ASIAN PACIFIC
ORTHODONTIC SOCIETY
NEWSLETTER, APRIL 2018

FEATURING
INTERVIEWS WITH OUTGOING AND NEW PRESIDENTS
11TH ASIAN PACIFIC ORTHODONTIC CONFERENCE
APOC CHARITY PROJECT
VISIT TO CHIANG MAI UNIVERSITY

WORLD ORTHODONTIC
HEALTH DAY
15th MAY

An initiative of the:
WORLD FEDERATION OF ORTHODONTISTS
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EDITOR’S NOTE

The APOS AGM in APOC Boracay 2018 marked the change of office term from Dr. Bryce Lee’s leadership to Dr. Zhou Yanheng and his new team.

It has been my great pleasure to work under Dr. Bryce Lee’s democratic way of leading all the 19 members of APOS to one big family. I’ve learnt much about the intricacies of effective communication through the many meetings and conferences that we had.

I’m happy to see that we have an additional member to our APOS family - the Iranian Association of Orthodontists.

I’m sure our APOS family will grow bigger in one confluence voice and looking forward to Dr. Zhou Yanheng’s vision and goals in the next 2 years.

Let us continue to support one another in our academic exchanges of conferences and social events.

Don’t forget to celebrate the World Orthodontic Health Day on 15th May with your colleagues and patients - "the world unites when people smile."
INTERVIEW WITH NEWLY ELECTED APOS PRESIDENT DR. ZHOU YANHENG

Congratulations on being elected as the new APOS President!
Thank you very much. I feel very honoured and privileged to be elected to serve in this position. I am very grateful for the support of all APOS members, who have trusted me with major responsibilities.

I’d love to work together with our colleagues in Asian-Pacific area to promote the development of orthodontics in this region.

I would particularly like to thank Dr. Bryce Lee for his invaluable work during his presidency and great contribution made to the development of APOS over the last two years. I intend to build upon the great legacy left by him and further advance the cause of our society.

Tell us a bit about yourself.
I serve as the professor of the orthodontic department in Peking University School and Hospital of Stomatology, China. I’m an Executive Committee Member of World Federation of Orthodontists (WFO) and the Immediate-past President of Chinese Orthodontic Society.

I have been engaged in Orthodontics for almost 29 years. More than 60 postgraduate students have graduated under my guide. Until now, I have published more than 170 research publications, including 47 papers indexed by Science Citation Index (SCI) with impact factors of almost 210.

My main interests are in adult orthodontics, combined surgical and orthodontic approach, orthodontic treatment in periodontic patients, microscrew anchorage and the customized lingual orthodontics, as well as invisible orthodontics.

My major research areas are mechanism
and immunoregulation of orthodontic tooth movement, application of stem cell and bioinspired material in oral tissue defects repair.

I’m full of passion and energy in the work of Orthodontics. I always say, “sunny smile sunny life.” As an Orthodontist, I hope to give people a beautiful smile and a sunny life through orthodontic treatment. And as the President of APOS and EC member of WFO, I’m willing to promote the development of Orthodontics, not only in terms of their academic achievement and prestige, but also in terms of their rare insight, foresight, and enthusiasm they have in pursuit of their career goals.

I always feel that I am fortunate to work with a group of extraordinary orthodontists, who are among the best in their country, in the Asian Pacific region, and even around the world, not only in terms of their academic achievement and prestige, but also in terms of their rare insight, foresight, and enthusiasm they have in pursuit of their career goals.

I think it’s simply the insight, foresight, and enthusiasm that bring us together to work under one roof and pursue our common goals, which, I believe, should include promoting the theoretical and technical advances of orthodontics; promoting the development of orthodontics in less developed countries and regions,

**What do you think are the strengths and potentials of the APOS now?**
so as to bring benefits to people living in those countries and regions; and making ourselves more influential and have more voice in the world.

Although we speak different languages, believe in different religions, we share the common goals. We have been very dedicated to our common cause and have seen a high integrity of our society and an ever-growing number of affiliated societies and members.

So, our staff, the team of our society, is where my confidence comes from. They are the greatest asset of APOS. Their dedication and integrity are our greatest strengths. With the expertise and effort of every one of us, I have no doubt that we will have a very bright future.

**What do you have in store for the APOS community in the next two years?**

First, I’d like to strengthen the cooperation and promote academic exchange among affiliated societies/associations.

I think our member orthodontists represent the highest level of achievement in orthodontic theories and skills in their own country/region respectively. Their thoughts, knowledge, and experience are the greatest assets of our society; their dedication to the orthodontic profession and studies is admirable; their capability of research, imagination and creativity are amazing. So, if they can meet and communicate more often, and on a regular basis, the exchange and collision of their thought, ideas, and practical experience will definitely be of benefit to each other, and to the holistic progress in orthodontics in the Asian Pacific region.

Second, integrate resources to focus more on orthodontic education and research. Again, as we have so many great minds and skilful hands, they should work together as much as possible.

As we can see, our member countries/regions are at different levels economically; the development of orthodontics in each of them is also at different stages. The advantage of each of our affiliated society/association varies, some theoretically, some technically, some financially. So, if two or more complementary
societies/associations or groups of orthodontists, dentists in other specialties, educators, and researchers can cooperate for mutual benefits, I will be looking forward to some surprising results produced in the Asian Pacific region in the near future.

Third, further disseminate the knowledge and information of orthodontics to the people in this region. As you know, the changes brought about by orthodontics are not just aesthetically, but also, in many cases, functionality.

It is not just something to make your smile more beautiful, but at the meantime, it can help solve many health problems and potential problems in your mouth, and good for overall health physically and even mentally. We should let more people know this, aware of what orthodontics can do, how important keeping oral health is, and how a confident smile may affect their life.

Therefore, I’d like to see more educational information in regard to orthodontics spread through our publications, events, and activities, both online and offline, particularly to those living in less-developed regions or where the importance of oral health has not yet fully established.

What are the things or who are the people who inspire you?
As I had mentioned in APOC, Professor Minkui Fu, my advisor when I did my postgraduate work at Peking University, made a great impact in my life.

Professor Fu is one of the pioneers of Chinese orthodontics. He introduced and invented several important orthodontic technologies and instruments which have been widely used nowadays in China and also set standards in this fields.

He also made great contribution to the foundation of APOS and the entry of the Chinese Orthodontic Society (COS), into APOS.

Professor Fu is a great educator in orthodontics. He played a key role in the education and training of the next generation of Chinese orthodontists.

His professional dedication has always inspired me on my way of becoming a
true orthodontist and an orthodontics educator. He is a beacon for the younger generations of Chinese orthodontists including myself.

How to you find time to manage your work, family and association commitments?

All three are integral parts of my life. None of them should be overemphasised at the expense of the others. So, I try to equalise the allocation of my energy to each one of them and try to make each have a positive effect on the others and form a virtuous circle among them.

For example, I work very hard and am very dedicated to my profession and specialty. This has brought me academic achievement, popularity among patients, recognition from profession leaders, authorities, and peers, and thus the opportunities to study and work in some of the world’s most prestigious universities, institutions, and organizations in the orthodontic field, including becoming members and gradually taking on more responsibilities in international organizations like APOS.

Such participation in international activities has broadened my horizons and enabled me to keep up with the advances in the profession and specialty, and therefore, in return, benefit me in my daily work.

As for my family, they have always given me unconditional love and support. My achievements in career, such as being elected as APOS president this time, have always been taken as pride and joy by them, and also by my friends, students, and colleagues. They’ve been very proud of me. Their support and encouragement have always been my source of strength and will motivate me to keep working hard in the future.

Honestly, to balance home life and career is not always easy. I have to say that in many cases, I sacrificed my family for career, as I always put my work first.

My wife has always been very supportive and considerate. My son, though only 12, is smart, thoughtful and caring. So, I would like to take this occasion to express my deepest sense of gratitude to them, and also to everyone who had given me love, support, guidance, advice, and encouragement. I love you all.
DIRECTORY & OFFICE BEARERS

Dr. Zhou Yanheng
President

Dr. Eric Liou
Vice President

Dr. Roberto B. Tan
Secretary General

Dr. WM Senadeera
Treasurer

Dr. Bryce Lee
Immediate Past President

Dr. Nikhilesh Vaid
Editor in Chief APOS Journal

Dr. Seow Yian San
Assistant Treasurer

Dr. Mohanarajah
s/o S. Senathirajah
President AOS

Dr. Geraldine Lee
ECM AOS

Dr. Patrick Hannan
President ASO

Dr. Mike Razza
ECM ASO

Dr. Martin Reyes
President APO

Dr. Roberto B. Tan
ECM APO

Dr. Zakir Hossain
President/ECM BOS
Thank you and congratulations on the job well done as APOS President from 2016 to 2018. How would you describe your term in one word?
To be honest, the emotions that I feel are so ambivalent, I cannot find one word suitable enough to describe the term.

However, if you were to ask me what APOS means to me in one word; that would be easier. It’s what I’ve said before - Family.

Looking back, would you have done anything better or different?
They say that hindsight is 20/20. Which is so true, because things are so much clearer with the benefit of hindsight.

I knew the need to prioritise our objectives for APOS because the term this time round was short. So most of what we set out to do were accomplished or, at least, set in motion.

I would have wanted to be more involved in the APOS family’s projects though. I also felt we were bogged down by several administrative duties which should have been handled by administrative staff. Some of these obligations were also unnecessary. Future Office Bearers (OBs) will need to streamline these processes.
What do you think are the important leadership traits needed in APOS?
Diplomacy and the ability to work in a team.

I realised very early on, in my work for professional organisations like APOS, that you need to work as a team. Individual preferences and self righteousness get left outside the door.

I also believe in leaving behind our differences for the greater good of the society.

What do you hope to see in the development of APOS in the near future?
I mentioned this during the breakfast meeting in Boracay when the 19 presidents of affiliate societies and other representatives were present.

I see APOS being the voice in the region and having a heavy global influence in orthodontics.

What’s next for you?
A personal time-out. It was my 25th wedding anniversary last year. Vina, being the supportive wife she is, knew I didn’t have time to spend with her then. I was away attending a regional conference. So, I guess I will have to make up for it this year.

I’ve realised from experience the personal sacrifices that those involved in their professional societies make. My utmost respect goes out to each and every one of them.
The Annual General Meeting (AGM) of the Executive Committee Members (ECM) of the Asian Pacific Orthodontic Society was held on March 7, 2018 at Boracay, Philippines.

The meeting was hosted by the Association of Philippine Orthodontists (APO) and all 22 ECMs were present and 13 observers participated in the meeting. The meeting was chaired by APOS President Bryce Lee and every ECM wasted no time to work on issues and various projects.

Among the highlights of the meeting was the Election of the New APOS Office Bearers for 2018-2020 and the bidding on who will be the host society for APOC 2022.

The Asian Pacific Orthodontic Conference (APOC) is the official Conference of the 19 members of APOS that is held biennially.
We look forward to the 12th APOC 2020 meeting which will be held in Yokohama Japan to be hosted by the JOS. It is time as well to decide on the host of APOC 2022.

Meticulous preparation is needed and there were three Affiliate Societies who bidded to host the APOC 2022; the New Zealand Association of Orthodontists (NZAO), Taiwan Association of Orthodontists (TAO) and the Korean Association of Orthodontists (KAO).

The TAO withdrew their application to host before the bid presentation. It was very difficult for the ECMs to decide as both NZAO and KAO prepared well to offer the best for APOC 2022. In the end, the ECMs awarded the right to host APOC 2022 to the KAO. The ECM from NZAO Peter Barwick and the APFORE Chairman Prashant Zaveri who is also from NZAO were the first to congratulate the KAO ECM Sung-Haek Baek.

There are various projects the APOS has undertaken and the committee Chair-in-charge gave the report.

Among them are the following; Financial Report by the APOS Treasurer Dr. Zakir Hossain, Residents Forum Report chaired by Vice President Dr. Zhou Yanheng while Dr. Tanan Jaruprakorn made the recommendation on the future Residents Forum activities, Foundation Report by Dr. Prashant Zaveri, the Board Report from Dr. Mike Razza, the

Congratulations to the following new elected officials of APOS

APOS Office Bearers 2018 - 2020

**President:** Zhou Yanheng (COS)
**Vice President:** Eric Liou (TAO)
**Secretary General:** Roberto Tan (APO)
**Treasurer:** WM Senadeera (SLOS)
**Immediate Past President:** Bryce Lee (AOS)

APOS Trends
**Editor in Chief (EIC):** Nikhilesh Vaid (IOS)
**Assistant Treasurer:** Seow Yian San (AOS)
APOS Journal Report by Dr. Nikhilesh Vaid and the APOS Newsletter report from the Editor in Chief Seow Yian San.

An update report on the preparation for the 12th APOC joint IOC Meeting was presented by JOS ECM Keiji Moriyama and Takashi Ono who is the Organising Chair of the 12th APOC.

The general body, without any objection, approved the nomination of Dr. Somchai Satravaha to represent the Asia Pacific region for the WFO Regional Award.

Yes, the Boracay beach was very tempting but the ECMs stayed focused on their work.

It was a very productive 2018 Face to Face AGM. We look forward to the next AGM in Singapore on 24 February, 2019 during the Association of Orthodontists (Singapore) Conference (AOSC) at Marina Bay Sands.

See you all at our next AGM on 24 February 2019, at the Association of Orthodontists (Singapore) Conference at Marina Bay Sands, Singapore!
On 15 January 2018, Dr. Bryce Lee visited Chiang Mai University’s Department of Orthodontics and Pediatric Dentistry.

He took the opportunity to speak to residents - future APOS fellows, and gave a 90-minute lecture on Class II malocclusions and anterior open bites.

He also shared his experiences in clinical orthodontics and gave a little insight into APOS.

He was joined by former APOS president, Professor Somchai Satravaha. They spent the rest of the morning at the cleft center in the university and observed the dedication of the staff in caring for the patients.

We are grateful to Professors Virush Patanaporn, Dhirawat Jotikasthira and Marasri Chaiworawitkul for being so accommodating for this visit.
A visit to the rest of Chiang Mai and also Chiang Rai followed. They were both accompanied by members of the Thai Association of Orthodontists including ThaAO’s President-Elect Dr. Tanan Jaruprakorn. Such trips to various regions in Asia Pacific are very useful for APOS to connect with fellows from APOS.
Sri Lanka Orthodontic Conference 2018

Dr. WM Senadeera

The Sri Lanka Orthodontic Conference 2018 was held with great success at Hotel Galadari, Colombo on 20-21 January 2018.

The theme of the conference was “Enriching Orthodontics with evidence based practice.” More than 25 international speakers shared their knowledge and experience with the participants.

There was a pre-conference workshop on 19 January on Temporomandibular Joint Pain Dysfunction Syndrome conducted by Dr. William Choi from Taiwan.

The post-conference workshop was on Contemporary Biomechanical strategies conducted by Dr. Birte Melsen from Denmark and Dr. Mithran Goonewardene from Australia. Both workshops were held successfully and well attended.

On that night, the Sri Lanka Orthodon-
The Asian Pacific Orthodontic Society hosted the SLOS dinner for the invited guests and speakers at the Sri Lankan restaurant The Curry Leaves of Hilton, Colombo.

The main ceremonial function of the conference was held on 20 January at the Grand Ballroom of the Hotel Galadari.

This grand event was graced by the chief guest Dr Allan Thom, President of the World Federation of Orthodontics and Guests of Honour Dr Bryce Lee, President of the Asian Pacific Orthodontic Society and Dr Nikhilesh Vaid.

The most important item of the ceremony was the launch of the first ever journal of the Sri Lanka Orthodontic Society, Sri Lankan Journal of Orthodontics, by Dr. Allan Thom.

Dr. W.M.Senadeera the President of SLOS said in his speech that the launch of the Sri Lankan Journal of Orthodontics was one of the highest academic achievements for the Society.
The 11th Asian Pacific Orthodontic Conference

Dr. Jose Manuel R. Rivera,
APOC 2018 Organizing Committee Chairperson

The 11th Asian Pacific Orthodontic Conference or APOC 2018, with its theme Culture of Smiles, was successfully held last March 5-7, 2018 in the beautiful island of Boracay, Philippines.

This momentous event hosted by the Association of Philippine Orthodontists (APO) was attended by more than 800 delegates (404 International Delegates, 326 Local Delegates, 47 VIP Guests of the Asian Pacific Orthodontic Society and 21 Speakers) from more than 20 countries.

Delegates to this historic first international orthodontic conference in the Philippines experienced first hand the hospitality of the Filipinos and the smiles from our people, known as the warmest in the world, plus the different facets of Philippine’s culture and fiestas which were all part of this joyous occasion of the 11th APOC.

The organising committee of APOC 2018 worked very hard to make this once in a lifetime event an affair to remember. Renowned orthodontic speak-
ers from all over the world were flown in to grace this event plus the participation of more than 80 poster presenters.

A well-attended pre-congress Residents’ Forum on March 4, 2018 was also created so that orthodontic students could actively participate in sharing their clinical cases and research work.

Moreover, an extensive trade exhibit of 33 companies were set up to cater to all of the delegates’ orthodontic needs. Included in this conference were social events for all delegates such as a “fiesta themed” opening ceremony, a breathtaking beachside gala dinner-show and an entertaining closing ceremony.

As the host country, we were able to showcase to all the delegates from across the globe our warm hospitality and local talents. Not only was this conference an opportunity for continued learning but also for some rest and relaxation with colleagues, friends and family amidst the beautiful setting of Boracay.

Our warmest appreciation to everyone who joined us in APOC 2018 and for being a part of the biggest event in Philippine Orthodontic history. Mabuhay!
The Boracay National High School (BNHS) was the chosen beneficiary of the 11th APOC 2018 recently held at Boracay, Philippines on March 5-8, 2018.

During a site visit to the school in March 2017, APOS President Dr. Bryce Lee, APOS Immediate Past President Dr. Nikhilesh Vaid, and Secretary General Dr. Roberto Tan noticed that there were classrooms which were flooded and served as a breeding ground for disease-borne mosquitoes. The environment was certainly not conducive for students.

School principal Mr. Eliseo Casidsid, explained how students received their dental check-up and treatment from visiting government dentists on plastic chairs.

Therefore, it was then decided that this project would consist of two phases:
1. The first was the elevation and cementing of the flooring of four classrooms that were submerged due to flooding.
2. To install a decent dental health facility with a dental chair.

The objectives were to not only improve the learning environment of the students through proper classroom flooring but also address their oral health concerns by providing adequate and basic dental equipment.

With an initial budget of PHP91,500 (from APOS’ kind-hearted people) to cover the renovation of just two classrooms, Mr. Casidsid was able to stretch this budget to cover the renovation expenses of four classrooms. Proudly, this was finished in time for the opening of the school year June of 2017.

Phase 2 was the dental clinic. It was decided that the ongoing construction of a building on the campus (funded by the local government of Aklan) would have a 7x9 square-metre dental clinic. A refurbished Japanese-made dental chair and unit and periapical X-ray were donated by engineer Isidro dela Cruz of the Pandora Dental Corporation while the air conditioners and the dental compressor were taken care of by other donors from APOS.

Dentists from the local government of the Municipality of Malay will run the clinic every Wednesday and Friday. Dentists from the Department of Educa-
tion and Local Chapter from Aklan has also offered to provide the manpower and logistics for the free dental treatment to the school children.

On 5 March, 2018 a sense of great joy was experienced as we saw the fruition of the plans we set out for our 11th APOC Charity Project.

The onsite visit was graced by WFO President Dr. Allan Thom and his lovely wife Heather, APOS President Dr. Bryce Lee, Immediate APOS Past President Dr. Nikhilesh Vaid, APOS Secretary General Dr. Roberto Tan, APOS Honorary Fellows Dr. Somchai Satravaha and Dr. Crissie Santayana, APOS Vice President Dr. Zhou Yanheng, APOS Treasurer Dr. Zakir Hossain and Assistant Treasurer Dr. Seow Yian San, APOC Social Events Chair Dr. Joy Maranon, APO President Dr. Martin Reyes, APOC Finance Chair Dr. Kathy Ong and Local Organizing Chair of the 11th APOC 2018 Dr. Jose Rivera.

“...We should repay the good works done for us by the good works we, in turn, do for others.”

- Robert Payton
The APO and the APOS both wanted to apply the principle of serial reciprocity which as defined by Robert Payton as “the principle that says we should repay the good works done for us by the good works we, in turn, do for others.”

Thus, in serial reciprocity, we pay it forward instead of paying it back. This is the true essence of charity. We look back at our humble beginnings and realise we now have the opportunity to make a difference in the lives of others. ■
The 11th APOC - A Delegate’s Perspective

Dr. Jeffrey Lam

“Culture of Smiles” - A fitting theme for the 11th Asian Pacific Orthodontic Conference (APOC).

All throughout the days spent together, that culture could clearly be seen spreading across the faces of everyone who attended.

From the delegates, to the sponsors, to the VIPs and the organisers, it was a time to enjoy the jewel of the Asian Pacific Orthodontic Society’s (APOS) crown.

The conference began in bright and early on Monday morning, 3 March, though the Residents Forum had taken place a day earlier. Some highlights of the opening ceremony included a warm welcome to the Philippines extended by Dr. Martin Reyes and Dr Jose Rivera, as well as hearing from dignitaries such as Dr. Allan Thom, President of the WFO, and Dr. Bryce Lee, President of the APOS.

It was then time to honour those who have helped pave the way for the partnerships and cooperation that we now benefit from by bestowing awards on the newly chosen Honorary Fellows of APOS.

The opening of the Trade Exhibition and formal lectures followed, where the opportunity was given to learn about new clinical procedures as well as new products to enhance clinical efficacy.

The many poster boards in the lecture hall were very educational, both clinical cases and research presentations. Conversations were held with old friends,
and new acquaintances were formed. This continued throughout the three days of the conference.

What made things even better was the stunning backdrop for the conference, the beautiful island of Boracay.

Whether arriving via Kalibo and the bus or landing in Caticlan airport, the short ferry ride across to the Boracay jetty port brought beautiful views of the turquoise water and the surrounding islands.

During the rickety ride up Boracay Highway, there were glimpses of White Beach between the quaint buildings. For those who had an opportunity to island hop, the calm water and the sailboats painted a perfect picture.

Gala Night was a spectacular event, filled with scrumptious food and exciting entertainment. There were cultural dances with fire and a talented vocalist. Everyone wore white for the evening, adding to the unity of the celebration.

The conference culminated on the final night with the turn-over ceremony to our next host, Japan. We look forward to our next chance to meet and build upon our Culture of Smiles.
Participating in the Residents Forum and APOC 2018 was an unforgettable and worthwhile experience to me. Despite my tight schedule as a third-year resident preparing for my Membership of Orthodontics examination in two months’ time, I took the challenge to attend this conference and made a presentation in the Residents Forum. With all these experiences gained from my short stay in the Boracay Island, Philippines, I was glad that I made it there. Let me share what I benefitted from this four-day event from 4-7 March 2018.

TOP NOTCH RESEARCHERS
The list of research topics that were going to be presented in the Residents Forum had stunned me when I initially flipped through the programme. There were 80 over projects that would be presented by residents all over Asia Pacific. After sitting through a whole day of presentations, I was able to witness many of these interesting clinical case reports and well designed research projects including cohort studies, clinical trials and even systematic reviews. I was very impressed by the high quality and standard of research that were conducted by the other residents.

INFORMATIVE AND MOTIVATIONAL LECTURES
It was an honour to be able to listen to a motivational lecture given by the President of APOS, Dr. Bryce Lee who was also my clinical tutor back in the National University of Singapore’s Faculty of Dentistry. Dr Lee shared with us his life journey from his adolescence days until he became a renowned Orthodontist. The tips and life lessons that he has shared were truly encouraging for young future Orthodontists like us.
SHARING MY WORK

After almost three years of hard work on my thesis which was a partial fulfillment for obtaining my Master of Dental Surgery (Orthodontics), I was proud to be able to present my work at an international platform. Thanks to my research supervisor, Assoc. Professor Kelvin Foong Weng Chiong who has guided and encouraged me throughout, I was able to share my research on the “Decision Making Patterns of Clinicians in Managing Borderline Class III Orthodontic - Orthognathic Surgery Cases.” This experience was priceless and has certainly helped to add to my curriculum vitae.

WELL KNOWN SPEAKERS

APOC 2018 featured many world-renowned speakers who has made numerous contributions in the field of Orthodontics. Their lectures were fantastic and informative. I was also privileged to have a chance to speak to Dr. Eric Liou from the Faculty of Dentistry, Chang Gung Memorial Hospital and Chang Gung University. During the past three years of literature reviews as a resident, we have come across Dr. Liou’s papers on various topics including surgery first approach, Alt-RAMEC protocol and others. It was a great pleasure to be able to chat with Dr Liou.
MEETING OLD AND NEW FRIENDS

It was a great surprise to bump into an old APDSA friend, Dr. Lin Chen-Ming who has also pursued in the field of Orthodontics as a first-year resident in the National Taiwan University. More known as Jimmy, Jimmy and I have been friends since we met in one of the APDSA congresses back in 2009. Attending this conference has not only provided an opportunity for me to meet my old friends but also the new friends that will venture in this same profession with me. I have enjoyed meeting international friends through APDSA during my undergraduate days and am keeping in good contact with several of these amazing APDSA members. APOS shall be a new platform for me to build new friendships as I progress in this specialty and I am sure that these international friendships will be invaluable.

FUN AND SUN

Being a fulltime postgraduate student and mother can be challenging. Having only a chance to meet my husband and son once a week during the weekends for the past three years, the family bonding time during this trip to Boracay was precious. We enjoyed beach activities, island hopping, foodhunting, and not forgetting the exciting tricycle ride which my son had feared. The hotel stay as suggested by the local organizing committee was wonderful with various facilities and shuttle services provided. The beautiful scenery and crystal clear water on this island has helped relieve our stress before we go back to our busy lives. APOC 2018 was a great success!
Penang, Malaysia
24th Malaysian Association of Orthodontists International Scientific Conference & Trade Exhibition

Bali, Indonesia
10th World Implant Orthodontic Conference, and
13th Indonesian Association of Orthodontists Meeting

Yokohama, Japan
Japanese Orthodontic Society, 77th Annual Meeting
19-20 November 2018

Chiangmai, Thailand
Thai Association of Orthodontists
Annual Scientific Meeting

21-23 November 2018

Seoul, Korea
Korean Association of Orthodontists
51st Annual Session

7-10 December 2018

Taipei, Taiwan
Taiwan International Orthodontic Forum
22-24 February 2019

Singapore
Association of Orthodontists
(Singapore) Congress