



QDH / NL | 2024 - Vol 1 Issue 1 (Jan-Mar)

# NEWSLETTER



## **CHIEF EDITOR**

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Principal COD



## **ASSOCIATE EDITOR**

Prof. Dr. Tahera Ayub  
Administrator - QDH



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# QDH BULLETIN



# CHAIRMAN MESSAGE



Mr. Amir Waliuddin Chishti

Dear Qamar Dental Hospital Community,

As we proudly present the inaugural issue of our hospital newsletter, I am filled with gratitude and joy reflecting on the incredible journey we have undertaken together over the years. It is with great pleasure that I extend my sincere thanks to each member of our dedicated team, our esteemed patients, and our well-wishers for their unwavering support.

From the outset, our vision for Qamar Dental Hospital has been to redefine standards in dental care, and I am pleased to say that we have made significant strides in achieving this goal. The commitment to excellence exhibited by our staff, combined with the trust placed in us by our patients, has allowed us to establish Qamar Dental Hospital as a center of innovation, compassion, and superior dental services.

In the pages of this newsletter, you will find **stories of success**, **updates on our initiatives**, and **valuable insights** into maintaining optimal **oral health**. I encourage you to explore these pages, as they are a testament to the collective efforts that have brought us to this point.

As we celebrate this milestone, I extend my deepest appreciation to our incredible team for their hard work, our patients for choosing Qamar Dental Hospital for their dental needs, and our well-wishers for their continuous encouragement. Together, we have laid the foundation for a future filled with even greater achievements and milestones.

# VICE CHAIRMAN MESSAGE



Dr. Syed Ali Farhan Razi

Dear Qamar Dental Hospital Community,

I am delighted to contribute to the inaugural issue of our hospital newsletter. Over the years, serving as the Vice Chairman has been an honor, and I am proud to witness the collective efforts that have made Qamar Dental Hospital a beacon of excellence in dental care.

This newsletter serves as a platform to share the **stories of our patients**, the **dedication of our staff**, and the **innovative initiatives** that define Qamar Dental Hospital. It is a testament to the commitment we hold towards delivering exceptional dental services and fostering a community centered around oral health.

I want to express my gratitude to our Chairman for his visionary leadership, our dedicated team for their hard work, and our patients and well-wishers for their trust and support. Together, we have achieved remarkable milestones, and I am excited about the journey that lies ahead.

I invite you to immerse yourself in the pages of this newsletter, where you will find insights, updates, and celebrations of our shared successes. Thank you for being an integral part of the Qamar Dental Hospital community.



# EDITORIAL MESSAGE



## Chief Editor

Prof. Dr. Navid Rashid Qureshi  
Principal – College of Dentistry

Dear Colleagues and Readers,

I hope this message finds you well. As we strive to enhance communication and collaboration across all departments at Qamar Dental Hospital, I am thrilled to invite each one of you to make our upcoming newsletter truly your own.

Our newsletter is a powerful platform for sharing updates, achievements, and innovations within our esteemed institution. We believe that each department has unique stories, successes, and developments that deserve recognition and celebration. Therefore, we're extending an invitation to all departments to contribute and make the Qamar Dental Hospital Newsletter a reflection of the diverse talents and accomplishments that define our organization.

**Share Your News:** Whether it's a breakthrough in research, a successful patient case, or a notable achievement within your department, we want to hear about it. Share your news, and let's celebrate together!

**Showcase Your Team:** Introduce your team members, highlight their expertise, and share the collaborative efforts that contribute to the success of your department.

**Upcoming Events:** If your department has upcoming events, workshops, or training sessions, let us know. The newsletter is an excellent platform to promote and inform our community about these valuable opportunities.

**Recognition and Milestones:** Has someone in your department received an award or achieved a significant milestone? We want to acknowledge and celebrate these accomplishments together.

**Tips and Insights:** Share best practices, tips, and insights from your department that can benefit others in the Qamar Dental Hospital community.

The goal is to foster a sense of unity and pride in our shared accomplishments. Let's make this newsletter a true reflection of the vibrant and dynamic community that is Qamar Dental Hospital.



## Associate Editor

Prof. Dr. Tahera Ayub  
Administrator QDH

Dear Colleagues and Readers,

As the Associate Editor of our Dental Newsletter, it is my pleasure to invite you to explore the diverse array of content we have curated for this issue. We take pride in sharing insights into our hospital's activities, faculty achievements, health awareness campaigns, patient feedback, and departmental news.

Our faculty's dedication to advancing dental care is evident in the impactful initiatives highlighted throughout this issue. From groundbreaking research to community outreach, their contributions resonate with our commitment to excellence.

In our **health awareness section**, we aim to empower you with knowledge to prioritize your oral health. The expertise of our faculty is distilled into informative articles designed to enhance your well-being.

**Patient feedback** is a testament to the quality of care we provide, and we are grateful for the trust our community places in us. In this issue, we share stories that inspire and motivate us to continually strive for excellence.

Stay tuned for **departmental news**, where we highlight the latest developments in dental treatments and services. Our goal is to keep you informed and engaged with the advancements shaping our field.

We sincerely hope you enjoy reading this issue as much as we enjoyed putting it together. Your feedback is invaluable to us, and we look forward to hearing from you.



# QAMAR DENTAL HOSPITAL ORGANISES FREE DENTAL CAMP

## Enhancing Oral Health

A Successful Free Dental Camp by Qamar Dental Hospital in Collaboration with Colgate Pakistan

**Qamar Dental Hospital**, in association with **Colgate Pakistan**, recently organized a commendable initiative focused on promoting oral health within the community. This collaborative effort aimed to provide free oral check-ups and raise awareness about dental hygiene among the population.

From **Monday to Friday**, the free dental camp invited patients to avail themselves of a thorough oral examination, completely free of charge. The camp witnessed the active participation of patients, who were offered comprehensive oral check-ups by skilled doctors from the Oral Diagnosis / Oral and Maxillofacial Surgery Department of Qamar Dental Hospital.

In an effort to further advocate oral health, patients were also generously provided with free Colgate toothpaste, tailored to meet individual needs with various medicated properties. This initiative went beyond diagnosis, extending to practical measures aimed at enhancing overall dental well-being.

During the event, a remarkable 1500 patients benefited from this initiative, receiving free diagnosis and consultations from the highly skilled and dedicated doctors and staff. The impact of this camp on oral health awareness in the community is invaluable, underlining the commitment of Qamar Dental Hospital towards the promotion of oral health throughout Pakistan.

The success of this endeavor is a testament to the dedication of all involved, highlighting the need for more such initiatives to reach a wider audience and contribute to a healthier, happier society. With this event, Qamar Dental Hospital has demonstrated its relentless dedication to promoting oral health and is steadfast in its pursuit of a healthier population in Pakistan.



## NEW SERVICES & TREATMENTS

We are thrilled to announce an exciting addition to the range of treatments and services offered at **Qamar Dental Hospital** – the introduction of **Zirconia Crown and Bridge prosthetics**. Our commitment to delivering the latest advancements in dental care has led us to provide this innovative solution for our esteemed patients.

**Zirconia crowns and bridges** have emerged as a game-changing development in the field of prosthetic dentistry, offering a multitude of advantages for patients. Ideal candidates for Zirconia Crown and Bridge prosthetics include

individuals of all ages with high aesthetic demands. This is particularly beneficial for those patients who desire a natural-looking smile and the ability to closely match the exact shade of their existing teeth. Zirconia eliminates the grayish shade that can be seen in traditional Porcelain Fused to Metal (PFM) crowns, due to the absence of any metal components.

Let us share the story of one of our recent patients, **Javeria Saba, aged 39, MR. No. 162075** who came to our dental OPD seeking a fixed prosthesis. Javeria had a high aesthetic demand and was exceptionally conscious of her smile. She was referred to the Department of Prosthodontics, where **Dr. Anum Iqbal**, registrar in the Prosthodontics Department, recommended Zirconia Bridges as the ideal solution to achieve her desired outcome. Following a successful treatment, Javeria received two Zirconia bridges, one in the upper and one in the lower arch, which left her ecstatic with the final results. Her renewed smile not only met but exceeded her expectations.

Zirconia and E-max, represent the future of esthetic prosthetic dentistry. Their superiority over traditional PFM crowns lies in several key areas like aesthetic excellence, durability and strength, metal-free composition, biocompatibility and precision fit as they are manufactured through CAD-CAM technology.



We are excited to offer Zirconia Crown and Bridge services as part of our commitment to delivering state-of-the-art dental care. If you have high aesthetic demands or seek the most advanced prosthetic solutions, we invite you to explore this revolutionary treatment at Qamar Dental Hospital. Our expert team is here to provide you with personalized care and ensure that your dental experience is both comfortable and transformative.

Thank you for choosing Qamar Dental Hospital as your trusted partner in oral health.



# Mastery in Dentistry: Case Reveals



## Case by: Prof. Dr. Attiya Shaikh & Dr. Sadaf Talha

Patient named Narmeen, MR No. 075812 age 20 years and 7 months reported to the orthodontic department with a chief complaint that **“My teeth are prominent and they are not meeting properly”**. On clinical examination, she had a hyperdivergent, brachycephalic head, mesofacial face type with a convex profile, and incompetent lip seal along with tongue thrusting habit. On evaluation of the records, she had skeletal class II and dental class I with anterior open bite of 5mm and bilateral posterior cross bite of upper 456. She had crowding in upper and lower arches. Her upper midline was on with facial midline and lower midline was shifted to right by 1.5mm. She was treated with habit breaker followed by upper fixed expansion appliance to relieve tongue thrusting and bilateral posterior cross bite respectively. Fixed mechano-therapy with all first premolar extractions. Anchorage was reinforced in both arches. The case was finished in a class I incisor, canine and molar relationship followed by fixed retention in upper.





# HOUSE OFFICERS AWARD CEREMONY 2023

On the auspicious morning of **November 14, 2023**, the halls of Liaquat College of Medicine and Dentistry (LCMD) resonated with applause and achievement during **House officers Award Ceremony 2023**. **Dr. Rizwan** skillfully took charge as the host, guiding the audience through the ceremony. **Dr. Salman** set a solemn tone with a captivating Qirat, leading the way for speeches from the distinguished guests. **Prof. Dr. Navid Rashid**, the Principal, College of Dentistry, delivered an inspiring address, setting the stage for **Prof. Dr. Tahera Ayub**, Administrator of Qamar Dental Hospital whose impactful words resonated with the audience.

Certificates for perfect attendance were granted to **Dr. M. Ismail**, **Dr. Madiha Javed**, **Dr. Ifrah Sheikh**, and **Dr. Roha Farhan**. Awards were given to house officers that served as recognition for exceptional clinical achievements within their respective departments. The recipients included **Dr. M. Ismail** for Operative Dentistry, **Dr. M. Salman** for Oral and Maxillofacial Surgery, **Dr. Manal Sabzwari** and **Dr. M. Ismail** for Orthodontics, **Dr. Huda Aijaz** and **Dr. Asif Bashir** for Prosthodontics, **Dr. Madiha Javed** for Paediatric Dentistry and Oral Medicine, and **Dr. Wajeeha Fayyaz** for Periodontology, enhancing the prestige of the acknowledgment. **Dr. Adnan Khan** was honored with the Best House Officer Award for an outstanding clinical performance across all departments. **Dr. Asif Bashir**, **Dr. Faseeha Ali**, and **Dr. M. Ismail** secured the third, second, and first prizes for the Best House Officer category, respectively. The climax of the event came with **Dr. Navid Rashid announcing a job offer for the house officer with the overall best performance across all departments**, adding a new level of motivation to the house job trainees. The final category celebrated the best group performance, with **Group C** members receiving the accolade.

The entire affair, overseen by **Prof. Dr. Naheed Najmi** and her team, unfolded seamlessly, leaving a lasting impression. Vote of thanks was delivered by **Dr. Tazeen Zehra**. Following the ceremony, a delicious breakfast from the college was served, fostering a sense of camaraderie among attendees.

**Dr. Shafaq Sarim**, **Dr. Uzma Yasmeen**, **Dr. Madiha Naz**, **Mr. Moiz** and **Mr. Shahbaz**, spearheaded the administration, ensuring the event's success and reinforcing the commitment to excellence within Liaquat College of Medicine and Dentistry.



## Oral Lichen Planus

Oral lichen planus (LIE-kun PLAY-nus) is an ongoing (chronic) inflammatory condition that affects mucous membranes inside your mouth. Oral lichen planus may appear as white, lacy patches; red, swollen tissues; or open sores. These lesions may cause burning, pain or other discomfort.

Oral lichen planus can't be passed from one person to another. The disorder occurs when the immune system mounts an attack against cells of the oral mucous membranes for unknown reasons. Symptoms can usually be managed, but people who have oral lichen planus need regular monitoring because they may be at risk of developing oral cancer in the affected areas.

### Location

These lesions may appear on the:

- Inside of the cheeks - the most common location
- Gums
- Tongue
- Inner tissues of the lips
- Palate

### Appearance

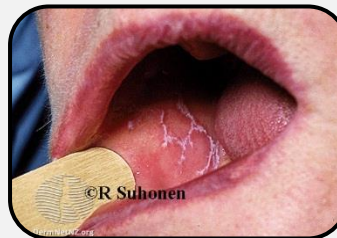
The lesions may appear as:

- Lacy, white, raised patches
- Red, swollen, tender patches
- Open sores

### Pain or discomfort

The white, lacy patches may not cause discomfort when they appear on the inside of the cheeks. However, symptoms accompanying red, swollen patches and open sores may include:

- Burning sensation or pain
- Sensitivity to hot, acidic or spicy foods
- Bleeding and irritation with tooth brushing
- Inflammation of the gums (gingivitis)
- Painful, thickened patches on the tongue
- Discomfort when speaking, chewing or swallowing



Lacy White Type



Red Swollen Type



White Raised Patches



Red Tender Patches



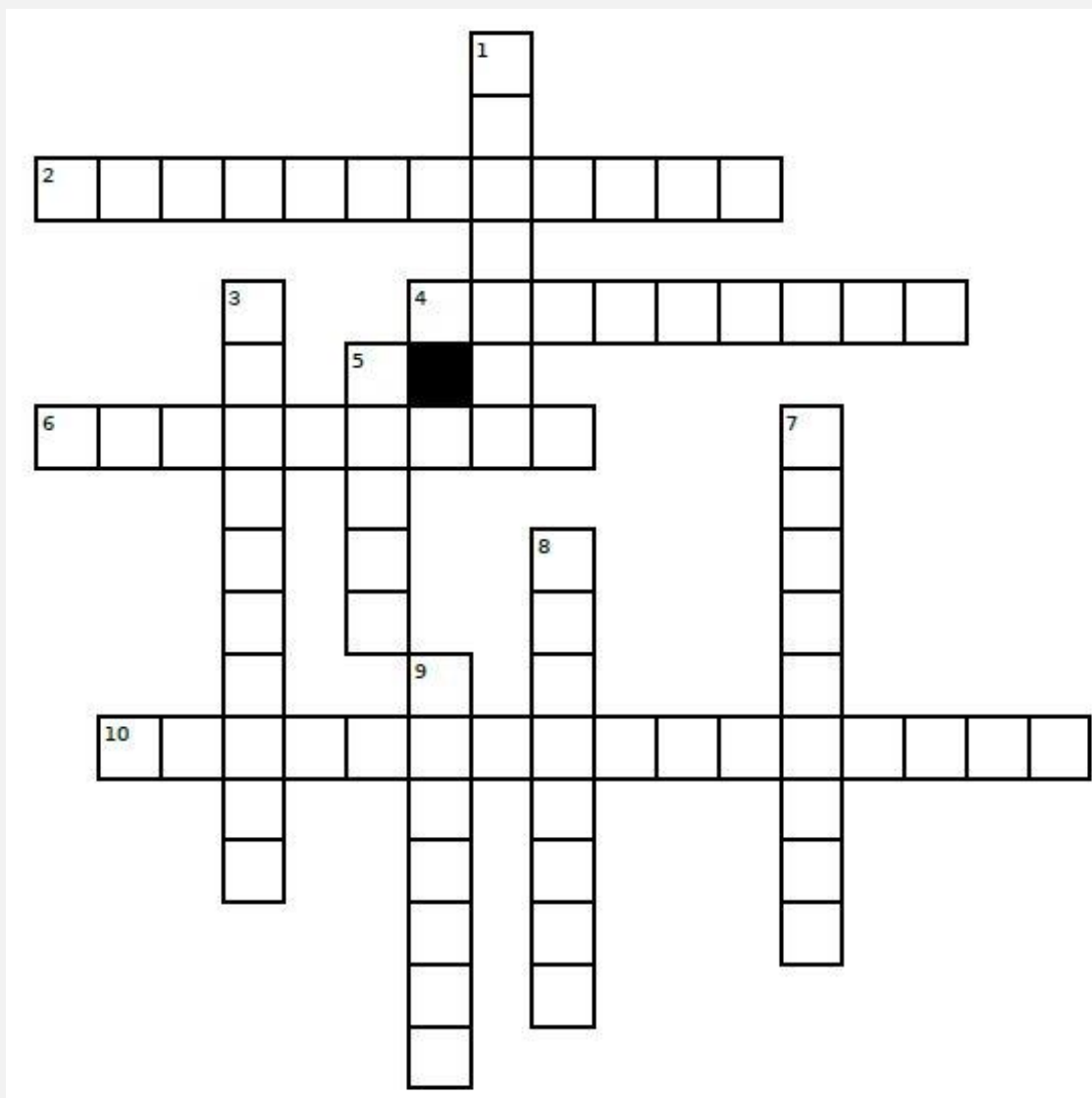
Open Sores



# CEREBRAL CONUNDRUMS

## Riddle Me This: Dental Edition

1. The mysterious affliction, a grinding paradox, teeth clashing like a machine non-stop (7 letters).
2. A biting dilemma, teeth not aligned, causing discomfort, a misfit design (12 letters).
3. Gum's quiet rebellion, a red flag's wave, a sign of trouble, an inflammatory rave (10 letters).
4. This initial act, a detective's pursuit, examining teeth, the mystery to un-root (9 letters).
5. Precision dance with tiny threads, weaving through teeth, where plaque embeds (5 letters).
6. The silent saboteur, chewing havoc it sows, a problem beneath, where a root's tale goes (9 letters).
7. The silent cries of a tooth in distress, aching and throbbing, seeking redress (9 letters).
8. Stealthy infiltrator causing decay, a sneaky bandit on a tooth's highway (8 letters).
9. Artistic endeavor, sculpting with grace, erasing decay, leaving a polished trace (7 letters).
10. An implant ballet, a graceful integration, a jaw's acceptance, no sign of agitation (16 letters).





# The Vital Importance of BLS Workshops: A Qamar Dental Hospital Initiative

In the ever-evolving landscape of healthcare, it's crucial for medical professionals to stay updated and equipped with essential life-saving skills. Recently, Qamar Dental Hospital (QDH) took a significant step in ensuring the readiness of its Senior House Officers (SHOs) for the real world by organizing a Basic Life Support (BLS) workshop. This pivotal event, spearheaded by the esteemed Prof. Dr. Tahera Ayub, not only highlighted the importance of BLS but also underscored the hospital's commitment to providing the best possible teaching guidelines to its faculty and house officers.

## The Mentor's Vision: Prof. Dr. Tahera Ayub

In a world where medical practices and techniques are continually evolving, Prof. Dr. Tahera Ayub emphasized the indispensable nature of BLS skills. She recognized that SHOs, on the verge of stepping into the professional healthcare arena, must be well-equipped with this crucial skill set. Prof. Dr. Ayub's vision was clear: every SHO should have BLS in their arsenal to ensure the safety and well-being of patients and themselves in emergency situations.



To realize this vision, Prof. Dr. Ayub entrusted the task of organizing the BLS workshop to Dr. Saim Siddiqui, the Assistant Administrator of QDH. Dr. Siddiqui, in collaboration with the Quality Enhancement Cell (QEC) department of Darulsehat Hospital, worked tirelessly to make this vision a reality.

## The Workshop and Its Facilitators

The BLS workshop was an enlightening and hands-on experience, offering invaluable insights into life-saving techniques. The facilitator for the workshop was Dr. Samar Kashif, a Senior Instructor at the Patient Development Center (PDC). Dr. Samar's expertise in the field made the workshop a profound learning experience.

Ensuring the workshop's smooth conduct was Samuel Mushtaq, the Health Professions Education Services (HPES) coordinator at QEC, who took on the role of moderator. With a skilled facilitator and an adept moderator in place, the workshop was set to be a success.



## Beyond Theory: A Practical Learning Experience

The BLS workshop was not just a theoretical session. It provided a comprehensive understanding of BLS through detailed presentations, pre and post exam and participants were also







given the opportunity to practice essential maneuvers on specialized manikins. This hands-on approach is vital in preparing SHOs for the real-life situations they may encounter in their careers.

### The Importance of BLS

But why is Basic Life Support so important? BLS is the foundation of emergency medical care. It equips healthcare professionals with the skills to provide immediate assistance to individuals in cardiac arrest, choking, or other life-threatening situations. This rapid response can make the difference between life and death. When every second counts, BLS knowledge is invaluable.

By organizing this workshop, Qamar Dental Hospital has taken a significant step in ensuring the safety and well-being of its patients and the professional growth of its SHOs. It's not just a skill; it's a responsibility towards the community and patients who trust their healthcare providers in times of distress.

### Qamar Dental Hospital's Commitment

Qamar Dental Hospital's commitment to providing the best possible teaching guidelines to its faculty and house officers is evident through initiatives like this BLS workshop. The hospital understands that learning is a lifelong process, and keeping up with evolving medical practices is essential for the best patient care.

**BLS and many other workshops and sessions have been made mandatory for our faculty, staff and house officers.**

In conclusion, the BLS workshop organized by Qamar Dental Hospital, under the guidance of Prof. Dr. Tahera Ayub, serves as a shining example of how healthcare institutions can proactively invest in the training and development of their medical staff. The workshop not only emphasized the significance of BLS but also ensured that the SHOs were well-prepared to face emergencies with confidence. This commitment to excellence and continuous learning is a testament to the hospital's dedication to patient safety and the growth of its healthcare professionals.



# ACHIEVER'S PATH: SUCCESS STORIES

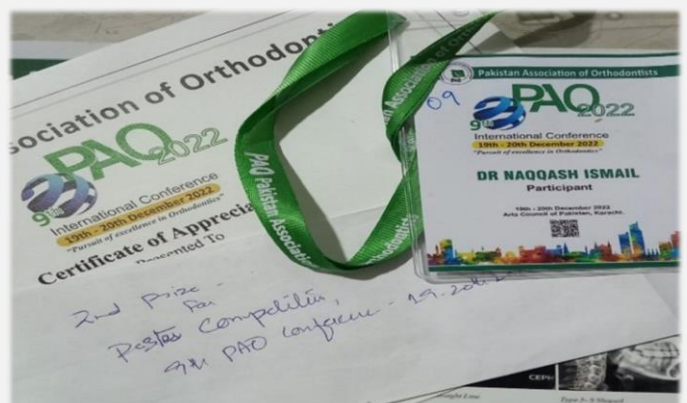
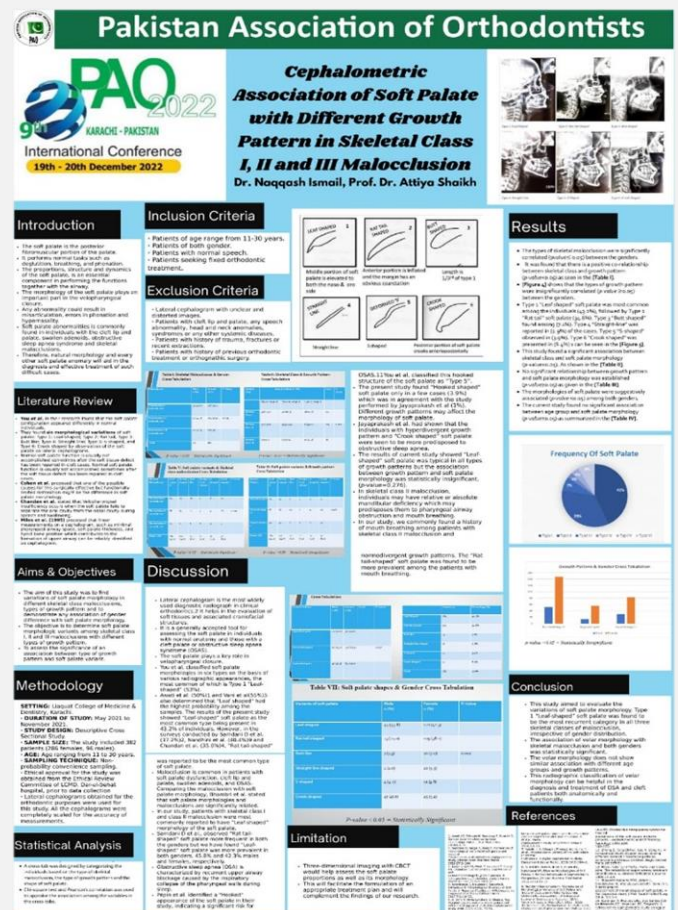
## Dr. Naqqash Ismail wins 2<sup>nd</sup> position at The Pakistan Association of Orthodontics (PAO)

The Pakistan Association of Orthodontists (PAO), dedicated to advancing the field of orthodontics in Pakistan, recently organized the 9th PAO International Conference on December 19th and 20th, 2022, at the Arts Council Karachi. This event served as a platform for both national and international orthodontic experts to showcase their expertise, presenting a diverse range of cases encompassing traditional and cutting-edge techniques.

In a celebration of orthodontic excellence, the conference featured a poster competition specifically designed for post-graduate residents from across Pakistan. Among the participants was the accomplished **Dr. Naqqash Ismail**, resident Orthodontics at Qamar Dental Hospital whose research poster, meticulously supervised and guided by **Prof. Dr. Attiya Shaikh**, the esteemed Supervisor CPSP and HOD at QDH, LCMD, stood out in the crowd.

**Dr. Naqqash Ismail's** research, focusing on the **"Cephalometric Association of Soft Palate with Different Growth Patterns in Skeletal Class I, II, and III Malocclusion,"** not only contributed valuable insights to the orthodontic community but also garnered significant recognition. The poster secured an impressive 2nd position in the competition, earning Dr. Ismail a well-deserved **cash prize of 10,000 rupees**.

The success of Dr. Naqqash Ismail at the 9th PAO International Conference reflects not only personal achievement but also exemplifies the commitment of our Orthodontics Department to fostering excellence and innovation in the field. This noteworthy accomplishment brings pride and joy to both Dr. Naqqash and the entire Qamar Dental Hospital community, highlighting the dedication to advancing orthodontic care in our Hospital.





# PATIENTS FEEDBACK

**Ali Aziz MR No: 162318**  
**Periodontology Department**  
**Treated for scaling & polishing**

*"Dr. Qasim listened to my problems and addressed them accordingly"*

**Noureen Khan MR No: 164537**  
**Operative Dentistry Department**  
**Treated for root canal**

*"The doctors explain treatment in very good manner"*

**Tooba Zahid MR No: 157854**  
**Operative Dentistry Department**  
**Treated for tooth fillings**

*"The doctors are quite co-operative and understanding, the equipment & machinery needs improvement"*

**Javeria Saba MR No: 162075**  
**Prosthodontics Department**  
**Treated for Zirconia Bridge**

*"Low Cost & cooperative Staff  
Dr. Anam is very professional, will recommend family and friends"*

**Suffiyan Ahmed MR No: 164482**  
**Pediatric Dentistry Department**  
**Treated for pulpectomy**

*"The environment is clean and rates are affordable"*

**Fawad Ahmed MR No: 162200**  
**Orthodontics Department**  
**Treated for braces**

*"The doctors and staff are very cooperative. My orthodontic case is being handled very professionally"*

**Amna Sajid MR No: 155847**  
**Oral Surgery Department**  
**Treated for tooth extraction**

*"Reasonable charges, completely satisfied from doctors and services"*

**Shazia MR No: 156505**  
**Oral Surgery Department**  
**Treated for tooth extraction**

*"Quick Response and on time treatment"*

**Syed Aslam MR No: 160465**  
**Prosthodontics Department**  
**Treated for dentures**

*"All the departments were helpful and cooperative. Dr. Anas Kamran was very Professional"*



# QDH INSIGHT



**Dr. Anam Iqbal**  
**Registrar Prosthodontics**

**Q1. Coffee, tea, or something else? How do you like to kickstart your mornings?**

Ans. I prefer tea or black coffee to kick start my mornings.

**Q2. What's your favorite non-dental hobby or activity that you love to do in your free time?**

Ans. In my free time, I enjoy listening to lectures from different Islamic scholars online.

**Q3. Is there a hidden talent or skill you possess that might surprise your colleagues?**

Ans. Painting is a hidden talent of mine that might surprise my colleagues.

**Q4. Share a memorable travel experience or a dream destination you'd love to explore.**

Ans. One of my memorable travel experiences was visiting Khana-e-Kaba and Masjid-e-Nabvi in 2002. In the future, I would love to explore Europe's architecture.

**Q5. Are you more of a bookworm or a movie buff? Any recent favorites?**

Ans. I am a movie / series buff, and my recent favorite is Jujutsu Kaisen. However, my all-time favorites are Breaking Bad and Sherlock Holmes.

**Q6. How do you stay active? Any favorite workouts or fitness routines?**

Ans. I try to exercise at least 3 to 4 times a week, focusing on cardio, stretching/yoga, and Wall Pilates.

**Q7. If you could have dinner with any three people, alive or historical figures, who would they be and why?**

Ans. I would choose to have dinner with Imran Khan, Dr. Israr Ahmed, and Elon Musk. I admire Imran Khan for his leadership, Dr. Israr Ahmed for his efforts in Islam, and I would love to discuss space travel and artificial intelligence with Elon Musk.

**Q8. Are you a summer person or do you enjoy the coziness of winter?**

Ans. I am a winter person.

**Q9. Have you ever tried a unique or exotic dish that you wouldn't mind having again?**

Ans. I haven't tried any exotic dishes yet, but I would love to include it in my bucket list thanks to this interview.

**Q10. What's one thing on your bucket list that you're determined to check off?**

Ans. One thing on my bucket list is to read the Quran with tafseer to truly understand it, learn to play my guitar, and travel extensively.

**Q11. How do you unwind and disconnect from technology when you need a break?**

Ans. I keep myself busy with work, working at Qamar Dental Hospital in the morning and managing my clinic in the evening, this helps me unwind and disconnect from technology.

**Q12. If you were to hit the karaoke stage, what song would you choose to perform?**

Ans. I would choose to perform any song by Vital Signs or Michael Jackson.

**Q13. Are you a morning person, a night owl, or somewhere in between?**

Ans. I am a morning person.

**Q14. Share a fond memory from your childhood that still brings a smile to your face.**

Ans. One of my fondest childhood memories is when my family and I went for Umrah by road. We drove from Qassim, Saudi Arabia, to Madina Munawwara and then to Makkah for Umrah. Those beautiful memories of traveling with my family are my prized possessions, and I truly miss those days.

**Q15. If you could have any superpower unrelated to dentistry, what would it be and how would you use it?**

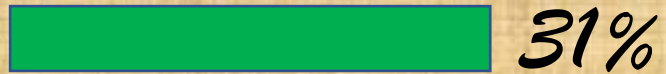
Ans. If I could have any superpower, I would choose to acquire the powers of Superman. With those powers, I would use them to liberate Palestine and Masjid-ul-Aqsa.



# QDH PREFERS



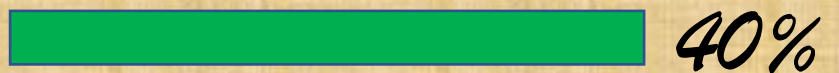
*Lab Coat*



*Scrub*



*Lab Coat Over Scrub*



# QDH WELCOMES



**Dr. Qassim Shaikh**

**Dental Officer - Periodontology**

It is with great pleasure that we extend a warm welcome to Dr. Qassim Shaikh, a distinguished graduate of Liaquat College of Medicine and Dentistry, who has recently joined our team as a Dental Officer in the Department of Periodontology. Dr. Shaikh brings over five years of rich experience in dentistry to Qamar Dental Hospital, demonstrating a deep commitment to patient care and oral health. His empathetic nature and excellent communication skills make him a standout professional in alleviating patient anxiety and fear associated with dental treatments.

Beyond his dedication to dentistry, Dr. Shaikh is a passionate individual with a zest for life. His interests range from the intricacies of periodontology to the thrill of bikes and cars. A voracious reader, he enjoys immersing himself in the world of literature. Dr. Shaikh is also a connoisseur of good food and cherishes the simple joys of family life.

As Dr. Qassim Shaikh becomes an integral part of our dental family, we look forward to the positive impact he will bring to our practice and the enhanced care he will provide to our patients. Please join us in extending a warm welcome to Dr. Qassim, and we are confident that his skills and enthusiasm will contribute significantly to the excellence of our dental services.

## MESSAGE FROM PUBLISHING AUTHOR

Dear Readers,

I trust this message finds you well. As the publishing author of the Qamar Dental Hospital Newsletter, it brings me great pleasure to reach out to each department and extend an invitation for your active participation in our upcoming editions. Our newsletter serves as a vital platform for sharing the diverse achievements, innovations, and noteworthy developments within our esteemed hospital. Your valuable contributions play a crucial role in making this publication comprehensive and engaging.

I encourage all departments to consider submitting content that you believe is worthy of coverage, whether it's highlighting successful cases, sharing research findings, or showcasing departmental milestones. Your insights and expertise contribute significantly to the richness of our newsletter.

Please be assured that as the publishing author, I will thoroughly scrutinize all submissions, relying on the esteemed recommendations of our editorial board. Exceptional contributions will have the opportunity to be featured prominently, including the front page, if they stand out as unique or particularly noteworthy. I understand the importance of recognizing and celebrating the efforts of each department, and I am confident that your input will enhance the quality and appeal of our newsletter.

I eagerly look forward to your submissions and the chance to showcase the remarkable work happening across Qamar Dental Hospital. Together, let's make our newsletter a true reflection of our collective achievements and successes.

Thank you for your dedication and contribution to the ongoing success of our hospital.



**Publishing Author**

**Dr. Saim Siddiqui**  
Assistant Administrator - QDH



# OUR COLLABORATORS



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**Prof. Dr. Irum Raja**  
HOD - Prosthodontics Department



**Dr. Amna Rehman**  
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OMFS Department



**Dr. Sadaf Talha**  
Assistant Professor  
Orthodontics Department



**Dr. Tazeen Zehra**  
Assistant Professor  
Operative Dentistry Department



**Dr. Shuja Adil Khan**  
Assistant Professor  
Prosthodontics Department