about myself. I would not have done this if I was not a part of IADS Prophylaxis!
SCHOOL DENTAL SETUPS

When it comes to oral health, there is a crisis which schools face, the world over. In the United States of America, one child in every seven children is experiencing tooth pain right now. It is reported that in the USA, over 51 million school hours are lost each year, due to poor dental health of the school children because tooth decay is the most common childhood disease. Interestingly enough, 16 million children in the USA lack access to basic dental care. Therefore, The American Dental Association (ADA) has supported the need for school-based dental care. In their view, ‘school-based oral health programs can play an imperative role in preventing and controlling dental disease in children and adolescents and can assist in referral of those patients to establish a dental home’. 2

Dr. Alfred Fones began the first school dental health program in the U.S. in Bridgeport, CT in 1914.3 The emphasis of the program was on dental hygiene and after five years of service, the incidence of dental caries in permanent teeth of the participating children was reduced by 33.9% compared to a control group of fifth graders. Since then, the idea of establishing school dental centers became widespread.

School dental centers have evolved into various forms. Some programs provide services in school clinics with stationary equipment (a small permanent dental clinic set up within the school area), in a room in the school building using portable equipment (a space temporarily allocated for a portable dental office) or in mobile vans that park at the school. The dentist at the school dental center performs dental examinations on the school children and performs various dental procedures like cleaning, fluoride treatment, dental sealant application and fillings, if needed. Dental X Rays can also be taken, if the radiographic facility is available. Apart from this, the school dental center is a hub for patient education regarding oral health awareness and prevention of dental disease.

Sterilized and disposable supplies are used for each child. The data is recorded very carefully and is compared with their previous records to monitor the change in dental health. All insurance plans are accepted at the school dental center and in some setups, a reduced fee is offered to families who
do not have an insurance plan. Parents receive a written report of the child’s visit along with referrals to specialists like restorative dentists, orthodontists or oral surgeons, if needed.

Services may be targeted at schools with a high proportion of low income students or should be offered to all students in a school district. Dental providers such as dentists, dental hygienists and dental assistants work as solo practitioners, employees, contractors, volunteers or students based upon the state practice acts.

School dental centers are not only found in the United States of America. Countries like Singapore and New Zealand have also incorporated this facility in their schools to reduce the incidence of dental disease in children. This shows that the idea of school dental setups is well known. In order to combat dental disease in school children, in the rest of the world, school dental setups should be built to promote and lead to better oral health of the school children present in various parts of the world.

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HU-FRIEDY UNIVERSITY PROGRAM
GROWING TOGETHER

ACCESS TO HU-FRIEDY WORLD

PROFESSIONAL EDUCATION

COMMUNITY