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EDITOR’S NOTE

Does it seem to you that there is a lot of excitement in the orthodontic world such as the discussion on myofunction/orthotropic philosophy, accelerated orthodontic tooth movement, TADs and aligners treatment?

Much of this evidence-based research was done by our very own orthodontists from the Asia Pacific region and we should be proud of their achievements and contributions to our orthodontic academia.

APOS Trends in Orthodontics, a publication of APOS Publications, led by Editor-in-Chief Dr. Nikhilesh Vaid, is planned to be renamed as Asian Pacific Orthodontic Journal (APOJ).

I would like to take this opportunity to invite all of you to support the future APOJ.

Earlier this year on 15 May, the APOS family celebrated the World Orthodontic Health Day with our colleagues and patients. The various APOS affiliated associations dedicated this special day to raise awareness for orthodontic health through activities with the orthodontic community and their patients to bring the message of “the world unites when people smile!”

I certainly hope to see more orthodontic associations coming forward to join the APOS family and support each other in the events to promote orthodontic education and research in the Asia Pacific region.

Dr. Seow Yian San
Editor-in-Chief
Assistant Treasurer
Dear colleagues, it is pleasant to talk to you again through APOS Newsletter, the regular online publication that conveys important information of our society – our common family.

Since the election of our new executive committee for 2018 - 2020 in March, we have seen a smooth continuation of our work in every aspect, including the potential entry of the Mongolian Association of Orthodontists into APOS, discussion on legal documents, etc...

On 15 May, we celebrated World Orthodontic Health Day (WOHD), the second WOHD since the WFO announced it last year; promotional activities in varied forms were conducted on and before the WOHD this year in our Asian Pacific region, and we’ve seen an increasing awareness of the importance of orthodontic care among the public. In an earthquake-hit village in Nepal, we saw a very encouraging humanitarian occasion, on which the affected block was rebuilt with financial help from many APOS member associations. Thank you for your efforts!

I am also very glad to see that Korean Association of Orthodontists (KAO) appointed its new office bearers and Orthodontic & Dentofacial Orthopedic Association of Nepal (ODOAN) elected its members of the 4th executive committee in the past months. Congratulations to President Yoon-Ah Kook, President Rabindra Man Shrestha, and everyone else who assumed their new posts in these two associations. I believe KAO and ODOAN will achieve great success under their new leadership.

In September, we will have the 10th World Implant Orthodontic Conference and the 13th annual meeting of the Indonesian Association of Orthodontists in Bali, Indonesia. In late October, we will have the 2nd APOS OB meeting and the 77th annual meeting of the Japanese Orthodontic Society in Yokohama, Japan. Let’s continue to build our friendship at these meetings.

I believe with the joint effort of every member of the new executive committee of APOS, we will achieve more of what we set out to do and see more exciting results of our hard work.

Best Regards,
Dr. Zhou Yanheng
On the 13th of November 2017, on the way back from the international meeting in Dhaka organised by the Bangladesh Orthodontic Society, I was honoured by an invitation to attend a meeting of young minds amongst the APOS fellows at the Yerala Medical Trust (YMT) Dental College in Mumbai, India.

The kind invitation came from none other than the head of the Orthodontic department there, Professor Meghna Vandekar. I had heard a lot of good things about her department from fellows and wanted to “see it for myself”. I was not disappointed.

From the rapturous welcome I received upon my arrival to the afternoon session I shared with staff, residents and recent graduates, it was indeed a thoroughly fulfilling day. It is no secret that I enjoy interacting with residents in orthodontics. Apart from learning from them, I’m always interested to know what the future of our profession’s perspective in orthodontics is.

Apart from our presentations to the residents, what I found most enlightening was that Professor Vandekar arranged for recent graduates to return to the department
to give their insights on life after graduation. They even had very helpful tips for the residents from setting up practice to life in the institution. It is always a great vision to see alumni returning to give something back to their school.

All in all, my experience at the YMT Dental College was extremely rewarding. If the future of our profession and fellows are placed in the hands of these young ladies and gentlemen I met, then I know our future must be bright.

I would like to thank and am extremely grateful to Professor Vandekar and Professor Nikhilesh Vaid, Editor-in-Chief of the APOS Journal for facilitating this occasion.

[Image of alumni and faculty]
Dr. Bryce Lee,
Immediate Past President

Apart from being very active in APOS and their home orthodontic societies, Dr. Eric Liou and Dr. Nikhilesh Vaid are both extremely able researchers and clinicians in our field. To me, they are two of the “supernovas” from the region - extremely rare and bright.

WHAT BEST DESCRIBES YOU AS A PROFESSIONAL?

Dr. Eric Liou (EL): I am enthusiastic in patient services, public services and academics to promote the profession of orthodontics. For the last 20 years, I have been serving more than 15 years in the Taiwan Association of Orthodontists (TAO), and more than 9 years in the World Implant Orthodontic Association (WIOA). These experiences have helped me grow to further serve as the Vice President of APOS. On the other hand, I also have been working as an Associate Professor the Department of Craniofacial Orthodontics of Chang Gung Memorial Hospital for teaching, researching, and serving the craniofacial, orthognathic, and regular patients for more than 25 years, and I am still enthusiastic about it.

I also have been spending a lot of time on innovations, such as the rapid canine retraction for accelerating orthodontic tooth movement, interdental distraction osteogenesis for treating a wide alveolar cleft, alternate rapid maxillary expansions and constrictions for maxillary orthodontic protraction in patients with cleft or Class III malocclusion, and recently in the Yin-Yang arch wires for the improvement of occlusal canting and facial asymmetry, and orthognathic camouflage in growing or adult patients with Class III malocclusion by clockwise rotation of mandible for decreasing chin projection.

However, it has been a long road and a lot of struggling to achieve balance between the public services, patient services, academic activities, and family. But it looks like I spent more time and efforts on the others than my family. I really appreciate the full support from my family and for their understanding of why I am doing all of these.

Dr. Nikhilesh Vaid (NV): “Lucky” is the one word I can use to describe my professional journey. I’m no “supernova” and to be interviewed alongside Prof Liou is a huge honour indeed. I’ve tried to be honest and dedicated
to tasks I’ve undertaken always, and pray to
the almighty that the fire and perseverance to
pursue all my orthodontic interests (e.g. clini-
cal, academic, research and leadership) with
honesty and utmost commitment is something
that always stays as a part of my persona! I
can’t thank enough, the numerous friends and
colleagues who have crossed my path as angels
and made the journey –fulfilling and joyous!
These relationships have been the greatest treas-
ure I’ve acquired in my professional journey!

**HOW HAS APOS INFLUENCED YOU? IS IT AN IMPORTANT FEATURE OF YOUR PROFESSIONAL LIFE?**

**EL:** Certainly, APOS influences me a lot spe-
cially in the aspect of international affairs and
it started from a few years back when I was the
Chairman of the International Committee of
TAO.

I had a chance to work closely with the APOS for
TAO’s re-application as a member of APOS. This
was the first time that I was able to know how
the affiliates of an international association or
society negotiate with each other. And this was
where I learned how complicated and sophisti-
cated international affairs are.

This made me decide to participate and contrib-
ute more to APOS as the ECM of TAO when I
was the president of TAO. After participating in
several APOS meetings, I believe I became more
familiar with the ways and gestures in international communications. At the same time, this also enabled me to provide feedback on what I have learned from APOS to my mother association, the TAO.

Therefore I made up my mind to go a step further to be the vice president of APOS so that I could further serve APOS and TAO. And of course, this was all because of the APOS influences.

**NV:** The APOS has been a very important part of my professional and personal life. Like I said earlier, it is my extended family! It has been an excellent lesson in how diversity can be harnessed for progress and positive benefits for the profession. I might be biased as a past president, but I think it is the most relevant regional orthodontic association in the world. Our region is a classic example of geo-cultural, political and socio-economic diversities, and we still come together to speak in one voice, is something so endearing! On a personal level, like you Bryce, I see my APOS family, more than my own, at times - so these bonds are very strong and deep!

**EL:** Of course, I have the faith that APOS will stay relevant for more than 50 years because we stay united as one. APOS used to be a battlefield among the affiliates. It took us quite a few years to learn how to work as a team and to stay in one as we are now. The future is unknown and could hardly be predicted. But what we are now makes what we will be in the future. Therefore, not any single affiliate but all the affiliates of APOS make what we will be in the future. Teamwork is the key for making this organisation relevant in the future, and APOS has it.

**NV:** APOS, I’m sure will grow from strength to strength. I hope and pray that future leaders work towards that. Stronger finances, governance protocols, and positive intent from the affiliates will be key performance drivers! I do believe, we are at a nascent stage as far as governance is concerned, at this point. Affiliates will have to streamline their protocols for nominations of individuals to the APOS committees to allow continuity in policies and for a vision to be executed. The best of APOS, for a fact, is yet to be!

**WHAT HAS BEEN THE BIGGEST GAME CHANGER IN OUR PROFESSION IN RECENT YEARS? HOW HAS IT IMPACTED OUR PRACTICE OF ORTHODONTICS?**

**EL:** I believe there are two game changers in recent years. The first is temporary anchorage devices (TADs), and the second is clear aligners. TADs were brought into orthodontics by orthodontists, and have been reported and being used in orthodontics for almost more than 20 years. The purpose of bringing TADs into orthodontics was to help the orthodontic anchorage control. They have enabled and allowed us to further expand the scopes of treatment in orthodontics. For example, Class III malocclusion, anterior open
bit, or severe maxillary/bimaxillary protrusion could only be treated by orthognathic surgery before and now they could be treated with TADs.

The impact of TADs in orthodontics is positive. It has been developing based on the current orthodontic systems. The TADs are adjunctive, and they do not remove any current system in orthodontics. We use them to broaden our practice and profession. The TADs are also beneficial to patients. Patients are possible now to have more treatment modalities for their malocclusions, in addition to orthognathic surgery. And both of the pros and cons of TADs have been reported and revealed enough in the orthodontic literatures.

On the opposite, clear aligners were first brought into orthodontics by a provider then several providers rather than by orthodontists. The purpose of bringing in clear aligners was to replace the current orthodontic appliances. They are not like TADs. They are changing the ways and procedures how we treat patients. They use attachments rather than brackets. They use plastic to move teeth rather than archwires and elastics. They move posterior teeth first rather than aligning the anterior teeth first. They move teeth one by one mostly rather than a group of teeth. They make use of AI to plan and decide all the steps of tooth movement from the beginning to the end rather than adjustment at each appointment and then wait and see. They are so different from the current orthodontic system.

They are becoming popular among the patients and orthodontists since they are invisible, easy for oral hygiene, and they are fancy, high-tech, and make use of AI. But orthodontic tooth movement and bone biology are not just cyber-tech. The AI cyber-tech today is not sound enough to be able to integrate all the individual information or mega data of bone biology of orthodontic tooth movement yet, although some clinicians have claimed that clear aligners can be used for treating almost every kind of malocclusion including extraction, non-extraction, or complicated cases without any complications. But, at least, this is not happening to me. I have different experiences from those aligner clinicians, especially in extractions or complicated cases. I am wondering why there is only voice of good but no voice of counterpart! The point is “NO VOICE OF COUNTERPART.” And it is too good to be true without enough support from orthodontic literature.

NV: Wow! That’s a difficult question! One biggest would be difficult. I would like to name three game changers, in my opinion!

First, the incorporation of technology—not only for diagnostics, but also for simulating treatment, and customization of appliances.

Second, an improved understanding of biomechanics in the TAD era - unthinkable mechanics are a reality today!

And third, a movement towards a better understanding of research and treatment effects – we are slowly but surely moving from an emotion, experience, GOBSAT driven therapy providing
profession to one that understands with humility the implications of evidence and try to incorporate it in our clinical protocols!

The impact of these changes will result in more predictable treatment for patients, if market forces commoditising orthodontics are regulated – a task cut out for orthodontic leadership globally!

**WITH THE ADVENT OF CLEAR ALIGNERS AND DIAGNOSES AND TREATMENT PLANS BEING MANAGED BY THE PROVIDERS OF THESE APPLIANCES, DO YOU SEE A NEED FOR ORTHODONTIC PROFESSIONALS? ARE WE GOING TO BE REDUNDANT?**

**EL:** That is a big and hard question. Orthodontists have played different roles at different points in history, such as in the years of cephalometric radiographs for the diagnosed and planned tool only, or recently in the years of CBCT, intraoral scanner, and AI simulation techniques. I believe our status might vary from time to time depending on how the AI simulation technique, mega data, and most importantly the orthodontic materials are developing.

Although the AI simulation techniques, individual or mega data of orthodontic tooth movement biology, and orthodontic materials have not been well integrated yet, we are now at the cross road to determine the future of our profession.

We are not able to resist the current stream of AI cyber-tech simulation and the others. But we could use the stream to take us to the next level of our profession. If we are just going with it, we might end up vanishing from the world eventually. We should take actions and not just wait to be redundant!

**NV:** The need for the profession will not become redundant. A leading magazine predicted at the turn of the century that orthodontics will be a dying profession in a decade, and it was ranked as the best profession, 15 years later! Orthodontics is here to stay.

However; the terrain of care provided will change! Corporate care providers will probably replace most boutique practices. The skill sets required for the orthodontist of tomorrow will involve more technological dexterity, than manual dexterity! And teachers’ training the orthodontists of tomorrow will have to be proactive in incorporating these changes in curriculums.

**WHAT ARE YOUR IMMEDIATE PLANS BOTH FOR THE APOS AND IN YOUR PROFESSIONAL LIFE?**

**EL:** “We should take actions and not just wait...”

- Dr. Eric Liou
to be redundant or vanished!” It sounds great but how to do that? APOS has the platforms to take the lead. The platforms are the official publication and official conference of APOS. A task of force in APOS could be set up to direct this matter.

As the Vice President of APOS and one of the executive editors of journal of the APOS Trends in Orthodontics, my vision is on how the APOS could promote the academic position and influences of the APOS affiliates in orthodontic profession and the future progress of AI-simulation techniques in orthodontics.

APOS has focused more on the achievements of international affairs and administrations for the past few years. And this part has been well established after all the efforts contributed by all the affiliates of the APOS. In addition to the international affairs and administration, the big question is what APOS and its affiliates have contributed in promoting and elevating the academic impacts and future influences in orthodontics from the Asian Pacific region where we are.

The APOS Trends in Orthodontics, the official publication of APOS, was launched in 2011. It has promoted and increased the academic position and influences of APOS and the affiliates in orthodontic profession. However, due to the name of the journal, the APOS Trends in Orthodontics has not caught too much attentions internationally or even by the orthodontists in the Asian Pacific region, although several great articles has been published in this journal. Asian Pacific orthodontists are actually taking the lead in orthodontics in recent years worldwide, specially the TADs. But we are lacking of a strong official platform for the APOS affiliates to promote the academic contributions in orthodontics.

The European Orthodontic Society (EOS) has its official journal named European Journal of Orthodontics (EJO), which represents the region and also provides a platform for elevating the academic impacts and influences not only for its European affiliates but also internationally. APOS should have a journal named after the Asian Pacific region where its affiliates are located. The easiest way is to transform the APOS Trends in Orthodontics into the “Asian Pacific Orthodontic Journal (APOJ)”. And this has been well discussed and agreed in the APOS OBs meeting in Boracay this year when the new OBs elected, and the process of changing name is processing.

In addition to the above mentioned, the APOJ could be a platform for integrating the current national/local journal publications of the APOS affiliates. Currently, several APOS affiliates have their own journal publications. However, not all of them have significantly impacted the orthodontic profession internationally. Gather citations (across different affiliates) and impact will be higher. APOS could have a task force together with the editor-in-chief of the APOJ to integrate the publications in each national/local journal of its affiliates into the APOJ. The first
aim of the APOJ should be to become the third most important journal in orthodontics after the AJODO and EJO.

The APOJ could also be a platform for assisting APOS affiliates to set up their orthodontic board system. One of the goals of APOS is to assist all its affiliates to set up an APOS recognised specialist in orthodontics. This will be the APOS orthodontist board. The APOJ can have a board-certified case reports session for its affiliates who have had board certified system. This session could be the platform transiting to the APOS orthodontist board. The case reports in this session could be examples and references for those APOS affiliates who have not had the certified board system.

The APOS Trends in Orthodontics has a very good session of the Expert Corner, which publishes the most advanced concepts and techniques in orthodontics. The AJODO and EJO do not have such a session, and it is a brilliant idea to have such a session in the APOS Trends in Orthodontics. This section should be kept in the APOJ and further integrating with the Asian Pacific Orthodontic Conference (APOC) for promoting the academic impacts of the APOS affiliates in orthodontics.

In addition to be the official annual meeting of APOS, the APOC can also be the platform for what could be the most advanced concepts and techniques in orthodontics. An APOJ Expert Corner could be organised in the biannual APOC. The authors of the Expert Corner of the current and previous year of the APOJ can be invited in coordination of the president of the current year’s APOC and the editor in chief of APOJ to give presentations in a forum format in the APOC. An expert panel can also be organised by the APOC for the discussion and questions after the session.

NV: I’ve announced in Boracay, that I will resign as the APOS Editor-in-Chief in Yokohama, 2020. It’s been a great decade, with APOS as an EIC, the President, and an IPP. It’s also a time to move on, as my activities with the WFO, teaching and practice keep me very busy!

I would like to see the APOS Journal as a high impact orthodontic publication of global relevance. I would still like to attend every APOC after retiring - to forge new bonds, and renew old friendships! I would be happy to assist the APOS leadership, whenever called upon. APOS has been an integral part of my life-and will always remain!
OBSERVANCE OF WORLD ORTHODONTIC HEALTH DAY BY APOS AFFILIATES

Association of Orthodontists (Singapore)

The signing of the World Federation of Orthodontists (WFO) charter took place on 15 May 1995. 23 years on, orthodontists all around the world celebrate World Orthodontic Health Day (WOHD) on this day to commemorate the past and to celebrate the future of our profession. In Singapore; orthodontists, together with their patients and nurses have come together to share this special day. So join us and spread the word on good orthodontic health.
Orthodontists from the Philippines led by the Association of Philippine Orthodontists joined the world in celebrating World Orthodontic Health Day. There’s a saying that smiling in the Philippines is contagious. The secret weapon to happiness in this archipelago of 7100 islands is the smile of one of the friendliest people in the world. Smiling of course brings about a more positive outlook in life. Orthodontists therefore hold in their hands one of the keys to happiness.
Chinese Orthodontic Society

On WOHD this year, all COS affiliate societies conducted activities in varied forms in their respective regions to promote the awareness of orthodontic health and the importance of orthodontic care. They hung up banners, set up promotional stands, handed out printed materials and giveaways, to tell people the special day of orthodontics. Many hospitals and clinics rendered free consultation and free examination to the public, through which, correct orthodontic ideas and knowledge were conveyed and disseminated. WOHD has gained an increasing recognition in China.
KAO’s Board of Trustees has celebrated WOHD on 15 May. In the same month, KAO offered various seminars for the public and complimentary orthodontic treatment for lower income families.
Taiwan Association of Orthodontists

The TAO Board of Directors and training organisations held activities in their offices to support the promotion of this special day for orthodontics worldwide.
INDIAN ORTHODONTIC SOCIETY’S DR. VERMA WINS MRS TIMELESS BEAUTY PAGEANT

Dr. Meha Verma

“Hi friends, I am delighted to have won the title of “Mrs Timeless Beauty” at this year’s Mrs India pageant. I am overwhelmed and blessed to have represented the fraternity of Orthodontists at the national platform. We, the smile architects of the dental profession should be proud that we put beautiful smiles on people’s faces.”

CALENDAR OF EVENTS

11-12 August 2018

Mumbai, India
Indian Orthodontic Society
International Interdisciplinary Symposium
**Bali, Indonesia**
10th World Implant Orthodontic Conference, and 13th Indonesian Association of Orthodontists Meeting

**Yokohama, Japan**
Japanese Orthodontic Society, 77th Annual Meeting

**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