

## About this Newsletter

*This monthly newsletter is coordinated and published by ISIS. The newsletter is designed to provide you with up-to-date information related to internationally educated dentists. Your contribution is valuable. Please feel free to share and recommend new topics, inform us of resources, events or programs valuable to IEDs.*

## What's NEW?

### Joint Study Group

During the months of June and July, a group of internationally educated dentists (IEDs) from different countries came together to form a study group. The diversity of experience and backgrounds made the sessions interesting and informative. The joint study group was designed to exchange knowledge and information among the group of participants.

The structure of the study groups is based on the needs of participants. The first part of the session is usually allocated to discussion about resources and study materials which are necessary in order to prepare for the Assessment of the Fundamental Knowledge on February 4, 2012. A plan is in place to offer this program twice a week to help IEDs in their exam preparation efforts.

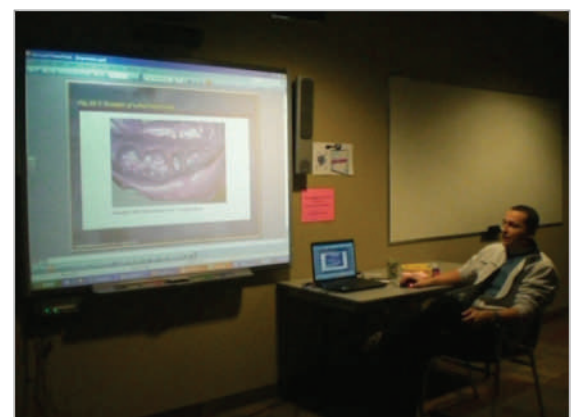
#### A STUDY GROUP:

- Helps you learn and review course material
- Motivates you to study
- Helps you to develop valuable study skills
- Makes your learning experience fun!

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### IED NEWS



#### **Application Process and Document Verification for the 2012 NDEB Equivalency Process :**

The application **deadline** date for the 2012 NDEB Equivalency Process is **September 9**, 2011. Documents must be received By NDEB before **August 9**, 2011.

Registration for the 2012 Assessment of Fundamental Knowledge is now open. Please click [here](#) to begin your application process.

[http://ndeb.ca/en/non\\_accredited/application.htm](http://ndeb.ca/en/non_accredited/application.htm)

### Dental Aptitude Test

The Dental Aptitude Test (DAT) Program is conducted by the Canadian Dental Association (CDA) to help students assess their aptitude for a career in dentistry and to assist dental schools in selecting first-year-students.

As a dental school applicant, you are encouraged to participate in the DAT well in advance of applying to dental school. Ideally, you should take the DAT exam at least one year before entering dental school.

#### **Required Documents**

1. Dental diploma/degree
2. Translation of dental diploma/degree
3. Transcript of marks
4. Translation of transcript of marks
5. Internship completion certificate
6. Translation of internship completion certificate
7. Proof of name change/ difference in name
8. Translation of proof of name change/difference in name
9. Confirmation of degree completion

[http://ndeb.ca/en/non\\_accredited/documents/RequiredDocuments.pdf](http://ndeb.ca/en/non_accredited/documents/RequiredDocuments.pdf)

#### **DAT Registration 2011 and 2012**

Online registrations must be submitted on or before the corresponding deadline dates of **September 15 (23:59:59 EST)** for the November DAT and **January 15 (23:59:59 EST)** for the February DAT.

[Register here.](#)

#### **Fun Facts About Your Mouth**

*Not all our taste buds are on our tongue;  
about 10% are on the palate and the cheeks!*

## Upcoming Training Opportunities Through ISIS

### **Asthma Awareness Training Program**

*Provided by the Lung Association of Nova Scotia .*

August 15, 1:00 pm – 5:00 pm  
ISIS, Classroom 10

### **Standard First AID/CPR**

August 22-23, 9:00 am – 5:00 pm (both days)  
ISIS, Classroom 11

*Provided by St John's Ambulance.*

## Events in the Dental Field

### **Canadian Dental Association Annual Convention**

Halifax, Nova Scotia  
August 4 - 6, 2011



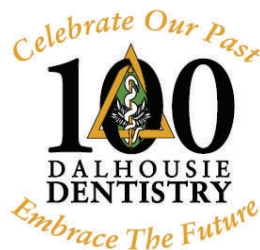
- [CDA's 2011 Annual Convention](#)
- [Schedule at a Glance](#)

*Register online today by visiting*  
[www.cdaconvention2011.com](http://www.cdaconvention2011.com)

### **Dalhousie University, Faculty of Dentistry**

Dalhousie Dentistry  
Centennial, May 2012

Be in the video! Visit:  
[www.dentistry.dal.ca](http://www.dentistry.dal.ca)



## Useful Resources

### **Learners TV**

Learners TV is a website that provides materials from well respected education institutions in various formats:

- videos
- presentations
- lecture notes
- free online tests

[www.learnerstv.com](http://www.learnerstv.com)



## 3D Technology to Help in Preparing Cast for Dental Implants

A number of innovative Iranian engineers have developed a 3D printing technology that could drastically cut down the time required for dentists to prepare a cast for dental implants.

Though the technology still some years away from being viable, and cheaper, the engineers are confident that it will revolutionize prosthetic dentistry in the near future. According to the report... [\(continue reading\)](#)

Source-Medindia

### Researchers Say the Best Teeth Whitener is Fruit

**A recent study by Harvard University revealed that eating fruit daily is the best way to whiten teeth. Through a three-month clinical study, it was determined that strawberries, orange peels, and lemon juice are the most effective teeth whiteners in the world. Strawberries can be made into a puree and smothered on the teeth.**

Strawberries have a natural enzyme that removes tooth stains, according to TeethWhitener.net. Orange peels can be used to remove tooth stains, just by rubbing the inside of a peel against tooth surfaces.

A little lemon juice and salt work very well to remove stains just wash your mouth out with this, or even rock salt and warm water will work at night to remove stains.

Baking soda has long been known to work wonders for smiles. It may taste awful, however adding baking soda on a toothbrush along with mouthwash can help alleviate the negative taste. Also a strawberry mixture

added to baking soda/peroxide not only adds a sweet taste to the concoction, but is yet another effective whitener.



It is best to not drink coffee, tea, colas or red wine, which are all known to stain teeth and cause some decay of the enamel. Apples and potatoes can cause discoloration, but they also tend to clean off the teeth. Mouth washing is important after eating apples.

Also, stop or slow down tobacco use, as both dipping and smoking can cause tooth discoloration. Avoid mouthwash, as it sometimes will stain teeth. Finally, remember that an ounce of prevention is worth more than a pound of cure. Going to the dentist once or twice a year for a cleaning and checkup is strongly suggested.

Source: Dental Tribune

### Dentist Introduces New Technology for Ultimate Patient Comfort

**By Dr. Sasi Mannem, Mannem Dentistry**

LAKEWAY, TX, July 15, 2011 /24-7PressRelease/  
Lakeway cosmetic dentist, Dr. Sasi Mannem of Mannem Dentistry, is pleased to introduce a variety of new procedures and technologies for added convenience, comfort and increased dental health care for all patients. These new dental services and innovations include CEREC one visit crowns and laser dentistry for precise treatment results.

CEREC by Sirona Dental Systems is the world's only system for the creation of all ceramic dental restorations in one office visit. With CEREC, patients can be in and out in a single visit with a permanent, all ceramic crown, onlay or veneer. For the patient, this means fewer injections, less drilling, and less time out of their hectic schedules for proper dental care

[Read more](#)

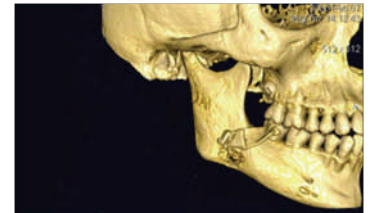
## Patient Resource on Bisphosphonates and ONJ

Dentists can now access a patient resource on bisphosphonates as they relate to oral health. This class of medications has been examined extensively, to assess its possible relationship with osteonecrosis of the jaw (ONJ).

The brochure, *"Osteoporosis Bisphosphonate medications, dental health and osteonecrosis of the jaw (ONJ). What you need to know"*, addresses some of the misconceptions that may persist regarding the strength of association between bisphosphonates and ONJ.

According to the brochure, ONJ has been noted in some cancer patients receiving high doses of intravenous bisphosphonates on a monthly basis. However, in patients with osteoporosis,

bisphosphonates are used in very low doses and there is currently no definitive evidence showing that low doses of bisphosphonates increase the risk of ONJ.



The organizations who joined forces to produce this brochure are the Canadian Task Force on ONJ, Osteoporosis Canada, the Ontario Dental Association (ODA), the Canadian Association of Oral and Maxillofacial Surgeons, the Society of Obstetrics and Gynecology of Canada and the Canadian Society of Endocrinology and Metabolism.

[Read more](#)

J Can Dent Assoc 2011;77:b102

## Pain-free Dental Injection Thanks to a British Researcher

A British researcher has invented a syringe that could stop the agony of getting a dental injection.

Dr John Meechan, a senior lecturer in dental sciences at Newcastle University has invented a syringe, which enables the anaesthetic to be mixed with a neutralising solution just before it is injected into a patient's mouth. This stops it from being painful. [Read more here.](#)

Source-ANI

## IED eLibrary

The IED e-library, was recently added to the ISIS website. You can reach the new feature under: "Employment > For Immigrants > Professionals > Dentists > IED e-Library" at [www.isisns.ca](http://www.isisns.ca). There are many websites listed and you can access sample questions, dental exams and case scenarios.

Please check back often for new added information. It will be updated regularly.

*Thank you for taking time out of your hectic work and study schedule to read our e-newsletter. We want to improve our newsletter with your suggestions, comments, recommendations, and contributions with your news. We look forward to hearing from you.*

**Farzaneh Rahimi** : IED Bridging Program Coordinator  
(902)406-8830 , [frahimi@isisns.ca](mailto:frahimi@isisns.ca)