



QDH / NL | 2024 - Vol 1 Issue 2 (July-Dec)

# NEWSLETTER



## **CHIEF EDITOR**

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## **ASSOCIATE EDITOR**

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Administrator - QDH



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# QDH BULLETIN



# EDITORIAL MESSAGE



## Chief Editor

Prof. Dr. Navid Rashid Qureshi  
Principal – College of Dentistry

Dear Colleagues and Readers,

I hope this message finds you well. As we strive to enhance communication and collaboration across all departments at Qamar Dental Hospital, I am thrilled to invite each one of you to make our upcoming newsletter truly your own.

Our newsletter is a powerful platform for sharing updates, achievements, and innovations within our esteemed institution. We believe that each department has unique stories, successes, and developments that deserve recognition and celebration. Therefore, we're extending an invitation to all departments to contribute and make the Qamar Dental Hospital Newsletter a reflection of the diverse talents and accomplishments that define our organization.

**Share Your News:** Whether it's a breakthrough in research, a successful patient case, or a notable achievement within your department, we want to hear about it. Share your news, and let's celebrate together!

**Showcase Your Team:** Introduce your team members, highlight their expertise, and share the collaborative efforts that contribute to the success of your department.

**Upcoming Events:** If your department has upcoming events, workshops, or training sessions, let us know. The newsletter is an excellent platform to promote and inform our community about these valuable opportunities.

**Recognition and Milestones:** Has someone in your department received an award or achieved a significant milestone? We want to acknowledge and celebrate these accomplishments together.

**Tips and Insights:** Share best practices, tips, and insights from your department that can benefit others in the Qamar Dental Hospital community.

The goal is to foster a sense of unity and pride in our shared accomplishments. Let's make this newsletter a true reflection of the vibrant and dynamic community that is Qamar Dental Hospital.



## Associate Editor

Prof. Dr. Tahera Ayub  
Administrator QDH

Dear Colleagues and Readers,

As the Associate Editor of our Dental Newsletter, it is my pleasure to invite you to explore the diverse array of content we have curated for this issue. We take pride in sharing insights into our hospital's activities, faculty achievements, health awareness campaigns, patient feedback, and departmental news.

Our faculty's dedication to advancing dental care is evident in the impactful initiatives highlighted throughout this issue. From groundbreaking research to community outreach, their contributions resonate with our commitment to excellence.

In our **health awareness section**, we aim to empower you with knowledge to prioritize your oral health. The expertise of our faculty is distilled into informative articles designed to enhance your well-being.

**Patient feedback** is a testament to the quality of care we provide, and we are grateful for the trust our community places in us. In this issue, we share stories that inspire and motivate us to continually strive for excellence.

Stay tuned for **departmental news**, where we highlight the latest developments in dental treatments and services. Our goal is to keep you informed and engaged with the advancements shaping our field.

We sincerely hope you enjoy reading this issue as much as we enjoyed putting it together. Your feedback is invaluable to us, and we look forward to hearing from you.



## In Loving Memory of Syed Qamar Razi Naqvi: A Life of Honor and Service

On behalf of the whole Qamar Dental Hospital Community, we would like to honor and remember **Syed Qamar Razi Naqvi**, a man whose life was a testament to unwavering dedication, leadership, and compassion. As the Chairman of the Al Razi Foundation, he devoted himself to philanthropic endeavors, leaving an indelible mark on the lives of countless individuals and communities.

His tenure as Director of Darul Sehat Hospital and Liaquat College of Medicine & Dentistry was characterized by a relentless pursuit of excellence in healthcare and education. His vision and leadership helped these institutions flourish, ensuring they provided top-notch services and training to all who walked through their doors.

Syed Qamar Razi Naqvi also served as an advisor to the Sindh Mohtasib-e-Ala, where his wisdom and counsel were invaluable. His commitment to justice and fairness shone brightly in this role, impacting many lives positively.

His legacy extends to his time as the President of Anjuman Sadat-e-Amroha, and his roles as Chairman of Sadat-e-Amroha Cooperative Housing Society and Abuzar Ghaffari Cooperative Housing Society. In these positions, he worked tirelessly to uplift his community, demonstrating his unyielding dedication to improving the lives of those around him.

In the banking sector, as the Senior Vice President of Habib Bank Limited, Syed Qamar Razi Naqvi exemplified professionalism and integrity. His contributions to the financial industry were marked by a commitment to ethical practices and innovative solutions.

Syed Qamar Razi Naqvi's life was a beacon of hope, resilience, and service. His impact will be felt for generations to come, and his memory will forever remain in our hearts. Today, we celebrate his extraordinary life and the legacy he leaves behind—a legacy of selfless service, profound wisdom, and an enduring commitment to the betterment of society.



**Syed Qamar Razi Naqvi**

# QDH HEALTH DRIVE – ABBOTT PHARMACUTICALS



On April 23rd and 24th, 2024, the Qamar Dental Hospital (QDH) conducted a highly impactful health drive at Abbott Pharmaceuticals, spearheaded by **Dr. Saim Siddiqui** under the expert supervision of **Prof. Dr. Tahera Ayub**. This comprehensive initiative focused on promoting oral hygiene and providing dental checkups to Abbott employees, fostering a culture of preventative care and health awareness.

The two-day program included detailed oral hygiene instructions, personalized dental consultations, and atraumatic restorative treatments (ART), significantly benefiting the participants. The success of this drive highlights the dedication of QDH to enhancing community health and underscores the importance of corporate collaboration in promoting wellness.







# Ensuring Safety: Biomedical Waste and Infection Control

## Inspection at KKF Dental OPD

On a mission to enhance hygiene and infection control, a dedicated team from Qamar Dental Hospital (QDH), led by Dr. Saim Siddiqui, conducted a thorough inspection at the Khidmat e Khalq Foundation (KKF) branch of dentistry at Liaquat College of Medicine and Dentistry. Accompanied by Mr. Ammar Ahmed, Assistant from the Oral Surgery Department, and supported by the Quality Assurance (QA) team from Darul Sehat Hospital, including Mr. Samuel and Mr. Johnson, this collaborative effort aimed to uphold and elevate biomedical waste management standards.

Prof. Dr. Tahera Ayub played a pivotal role in formulating this team and facilitating smooth collaboration between QDH and the Darul Sehat Hospital QA team. Her leadership ensured a coordinated and comprehensive approach to the inspection process.

The inspection, overseen by Dr. Samir Azeem, Incharge of KKF Dental OPD, and involving Dr. Sadia Ahad, the nominated candidate for the biomedical waste and infection control program at KKF, focused on both evaluating current practices and imparting essential inspection skills. The team meticulously reviewed infection control protocols and hygiene standards, identifying areas for improvement and recommending enhanced disinfection protocols to minimize cross-infection risks.

The results of the inspection were shared with the concerned authorities, highlighting the importance of stringent infection control measures for healthy patient management. This initiative underscores the commitment of QDH and its partners to ensuring safe and hygienic dental care environments, ultimately benefiting both patients and healthcare providers.





# International Annals of Health Sciences Launch Celebration



The prestigious launch of the *International Annals of Health Sciences* was celebrated with great enthusiasm, hosted by **Prof. Dr. Navid Rashid Qureshi, Principal, College of Dentistry**. The event marked a significant milestone in academic publishing, reinforcing the institution's commitment to high-quality research and interdisciplinary collaboration in health sciences.

The morning was made even more delightful with a traditional **halwa poori** breakfast, adding warmth and camaraderie to the occasion. Faculty members, researchers, and esteemed guests gathered to commemorate this achievement, sharing their aspirations for the journal's impact on global healthcare advancements.

This launch reflects a new era of scholarly excellence, where innovation and knowledge dissemination will pave the way for future breakthroughs in medicine and dentistry.

# ORAL HEALTH AWARENESS

## Gum Disease: The Silent Threat to Your Oral Health

Oral health is often overlooked, but it plays a crucial role in overall well-being. One of the most common yet neglected dental issues is **gum disease (periodontal disease)**—a silent threat that can lead to serious health complications if left untreated.

## What is Gum Disease?

Gum disease is an inflammatory condition affecting the gums and supporting structures of the teeth. It begins as **gingivitis**, characterized by red, swollen gums that bleed easily while brushing or flossing. If untreated, it can progress to **periodontitis**, where the infection spreads, causing gum recession, bone loss, and even tooth loss.

## Causes & Risk Factors

Several factors contribute to gum disease, including:

- ✓ **Poor Oral Hygiene** – Inadequate brushing and flossing lead to plaque buildup.
- ✓ **Smoking** – Tobacco weakens the immune system, making it harder to fight infection.
- ✓ **Diabetes** – Uncontrolled diabetes increases the risk of infections, including gum disease.
- ✓ **Hormonal Changes** – Pregnancy and menopause can make gums more sensitive.
- ✓ **Genetics** – Some individuals are more prone to gum issues due to hereditary factors.

## Symptoms to Watch For

- ◆ Swollen, red, or bleeding gums
- ◆ Persistent bad breath
- ◆ Receding gums or loose teeth
- ◆ Pain while chewing



## Prevention & Treatment

- **Brush Twice Daily** – Use fluoride toothpaste and a soft-bristled brush.
- **Floss Regularly** – This removes plaque from between teeth.
- **Visit the Dentist** – Routine check-ups and professional cleanings are essential.
- **Quit Smoking** – Tobacco increases the severity of gum disease.
- **Maintain a Healthy Diet** – Nutrient-rich foods support gum health.



Gum disease is preventable with proper care and awareness. By prioritizing oral hygiene and seeking early intervention, you can safeguard your smile and overall health.

**Remember, healthy gums mean a healthy body!**



# CEREBRAL CONUNDRUMS

Find the hidden dental terms in the grid below

## Word List:

1. Enamel
2. Plaque
3. Cavity
4. Dentist
5. Gingiva
6. Molar
7. Floss
8. Implant
9. Orthodontics
10. Fluoride

K	J	F	T	T	A	X	S	E	F	Y	V
R	D	D	P	L	A	Q	U	E	L	T	T
A	S	S	C	E	C	V	A	S	E	I	N
L	M	S	G	I	N	G	I	V	A	V	A
O	L	O	U	K	Z	U	B	Y	L	A	L
M	T	L	Y	R	Y	X	R	J	D	C	P
E	K	F	Z	T	A	D	B	N	C	Y	M
G	Z	I	U	P	W	N	X	J	M	U	I
V	K	S	F	F	L	U	O	R	I	D	E
B	X	Q	E	W	D	E	N	T	I	S	T
D	E	N	A	M	E	L	I	U	N	P	L
O	R	T	H	O	D	O	N	T	I	C	S



# Mastering IM/IV Injections: A Pioneering Training Initiative by Qamar Dental Hospital



Under the visionary leadership of **Prof. Dr. Tahera Ayub, Administrator, Qamar Dental Hospital**, this initiative aims to enhance clinical proficiency in **intramuscular (IM) and intravenous (IV) injections**. Recognizing the critical role of precise administration in patient care, this training empowers healthcare professionals with essential skills to ensure **safe, effective, and confident** injection techniques. By fostering hands-on learning and clinical excellence, Qamar Dental Hospital continues to set new standards in medical education and patient safety.



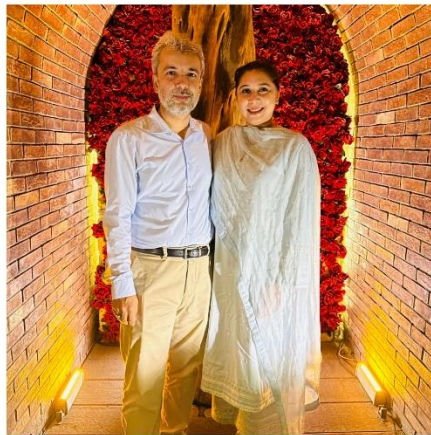
# QDH CELEBRATES: Our Administrator's Matrimony

**Heartiest Congratulations to Prof. Dr. Tahera Ayub & Dr. Shirjeel Hussain!**

On behalf of the entire **Qamar Dental Hospital family**, we extend our warmest congratulations to our esteemed **Administrator, Prof. Dr. Tahera Ayub**, on her joyous wedding with **Dr. Shirjeel Hussain**. This beautiful union marks the beginning of a new chapter filled with love, happiness, and countless cherished moments.

Dr. Tahera, your dedication and leadership at QDH have always been an inspiration, and today, we celebrate not just your professional excellence but also this wonderful milestone in your personal life. May your journey together be blessed with **harmony, laughter, and everlasting companionship**.

Wishing you both a lifetime of love, prosperity, and beautiful memories ahead!





# PATIENTS FEEDBACK

**Farhan Raza MR No: 162318**  
**Periodontology Department**  
**Treated for scaling & polishing**

*"Very Professional environment,  
Doctors are very friendly and  
dedicated"*

**Naseem Khan MR No: 164537**  
**Operative Dentistry Department**  
**Treated for root canal**

*"Waiting is very long, but for the  
quality of treatment provided its  
worth it"*

**Abdul Rasheed MR No: 157854**  
**Operative Dentistry Department**  
**Treated for tooth fillings**

*"The doctors are quite co-operative and  
understanding, the equipment &  
machinery needs improvement"*

**Afsheen Saba MR No: 162075**  
**Prosthodontics Department**  
**Treated for Zirconia Bridge**

*"Very economical compared to  
clinics and I love the way my  
smile looks now"*

**Nadeem Ahmed MR No: 164482**  
**Pediatric Dentistry Department**  
**Treated for pulpectomy**

*"Very professional doctors, handled my  
child very well"*

**Fawad Ahmed MR No: 162200**  
**Orthodontics Department**  
**Treated for braces**

*"The doctors and staff are very  
cooperative. My orthodontic  
case is being handled very  
professionally"*

**Farah Naz MR No: 155847**  
**Oral Surgery Department**  
**Treated for tooth extraction**

*"Reasonable charges, completely  
satisfied from doctors and services"*

**Shazia MR No: 156505**  
**Oral Surgery Department**  
**Treated for tooth extraction**

*"Quick Response and on  
time treatment"*

**Anwar Ali MR No: 160465**  
**Prosthodontics Department**  
**Treated for dentures**

*"Very Cost friendly, staff and  
doctors are very professional"*



# QDH Congratulates

## **Congratulations to Mr. Amir Waliuddin Chishti**

*On His Appointment as Senator of Pakistan – 9th April 2024*

We extend our heartfelt congratulations to **Mr. Amir Waliuddin Chishti** on his prestigious appointment as a **Senator of Pakistan**. This well-deserved honor reflects your unwavering dedication to national progress, community service, and visionary leadership across education and healthcare sectors.

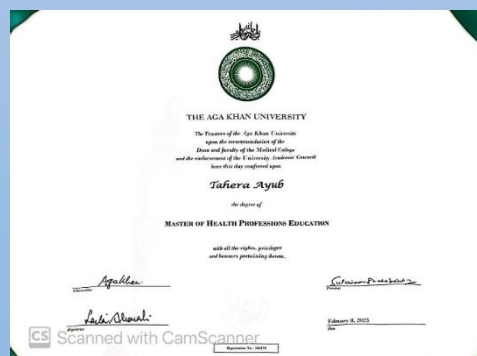
Your presence in the Senate promises a brighter future, and we are confident that your contributions will lead to meaningful change for the betterment of our nation.



**Heartfelt Congratulations to Prof. Dr. Navid Rashid Qureshi** on his esteemed appointment as **President of the Pakistan Dental Association, Karachi**. His visionary leadership and unwavering commitment to dentistry will undoubtedly elevate the profession and inspire future advancements. Wishing him great success in this prestigious role.



**Heartiest Congratulations to Prof. Dr. Tahera Ayub** on achieving the prestigious **Fellowship in Dental Surgery (FDS)** from RCPS and earning a **Master's in Health Professions Education (MHPE)** from **Aga Khan University**. These remarkable milestones reflect her **unwavering dedication, intellectual brilliance, and pursuit of excellence** in dentistry and education. Her accomplishments not only elevate her own stature but also serve as an inspiration for the dental community. Wishing her continued success in shaping the future of healthcare education.





# Annual Research Day



On October 28, 2024, Liaquat College of Medicine and Dentistry (LCMD) proudly hosted its Annual Research Day, With utmost support and guidance from Principal **Prof. Dr. Navid Rashid Qureshi** and under the auspices of the Student Scientific Committee chaired by **Dr. Amna Rehman**.

The framed Certificate of Achievement is an award from the Liaquat College of Medicine & Dentistry, specifically recognizing the College of Dentistry.



It honors the Oral & Maxillofacial Surgery department for securing the Best Departmental Research Award 2024 on Annual Research Day. Centered around the theme "**Discovering Tomorrow's Solutions**," the ceremony took place on October 28, 2024, at the institution

The certificate bears the signatures of Prof. Dr. Navid Rashid Qureshi, the Principal of the College of Dentistry, and Dr. Syed Ali Farhan Razi, the Vice Chairman.

The award signifies recognition for outstanding research contributions in the field of Oral & Maxillofacial Surgery, highlighting the department's dedication to advancing dental and surgical knowledge. It acknowledges the department for achieving the **highest number of publications**, demonstrating a commitment to scholarly excellence.

The event aimed to foster a culture of research and innovation among students, encouraging them to integrate scientific inquiry into their academic pursuits

The event was graced by esteemed chief guest **Mr. Zafar Masud**, (Chairman of Pakistan bank's association President and CEO bank of Punjab), along with respected figures from the academic and research community, including **Prof. Dr. Farhat Jaffri** (HOD Community health sciences, Director research training, Chairman ERB-KMDC), **Pro. fDr. Farida Islam** (Dean of Medicine, at University of Karachi), **Prof. Dr. Aqeel Shaikh** (Ex. vice principal KMDC), **Prof Dr. Khalid Ashrafi** (Counselor Csp, HOD ENT-KMDC), and **Dr. Ghulam Mustafa Butt** (Managing Director Bhitai dental and medical college).

**Dr. Amna Rehman**, received the Best Researcher Award at the Annual Research Day. This recognition is a testament to her dedication to advancing research in maxillofacial surgery, dental sciences, and her commitment to contributing meaningful insights to the scientific community.



# Clinical Orthodontics Mock Exam



On May 29, 2024, the Orthodontics Department at Liaquat College of Medicine and Dentistry (LCMD) hosted a free **Clinical Orthodontics Mock Exam** for FCPS trainees under the guidance of **Prof. Dr. Attiya Shaikh** and her team. The event, financially supported by LCMD, received an overwhelming response, with all seats booked before the deadline.

Designed in **CPSP format**, the session included **TOACS and long case exams**, simulating a real exam environment. A panel of expert **orthodontists and CPSP examiners** from Karachi, including **Prof. Dr. Attiya Shaikh, Prof. Dr. Hasnain Sakrani, Prof. Dr. Shah Faisal, and others**, provided evaluations and guidance. Each examiner offered **individual feedback**, helping candidates refine their knowledge and exam strategies.

The session concluded with **refreshments** for the panel and attendees. LCMD's **Orthodontics Department** remains committed to organizing similar **future workshops** to support trainees across Karachi.



# QDH WELCOMES



**Dr. Summera Kanwal**

**Assistant Professor  
Oral & Maxillofacial Surgery**

It is with great pleasure that we extend a warm welcome to Dr. Summera Kanwal. She is a dedicated Oral & Maxillofacial Surgeon specializing in cleft lip and palate surgery. She completed her BDS from Karachi Medical & Dental College (KMDC) in 2011 and pursued FCPS in Oral & Maxillofacial Surgery from Liaquat College of Medicine & Dentistry (LCMD) in 2022. Her professional training was guided by Prof. Dr. Navid Rashid Qureshi as her FCPS supervisor and Prof. Dr. Ashraf Ganatra as her cleft surgery mentor. Currently, she serves as a Senior Registrar at LCMD and works as a Cleft Surgeon at Muskurahat Foundation Pakistan Trust alongside Prof. Dr. Ashraf Ganatra, contributing to the treatment and rehabilitation of cleft patients. Beyond her professional commitments, she enjoys crochet and beadwork in her spare time.

## MESSAGE FROM PUBLISHING AUTHOR

Dear Readers,

I trust this message finds you well. As the publishing author of the Qamar Dental Hospital Newsletter, it brings me great pleasure to reach out to each department and extend an invitation for your active participation in our upcoming editions. Our newsletter serves as a vital platform for sharing the diverse achievements, innovations, and noteworthy developments within our esteemed hospital. Your valuable contributions play a crucial role in making this publication comprehensive and engaging.

I encourage all departments to consider submitting content that you believe is worthy of coverage, whether it's highlighting successful cases, sharing research findings, or showcasing departmental milestones. Your insights and expertise contribute significantly to the richness of our newsletter.

Please be assured that as the publishing author, I will thoroughly scrutinize all submissions, relying on the esteemed recommendations of our editorial board. Exceptional contributions will have the opportunity to be featured prominently, including the front page, if they stand out as unique or particularly noteworthy. I understand the importance of recognizing and celebrating the efforts of each department, and I am confident that your input will enhance the quality and appeal of our newsletter.

I eagerly look forward to your submissions and the chance to showcase the remarkable work happening across Qamar Dental Hospital. Together, let's make our newsletter a true reflection of our collective achievements and successes.

Thank you for your dedication and contribution to the ongoing success of our hospital.



**Publishing Author**

**Dr. Saim Siddiqui**  
Assistant Administrator - QDH



# OUR COLLABORATORS



**Prof. Dr. Attiya Shaikh**  
HOD - Orthodontics Department



**Prof. Dr. Irum Raja**  
HOD - Prosthodontics Department



**Dr. Amna Rehman**  
Associate Professor  
OMFS Department



**Dr. Sadaf Talha**  
Assistant Professor  
Orthodontics Department



**Dr. Tazeen Zehra**  
Assistant Professor  
Operative Dentistry Department