



ASSOCIATION OF MAXILLO FACIAL SURGEONS OF INDIA
TAMILNADU AND PUDUCHERRY BRANCH

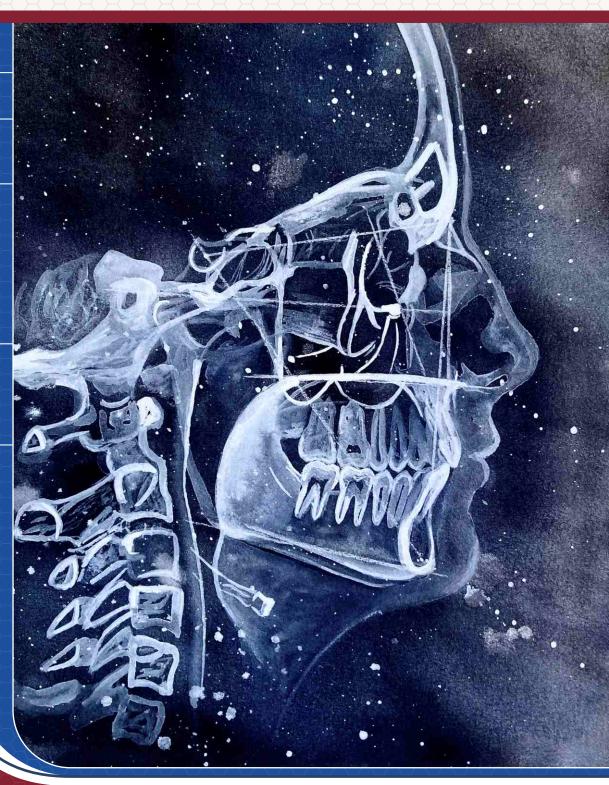
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SEP 2023 to AUG 2024

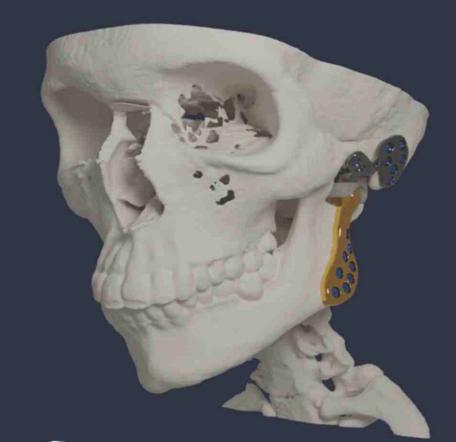
**Editor** Dr. R. Yoganandha

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Volume 1

Issue 3 & 4

Sep 2023 - Aug 2024

#### **Editor**

Dr R Yoganandha

#### **Co-Editors**

Dr J Balaji, Dr Elavenil

#### **Editorial Office**

Prof. Dr. R. Yoganandha

Department of Craniofacial Surgery & Dentistry Velammal Medical College & Specialty Hospital,

Madurai - 625009

e-mail: editormaxfacsurge@gmail.com

Contact: +91 9840390787

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# Editorial

Greetings! What a year it has been... As an association, as a fraternity we have leaped ahead in terms of teaching and training programs, organizing landmark events, awareness campaigns and as I pen this editorial, a couple of days away from our Annual State Conference at Trichy.

While enough has been said, and discussed on the nuances, challenges and advancements in our profession, a changing paradigm and shifting demography on the increasing number of female oral and maxillofacial surgeons in our specialty warrants a greater understanding and emphasis on rethinking the existing norms and improving the facilities in teaching institutions and hospitals of our state and country.

The recent tragic loss of a female medical colleague in Kolkata is yet again a stark reminder of the cruelty that can be unleashed in our society and this time in a hospital premise. While the emerging details and all the events that led to the fateful night gets murkier, it is time we ensure the safety, dignity and ease at working environment for our female colleagues, post graduate students and trainees.

As the scope of our profession has evolved tremendously and more of students visit hospitals and colleges for peripheral postings and fellowships, the Association should be vigilant in scrutinizing the training centers to which our students are sent to. It is need of the hour that the head office establishes a centralized database to ascertain which training centers offers optimal facilities for teaching, hostel/boarding facilities, stipulated training hours and designated areas of work.

The OMFS departments of various colleges should ensure that on-call doctors during night duties are provided safe stay, transport as needed and insist the administration on the need for female hospital personnel during the said postings, as not all dental colleges have an in campus Medical College/Hospital setup.

It may cause a few to think as to why this discussion on the editorial of a newsletter... but it is time we did. We are all wired to the goodness' that engulfs us, but we as a society have borne witness to the unspeakable brutality that has been unleashed on the women of this country. Nirbhaya, Abahya... nothing has changed: the law repeatedly failed to protect the victims then, victims now and we never know what will come knocking on our doors. We don't again want to be mute spectators with arms up in protest, lighting candles, silent marches and holding placards. This effort of ours to restrategize our norms for female OMFS colleagues to ensure their safety at training and work will serve to nurture a greater, stronger and unified fraternity.

Science repeatedly teaches us to adapt, improvise and reformulate — with the humane side of Science, being us. While many of us know, and most of us want to, we are yet to implement the needed changes for female OMFS colleagues and students in our centers and colleges to practice the full scope of their learning and training. Kolkata is a warning bell, and we are all aware not all the centers still have safe standards, or rather safest standards. As an association we need to protect the interests of all the members in our fraternity, but the need of the hour will be a greater emphasis for the safety of the increased number of female oral and maxillofacial surgeons. Food for thought!!!

On behalf of the state office, best wishes to the organizing team of 16<sup>th</sup> Annual Conference of the Association of Oral and Maxillofacial Surgeons of India – Tamil Nadu & Puducherry at Trichy on the 19<sup>th</sup> & 20<sup>th</sup> September 2024.

Warm Regards, *R Yoganandha* Editor-in-Chief



# AOMSI TN & P President's Message

# Dr S THIRUNEELAKANDAN President

Greetings! I am extremelyhappy to share my thoughts for the third volume of Max Fac Surge – Newsletter Chapter on the occasion of the 16<sup>th</sup> Annual Conference of the of Association of Oral and Maxillofacial Surgeons of India – Tamil Nadu and Puducherry. It has been a gratifying tenure at the state office and to have organized and conducted programs along with the members and OMFS Departments of various Dental colleges of Tamil Nadu.

The new membership drive has been delightful and I am certain that in the years to come, this will continue to be encouraging. I am extremely happy with the editorial team for their consistent efforts to bring out this issue.

The road traffic safety awareness programs, Sanjeevani program in association with the IDA HO has had tremendous response. I wish to thank all the members who took efforts to highlight and showcase this event.

My best wishes to the organizing team of 16th Annual Conference of the Association of Oral & Maxillofacial Surgeons – Tamil Nadu & Puducherry Chapter at Trichy.

Warm regards, **Dr S Thiruneelakandan**President – AOMSI TN & P

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#### **AOMSITN & P**

# Secretary's Message

#### Dr K ARUN KUMAR

Hon. Secretary



Greetings!! Happy to pen my thoughts for the conference issue of Max Fac Surge. As the past editor I am aware of the immense efforts and commitment that is required to bring out an issue. My hearty congratulations to the editorial team. As I always remark, the newsletter is a mirror of the Association

This 3<sup>rd</sup>volume of our newsletter continues to showcase various initiatives taken up by our association and activities conducted by our members through their institutions and hospitals. The contents as always are yet again a delight.

My heartfelt thanks to all involved in making the National Trauma Awareness Campaign, Sanjeevani programs, Webinars, AOMSI TN & P contribution in other state chapter conferences. My best wishes for 16th Annual Conference of the Association of Oral & Maxillofacial Surgeons – Tamil Nadu & Puducherry Chapter.

Warm regards, **Dr K Arun Kumar**Hon Secretary – AOMSI TN & P

Max Fac Surge iii



# President's Message

**Dr BHAGWAN DAS RAI**President

#### Greetings from the Head office of AOMSI

I am happy to learn that the Tamil Nadu and Puducherry State Chapter of AOMSI is releasing its third volume newsletter for this calendar year

My warm wishes to President **Dr S Thiruneelakandan** and Hon. Secretary **Dr K Arun Kumar** for ensuring that the newsletter is regularly compiled and released. I am certain the editorial team lead by **Dr R Yoganandha**, along with his team must have spared no efforts to compile this newsletter. The newsletter will serve as a window through our profession is showcased to the public and medical fraternity.

I congratulate the State office and the members, students, and OMFS departments of various dental colleges for active participation and contribution to make the National Trauma Awareness campaign and a roaring success. My best wishes to the organizing team of the 16th Annual State AOMSI Conference in Trichy.

Jai Hind **Dr Bhagwan Das Rai**President, AOMSI

#### **AOMSI HO**

# Secretary's Message

Dr S GIRISH RAO Hon. General Secretary



#### Greetings from the Head office of AOMSI

At the outset, I would like to congratulate office bearers and team of Tamil Nadu and Pondicherry state chapter for bringing out this well informative newsletter – Max Fac Surge.

During my tenure here at the HO, I have been diligently following the numerous outreach programs, training workshops that the TNM & P chapter is organizing for the maxillofacial surgeons in Tamil Nadu and Pondicherry to render quality care for the society.

Let us celebrate our speciality by coming together, joining hands and taking our fraternity to greater heights and making Oral & Maxillofacial Surgery a household name.

My heartfelt thanks to all members and OMFS students for committed participation in the National Trauma Awareness campaign, and all the state chapter initiatives, which has been a Trichy.

Jai Hind!

Dr Girish Rao

Hon. General Secretary AOMSI



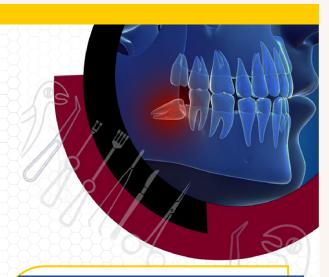




ASSOCIATION OF MAXILLO FACIAL SURGEONS OF INDIA TAMILNADU AND PUDUCHERRY BRANCH

#### HIGHLIGHTS

- Max Fac SURGE Over 5000 copies circulated across India
- OMFS Articles/ **Innovations** Newsletter Magazine for **OMF Surgeons & OMFS** post graduates
- Circulated to all Dental Colleges & Leading Corporate Hospitals in India
- Peer reviewed Scientific/Research/ **Evidence-Based Content** 
  - Travel/ Trivia/ Lifestyle



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# Wandering wellness "The therapeutic magic of travel"

We all deserve some time away from the hustle and bustle of life, don't we? It's a fact that hitting the road, taking flight, or sailing the seas to destinations known and unknown not only can enrich your life but also makes you healthier, in both mind and body. Traveling for pleasure can contribute to subjective well-being because people have more opportunities to detach from their work environment, to experience new things, and to control what they want to do during vacations. There's ample research to support that positive travel experiences can make a person healthier, can strengthen their relationships, and benefits their overall wellness."

Raising your hand if you're guilty of feeling like you're stuck in a rut – we've all been there. Everyday life has a way of quickly piling up on us, leaving us with no time for ourselves and seemingly no way out. We become consumed by providing for our families, worrying about finances, and fretting over the future instead of our well-being. And if that isn't enough, we rarely take any time to get away from it all.

#### Well Deserved Relief...

Taking a break from stressful situations to explore new places and experiences can do wonders for your mental health. When you travel, it allows you to take time away from the pressures of life and just enjoy being in the present moment. As a result, you become more aware of yourself as well as the world around you. Being exposed to different cultures, landscapes, and customs helps expand your knowledge base and stimulates creativity within you. Statistics show that almost 81% of travellers feel happy throughout their journeys and even after returning home!

So if you need some medicine for mental health, packing your bags for an exciting journey might be just the remedy plan for you. (I need one myself)

#### It makes you physically stronger

If you are looking for a good way to improve your physical well-being, then traveling could be the perfect option for you. Taking trips can introduce you to numerous new physical activities; from exploring local attractions and indulging in fun activities with your loved ones, to simply taking a leisurely stroll while soaking in the culture of a new place. Not only does traveling offer various ways to get physically fit, but it is also the perfect way to break out of regular routines that don't leave enough time for physical activities. So, if you have been thinking about ways to get healthier - combined with having an exciting adventure at the same time - traveling might just be the best solution!



#### Allows you to connect more with people and build relationships

Living our lives together means facing all of life's challenges together. Traveling together is a special way to take pleasure in the journey and the obstacles we may encounter along the way. We each bring unique perspectives to planning, which can be a great source of connection and enjoyment, as well as provide flashes of insight into how one another works. As we problem-solve and work together - whether it be choosing a route or finding a place to stay - we get to know each other better, enhancing our understanding and our bond. And if there is any kind of tension present already between us, these experiences provide us with an opportunity to talk through it and actively resolve it. Not only do you get all the quality time that comes with traveling together, but teaming up in this way offers psychological rewards too; proactively working on our relationship can help combat anxiety, depression, and stress.

#### Self-Discovery to Reinvention

Traveling and breaking away from your everyday routine can give you much-needed time to relax, rejuvenate, and reinvent yourself. It can give you the opportunity to connect back to what drives your passion and is a chance for you to be in blissful moments that are sure to spur some serious self-reflection. The travel experience itself will also help expand your perspective in ways that could never have been imagined before embarking on this journey. Everything combined allows you a break from usual activities and surroundings as well as an opportunity for personal growth. Traveling sets up the perfect opportunity so don't wait and start planning your next trip today!

#### **WELLNESS TOURISM**

#### Five Key Things to Know About Wellness Tourism

#### 1. What is wellness tourism?

The Global Wellness Institute defines wellness tourism as **travel associated with the pursuit of maintaining or enhancing one's personal wellbeing**. With so much unwellness embedded in today's travel, wellness tourism brings the promise of combating those negative qualities and turning travel into an opportunity to maintain and improve our holistic health.

#### 2. Wellness tourism is not medical tourism.

Wellness tourism is often conflated with medical tourism—not only by consumers but in destination marketing. This confusion is caused by an incomplete understanding of these markets and inconsistent usage of terminologies by destinations, government organizations and promotion agencies. Sometimes the term "health tourism" is also used as a catch-all to describe many types of medical and wellness services and activities—from open heart surgery and dental



care to destination spas and yoga retreats—causing further confusion. In fact, these two sectors operate largely in separate domains and meet different consumer needs.

A good way to understand the difference is to look at our health and wellbeing on a continuum:

- On the left are poor health, injury and illness. The medical paradigm treats these conditions. Medical tourism falls on this side—for example traveling to another place to receive surgery or a dental treatment because it is more affordable, higher quality, or unavailable at home.
- On the right side of the continuum is wellness—these are the proactive things we do to maintain a healthy lifestyle, reduce stress, prevent disease, and enhance our wellbeing. This is what motivates wellness tourism.

There is some overlap between medical tourism and wellness tourism—for example, DNA testing or executive check-ups. But in general, the types of visitors, activities, services, businesses and regulations involved are very different between medical tourism and wellness tourism, even though they may share a dependence on a region's basic tourism and hospitality infrastructure and amenities.

# Understanding the Difference Between Wellness Tourism and Medical Tourism

| Medical Tourism  | Wellness Tourism   |
|--|--|
| Travel to receive treatment for a diagnosed disease, ailment, or condition, or to seek enhancement.                        | Travel to maintain, manage, or improve health and wellbeing.   |
| Motivated by desire for lower cost of care, higher quality care, better access to care, and/or care not available at home. | Motivated by desire for healthy living, disease prevention, stress reduction, management of poor lifestyle habits, and/or authentic experiences. |
| Activities are reactive to illnesses, medically necessary, invasive, and/or overseen by a doctor.                          | Activities are proactive, voluntary, non-invasive, and non-medical in nature.  |

#### 3. Who are the wellness travelers?

There is a common misconception that wellness travelers are a small, elite and wealthy group of leisure tourists who visit destination spas, health resorts, or yoga and meditation retreats. In fact, wellness travelers comprise a much broader and more diverse group of consumers with many motivations, interests and values.

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#### GWI identifies two types of wellness travellers:

- **Primary wellness traveller:** A traveller whose trip or destination choice is primarily motivated by wellness.
- Secondary wellness traveller: A traveller who seeks to maintain wellness while traveling or participates in wellness experiences while taking any type of trip for leisure or business.

Importantly, primary and secondary wellness travel can be done by the same person on different trips, and these two types of wellness travel reinforce one another. Over time, some secondary wellness travellers will decide to take a primary wellness trip, as their interest in and experience with wellness grows. For example, a person who visits a day-use hot spring during a family vacation (secondary wellness travel) may later be motivated to plan a weekend getaway staying at a hot spring resort (primary wellness travel).

#### 4. Every destination has something unique to offer to wellness travellers.

Like other forms of specialty travel, wellness travel is not a cookie-cutter experience. Every destination has its own distinct flavours in relation to wellness, linked with its local culture, natural assets, foods, etc. Some travellers may be satisfied with a generic massage, exercise class or smoothie. The more discerning and sophisticated wellness traveller—especially those in the millennial generation are interested in what the destination offers that is different from someplace else. These unique and authentic experiences can be built upon indigenous healing practices; ancient/spiritual traditions; native plants and forests; special muds, minerals and waters; vernacular architecture; street vibes; local ingredients and culinary traditions; history and culture; etc. Because each destination is different, there is always something unique to offer

#### **Every Destination Has Something Unique to Offer**



Source: Global Weliness Institute, Global Weliness Tourism Economy, November 2018





wellness travellers.

# 5. Wellness tourism brings benefits to businesses and stakeholders beyond the wellness sectors.

The wellness tourism economy is much larger than a narrowly defined set of typical wellness businesses, such as spas, wellness retreats, thermal/mineral springs and boot camps. Wellness travellers (especially secondary wellness travellers) are looking to continue their wellness lifestyle during travel, and this lifestyle may encompass healthy eating, exercise/fitness routines, mind-body practices, nature experiences, connections with local people and culture, etc., thereby creating opportunities for businesses such as yoga studios, gyms and fitness centres, healthy food stores/markets, events, arts and crafts, museums and many others.

In addition to wellness experiences, all wellness tourists need transportation, food and lodging, and they will likely seek out shopping or entertainment. All of these businesses—whether they are wellness-specific or not—benefit from wellness tourism and are part of the wellness tourism economy. There are numerous opportunities to infuse wellness into all kinds of amenities and services, which can help businesses differentiate, provide more value, and capture higher spending by wellness travellers. Examples include airport spas that target wellness travellers in transit; wellness-centered hotels for those who want better sleep and regular fitness routines; specialty restaurants serving healthy, organic or local cuisine; transportation companies that use clean fuels or low-/zero-emission vehicles; or gift shops that sell products that are connected to unique local wellness traditions.

Wellness tourism may help destinations mitigate the negative impacts of mass tourism or overtourism. Because wellness travellers tend to be high-spenders and favour experiences that are authentic and unique, there is less pressure for destinations to engage in a "race to the bottom" strategy that competes on price and quantity.

Wellness tourism also provides destinations with an opportunity to reduce the seasonality of visitor flows. For example, ski destinations can attract wellness travellers interested in hiking and other outdoor activities in the summertime, while beach destinations can appeal to travellers looking for a more tranquil environment to de-stress or take a retreat in the wintertime.

**Dr Catherine** MDS

Dr Thanvir Mohamed Niazi MDS.,

The Impact of Non-communicable Diseases (Chronic Diseases) and their medications during Dental care and management of maxillofacial patients

Department of OMFS, CSI College of Dental Sciences & Research Institute

Noncommunicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and result from a combination of genetic, physiological, environmental, and behavioral factors. The main types of NCD are cardiovascular diseases (such as heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma), and diabetes.

NCDs disproportionately affect people in low- and middle-income countries, where more than three-quarters of global NCD deaths (31.4 million) occur. Advances in medical science, awareness, and preventive care have increased the life span of individuals living longer with numerous complex chronic diseases.

Oral health risk factors or manifestations may be warning signs of the onset of a disease or a worsening condition. Inflammation has been the connecting factor in the bidirectional pattern of oral and <u>systemic diseases</u>. Serious infections, slow healing, prolonged bleeding, and hospitalizations can escalate in patients with uncontrolled chronic diseases.

A multidisciplinary team-based approach to patient management can minimize complications and unexpected challenges. This review explores how chronic diseases affect oral health in patients with these conditions.

1. Cardiovascular Disease and periodontitis are linked through systemic inflammation. Periodontitis can exacerbate inflammation and contribute to atherosclerosis, while cardiovascular disease can affect the healing capacity of oral tissues. Patients on *anticoagulants* or antiplatelet medications for cardiovascular conditions may experience oral health issues such as gingival bleeding or altered healing after dental procedures.

#### **Treatment Considerations:**

- *Medication Management:* Careful management of medications is necessary to minimize oral side effects, including coordinating with the patient's cardiologist regarding dental procedures.
- *Inflammation Control:* Strategies to manage inflammation, such as periodontal treatments and anti-inflammatory medications, can help mitigate the impact of periodontitis on cardiovascular health.

- *Preventive Care:* Regular dental examinations and professional cleanings are crucial for preventing the onset and progression of periodontal disease.
- 2. Chronic Kidney diseases can give rise to a wide spectrum of oral manifestations, affecting the hard or soft tissues of the mouth. Gingival bleeding was the most common finding of oral disease (71.2%). Missing teeth due to caries was the second most frequent finding (45.6%). Carious teeth were the third most frequent (42.4%). These patients often reported *Uremic stomatitis* due to increased uremia, *Altered taste, gingival hyperplasia* due to Calcium channel blockers, *Xerostomia, immune dysfunction*, and *halitosis*.

**Treatment Considerations:** Symptomatic management is used to alleviate pain in Uremic stomatitis, as well as a salivary substitute for xerostomia, oral hygiene practices, routine checkups, nutritional support, and collaborative care. These individuals are often undergo dialysis and under anticoagulants. It is advisable to schedule the procedure one day after dialysis to minimize the effect of anticoagulants.

3. Chronic obstructive pulmonary disease (COPD) is characterized by chronic inflammation of the bronchial tubes causing damage to the trachea and lung parenchyma and, consequently, a reduction in airflow. There is an association between COPD and periodontal disease Although the mechanism underlying this association remains unclear, the key pathogens and inflammatory cytokines implicated in periodontal diseases are also shared by COPD, serving as a potential common link that induces systemic inflammation. Oral microbes easily invade the respiratory system via the lower trachea, and salivary enzymes associated with periodontal disease induce changes in the respiratory environment that further exacerbate pulmonary diseases. The medications used in COPD treatment have side effects on the oral health of the patients. Glucocorticoids reduce oral immunity and worsen periodontal health; while salbutamol and tiotropium bromide cause hyposalivation and xerostomia. Multiple missing teeth are significantly associated with COPD. Poor oral hygiene, Oral candidiasis, keratotic white lesions, and oral melanosis used to present.

*Treatment Consideration:* Practiserinsing after using inhalers, hydration, and use salivary substitutes, avoid smoking, and healthy diet with low sugar and high nutrients. Routine dental checkups to treat oral diseases at an early stage and minimize inflammation.

4. **Diabetes,** particularly when poorly controlled, is associated with an increased risk of periodontitis. Elevated blood glucose levels can impair neutrophil function and increase susceptibility to bacterial infections, leading to severe gum disease. Periodontitis can also lead to tooth loss and negatively impact glycemic control. Diabetes affects micro circulations causing cell death and avascular necrosis.

Self-reported tooth loss as a marker of oral health status has been reported a stronger association with the risk of diabetes complications. Individuals with diabetes are at higher risk of oral candidiasis, a fungal infection that manifests as white patches on the oral mucosa. Dry mouth, or xerostomia, is common in diabetic patients, which can result from reduced salivary flow due to uncontrolled blood sugar levels

#### **Treatment Considerations:**

Effective management of blood glucose levels is critical to reducing oral health complications. Frequent dental visits for professional cleanings and periodontal evaluations can help to manage and prevent periodontitis. Emphasizing good oral hygiene practices, including brushing with fluoride toothpaste and using antibacterial mouth rinses, is essential.

- 5. Autoimmune Diseases encompass a diverse range of disorders in which the immune system attacks healthy tissues, causing inflammation and damage. These conditions can have various oral manifestations, including *dry mouth, oral ulcers, and gingival inflammation,* which can significantly impact oral health and overall well-being. Understanding the interplay between autoimmune diseases and oral health is essential for providing comprehensive care and improving patient outcomes.
  - *Sjogren's Syndrome* primarily affects salivary glands, leading to dry mouth and an increased risk of dental caries and oral infections.
  - Lupus and Rheumatoid Arthritis: Systemic lupus erythematosus and rheumatoid arthritis can cause oral manifestations such as oral ulcers, gingival inflammation, and altered healing responses. Medications used in these conditions like methotrexate can also contribute to xerostomia and oral mucosal changes.

#### • Treatment Considerations:

For patients with reduced salivary flow, using *salivary substitutes or stimulants* can help alleviate symptoms of xerostomia and protect against dental caries. Adapting oral hygiene practices and *using gentle, non-abrasive dental products* can help manage oral symptoms and prevent damage. *Coordination with rheumatologists* or other specialists can ensure a comprehensive approach to managing oral health in patients with autoimmune disorders.

**6. Cancer** and oral health are closely related, as the disease and its treatments can significantly affect the mouth, teeth, and overall oral health. Most commonly *mucositis*, *dry mouth*, *Cervical caries*, *Altered taste*, *dysphagia*, *Osteoradionecrosis* (*ORN*), *and fibrosis of mucosa*.

**Treatment Consideration:** Symptomatic and palliative care in most cases. Salivary substitutes, topical anesthetic, and antiseptic agents, and fluoridated toothpaste/gels. Restricting sucrose diet, minimizing injury to irradiated tissues. Bone exposed to high radiation dosage >40Gy and multiple dental extractions are prone to ORN. Dental extraction is avoided 10 days before and within 9 months after radiotherapy. Recent studies suggest using *Pentoxifylline 400mg* twice a day and *Tocopherol 1000IU* before and after the extraction procedure to minimize the incidence of ORN.

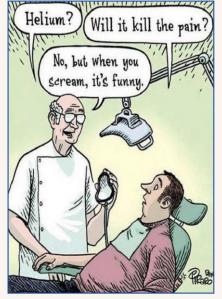
#### **Conclusion:**

Chronic diseases profoundly affect oral health, often complicating treatment and management. Effective dental care for patients with chronic conditions requires a multifaceted approach, including managing systemic health, regular dental visits, and tailored oral hygiene practices. By addressing the specific needs of these patients, healthcare providers can improve oral health outcomes and contribute to overall well-being.

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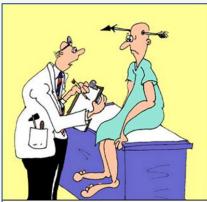
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# **Laugh it Out Loud**









"Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests."



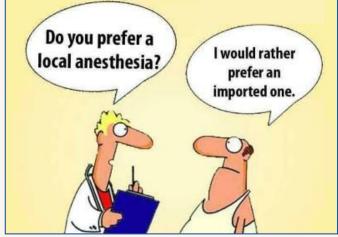
"I think diabetes is affecting my eyesight.

I have trouble seeing the consequences
of poor food choices."



Unfortunately your HMO doesn't cover anesthesia so we're going to have to use our low-budget procedure to put you out.





# **Max-Fax Facts**



#### Dr Suresh Veeramani MDS.,

Deputy Medical Superintendent,

Consultant Oral & Maxillofacial Surgeons, SIMS Hospital, Chennai.

#### **Orofacial Tuberculosis**

Tuberculosis (TB) in the oral and maxillofacial (OMF) region is rare, affecting only 0.1%-5% of people who develop the disease. However, it can occur anywhere in the oral cavity and associated structures. Symptoms include:

- Painful ulcers
- □ Swelling
- □ Loosening of teeth
- Displacement of tooth buds
- □ Granulomas
- □ Involvement of salivary glands and temporomandibular joint (TMJ)
- □ Tuberculous lymphadenitis

Oral TB can be the first sign of TB infection. It's important to get an early diagnosis and treatment, as delays can have serious consequences

Orofacial presentation of tuberculosis includes swelling, pain, loosening of teeth, and even displacement of tooth buds. Other manifestations may include ulcers, granulomas, involvement of salivary glands and temporomandibular joint (TMJ), and tuberculous lymphadenitis

#### Modified Kaban's Protocol

The modified Kaban protocol is a treatment for temporomandibular joint (TMJ) ankylosis in children that uses a costochondral graft (CCG) and transport disc distraction osteogenesis (TDDO) to reconstruct the ramus condyle unit (RCU).

The modified Kaban protocol involves:

- □ Autogenous reconstruction: The RCU is reconstructed using a CCG.
- □ Transport disc distraction osteogenesis: TDDO is used in the treatment

The CCG can restore the vertical height of the ramus of the mandible. It can also cause the mandible to grow further, unlike a normal graft

In growing children, multiple vectors of force are needed to correct the complex deformity caused by TMJ ankylosis



#### Osteoradionecrosis of the Jaw

Osteoradionecrosis (ORN) of the jaw is a rare condition that occurs when radiation therapy for head and neck cancers damages the jaw's bone tissue, leading to bone death.

**Symptoms:** ORN can cause exposed bone, infection, and pathologic fractures.

**Risk factors:** Risk factors include age, radiation dose, and poor periodontal status

**Treatment:** Treatment includes supportive care, such as nutritional support, oral saline irrigation, antibiotics, and pentoxifylline. More severe cases may require surgery.

**Prevention:** The incidence of ORN has decreased with the evolution of radiation therapy techniques, such as 3-D conformal RT and intensity modulated radiation therapy (IMRT). ORN is a complex condition with a wide range of clinical features. It can range from asymptomatic bone exposure to severe necrosis that requires surgery.

A multidisciplinary team of oral maxillofacial surgeons, dentists, undersea and hyperbaric medicine specialists, infectious disease specialists, and radiation oncologists is best able to help manage ORN.

#### Fibrous Dysplasia Management

Fibrous dysplasia (FD) of the face can be treated with a variety of medical and surgical approaches, depending on the severity of symptoms and the location of the lesions Medication Bisphosphonates like pamidronate or alendronate can help reduce bone pain and the risk of fracture. Other medications, such as those used to treat osteoporosis, can help strengthen bones

#### **Observation**

In some cases, FD may not require any treatment other than regular checkups with a doctor to monitor bone health.

#### **Surgery**

Surgery may be needed to correct deformities, treat symptomatic lesions, or prevent fractures. For example, a patient with a solid mass in the maxilla and zygomatic bone may undergo conservative surgical treatment to reestablish facial contour

#### Audiology evaluation

If the temporal bone is involved, an audiologist can perform a comprehensive exam and recommend annual hearing checks.

#### Skull base surgery

If an expanding mass is noted, a skull base surgeon may need to be consulted about surgical decompression

#### Post Graduate Corner - Case Feature

Case done by:

Prof. Dr. K. Thanvir Mohamed Niazi

Principal and HOD, Dept. of OMFS, CSICDSR, Madurai

Dr. P. Natesh, Reader

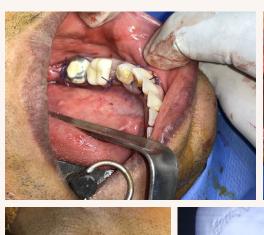
Dr. Nagalingam, Dr. Valarmathi, Post Graduate Trainees

Mr. Srinivasan, a 49-year-old male from Villapuram, Madurai, was admitted on 1st October 2023 with a chief complaint of pain in the left lower back teeth region for the past one month. He had a history of a decayed tooth attempted removal in a clinic elsewhere on 16th October 2023, but later he developed persistent pain, leading to his visit to our Dept of OMFS on 20th October 2023. Upon examination, tenderness over the left mandible was noted, with a palpable lymph node in the submandibular region.

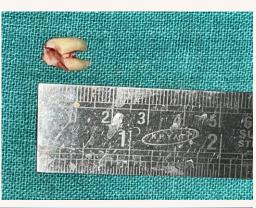
Intraoral and radiographic investigations, including IOPA, OPG, and CBCT, revealed iatrogenic displacement of tooth 38 into the left submandibular space with a lingual plate fracture.

The final diagnosis was confirmed as the displacement of tooth 38 with associated fracture.

The patient underwent surgery on 2nd November 2023 under general anesthesia for the retrieval of the displaced tooth. The patient was discharged on 4th November 2023.













## Lead to Read

#### Dr Elavenil Panneerselvam & Dr Sasikala Balasubramaniam

### **Temporomandibular Joint Surgery**

Department of OMFS,

SRM Dental College & Hospital, Ramapuram, Chennai

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#### PATHOLOGY & RECONSTRUCTION

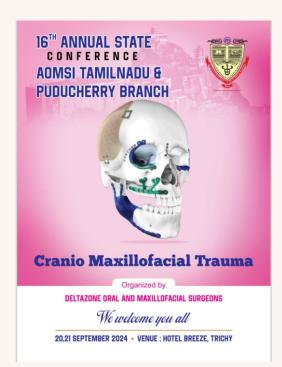
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### **Events Calendar**

**Upcoming Association of Oral and Maxillofacial Surgeons of India** 







# Travelogue

#### Meghamalai

Marvel at the sky piercing mountains cloaked by clouds and carpeted by tea plantations at Meghamalai. A quiet hilly village where you get to experience the quaint nature and the simple village life. Tour the hamlet, make new friends, taste the local cuisine and savour the unique landscapes of Meghamalai.

Meghamalai in Tamil translates as Paccha Kumachi (Green hills). Once you reach here after the riveting drive along the 18 hairpin bends, you will know how aptly it is named. Fog seems to be a perennial presence here. Experience the magic as it glides over the hills, blanketing the tea plantations and green ranges. Untouched by the spate of buildings, Meghamalai dabbles in a special charm. The ever pleasant weather, the quiet air and the spectacular sights make this place one of the most favoured destinations. Notable landmarks here include the wildlife sanctuary, Meghamalai waterfalls, Suruli waterfalls, dams, Maharaja Mettu view point, tea, cardamom plantations and Vellimalai.

Enjoy the breath-taking view of Cumbum valley from Manalar dam and the panoramic view of beautiful hamlets. Do visit the Highway point dam and Suruli theertham. Stroll along the mist laden landscapes and head to the tea estate, coffee plantations and spice gardens. Meghamalai falls is a visual treat and no matter what the season is, water gushes forth unabated. It drops down in two separate places from Suruli theertham which originates from the hills. You also get to spot wild animals like elephants, gaur and spotted deer. Keep your cameras ready as a beautiful shot is just around the corner. Head to the Silver mountain located at 1650 metres above the sea level. One of the most enchanting places here, it is blessed with natural beauty and greenery.

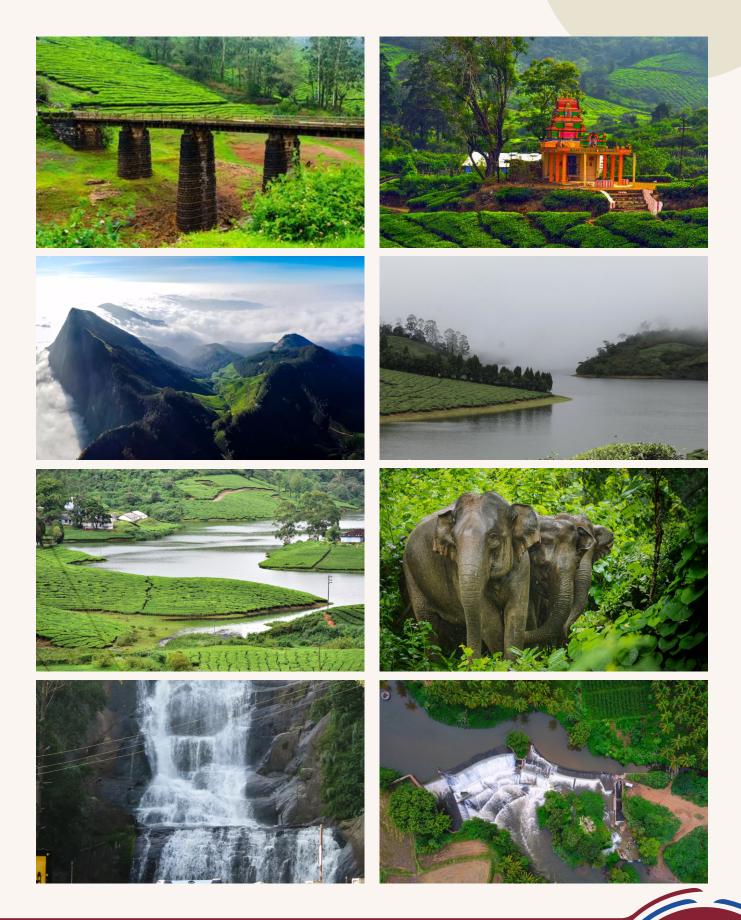
#### How to reach

- □ Nehru Ji Bus Stand, Chinnamanur, about 51 km away
- Madurai Airport, about 103 km away
- Madurai Railway Station, about 119 km away

#### Best time to visit

Winter season is the best time to visit Megamalai.
 October – February

# Travelogue



### **Pixels - AOMSI ANNUAL NATIONAL CONFERENCE**

15th Annual Conference of the Association of Oral & Maxillofacial Surgeons of India - Tamil Nadu and Puducherry September 8-9, 2023, Saveetha Dental College Hospital, Chennai

















### Saveetha Dental College Hospital, Chennai

















### **Pixels - NATIONAL & STATE CONFERENCES**

# 15th Annual State Conference of the AOMSI of of Andhra Pradesh

Preconf Orthognathic workshop and Panel discussion on NOE # by AOMSI
TN and P - 15th Annual State Conference of the Association of Oral Maxillofacial Surgeons
of Andhra Pradesh State Chapter September 14-16, 2023, Vijayawada















# 15th Annual State Conference of the AOMSI of of Andhra Pradesh









### Pixels - MAX FAC TRAUMA WORKSHOP

AOMSI TN & P - Stryker Maxfax Trauma Workshop -Hands-on workshop October 6 -7 2023, Visakhapatnam

# శస్త్ర చికిత్న నైపుణ్యాలపై అవగాహన

డ్రాహెక్కి - కగరపువలన : శ్వప్ర చికిత్స గైపుణ్యాలపై స్థానిక పి.సురేష్యమూర్, ప్రదీష్ దేవదాస్ తదితయలు పాల్గొన్నారు. సంగివలన అనిల్ నీరుకొండ జనిస్టేట్యూట్ ఆఫ్ డెంటల్ ఎస్ఆర్ఐఐఎంఎస్, ఓరల్ అండ్ మాక్సీల్లో ఫేషియల్ నర్జరీ పైస్సెస్లో శుక్రవారం అవగాహన కల్పించారు. డ్రిన్సిపల్ డాక్టర్ విధాగం ఆధ్వర్యంలో రెండ్రోజుల పాటు జరుగనున్న వర్క్ ఎల్ వంశీకృష్ణారెడ్డి, ఎస్ఆర్ఐఐఎంఎస్ డీన్ డాక్టర్ సుధాకర్, పాప్ లో పలు అంశాలపై అవగాహన కల్పించారు. వైద్యులు ద్రభు, ఆరుణ్కుమార్, తిరు నీలకందన్,















# MAX FAC TRAUMA WORKSHOP in association with STRYKER - Visakhapatnam









#### Pixels - IDA HEAD OFFICE PROGRAMME

### IDA HEAD OFFICE "Sanjeevani" Program jointly done by IDA TAMIL NADU & AOMSI TN & P

Sanjeevani Programs 11/2/24 - 9 teams. (Hosur, Perambalur, Theni, Thiruvalloor, Krishnagiri, Kanyakumari, Salem, Marthandam, Udumalpet - 13/2/24 - TNGDC, Chennai - 15/2/24 - Pollachi - 25/2/24 - Erode - 29/2 24 - Pudukottai GDC - 3/3/24 - Coimabtore A total of 14 programs were conducted across Tamil Nadu.





















































































#### **Pixels - INTERNATIONAL IAOMS DAY**

International IAOMS Day - 13.02.2024, Celebrated across the state by OMFS Departments of various colleges along with TNAOMSI & IDA Branches, Tamil Nadu State.









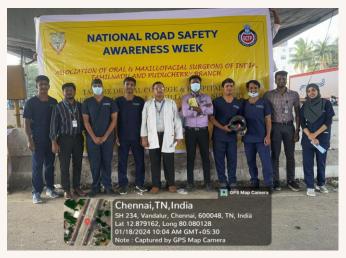






#### Pixels - NATIONAL ROAD SAFETY AWARNESS WEEK

National Road Safety Awareness Week, January 2024 organized by OMFS Departments of various Dental Colleges, across Tamil Nadu.



























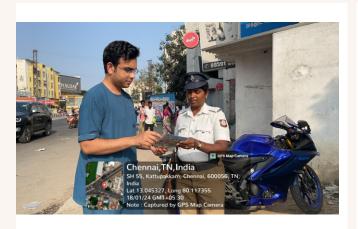
























































































































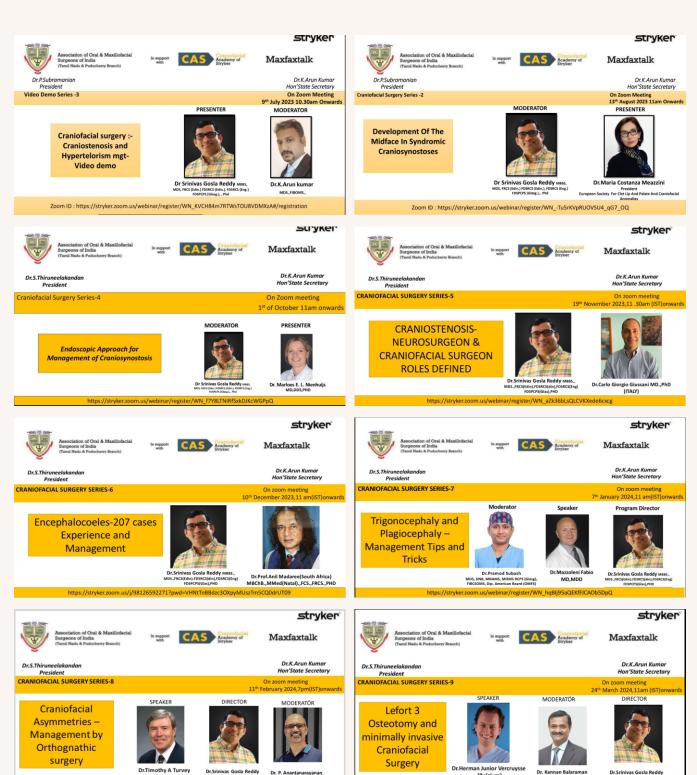








#### Webinars jointly conducted by AOMSI TN & P, CAS (Stryker)





#### Webinars jointly conducted by AOMSI TN & P, CAS (Stryker)





# Obituary



**Dr. Kishore Nayak** 29.05.1959 to 08.07.2024

Kishore P. Nayak completed his BDS from Government Dental College in Bangalore, India in 1980 and subsequently his MDS in 1984. His MDS was in Operative Dentistry and Endodontics. His interest in learning oral and maxillofacial surgery took him to the United Kingdom where he worked from 1985 to 1990. During this period he obtained his FDS RCS from England and Glasgow and his FFDRCS from Ireland.

On his return from England he taught Oral and Maxillofacial Surgery initially at the AB Shetty Memorial Institute of Dental Sciences in Mangalore, Ambedkar Dental College and finally a long stint at the Bangalore Institute of Dental Sciences where he was the Professor and Head of the department. He gave up active teaching in November 2007. He has served on the Editorial Review Board of the British Journal of Oral and Maxillofacial Surgery.

He has been the President and the General Secretary of the Association of Oral and Maxillofacial Surgeons of India (AOMSI) and the International Association of Oral and Maxillofacial Surgeons (IAOMS)

His tenure saw the AOMSI growing into a truly professional association which co-hosted the 18th International Conference on Oral and Maxillofacial Surgery (ICOMS) in Bangalore in November 2007. This turned out to be one of the most successful conferences in the history of the IAOMS in terms of attendance and scientific content. He is one of the founders of FACE - Federation for the Advancement of Craniofacial Esthetics, a movement which has been instrumental in training young oral and maxillofacial surgeons in the art of orthognathic surgery in India. This is without doubt one of the reasons for the widespread use of orthognathic surgery in India.

He has lectured extensively all over the world and has authored numerous contributions to scientific journals as well as chapters in textbooks. Dr. Nayak has strived over many years to raise the profile and standard of the specialty and has trained numerous young surgeons who are spread around the globe today. He was a consultant to the Bhagwan Mahaveer Jain Hospital where he also is associated with the Smile Train project which provided service to patients afflicted with Cleft Lip and Palate.

His contributions to the OMFS fraternity in India and abroad will forever be remembered and cherished.





### NEW ARRIVALS







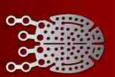








H Plate, 12Holes, 0.5t



16-OR-003-S Orbital Plate Small



MID PLATES



Orbital Plate



12-TP-010 T Plate, 10Holes, 0.5t



Double L Plate, 1.0t





BSSO Plate 0.8t



BSSO Plate 0.8t



Condyle, 9 Holes, Short, 1.0t



20-CN-004 Condyle, 4 Holes, 1.0t



20-CN-004-S Condyle, 4 Holes, 1.0t



20-CN-009 Condyle, 9 Holes, 1.0t





20-MG-005 MG Plate, 7 Holes



20-MG-010 MG Plate, 7 Holes



20-MG-015 MG Plate, 7 Holes

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Mobile:97909 05559,9840996491,9840994736

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Universal 2 Reference Guide