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Volume : 2 November 2010

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Dr Loh Kai-Woh  
President, Asian Pacific Orthodontic Society 2010-2012

Dear Friends,

It has been 9 months since our APOS Team 2010 took office after the 7th APOC which was held in Sydney. So far, I have visited Hong Kong, Kuching (Malaysia), Bali (Indonesia), Beijing (China) and Mumbai (India). Meeting with leaders of Hong Kong Society of Orthodontics, Malaysian Association of Orthodontists, Indonesian Association of Orthodontists, China Orthodontic Society and Indian Orthodontic Society were warm and fruitful. I was invited to lecture in Beijing and Mumbai.

In this 2nd issue of our APOS e Newsletter, we continue to feature the leaders of APOS. These leaders are important to APOS as they will propel APOS to a higher level. It is through them that the status of APOS will be lifted and our brand name be well established. I sincerely hope they will lead their local orthodontic organization forward and at the same time promote APOS activities to their members. I hope they will highlight to their members the existence of our APOS website – http://www.apospublications.com and www.ap-os.org as the number of visitors to this website needs to be encouraged. It is even linked to the APOS Facebook page where there is an active discussion group for interesting orthodontic topics. This is our organization, our website, let us support and promote it.

We are also reporting activities of APOS organizations. These include reports from China, India, Indonesia, Philippines, New Zealand and Thailand. One of the highlights was the event held in Beijing to honour Dr Fu Min-Kui for his 50 years of service in promoting orthodontics in China. He is indeed the father of modern orthodontics in China. He has done much in opening up China to the world of orthodontics. I am also proud to mention that Dr Fu Min-Kui was a past vice president of APOS.

We have also published our APOS Trends in Orthodontics – a web base orthodontic journal. This the Journal of the APOS. We plan to publish it 4 times a year. We are in the process in publishing the 2nd edition. I appeal to all to send in your articles for our journal. It is our dream to promote articles written in our region for our people. As I have mentioned before, it can even be in your own language. The editors of our journal have worked very hard and have even spend quite a sum of money to get the journal published. I am sure APOS will reimburse them when we start our own bank account. They will proceed to have our APOS journal to be an indexed one. My greatest appreciation to Dr Nikhilesh Vaid and Dr Ashish Gupta for their great efforts.

The process of getting APOS registered in Singapore began in June 2010. There was a long period of gathering particulars from APOS leaders. The application was successfully submitted in August 2010. I am now waiting for the Singapore authority to respond.

May I say it again. APOS is not my organization, it is our organization. Let us make it successful.

With warmest regards
Kazuo Tanne, DDS, PhD  
Vice President, APOS

Kazuo Tanne, DDS, PhD  
Vice President, APOS

Professor in Orthodontics, Hiroshima University Graduate School of Biomedical Science.

First of all I would like to express my great appreciation for featuring the APOS Vice President in the APOS News. During my term of office, I will support and cooperate with President Loh Kaiwoh.

I was born in Tottori, Japan on January 30, 1949. After graduating from high school there, I entered Osaka University Faculty of Dentistry. Upon my graduation in 1974, I decided to major in orthodontics. I studied orthodontics under the supervision of Dr Mamoru Sakuda. I was awarded Certificate of Orthodontics and PhD from the same university.

In 1985, I was nominated as a Research Scientist Aboard from the Ministry of Education in Japan and went to the University of Connecticut to work with Dr Charles J. Burstone as a Visiting Professor. I studied the principles of biomechanics in orthodontics and its application to various biological influences on living tissues and organs. During my stay at the United States, I met with many teachers, colleagues and friends. They provided useful assistances which were later found to be beneficial in my academic career. Upon my return to Japan, I conducted various international activities such as joint researches, students’ exchanges and faculty staff exchanges. In 1993, I was promoted to Professor and Chairman in the Department of Orthodontics, Hiroshima University, Faculty of Dentistry. Later I was nominated as the Dean of our School in 2000 and completed the duty in March 2005.

Since I was appointed professor 17 years ago, I have accepted 75 PhD students including 17 foreign students coming from all over the world. The number of articles published from my department during this period has reached approximately 500, including 275 papers published in International journals. These achievements are resulted from the team effort of my staff members and PhD students. Currently I have 12 faculty members, 7 clinical associates, 26 PhD students, including 5 foreign students and 8 part-time associates.

I would like to thank all for the close cooperation and wish that APOS will develop into an academic society for orthodontics in the Asia Pacific region.

Dr. Tanan Jaruprakorn  
Secretary General, APOS

I was born in 1972, Bangkok, Thailand. In 1996 I graduated from Faculty of Dentistry, Chulalongkorn University and finished my master degree in Orthodontics from the same university in 2002. At the moment I work in private sectors and also an invited instructor of Department of Orthodontics, Faculty of Dentistry, Chulalongkorn University.

I have been working for Thai Association of Orthodontists since 2002 as Executive Committee member, Registrar and Secretary General. I was nominated by ThaAO to be ThaAO ECM to APOS since August 2007 and also to be WFO council 2010-2015. Moreover, I have been working for Dental Association of Thailand (DAT) since 1996. At the moment, I am secretary of the scientific committee to DAT.

ThaAO was one of the 9 the founding members of APOS inaugurated in 2001. So far ThaAO has had 2 members who served on APOS office; Dr.Somchai Satravaha (president 2008-2010)and Dr.Tanan Jaruprakorn (Secretary General 2010-2012). ThaAO had an opportunity to host the 6th APOC in March 2008. It was one of the most successful congresses with speakers, participants, trade exhibitors from 44 countries.

ThaAO will certainly continue to give full support to APOS promoting closer co-operation among members to disseminate orthodontic knowledge and to promote excellence in orthodontics in Asian Pacific region.

ThaAO wishes APOS to work closer with us as well as other members. Teamwork is always best to achieve our goals.

With goodwill and closer co-operation among members, we shall overcome all obstacles and fulfill our goals.

APOS had launched online News and Trends not so long ago. It helps bring us all closer than ever. Thanks to our President Loh Kai Woh who initiated it. Also it’s the must to mention : Dr.Nikhilesh Vaid and Dr. Ashish Gupta for their dedication and hard working.
IOS was one of the 9 founder associations in the launch of APOS on 10.10.2000. Over the years, though various senior members of IOS have contributed in building the credibility of IOS in the eyes of the world fraternity, it was only this year at Sydney that a representative of IOS was elected to the Executive.

What IOS brings into the APOS is its well-structured ways of working; its bank of experienced members who are well versed organizational matters, protocol, etc.; the vision to grow stronger, bigger and healthier through the zestful younger members and the infectious will to have all other member nations co-exist in a symbiotic way.

IOS is the first Specialty Society in Dentistry in India. It is also the most versatile, progressive and active Specialty Dental Society in the country. Our very 1st Annual Conference with a scientific session was in the year 1967 at New Delhi. These days, our Annual Meetings have an average attendance of excess 1300+ members from India as well as overseas.

Late Dr. H.D. Merchant, the Founder President of IOS was also the Founder Editor the Journal of Indian Orthodontic Society (JIOS): our high quality Journal. Other activities of the IOS Head Office include the Annual Post Graduate Orthodontic Students’ Convention that began in 1996 where graduate students doing their MDS in Orthodontics from all over the country get lectured by a select pre-chosen Faculty over a three day period.

In launching The Indian Board of Orthodontics in 1999, IOS became the first such Board in India and only the 3rd in the World.

IOS has 26 Regional Study Groups which operate in various parts of the country by conducting periodic CE activities in furthering the efforts of IOS to popularise and promote the study of Orthodontics in India; to popularise and spread the Practice of Orthodontics in India and to educate the Indian public in the importance of Orthodontics.

In addition, in 2008, IOS launched a Newsletter, IOS Times, under the editorship of Dr. Nikhilesh Vaid and Dr. Ashish Gupta as an experimental two year project. This will only help tremendously in the new e-ventures that the APOS President, Dr. Loh Kai Woh has entrusted to them: viz. APOS News, an internet based Newsletter of the Asian Pacific Orthodontic Society and APOS Trends in Orthodontics, the Journal of the Asian Pacific Orthodontic Society.

We seek all the help we can get to make the forthcoming 8th APOC, New Delhi, 2012 to be a resounding success.

As I sign off, as a first-timer of the Executive Committee of APOS, I just wish to offer an insight to the member nations and individual members of each member country into my profile.

A 55 year old, I did my graduation in Dentistry from Nair Hospital Dental College, Bombay in 1976 and, later my graduation in Orthodontics too from the same institution affiliated to the University of Bombay (now renamed as Mumbai) in 1978. I have been a loyal servant of the IOS from 1978 having served on its Executive Committee first as a Member for a long time; twice as a Vice President; being a part of the Founder members of Board of Directors of Indian Board of Orthodontics and thence progressed through the ranks as its Secretary, Vice-Chairman and Chairman; being the Founder Secretary of the Begg Study Group and thence its Chairman, etc.

Presently, I am the Professor and Chair the Orthodontic Post-graduate Program at MGM Dental College, Navi Mumbai: a suburb of Bombay and practice orthodontics exclusively privately at 3 locations in Bombay and my birth place Indore which is about 500 km from Bombay. All this has been possible through the active help and support of my lovely wife since 30 years, Dr. Anita, herself an orthodontist and into formal teaching as a Professor and Chairperson of an Orthodontic Post-graduate Program and our two lovely daughters, Aditi and Ashwini who made do with whatever little they saw of me at home and still love me!

I will offer APOS the same zest and verve with which I have worked as a foot soldier through to be a leader in IOS.

Dr. Roberto B. Tan D.M.D
President Elect - Association of Philippines Orthodontists

Dr. Roberto B. Tan is in exclusive practice of Orthodontics in Metro Manila, Philippines. He graduated with a degree of Doctor of Dental Medicine at Centro Escolar University in
Manila, Philippines in 1985 and joined the Faculty Department of Orthodontics at Centro Escolar University in 1985-87. He finished his preceptorial training on “The Biologic Basis & Clinical Practice of Orthodontics” under Dr. Luz C. Macapanpan in 1988. He passed the board certifying exams and was conferred as Diplomate by the Philippine Board of Orthodontics (PBO). He is a Fellow of the Association of Philippine Orthodontists (APO), a Fellow of the World Federation of Orthodontists (WFO), an International Member of the American Association of Orthodontists (AAO), a Fellow of the International College of Dentists (ICD). Currently, he is into private practice of Orthodontics in Metro Manila and the President-Elect of the Association of the Philippine Orthodontists (APO). He will assume the position as president of APO for 2 years starting January 2011 to December 2012.

He says

“APO can contribute in whatever is needed in establishing a “Strong APOS”. APOS is still young very young as an organization considering its inception & it need all the support & cooperation from its member countries to become a strong society.

APO can help APOS in adopting effective and enforceable “Orthodontic Standards” that is at par globally. Each country member of APOS has its own concern regarding the standard of Orthodontic practice in their respective countries. By setting up APOS Orthodontic Standards is one way of ensuring that the quality of Orthodontics is within a given standard.

APO can share information to APOS newsletter or journals & thereby contribute to the learning objectives of APOS. APO can also provide resource speakers through continuing education program.

APO can participate & support actively in APOS project. Recently, APO supported the endeavor of APOS in the WFO Meeting in Sydney Australia by sending delegates.

APO will do its best to avoid anything that will put APOS name in bad light. Any action of APO as a country member is a reflection to APOS and APO will maintain its being a professional & ethical organization as always.

APO can help APO by providing full support to all APO activities & endeavors. In the continuing education program, APO can provide speakers & help in inviting delegate for future meetings.

Congratulations, the inaugural edition of the APOS Newsletter is a great accomplishment for APOS. This is a milestone for APOS and there is always room for improvement. Technically, there seems to be a problem in downloading, it takes a while to access the file. I am sure there will be more news & contribution among APOS country members in the future. Thank you for a great job.”

Profiles of APOS Leaders will be a regular feature of “APOS News”. More Profiles in the next issue...
APOS Trends Released...

The inaugural issue of the official Journal of APOS - APOS Trends in Orthodontics, was web uploaded in August and officially released by Dr. Loh Kai Woh - President APOS at a glittering ceremony held at Navi Mumbai, India on September 9th, 2010. The IOS President and Treasurer APOS - Prof. Girish Karandikar was also present. The editors of APOS Publications- Dr. Nikhilesh Vaid and Dr. Ashish Gupta, along with other IOS Office Bearers, graced the event.

A Pictographic Report...

Dignitaries and Delegates at the event.

Dr. Loh welcomed by a traditional Indian prayer. Prof. Girish Karandikar-President IOS looks on

President APOS is flanked by Editors-APOS Publications, as they arrive at the venue.

The Dinner Time Conversations...

Dr. Loh is felicitated by the IOS. Prof. N. K. Ahuja, President Elect - IOS*, applauds...

President APOS thanks the host for the evening, Prof. V. P. Soni, Convenor-NMOSG-IOS.

APOS Trends released, with the President APOS in a regal attire...

Dr. Loh lights the traditional Indian Lamp to inaugurate the event as President and Secretary - IOS look on.

Dignitaries on the dias.
Dear Colleagues,

It is our pleasure and privilege in extending you a cordial invitation to participate in the 8th Asia Pacific Orthodontic Conference and the 47th Indian Orthodontic Conference to be held in the convention Capital of India- New Delhi, from 29th November to 2nd December 2012.

According to Indian folklore, Delhi was the site of the magnificent and opulent Indraprastha the capital of the Pandavas in the Indian epic Mahabharata, founded around 2500 BC. According to Hindu texts, the city of Delhi used to be referred to as Hastinapur, which means “elephant-city”. A village called Indraprast existed in Delhi until the beginning of the 19th century. The British re-engineered Delhi and its further growth led to the formation of New Delhi in the late 19th century. Since then Delhi has carved a unique niche for itself on the conference map of the world, providing on one hand, full complement of contemporary facilities of international standard and on the other, the lure of a city both ancient and modern.

The conference theme “Embracing Diversity, Enriching Orthodontics” aims to encourage Orthodontists from across the world to come together and learn from the experience of each other. Internationally renowned faculty shall be available for scientific deliberations and various platforms of interaction -to provide a truly enriching experience.

Apart from the outstanding scientific program an elaborate trade fair and the accompanying social events, shall provide an excellent opportunity to forge new relationships with professional colleagues from across the country and the Asia Pacific region.

On behalf of the Organizing Committee and the Indian Orthodontic Society, we look forward to welcoming you to Delhi and to the conference.

Dr Vijay P. Jayade  
Chairman  
Dr. Gurkeerat Singh  
Organizing Secretary

Mark your dates for:  
29th November to 2nd December 2012  
New Delhi, NCR, India  
For Conference Details, please visit...  

www.8thapoc-47thioc.in  
or contact:  
Prof. Gurkeerat Singh, Org. Secy.  
at +91 98110 63930

"Embracing Diversity, Enriching Orthodontics" reflects the confluence of various paradigms and ideologies to beautify the most precious "Wonder of the world - The Human Smile", stamped by a location, like none other in the world - Invigorating India. This land of charming diversities welcomes you to enrich from the best of Orthodontic deliberations at the 8th APOC, which will also be the 47th IOC.
Tourism in Singapore is a major industry and attracts millions of tourists each year. Its cultural attraction can be attributed to its cultural diversity that reflects its colonial history and Chinese, Malay, Indian and Arab ethnicities. It is also environmentally friendly, and maintains natural and heritage conservation programs. As English is the dominant one of its four official languages, it is generally easier for tourists to understand when speaking to the local population of the country, for example, when shopping. Transport in Singapore exhaustively covers most, if not all public venues in Singapore, which increases convenience for tourists. This includes the well-known Mass Rapid Transit (MRT) system.

The Orchard Road district, which is dominated by multi-story shopping centres and hotels, can be considered the center of tourism in Singapore. Other popular tourist attractions include the Singapore Zoo and Night Safari, which allows people to explore Asian, African and American habitats at night without any visible barriers between guests and the wild animals. The Singapore Zoo has embraced the ‘open zoo’ concept whereby animals are kept in enclosures, separated from visitors by hidden dry or wet moats, instead of caging the animals. Jurong Bird Park is another zoological garden centred around birds, which is dedicated towards exposing the public to as much species and varieties of birds from around the world as possible, including a flock of one thousand flamingos.

The tourist island of Sentosa, which attracts more than 5 million visitors a year, is located in the south of Singapore, consists of about 20-30 landmarks, such as Fort Siloso, which was built as a fortress to defend against the Japanese during World War II. Guns from the World War II era can be seen at Fort Siloso, from a mini-sized to a 16 pound (7 kg) gun. Moreover, the island has built the Tiger Sky Tower, which allows visitors to view the whole of Sentosa, as well as the Sentosa Luge, a small one- or two-person sled on which one sleighs supine and feet-first. Steering is done by shifting the weight or pulling straps attached to the sled’s runners. Singapore has two integrated resorts which house casinos, namely Marina Bay Sands and Resorts World Sentosa.

Projects in progress in 2010
The government hopes to receive 17 million visitors per year by 2015 with major new developments, especially at Marina Bay and Sentosa:

- Resorts World at Sentosa (Completed)
- Universal Studios (at Sentosa) Integrated Resort (Completed)
- Marina Bay Sands - Integrated Resort (Completed)
- Marina Bay Financial Centre that includes One Raffles Quay and One Marina Boulevard.
- Premium residential space such as The Sail @ Marina Bay.
- Singapore Flyer (Completed)
- Gardens by the Bay
- Marina Barrage (Completed)
- Clifford Pier and Former Customs and Harbour Branch
- The Helix Bridge (Completed)
- Youth Olympic Park (Completed)
- Circle MRT Line (Completed)
- Downtown MRT Line
- Common Services Tunnel
- Pits and temporary routes of the Marina Bay Street Circuit of the Singapore Grand Prix (Completed)
Orthodontic Symposium in Beijing 2010

An Orthodontic Symposium was organized by the Peking University School of Stomatology and Chinese Orthodontic Society to honor Professor Fu’s Minkui’s 50th Professional Career Anniversary Celebration. It was held by on June 6~7th, 2010 in Beijing. Dr. Fu was a Past Vice President of the Asian Pacific Orthodontic Society and he is considered the father of modern Orthodontics in China.

The Dean and Vice Dean of the Peking University School of Stomatology addressed the symposium and expressed their congratulations on Dr. Fu’s 50th Professional Career Anniversary Celebration on the Opening Ceremony. Twenty three invited speakers from Asian Pacific area gave lectures on different aspects of orthodontic diagnosis, treatment, stability, new technologies, orthodontic effects on aesthetics and personality, etc. More than 600 audiences from different parts of China attended the symposium.

Dr. Loh Kai Woh, the president of Asian Pacific Orthodontic Society was one of the invited speakers. He knew Dr. Fu when there were orthodontic residents in United States, in the early 1980s. Dr Loh met with Dr. Xu Tianmin, the president of Chinese Orthodontic Society, to discuss APOS matters. Half of the invited speakers were from China itself and they delivered their lectures in Mandarin. Lectures in English were simultaneously translated into Mandarin. The participants were provided with ear piece for this.
A Pictographic Report...

Conjoint lecture by Dr. Peter Ngan (West Virginia U.) and Dr. Stephen Wei (U. of Hong Kong) titled “Early Orthodontic Treatment.

Dr. Somchai Satravaha, President of ThaAO and also immediate past President of APOS, was conferred the honorary membership of APO. She was also honored by APO to open the trade exhibition.

ThaAO by Dr. Somchai Satravaha and Dr. Tanan Jaruprakorn present a token to APO on occasion of 30th year Anniversary.

Dignitaries all smile after the event !!!
Scientific meeting of ThaAO, 28-30 July 2010 held at Centara Grand Hotel, Bangkok.

At this meeting, the President’s term of the ThaAO ended and Dr. Somchai Satravaha became president until July 2012. Dr. Charat Chalermratroj got elected as the president-elect. Dr. Tanan will continue to work as the Secretary General of ThaAO.

Thai Association of Orthodontists held the 1/2010 Scientific Meeting 28-30 July, 2010 at the World Ballroom, Centara Grand at Central World with the theme “Life Long Learning In Orthodontics”. Key note speaker is Dr. Vittorio Cacciafesta, department of Orthodontics, U. of Pavia. He gave lecture on topic “Correction of deepbite from childhood to adulthood. Biomechanical principles and clinical applications. Also we had Dr. Hoi-Shing Luk to speak about “Better Understanding in Self-Ligating Bracket System and the Importance of Occlusal Plane in Orthodontic Treatment”

A Pictographic Report...

Guest speaker Dr. Vittorio Cacciafesta gave lecture on the topic “Correction of deepbite”

Dr. Hoi-Shing Luk, from Taiwan, gave lecture on the topic “Self-ligating bracket” and “importance of occlusal plane”

Trade exhibition

Atmosphere in the meeting room
I remember Bali fondly as I was there in 1986 for a short holiday. I am sure Bali must have changed after 24 years. It was with much excitement when I decided to attend the 5th BIOC with my wife. I wanted to be present in this event and also to see the exotic Indonesian island of Bali.

The Singapore Airline flight from Singapore to Bali was very smooth and the cabin crews were very attentive and efficient. Getting through the Bali immigration and customs was a breeze. After purchasing the taxi ticket, a gentleman took over my luggage trolley without my permission and pushed it to the taxi pick up area. I thought it was such a good service until he demanded US$2 for tip for a 45 seconds job!

The conference venue, Hotel Ayodya, was located at the fame Nusa Dua beach. It felt very spacious and luxurious. Registration was a fast and we had a “free and easy” evening.

The opening ceremony for the conference was started with a traditional Balinese dance. The dance was colourful and exotic. This was followed by the opening address from the chairman of the organizing committee, Dr. Debra Hidayat. The President of the Association of Indonesian Orthodontists, Dr. Eky Soeria Soemantri gave his address followed by a speech from myself as the President of Asian Pacific Orthodontic Society thanking the Indonesian Association of Orthodontists for inviting the President and all the Executive Members of APOS to the conference.

The theme for BIOC was “The New Shock Wave in Orthodontics”. Dr. Hugo Trevisi, Dr. Frank Bogdan and Prof. Malden Kuftinec were invited as the main speakers. The participants found the lectures very interesting.

The highlight of the conference must be the “Welcome Reception Dinner” which was held on beach of the hotel. The theme for the night was “Country Touch”. Everyone was encouraged to dress like a cowboy/cowgirl. All were given a cowboy hat and a cowboy scarf. The speakers, sponsors and special guests were all given a special Balinese gift. There was a social competition among the residents of various Indonesian universities. Items presented included singing, Indonesian cultural dances, modern dances and even sports. The competitions were most delightful to watch. The evening ended with the ever popular Line Dancing. Oh, what a night! Compliments must be given to the organizing committee for doing such an outstanding job.
A warm welcome to Christchurch was offered by Mayor Bob Parker who spoke passionately about the Garden City’s attributes. The professional proceedings were then opened with the Prof. Martin Kean Memorial Lecture on Evidence Based Clinical Decision Making by Assoc Prof. Tony Collett. Professor Robert Lee gave an anglo-centric view of the application of functional appliances to orthodontics and representations of how the results could be viewed in 3D.

Professor Mauro Farella gave an interesting look at a number of research threads revolving around a theme of parafunction in muscle and the TMJ. He showed some excellent graphics and revealed some very promising research he had started overseas. This bodes well for continued research at Otago.

The National Cleft Audit meeting was held in the lunch-hour with delegates participating in a study to determine reproducibility in using the GOSLON and radiographic methods.

In the afternoon Professor Bakr Rabie gave a slightly controversial talk on alternative treatment to mild Skeletal II patients. This was followed by Dr Ajith Polonwita showing the orthodontic implications of oral allergy and Dr Leon Steenberg giving his particular take on the interaction between Oral and Maxfax Surgery and Orthodontics.

The evenings social events were for both Auxiliary staff and orthodontists alike and were very well attended. Vouchers for restaurants in the Poplar Lanes area of town were made available and individuals chose their own style of hospitality in which to imbibe and relax.

Friday opened with a mentoring breakfast and a review of the NZAO Accreditation Programme. After Nigel Latta’s raconteuring Prof. Collett gave us a rundown on controversies in clinical orthodontics, nothing too controversial discussed!

In his second appearance Prof. Lee discussed arch form. I was anticipating some evidence about arch form and stability and perhaps a lecture about the immutability of the form, or the genetic differences in sizes but this didn’t eventuate. With a slight change in timetabling Prof Rabie enlightened us to how Chinese traditional medicine was providing the basis for ‘wonder-drugs’ that had absolutely no side effects but with the ability to massively enhance bone induction and therefore effect tooth movement. We look on with breath held to have this area of research come to fruition! Professor Lees final presentation took a look at self-ligation. I was left at the end still unsure whether I had witnessed an revolution or evolution but he did reiterate commonly held beliefs about the usability of self ligation and its benefits (and some detriments). Robert Love rounded off the day with an update of DCNZ regulations for orthodontists. Overall it was a good solid conference, some interesting research ideas shown that hold much promise and not too much ‘dodgy’ science. In the typical New Zealand style the presenters were approachable and questions asked and responded to freely.

The highlight of the conference for me was the guest Speaker Nigel Latta’s irreverent look at parenting entitled ‘Why are teenagers so weird?’ He is well known from his TV show The Politically Incorrect Parenting Show. Without the constraints of TV etiquette he was free to converse, very humorously I might add, as he wished. His combination of situational comedy, gestures and anecdotes made for a heady and enjoyable mix. His talk gained the Guinness record for the most expletives, and most gratuitous use of the ‘F’ word ever heard at an orthodontic conference. He would be proud!

The programme was wrapped up by a splendid dinner at the Christchurch Arts Centre. Again, many thanks to the organising team. ........ well done.
Your Orthodontist instructs you not to eat HARD and STICKY Foods during Orthodontic Treatment. While you are instructed about a whole lot of don’t’s…
Here’s a “yummy” do for you -
A tasty recipe for patients undergoing Orthodontic Treatment…

**Pumpkin Cookie Pops**
Adapted from www.pumpkinnook.com

**Ingredients:**
- ¾ C unsalted butter, softened
- ½ C brown sugar, firmly packed
- ½ C canned or fresh cooked pumpkin
- 1 tbsp orange zest
- 1 egg yolk
- 1 tsp pure vanilla
- 2 ¼ C all-purpose flour
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg
- Pinch salt
- 20 wooden sticks (tongue depressors or Popsicle sticks work best)

**Directions:**
Preheat oven to 350 degrees F.
In a large mixing bowl, combine with electric mixer the butter, brown sugar and orange zest. Add the pumpkin, egg yolk, and vanilla. Mix.
Gradually add the flour and spices. Mix with your hands to create a soft dough. Wrap in plastic and refrigerate for 30 minutes.
Divide dough into two pieces. Roll out each piece to ¼-inch thickness on a floured surface. Cut into pumpkin shapes with cookie cutters.
Place on ungreased baking sheet and securely insert a wooden stick into the bottom half of each pumpkin cookie.
Bake for 12-15 minutes.
Decorate with favorite frosting.
APOS News invites readers to send in cartoons, sketches, funny anecdotes, jokes, features on Orthodontists pursuing interesting hobbies etc. for this section at apospublications@gmail.com

Dr. Rishi Seth

'Molar's day out as miniscrews work out'
Braces... & much more !!!

A brief history of the World famous Hotel Cocktails that have enchanted enthusiasts across the globe...

1910
RED SNAPPER
St. Regis, New York City
Fernand Petiot brings his magic recipe for the Bloody Mary from Paris. Management rechristens it the Red Snapper.

1912
SINGAPORE SLING
Raffles Hotel, Singapore
The secret ingredient of this gin-based cocktail is Cherry Heering, a tart Danish liqueur made from arasca cherries.

1934
THE MARTINI
Knickerbocker Hotel, New York City
Perhaps in honor of the dry wit of his literati clientele, barman Martini di Arma di Taggia develops the first modern-day martini.

1938
THE MARGARITA
Rancho La Gloria, Baja California, Mexico
Carlos “Danny” Herrera names this drink for a guest who hates the taste of tequila.

1954
EARL GREY MARTEANI
The Carlyle, New York City
Audrey Saunders makes a tribute tipple for London’s Ritz, combining two of the U.K.'s favorite tinctures: gin and tea.

1985
PINA COLADA
Caribe Hilton, San Juan, Puerto Rico
Ramon “Monchito” Marrero creates the resort’s signature cocktail, showcasing the cream of coconut drink Coco Lopez invented that same year.

2002
MIEHANA
Hanalei Hotel, San Diego
Jeff Berry, instrumental in the revival of tiki drinks, creates this delicious rum punch that quickly circles the globe.

2007
THE COSMO-NOT
We Atlanta - Downtown Speakeasy
Sasha Petraske takes a swipe at the Cosmo with this blend of red-currant preserves, gin and lemon juice.

2010
THE COSMOPOLITAN
The Strand, South Beach, Miami
SoBe mixologist Cheryl Cook gets credit for contriving this drink with the debut of Absolut Citron.
Forthcoming Orthodontic Conferences...

2nd World and 9th Asian Implant Orthodontic Conference
December 11-12, 2010
Taipei International Convention Centre, Taipei
www.wioc2010.org.tw

45th Indian Orthodontic Conference
December 17-19, 2010
Mangalore, India
E-mail: rohanmasc@yahoo.com
www.iosweb.net

Association of Orthodontists, Singapore,
Annual Conference.
18-20 March 2011

www.aso2012perth.com

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