


THE
REHMAT
TIMES



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Rehmat Memorial Postgraduate Dental Hospital

Newsletter 2021-22 | volume 2

The Rehmat Times



Other Doctors

Department of Oral Medicine

Dr. Komel Zeb
Demonstrator

Dr. Zainab Shah
Demonstrator

Department of Oral & Maxillofacial Surgery

Dr. Akif Mehmud
Assistant Professor

Dr. Maria Iftikhar Khan
Demonstrator

Dr. Syed Haris Ali Shah
Demonstrator

Dr. Qandeel Bashir
Resident

Department of Operative Dentistry

Dr. Muhammad Shahid
Assistant Professor

Dr. Abdullah M. Fawad Khan Jadoon
Demonstrator

Dr. Muhammad Abbas
Senior Medical Officer

Dr. Mafaz
Demonstrator

Dr. Muhammad Ashraf
Demonstrator

Department of Periodontology

Dr. Maryam Khurshid
Assistant Professor

Dr. Hira Ghani
Demonstrator

Department of Orthodontics

Dr. Zobia Shafiq
Assistant Professor

Dr. Hazrat Asad Ur Rehman
Resident

Dr. Syeda Multazam
Resident

Dr. Aneela Baseer
Resident

Dr. Jawad Triq
Resident

Dr. Muhammad Uzair
Resident

Department of Prosthodontics

Prof. Dr. Syed Hassan Naveed Naqvi
Professor

Dr. Dr. Zainab Khalil
Resident

Dr. Palwasha Mushtaq
Resident

Dr. Zainab Sajjad
Resident

Dr. Hajrah Iftikhar
Resident

Dr. Fatima
Resident

Hamna Tariq
Resident

Dr. Ayesha Masood
Resident

Dr. Faryal Khattak
Resident



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Editorial Board

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Dr. Qazi Adnan Bashir

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- **Dr. Muhammad Abdullah Qazi**
- **Dr. Shahid Khan**
- **Prof. Dr. Syed Hassan Naveed**
- **Dr. Akif Mehmud**
- **Dr. Muhammad Abbas**
- **Mr. Adnan Shah**

Design Team

Abdul Qadeer



DR. QAZI ADNAN BASHIR
Director Academics
& Hospital Affairs



The mission of RMPGDH is to facilitate and to provide treatment modalities related to the emerging domain of dentistry and making its access to the common people. My best wishes are with the faculty and the associated staff for the prosperous and flourishing future.



PROF. DR ZAHOOR QAYYUM
Vice Principal

His vision is to build upon the Dental School's education as best academic and clinical institute in the region by enhancing curriculum innovation and aiming best patient care. Along with promoting all high-end clinical procedures at RMPGDH, Prof. Dr. Zahoor has been working hard to inculcate the sense of social responsibility among the students by emphasizing on the prevention of oral diseases. prosperous and flourishing future.



MR. SHOUKAT HAYAT KHAN
Administrator

With a vast experience in hospital management, our vision is to strive hard for the uplift of institution and all its stakeholders. Over the years, some of our achievements include successful conduction of hospital inspections concerning PMDC, Health Regulatory Authority, and Higher Education Commission.



Glimpse of Yearly Student Activities



Graduation Week 2022



Naat Competition



Painting Competition 2022



Trip to Galiyat 2022



Environment Protection Drive 2022



Ludo Competition 2022



Drama and Skits 2022



Last Day of College 2022



Graduation Week 2022



Best Graduate 2022



Final Year Students 2022



During these four years of BDS hardships. And deep down my inner self knew Allah hasn't forsaken me. I knew my journey won't be easy and it wasn't. If it was easy, everyone would do it. I tell myself look how far you've come and be proud of the woman you've become. I always knew what I wanted to do and who I wanted to become.

What may be the precious message from Dr. Sathiha Qazi to all the BDS undergraduates?

To everyone out there. I can't be the only one who felt like things were so hard and destination seemed so far that I also began to feel like maybe future was not what I wanted it to be. I can't be the only one who would ruminate on her failures and think 'Maybe this is a sign that I should just give up'. The current me is here to tell you- DON'T GIVE UP. Don't give in to those negative thoughts. Don't let other's perception of you manifest. Instead get up everyday and be your best, regardless of what others may say. Trust the path that Allah has set out for you. Here's something Burn Hall taught me which actually became my motivation.

What had inspired you to achieve such distinction in your BDS career?

That would be my 'Father' - the precious person who stood beside me, had my back, right next to me so that I'm not alone and to cheer for me. All these four years of securing top position in KMU, I saw my parents smiling with such bright eyes full of proud. That's what encouraged me to stay consistent, focused and strong. And another thing that kept me going through it was the pain of my Etea failure. Pain makes you re-evaluate your life.

It's so hard to make yourself believe that a rejection or failure is not a reflection of your worth but if you could just for a minute, understand that every single successful person has been through that, been rejected, been in pain, you'd understand that you'll overcome this and this will just mould you into a better person.

What is your point of view on women in the field of medicine?

To all the women that are daughters, sisters, mothers, wives or are pre-med, med or doctors. You are Heroes. To the women who are confident and walk out of the door every day. Hair tied, bare face, ready to take in a whole days worth of knowledge crushing it in the classroom or at the library, you are all my heroes! To all the female doctors who surprise someone daily with their intellects and skill sets. Keep proving the doubters wrong. For all the BDS undergrads, the road may be long windy and full of hurdles. You've got to keep changing the game accordingly, ladies but let's win. Keep celebrating yourself as strong and empowered doctors. In the end, we at WM&DC would like to congratulate Sathia Qazi for her phenomenal performance throughout her dental career and are glad for her and want her to enjoy all that life has to offer in future. Wishing she'll keep a similar fearlessness and certainty to confront the difficulties of life. May favor her with progress and bottomless. In the end, we at WM&DC would like to congratulate Sathia Qazi for her phenomenal performance throughout her dental career and are glad for her and want her to enjoy all that life has to offer in future. Wishing that she'll keep a similar fearlessness and certainty to confront the difficulties of life. May favor her with progress and bottomless.



About us

Rehmat Memorial Post Graduate Dental Hospital (RMPGDH) was founded in 2009, with the aim of providing quality dental services to the community and to spread oral health awareness among general public.

Our Vision

The Hospital is affiliated with Women Medical and Dental College Abbottabad. Our vision is to empower students to acquire knowledge, skills, and attitude that will support them as lifelong learners and researchers to contribute to the global world.

Some Facts

Since its inception the hospital has flourished and grown into a state of the art dental facility and has become the center of excellence in the region, housed in a purpose built facility with six clinical and laboratory needs of the hospital.



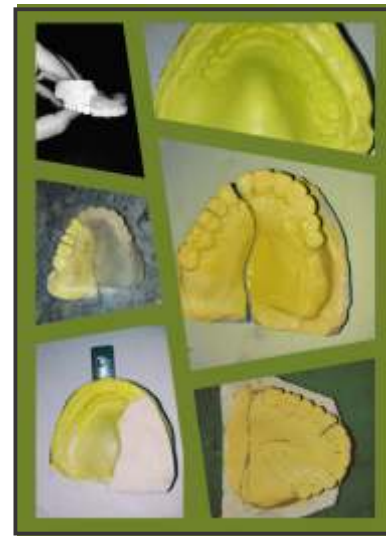
Introduction To Department Of Prosthodontics

The Department of Prosthodontics at RMH under the leadership of Prof. Dr. Majid Zia, a senior level consultant with more than 20 years of experience in the field of General Dentistry and Prosthodontics is providing services to the humanity with commitment and dedication. As a member of the Faculty of Prosthodontics and supervisor of National residency program at CPSP, he is considered as a prudent and hardworking member with many accomplishments on his credit.

Under his supervision the Department of Prosthodontics at RMH has uplifted the meaning of patient care by providing simple and complex prosthodontic modalities related to functional and esthetic needs of the patients of this region and beyond. The department is well equipped with conventional as well as contemporary facilities and can handle procedures ranging from simple removable and fixed prosthodontics to advance level procedures related to esthetics, implant Prosthodontics, maxillofacial Prosthodontics, temporomandibular disorders, gerodontology and full mouth rehabilitation, with wide array of materials and equipment. The Department is also providing postgraduate programs recognized by the college of physicians and surgeons, Pakistan to the candidates of KPK and rest of the country.

The Department has produced many specialists who are working within this and other regions of the country and have given back to the community with their skill and knowledge they have achieved.

One of the case done by Dr. Zainab Sajjad, who is a postgraduate resident is being shared with reference to this newsletter.



BEST GRADUATE OF REHMAT MEMORIAL HOSPITAL

Best Graduate

In an attempt to rejuvenate and insight into the mind of college and University topper Satiha Qazi made an exceptional achievement throughout her educational career. She became part of the hallian's stream in the year 2006 in class III to 2016 in class XII. Besides having a distinctive academic career at ABHC for girls, she not only achieved gold badges in SSC exam but also attained gold medals in HSSC exam. Currently she's adding more to her success journey by securing top positions in all four years of BDS professional annual examination in KMU, ascending the ladder of success in her medical career. To reveal the secrets of such prodigy so that you and I would draw inspiration from her and work towards such achievements, here's a Q/A session. I hope readers- you all catch your points through it.

Please let us acquaint with your four years of BDS journey.

Salam to everyone. I'm thankful for sharing the chunks of my journey. Just because you see that someone has made it doesn't mean that their journey was easy. Nobody who has made it, is listing out their failures. All you see is the final product. I've had times, just like everyone else when I wanted to quit, Ibut I knew I couldn't because my support system was rooting for me. My parents were counting on me and most of all I was rooting for me and counting on me. I have walked out of tests wondering how they even went despite studying as much I could. I had to pray and believe in myself again. I know how scary the

process can be, it's not always going to be easy but it will work out in the end I'm addicted to the



Dr. Satiha Qazi

woman I've become and the woman I'm becoming. It gives me joy to wake up everyday and work hard. When you love what you do, you don't mind working hard.

Did 'little sathiha' dream of wearing the white coat and getting distinctions in professional examination?

For some reasons, at times I wonder if this was just a 'coincidence' that I landed here during those times, I reflect on times when I was struggling, dreaming of this, praying for this, working for this. Did all that to get to my destination. So, this wasn't just a 'coincidence'. Little me dreamt of this and worked hard for this since I was 5 years old, I'd pick up stethoscope laying around my toys and pretend to be a doctor. So that 5 year old had fire in her and she headed out to go after those dreams. I'm here today and I'll keep fighting for my inner 5 years old.

Are you a hard worker, genius or just lucky?

I was a struggling pre-med student. Quite frankly, a struggling human. A hard working freak for sure. I was retaking the ETEA test, along with dealing with number of things in my personal life. It was hard. I carried few words of my father, he once told me during those two years of etea failure" When Allah Subhan'o'tahalal bestows upon you, nothing in this world can stop you" I carried these words with me during the long days and sleepless nights. During times I heard people laugh at my goals.



The Department of Oral & Maxillofacial Surgery

The Hallmark of OMFS ward in RMPGDH is that here we extract unrestorable teeth and treat oral pathologies and Maxillo Facial Traumas. We also deal with Final Year BDS students and teach them basics of oral surgical procedures. We ensure proper sterilisation of instruments and provide quality services by well trained, specialised doctors and staff.



We deal with 4 major areas

- 1.Simple Extraction
- 2.Surgical Extraction
- 3.Surgical Procedures under General Anaesthesia
- 4.Facial Neuropathic Pain



Head of Department

Prof. Dr. Zahur Qayyum

BDS (Pakistan)
MCPS (Pakistan)
FCPS (Pakistan)
Professor
Women Medical and Dental College, Abbottabad



The Department of Prosthodontics

Case Report; Cu-sil Dentures – An Approach to Conserve Few Remaining Teeth

Abstract:

The present prime concern in dentistry is to preserve remaining natural teeth. Presence of few teeth in oral cavity help in preserving alveolar ridge integrity, maintains proprioception and gives psychological benefit to the patient. Transitional dentures provide us with alternative treatment plan for the patient willing to replace their missing teeth while retaining their few remaining natural teeth. A relatively newer type of transitional denture is Cu-sil denture. Cu-sil denture is a simplified approach in the preservation of teeth thereby protecting alveolar process. This case report represents a simple technique to fabricate Cu-sil denture in a dental setup.

Introduction:

Even a single healthy tooth in the arch can help in preservation of alveolar ridge height. Preserving natural teeth help in maintenance of proprioceptive ability of periodontium. Treatment options in arches with few remaining teeth include over denture, immediate denture and transitional denture. Transitional dentures prove to be a good treatment option in such patients who are not willing for extraction of remaining teeth. Cu-sil denture is an example of a Transitional denture. It is essentially a complete denture with holes in it for natural teeth. It is rarely opted for treatment in dental practice but can prove to be an easy and affordable treatment option. These are especially useful in situations where remaining teeth are on same side of arch.

Case Report:

A 63 year old male reported to the Department of Prosthodontics, Rehmat Memorial Dental Hospital with the chief complaint of difficulty in mastication and speech. The patient presented with maxillary Kennedy Class I. The teeth present in the maxillary arch were 11, 21, 22, 23 and 24. The entire mandibular dentition was present. 41 and 31 had grade II mobility. Dental history revealed that the missing teeth were extracted due to caries. PFM crowns were cemented on 11 and 21 which were found to be over-contoured on examination. Oral hygiene was satisfactory and the patient was not willing for any other procedure other than the replacement of missing teeth. Thus a Cu-sil denture was planned.

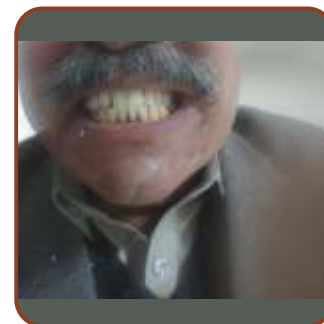


The Department of Prosthodontics

Procedure:

1. Primary impression was made in irreversible hydrocolloid (alginate) for both the arches.
2. Secondary impression was recorded using dual impression technique. Border molding was done with green stick compound and the impression was made in zinc oxide eugenol paste for the edentulous areas. Over that a pick up impression was made using alginate.
3. Temporary denture bases were fabricated using auto-polymerizing acrylic resin, occlusal rim was fabricated and bite registration was done. Teeth arrangement and try-in procedure was executed in the routine manner. The wax-up for maxillary denture was done similar to a complete denture except for the holes corresponding to the remaining natural teeth.
4. The denture was cured with heat cure acrylic resins. After finishing and polishing the denture insertion was done, occlusion was checked and post insertion instructions were given same as for any removable prosthesis.

The patient was comfortable at the time of insertion and follow up appointments were scheduled.



Head of Department

Prof. Dr. Majid Zia

BDS (Pakistan)
 FCPS (Pakistan)
 Dip. Implant Prosthodontics (Pakistan)
 Professor
 WM&DC, Abbottabad.



The Department Of Operative Dentistry

The hallmark of operative dentistry ward in RMPGDH is that we restore carious teeth via RCTs and fillings. A clique of well-equipped and well-versed doctors provide state of art health services. Ensuring cleanliness, punctiliousness and persnickitiness fathoms the core concept of this department.

We deal with 3 major areas:

1. Conservative Dentistry
2. Endodontics
3. Paediatric Dentistry



Head of Department

Prof. Dr. Syed Imran Shah

BDS (Pakistan)
 FCPS (Pakistan)
 Professor
 Women Medical and Dental College, Abbottabad



The Department of Oral Medicine

Patient arrives in OPD from reception. Modus operandi of OPD is that it acts as a mother filter for distributing patients to respective departments. OPD also ensures interdepartmental approach for complex treatments. Thus it acts as a linchpin for proper treatment design under the able mentorship of well-versed certified staff. Examining approximately 12000 patients in calendar year was mammoth achievement.

We deal with 4 major areas:

1. Diseases of oral mucosa
2. Diseases/ disorders of facial region
3. Salivary glands
4. Orofacial pain



Head of Department

Dr. Faisal Pasha

BDS (Pakistan)
 MCPS (Oral Surgery & Family Dentistry, Pakistan)
 Associate Professor
 Women Medical and Dental College, Abbottabad



ORTHODONTIC WIRE BENDING (Segmented Arch Mechanics)



Head of Department

Prof. Dr. Nabila Anwar Bangash

BDS (Pakistan)
 FCPS (Pakistan)
 Women Medical and Dental College, Abbottabad

The Department of Orthodontics under the supervision of Prof Dr Nabila Anwar has been involved in pioneering work in Hazara Division. We provide infant orthopedic treatment to cleft lip and palate children in the form of nasoalveolar molding, feeding plates and lip closure. This helps reduce the size of cleft of lip and palate, deformity of the nose as well as reduce post-surgical scar formation. It also improves child's feeding which subsequently enhances growth, positive psychosocial effects, and better chances of success in post orthopedic treatment.



ORTHODONTIC WIRE BENDING (Segmented Arch Mechanics)

Orthodontic wire bending uses specific problem-oriented appliances to facilitate goal oriented orthodontic treatment. It includes spring designs and treatment strategies that can be incorporated into almost any orthodontic treatment technique. Routine wire bending sessions are held under the supervision of Prof Dr Nabila Anwar and various loops are given to the patients to achieve the best possible results.

Box Loop used for the Extrusion of Impacted Canine



Ballista Loop for palatally impacted canines



The Department of Periodontology



Head of Department

Dr Uzair Ayub Khan

Assistant Professor
Head of Periodontology
Perio- Consultant
BDS-Pakistan
Mclin Dent-Periodontology
(United Kingdom)



Periodontology is the branch of dentistry that deals with the treatment of diseases of all supporting and investing structures of the teeth. In this department, we educate and train 3rd year dental students a basic understanding of Periodontal science and practical training necessary to provide patients with basic periodontal care. Furthermore, our faculty provides advance periodontal training to house & trainee medical officers to enhance their understanding and skills for periodontal procedures. This aims at enhancing students' clinical skills in diagnosing, treating and preventing periodontal diseases for a wide range of patients.



WHAT WE DO

"A genuine smile comes from the hearts. but a healthy smile needs good dental care."

Wayne Chirisa

1. Scaling & Root Planing
2. Gingivectomy & Gingivoplasty
3. Crown Lengthening
4. Regenerative Periodontal Therapy
5. Guided Tissue & Bone Regeneration
6. Periodontal Plastic Surgery
7. Furcation Management
8. Antimicrobial Therapy
9. Dental Implants
10. Splinting



OUR SOCIAL MEDIA CHANNELS

 Facebook: <https://www.facebook.com/Rehmat-Memorial-Post-Graduate-Dental-Hospital-101053267963707>


 Twitter: https://twitter.com/RMH_OfficialsYouTube:

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 https://www.instagram.com/rehmatmemorialhosp_official/

 Email: officials@rehmathops.com

 Official website: www.rehmathosp.com

