



QDH / NL | 2025 - Vol 2 Issue 1 (Jan-Jun)

NEWSLETTER



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QDH BULLETIN

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.

Enhancing Diagnostic and Treatment Precision: Digital Radiography Introduced in Operative Dentistry Department, LCMD



The Department of Operative Dentistry is proud to announce the installation of a state-of-the-art digital radiography system, marking a major step forward in patient care, diagnostic efficiency, and clinical education. This upgrade ushers in a new era for both clinical services and student/resident training.

Digital radiography offers numerous advantages over traditional film-based imaging, including immediate image capture for faster diagnosis and treatment planning, significantly reduced radiation exposure for patients and operators, superior image clarity, an eco-friendly workflow that eliminates chemical processing, and seamless image storage and sharing for educational discussions and patient records.

Voices from the Department:

“From the very beginning, we wished to have digital radiography in our department. It was on our priority list for a long time, and we worked consistently to make it happen. After much effort and coordination, we are pleased to finally see it in place, ready to benefit both our patients and our students,” says *Prof. Dr. Naheed Najmi, Vice Principal and Head of the Department of Operative Dentistry.*

“Digital radiography has transformed how we approach diagnosis and treatment planning. It bridges technology and education, benefiting both our students and patients,” says *Dr. Tazeen Zehra, Assistant Professor, Operative Dentistry Department.*

The department extends its sincere gratitude to the administration of Qamar Dental Hospital (QDH) for their support in requisitioning, procuring, and indenting the system, as well as ensuring the necessary infrastructure and means for its smooth operation. This collaborative effort highlights the strong institutional commitment toward advancing clinical care and education.

Looking Ahead:

With this system in place, the department plans to integrate digital case documentation into student portfolios and enhance interdisciplinary collaboration. This advancement is a proud step toward our mission of combining cutting-edge technology with high-quality dental education and patient care.

Written by,

*Dr. Hira Faraz
Senior Registrar
Operative Dentistry Department*

Pediatric Dentistry Department visit to Al-Furqan Welfare Organization's Children School



Pediatric Dentistry Department Conducts Community Outreach at Al-Furqan Welfare Organization

On **27th May 2025**, a dedicated team from the Department of Pediatric Dentistry, QDH visited the school children of **Al-Furqan Welfare Organization** as part of their community-based oral health initiative. The activity was carried out under the supervision of **Dr. Aisha Faisal**, Head of the Department of Pediatric Dentistry, along with **Dr. Ismail Latif**, Demonstrator and house officers **Dr. Maham**, **Dr. Madhia**, **Dr. Sania**, **Dr. Amna**, **Dr. Asad**, and **Dr. Umer**.

The visit focused on promoting preventive oral health care among children aged **4–10 years**. A **caries risk assessment** was conducted to evaluate the oral health status and potential risk factors for dental decay within this age group.

To further strengthen preventive care, a **fluoride varnish application** was performed by **Dr. Aisha Faisal** and **Dr. Ismail Latif**, providing the children with an effective measure against dental caries.

Meanwhile, the **data collection for caries risk assessment** was systematically carried out by the house officers, ensuring accurate record-keeping for future analysis and follow-up.

This initiative reflects the department's strong commitment to community service, preventive dentistry, and oral health awareness. By reaching out to underserved populations, the Department of Pediatric Dentistry continues to combine clinical expertise with social responsibility, ensuring that the benefits of modern dental care extend beyond the walls of the hospital.

2-Day Clear Aligners Workshop

Advancing Orthodontic Excellence

Qamar Dental Hospital, in collaboration with the Department of Orthodontics, Liaquat College of Medicine & Dentistry, and iSmile Aligners, successfully organized a comprehensive **2-day Clear Aligners Workshop**. The program featured insightful lectures by **Prof. Dr. Attiya Shaikh** and **Dr. Abbas Ismail**, covering the latest concepts and clinical applications of aligner therapy. A highlight of the event was the **hands-on training session**, allowing participants to gain practical exposure to aligner treatment planning. The workshop was skillfully moderated by **Dr. Saim Siddiqui**, ensuring a dynamic and engaging learning experience for all attendees.



LEARN THE ART OF INVISALIGN WITH ISMILE ALIGNERS

TWO DAYS CERTIFICATION COURSE

LECTURE CHARGES
Rs 1000

LECTURE + WORKSHOP
Rs 4000

DATE: 24th – 25th FEBRUARY
TIME: 9:00 AM TO 3:30 PM

COURSE OUTLINE:

- iSmile Aligners Features
- Case Selection Criteria
- Case Submission Steps
- Patient Briefing
- Record Completion
- Taking Evaluation Photos
- PVS Impression Technique
- Learn IPR (Elastic Button)
- How to Place Attachments
- How to Make Your Treatment Work Faster
- How to Fill Smile Diagnostic & Treatment Forms
- Understanding and Using Auxiliaries with Attachments



COURSE FACILITATOR
DR. ABBAS ISMAIL KHAN
COUNTRY HEAD, ISMILE ALIGNERS
(SPEAKER)

Topic
iSmile Clear Aligners



COURSE FACILITATOR
PROF. DR. ATTIYA SHAIKH
HOD-ORTHODONTICS, LCMD
(SPEAKER)

Topic
Why Clear Aligners are the Go-To Orthodontic Solution today!



For Registration
<https://forms.gle/nLafzdcckvmr8j59>
+92 321 2163691

ASSISTANT ADMINISTRATOR
DR. SAIM SIDDIQUI
QAMAR DENTAL HOSPITAL

HANDS-ON:

- 3D Intraoral Scanning Demo
- EBT & Attachments
- PVS Impression Techniques

VENUE:
Liaquat College Of Medicine & Dentistry Auditorium 6th Floor

 www.ismilealigners.co.uk



Viewers Discretion Advised

Page 10

The Art of Reconstruction: Mandibular Resection & Fibula Free Flap Integration

Case Summary: Ameloblastoma of the Mandible

Patient Profile:

- **Name:** S. Irfan Ali Shah
- **Age:** 42 years
- **Occupation:** Factory Supervisor
- **Past Medical History:** Hepatitis B (treated, negative on retest in 2013–14)
- **Past Surgical History:** Marsupialization with obturator placement for ameloblastoma in 2018 at LNH

Onboard Surgeons & Residents

Prof. Dr. Navid Rashid Qureshi (Surgeon)
Dr. Amna Rehman (Surgeon)

Dr. Abdul Karim (Resident)
Dr. Fizza Bano (Resident)
Dr. Rafia Ashraf (Resident)
Dr. Muhammad Arif (Resident)
Dr. Arshia Altaf (Resident)

Presenting Complaint:

Recurrent swelling on the lower left side of the jaw since October 2018.

- Initially treated with marsupialization and extraction of teeth (LL7, LL8) in 2018.
- Swelling reappeared in 2019, but no intervention was done.
- In 2025, swelling recurred with pus discharge intraorally. Dr. Tahir at LNH drained ~5cc pus on **12-05-2025**.
- No pain, fever, or systemic complaints. Mild bleeding on brushing.

Clinical Examination:

- **Extra-oral:** No visible facial asymmetry, but a bony hard swelling on the left mandible was palpable. No lymphadenopathy.
- **Intra-oral:** Slightly inflamed extraction site of LL7,8; bony swelling in buccal sulcus opposite LL6; poor oral hygiene.
- **Occlusion:** Intact.
- **Investigations:** CBC, LFTs, Viral markers, UCE, Chest X-ray, ECG, OPG, CT scan with contrast.

Surgical Plan

- **Procedure:** Segmental resection of the left mandible followed by **reconstruction with a free fibula flap** and stabilization with a reconstruction plate.

Surgical Procedure

1. Preparation & Access:

- Standard AAA protocol, extraoral povidone-iodine prep, modified MacFhee incision.
- Local anesthesia administered; intraoral incision with subplatysmal flap reflection.

2. Dissection & Exposure:

- Facial vein ligated, bleeders cauterized.
- Masseter muscle (eroded) excised.
- Marginal mandibular nerve preserved.
- Facial artery ligated and preserved.
- Mandible exposed; defect identified.

3. Mandibulectomy:

- Segmental resection from **left lateral incisor to left mandibular angle** using surgical saw.
- Teeth extracted: LL canine, 1st premolar (within resection), UL molars.
- Bone ends rounded.

4. Reconstruction:

- IJV exposed for anastomosis.
- **Free fibula flap** harvested from right leg below knee.
- Fibula adapted with **reconstruction plate** fixed by 11 screws (12 mm each).
- Anastomosis performed between recipient vessels and flap using 8-0 prolene sutures.
- Flap secured intraorally.

5. Donor & Recipient Site Closure:

- Split skin graft harvested from left thigh for donor site coverage.
- Neck closed with 3-0 vicryl (deep) and skin staples.
- Specimens (bony margins, submandibular gland, lymph nodes) sent for biopsy.

Post-operative Management

• Medications:

- Inj. Amikacin 500 mg BD
- Inj. Risek 40 mg OD
- Inj. Ringer's Lactate (150 cc/hr)
- Inj. Toradol 30 mg TDS
- Inj. Kinz 10 mg SOS

• Instructions:

- ICU monitoring on ventilator support
- NPO, pain management
- Head elevation (10–15°)
- 2-hourly monitoring: vitals, urine output, neck drain
- Intraoral suctioning if required



Compendium of QDH Academic Research

July 2024 – July 2025

Department of Oral & Maxillofacial Surgery

Name of Authors	Title of Study	Link
Prof. Dr. Navid Rashid Qureshi	Critical Review of Topical, Intralesional and Systemic Steroids in Management of Oral Submucous Fibrosis	10.48047/AFJBS.6.Si4.2024.4 731-4770
Prof. Dr. Navid Rashid Qureshi	Clinical spectrum and prevalence of temporomandibular joint disorder: A hospital-based Analysis	10.69491/2wzkgh10
Prof. Dr. Tahera Ayub	Clinical spectrum and prevalence of temporomandibular joint disorder: A hospital-based Analysis	10.69491/2wzkgh10
Prof. Dr. Tahera Ayub	Efficacy of Collagen Resorbable Membrane after Surgical Extraction of Impacted Mandibular Third Molar: Collagen Resorbable Membrane after Surgery of Impacted Mandibular Third Molar	10.54393/pjhs. v5i12.1914
Prof. Dr. Tahera Ayub	Efficacy of Concentrated Growth Factor with Autograft and Xenograft in Mandible Fractures: A Randomized Clinical Trial	10.51846/jucmd.v4i1.3519
Prof. Dr. Tahera Ayub	Recent Advances in Diagnosis and Management of Mandibular Fracture in Pediatric Patients	10.60110//medforum.3601 02
Prof. Dr. Tahera Ayub	Enhancing Item Writing Skills In Undergraduate Dental faculty Through Constructive Feedback	10.58397/cy0w 0m78
Prof. Dr. Tahera Ayub	Identifying the factors contributing to incorrect tooth extraction: A cross sectional study	10.69491/f3asq527
Dr.Amna Rehman	Critical Review of Topical, Intralesional and Systemic Steroids in Management of Oral Submucous Fibrosis	10.48047/AFJBS.6.Si4.2024.473 1-4770
Dr.Amna Rehman	Advances Of Stem Cells Exosomes- Based Applications In Diagnostic Biomarkers For Dental Disease And Pulp Regeneration	https://doi.org/10.53555/jptcp.v31i8.7445
Dr.Amna Rehman	Clinical spectrum and prevalence of temporomandibular joint disorder: A hospital-based Analysis	10.69491/2wzkgh10
Dr. Amna Rehman	Efficacy of Concentrated Growth Factor with Autograft and Xenograft in Mandible Fractures: A Randomized Clinical Trial	DOI:10.51846/jucmd.v4i1.3519
Dr. Amna Rehman	Clinical And Biochemical Assessment Of Lactate Dehydrogenase Concentration In Serum And Saliva In Patients With Potential Malignant Oral Lesions	DOI: 02.1181/Consultant.28.02.2025.01
Dr. Amna Rehman	Idiopathic oral submucous fibrosis in 8 year old Pakistani female:A case report	DOI:10.22442/lumhs.2025.01242
Dr. Amna Rehman	Public Awareness and Acceptance of Advanced Dental Materials in Maxillofacial Treatments: A Multicenter Survey Study	Volume - 65, Issue - 04

Dr. Summera Kanwal	Clinical spectrum and prevalence of temporomandibular joint disorder: A hospital-based Analysis	10.69491/2wzkg10
Dr. Summera Kanwal	Oral Clefts and Consanguinity: A Report from Karachi, Pakistan	10.46663/ajsmu.v 10i1.3-6
Dr. Summera Kanwal	Objective study of surgical outcome of unilateral cleft lip repair	Annal of Karachi Medical And Dental College
Dr. Summera Kanwal	Premaxillary osteotomy and fixation of bilateral cleft lip and palate: A case report	Annal of Jinnah Sindh Medical University
Dr. Amna Afridi	Evaluation of minimally invasive oropharyngeal specimens and extraction of nucleic acids for molecular diagnostic analysis	DOI: 55(4):1429-1438
Dr. Amna Afridi	Identifying the factors contributing to incorrect tooth extraction: A cross- sectional study	https://doi.org/10.69491/f3asq527
Dr.Mohsin, Dr.Tajjal Khan, Dr.Abdul Karim Dr.Arshia Altaf	Identifying the factors contributing to incorrect tooth extraction: A cross- sectional study	https://doi.org/10.69491/f3asq527

Department of Operative Dentistry

Prof. Dr. Naheed Najmi Dr. Tazeen Zehra Dr. Araib Tahir	Comparison Of EDTA And Green Tea Extract As Root Canal Chela-Tors On The Basis Of Quality Of Apical Seal Achieved: An In Vitro study	https://www.annals-ashkmdc.org/index.php/ashkmdc/article/view/1054
Dr. Tazeen Zehra	Unveiling Gender Characteristics In Pakistan: Forensic Dentistry Insights Through Panoramic Radiographs And Morphometrics Analysis	https://www.thieme-connect.com/products/ejournals/pdf/10.1055/s-0045-1806945.pdf
Dr. Sareema Ahmad	Evaluation Of Knowledge, Attitudes, And Practices Of Dental Undergraduates And Postgraduates Of Karachi In Treating The Patients With Hyperactive Gag Reflex	https://www.lcmddsh.com.pk/index.php/iahs/article/view/48

Department of Orthodontics

Dr. Sofia Shahani, Dr. Attiya Shaikh	Linear Palatal Plane A New Method To Assess Anteroposterior Jaw Relationship In Different Skeletal Classes	https://www.jpda.com.pk/linear-palatal-plane-a-new-method-to-assess-anteroposterior-jaw-relationship-in-different-skeletal-classes
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Dr. Sadaf Talha	Dental anomalies in Class 1 Malocclusion and its association with arch discrepancy	https://rmj.org.pk/?mno=151308
Dr. Muhammad Siddique Khatri	Comparison of Bracket Failure with Resin Modified Glass Ionomer Cement and Resin-Based Adhesive	https://www.thejas.com.pk/index.php/pjhs/article/view/1868
Dr. Muhammad Siddique Khatri	The Impact of Malocclusion Severity on Self-Confidence and Facial Appearance among Orthodontic Patients	https://thejas.com.pk/index.php/pjhs/article/view/2027
Dr. Muhammad Siddique Khatri	Understanding & Evaluation Of Midline Discrepancies In Orthodontic Patients: A Comprehensive Approach Concerning Facial Harmony	https://jptcp.com/index.php/jptcp/article/view/7223

Department of Prosthodontics

Prof. Dr. Irum Munir Raja	Comparison of Digital and conventional Dental Impression Techniques: Perspectives of Dental Practitioner and Implications For Education	Journal of Population Therapeutics & Clinical Pharmacology
Prof. Dr. Irum Munir Raja	Knowledge, Attitudes and Perception Towards Artificial Intelligence and Robotics in Dentistry- A Cross Sectional Survey	Journal of Liaquat University of Medical & Health Sciences
Prof. Dr. Irum Munir Raja	Smile Stories: Investigating pediatric Dental Anomalies a Cross-Sectional Study	Journal of Islamic International Medical College
Dr. Usman Bashir Shaikh	Long-Term Effects Of Poor Oral Hygiene On Prosthetic Longevity: Analyze How Inadequate Oral Hygiene Impacts The Lifespan And Functionality Of Various Types Of Dental Prosthesis	Journal of Population Therapeutics & Clinical Pharmacology

Department of Pediatric Dentistry

Dr. Aisha Faisal	Comparison of EDTA and Green Tea Extract as Root Canal Chela-tors on the Basis of Quality of Apical Seal Achieved: An In Vitro Study	https://www.annals-ashkmdc.org/index.php/ashkmdc/article/view/1054
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Department of Periodontology

Dr. Muhammad Abid	Comparison of the Side Effects of Chlorhexidine and Honey Mouthwash among Dental Patients: A Randomized Controlled Trial	http://thejas.com.pk/index.php/pjhs/article/view/1970
Dr. Nida Tariq	Assessment of clinical proficiency versus Academic Awareness regarding periodontal care among dental practitioner	https://www.jpda.com.pk/public/uploads/Vol%2033/05. Original Article - Assessment of Clinical Proficiency .pdf

Department of Oral Medicine

Name of Authors	Title of Study	Link
Dr. Samreen Malik	Investigation of the expression of the C-terminal cross-linking telopeptide of type I collagen (CTXI) in saliva during early and delayed loading of dental implants; BMC ORAL HEALTH,	10.1186/s12903-025-05529-x
Dr. Samreen Malik	Efficacy of Concentrated Growth Factor with Autograft and Xenograft in Mandible Fractures: A Randomized Clinical Trial; The Journal of University College of Medicine and Dentistry.	10.51846/jucmd.v4i1.3519
Dr. Samreen Malik	“Oncology Of Stem Cell Markers' Prognostic Functions In Oral Squamous Cell Carcinoma Patients Receiving Chemotherapy” In Journal of Population Therapeutics & Clinical Pharmacology 2024	https://doi.org/10.53555/jptcp.v31i2.4357
Dr. Samreen Malik	Association of down Syndrome with Morphology and Anomalies of teeth; JLNH (Journal of Liaquat National Hospital)	https://journals.lnh.edu.pk/jlnh/Home/article?uid=6e73880b-f557-4592-9c61-55edbe6aeed7
Dr. Samreen Malik	Implications Of Technological Advancement of Surgery In Low and Middle-Income Countries' A Narrative Review in Journal of Pakistan Medical Association	10.47391/JPMA.AKU-9S-10
Dr. Samreen Malik	Practice Of Prescription Antibiotic Prophylaxis In Head and Neck Tumor Excision: A Retrospective Study	https://doi.org/10.53555/jptcp.v31i2.4219
Dr. Samir Azeem	Clinical and biochemical assessment of lactate dehydrogenase concentration in serum and saliva in patients with potential malignant oral lesions	02.1181/Consultant.28.02.2025.01
Dr. Samir Azeem	The role of conventional radiographs and 3D CT in the evaluation of maxillofacial trauma	https://doi.org/10.36283/ziun-pjmd14-3/080
Dr. Samir Azeem	Public awareness and acceptance of advanced dental materials in maxillofacial treatment: A multicenter survey	04.1185/Consultant.23.07.2025.01
Dr. Samir Azeem	Comparison of oral health related quality of life (OHRQoL) and the factors affecting OHRQoL in patients with removable and fixed dental prosthesis, cross sectional study	
Dr. Samir Azeem	Idiopathic oral sub mucous fibrosis in an 8-year-old Pakistani female. A case report	10.22442/jlumhs.2025.01242
Dr. Samir Azeem	Impact of orthognathic surgery on sleep architecture in patients with obstructive sleep apnea	10.69605/ijlbpr.14.5.2025.269
Dr. Hijab Farid Khan	Idiopathic Oral Submucous Fibrosis in an 8-year-old Pakistani female: A case report	10.22442/jlumhs.2025.01242
Dr. Hijab Farid Khan	Implications Of Technological Advancement of Surgery In Low and Middle-Income Countries' A Narrative Review in Journal of Pakistan Medical Association	10.47391/JPMA.AKU-9S-10
Dr. Hijab Farid Khan	Efficacy of Concentrated Growth Factor with Autograft and Xenograft in Mandible Fractures: A Randomized Clinical Trial; The Journal of University College of Medicine and Dentistry.	10.51846/jucmd.v4i1.3519

QDH INSIGHT

Interview with Muhammad Kashif – 15 Years of Service at Qamar Dental Hospital

Q: Could you tell us about your journey—how did you start your career as a dental assistant, and what brought you to Qamar Dental Hospital?

A: My journey started back in 2005 at a clinic in FB Area under Dr. Wasif Iqbal. At that time, I was just looking for a job anywhere I could find. Later, I got to know some doctors working at Qamar Dental Hospital, and they encouraged me to apply here. I followed their advice, and that's how my chapter at QDH began.



Q: What was your first day like at QDH, and what were your initial impressions of the hospital?

A: It was an exciting and slightly overwhelming day. The hospital was much bigger and more structured than the clinic environment I was used to. On my first day, Dr. Amna Saeed, who was the Administrator at that time, asked me to meet Dr. Naheed Najmi and join the Operative Dentistry Department. That was the real start of my QDH journey—and I still remember how welcoming everyone was.

Q: Where are you originally from, and can you tell us a little about your family background?

A: I am originally from Islamabad. Currently, my mother, my wife, my elder son, and my younger daughter live with me in Karachi. Family has always been the backbone of my life.

Q: What inspired you to choose this profession and become a dental assistant?

A: Honestly, it wasn't planned. I was out job hunting and happened to leave my CV at a clinic. They offered me the position of a dental assistant, and that's how my entry into dental healthcare began. Over time, I developed a real passion for the field.

Q: Did you have any formal training, or did you learn most of your skills on the job?

A: No formal training. I was taught by a trained assistant on the job, and most of what I've learned has come through hands-on experience and working alongside senior doctors.

Q: How was your childhood—did you always dream of working in healthcare?

A: I was born in Islamabad, studied in a government school, and completed my matriculation, intermediate, and later a B.A. in Arts. Healthcare wasn't something I had planned; it just happened. Later, when my elder brother got transferred to Hyderabad, our family moved to Karachi, where our relatives were already living. That shift opened new doors for me.

Q: Who has been your biggest support system throughout your career?

A: My family—especially my father and brother—have always been my strongest supporters. At QDH, Dr. Naheed Najmi has been a mentor and guiding force for me throughout my journey.

Q: Outside of work, what hobbies or activities do you enjoy in your free time?

A: I love teaching my children and spending quality time with them. Cricket is also a favorite pastime—I never miss a good match.

Q: What has been the proudest moment of your personal life alongside your career?

A: Personally, the birth of my children is the most precious and proud moment of my life. Professionally, being recognized as *Employee of the Year* in 2012 is a memory I cherish.

Q: Over your 15 years of service, what changes and improvements have you witnessed at Qamar Dental Hospital?

A: I've seen massive improvement. Especially after Prof. Dr. Tahera Ayub took charge as Administrator, the hospital environment became more professional and organized. The infrastructure has improved, new technologies have been introduced, and overall, QDH has transformed into a modern institution.

Q: How would you describe your working relationship with doctors, consultants, and fellow staff members?

A: Very positive. I've always had good relationships with the consultants and staff. We work like a team, and I feel respected and valued. That teamwork is what makes our department strong.

Q: How do you manage the stress of long working hours and handling patients every day?

A: [Laughs] Honestly, with tea! A good cup of tea keeps me going, no matter how long the day gets. And of course, patience and teamwork play a big role too.

Q: What areas do you think can still improve in terms of patient care and staff development?

A: I believe training and development programs for staff should continue regularly, so everyone stays updated with new methods and materials. For patients, reducing waiting times and expanding facilities would make the experience even better.

Q: What advice would you give to young dental assistants who are just starting their careers?

A: Be patient, disciplined, and eager to learn. This profession demands hard work, but the respect and trust you earn from doctors and patients make it all worthwhile. A dental assistant needs to be physically fit, calm under pressure, and skilled in their work. It's also essential to know the proper use and function of all dental materials and instruments.

Q: After 15 years of service, what message would you like to give to the management, doctors, and patients of Qamar Dental Hospital?

A: To the management, I want to say thank you for always supporting us and continuously improving the hospital. To the doctors, I want to assure you that assistants like me are always here to support your work and make patient care smoother. And to the patients, I want to say: we are committed to serving you with honesty, dedication, and compassion.

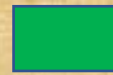
QDH Poll

From House Officers and Final Year BDS

"In your opinion, which clinical department at Qamar Dental Hospital provides the most effective clinical training for house officers and final-year students?"

Operative Dentistry

14%



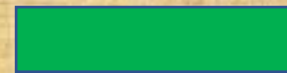
Pediatric dentistry

4%



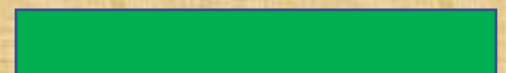
Prosthodontics

22%



Oral Surgery

53%



Orthodontics

7%



Department of Oral & Maxillofacial Surgery



Poll Conducted by students of Final year BDS



Tabia Fatima

Syeda Alishba

Komal Khan

Hameeda Khan

Zil-e-Huma

PATIENTS FEEDBACK

Mehtab Alam MR No: 876127
Periodontology Department
Treated for scaling & polishing

"good affordable service"

Laiba Hameed MR No: 893537
Operative Dentistry Department
Treated for root canal
"Treatment was good, though I wish follow-up appointments were scheduled faster"

Murtuza Khan MR No: 158624
Operative Dentistry Department
Treated for tooth fillings

"The doctors were very gentle and my fillings were done painlessly."

Ambreen Raza MR No: 158075
Prosthodontics Department
Treated for PFM Bridge

"my bridge from lab was delayed other than that the service was very good"

Zayd Siddiqui MR No: 165782
Paediatric Dentistry Department
Treated for pulpectomy

"Very professional doctors, handled my child very well"

Fahan Khan MR No: 168726
Orthodontics Department
Treated for braces

"Staff is very cooperative, though appointment slots are sometimes hard to get"

Maha Syed MR No: 159817
Oral Surgery Department
Treated for tooth extraction

"The surgeons explained everything clearly and made me feel safe throughout my procedure."

Farhan Mir MR No: 157125
Oral Surgery Department
Treated for tooth extraction

"Excellent surgical care, but the waiting time before consultation can be reduced"

Anwar Ali MR No: 160465
Prosthodontics Department
Treated for dentures

"Very Cost friendly, staff and doctors are very professional"

QDH WELCOMES

Meet Dr. Usman Bashir Shaikh
Assistant Professor
Department of Prosthodontics, LCMD

Dr. Usman Bashir Shaikh is a distinguished dental professional who earned his BDS from LUMHS, Jamshoro, and later specialized in Prosthodontics with an FCPS. He has previously served as an Assistant Professor at Ziauddin University, Karachi.

With numerous national and international publications to his credit, Dr. Usman is widely recognized for his contributions to dental research and academics. A passionate teacher and skilled clinician, he continues to inspire students and colleagues through his dedication to excellence in prosthodontics and dental education.



Meet Dr. Hira Faraz
Senior Registrar
Department of Operative Dentistry, LCMD

Dr. Hira Faraz graduated from Fatima Jinnah Dental College and completed her house job in 2012. She began her academic career the same year at FJDC as a lecturer in Oral Pathology, where she served for two years. She then pursued postgraduate training in Operative Dentistry at Dow University of Health Sciences and was awarded the MDS degree in 2024.

Beyond her professional commitments, Dr. Hira Faraz has a keen interest in nature, particularly in collecting and caring for cacti.



Meet Dr. Maria Shahid
Senior Registrar
Department of Oral & Maxillofacial Surgery, LCMD

Dr. Maria Shahid completed her FCPS training in Oral and Maxillofacial Surgery from LCMD in 2023, following her BDS degree from Karachi Medical and Dental College in 2017. In addition to her residency, she worked as a BLS Instructor at CPSP Karachi in 2022 and has three years of clinical experience in general dentistry at RAB Dental Clinic.

Beyond her professional career, Dr. Maria Shahid has a deep passion for reading and creative writing, particularly poetry, and also finds joy and peace in gardening. She considers herself a lifelong learner, committed to continuous personal and professional growth while contributing to patient care, medical education, and the wider community.



Naegleria fowleri: The Brain-Eating Amoeba – What You Need to Know

A rare danger that lurks in daily routines

Imagine an organism that enters the brain through your nose—often during a simple act like ablution or nasal rinsing—and triggers a swiftly fatal infection. This is **Naegleria fowleri**, a free-living amoeba responsible for **Primary Amoebic Meningoencephalitis (PAM)**—a condition with a fatality rate exceeding 98%.

What is Naegleria fowleri?

Naegleria fowleri typically inhabits **warm, fresh water**—such as lakes, rivers, hot springs, poorly maintained swimming pools, and even inadequately chlorinated tap water and domestic tanks. When contaminated water enters the nasal passages, the amoeba can travel through the olfactory nerve straight to the brain, where it rapidly causes fatal inflammation.

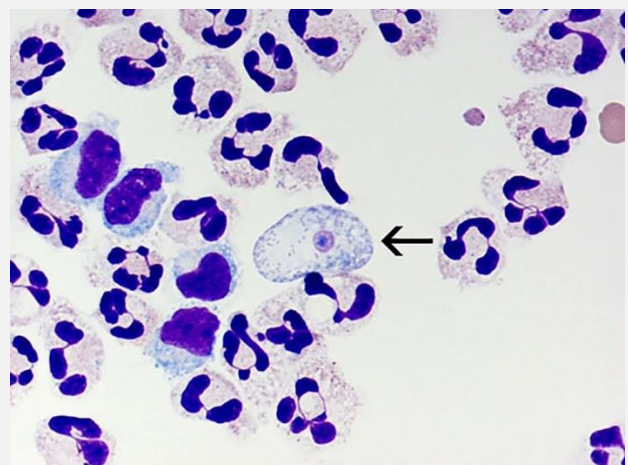
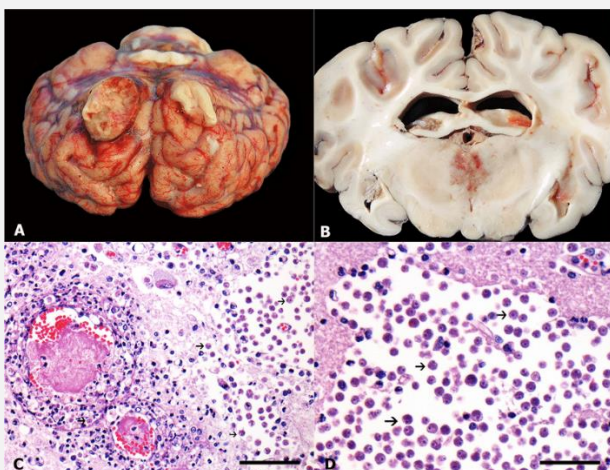


Spotlight on Karachi: Recent Tragic Cases

Karachi has witnessed several heartbreaking fatalities from *Naegleria fowleri* in 2025:

- **February 23, 2025:** A **36-year-old woman** from Gulshan-e-Iqbal passed away after developing symptoms a few days earlier. She had not been swimming—her only exposure was performing ablution (wudu) at home [Dawn Geo News](#).
- **June 3, 2025:** A **23-year-old man** from Orangi Town succumbed to the amoeba. Again, no recreational water exposures were reported; his only contact with water was through ablution [Dawn](#).
- **June 27, 2025:** A **17-year-old student** became the fourth case in Sindh this year. Health officials believe contaminated, non-chlorinated tap water played a role [Dawn](#).

These cases illustrate how everyday practices—especially in regions with insufficient water purification—can pose grave risks.



Why It Matters to Oral Health Awareness

Though under the umbrella of oral health, these infections often begin outside the mouth—with water entering through the nasal cavity during ablution or nasal irrigation. This highlights the critical intersection between dental/ENT practices and communal hygiene. Dentists and oral health professionals are vital in **raising awareness** about these hidden threats and advocating for preventive care.

What You Should Watch For (Symptoms of PAM)

Be alert to early signs that may indicate the onset of PAM:

- Initial symptoms (1–12 days post-exposure): headache, fever, nausea, vomiting, or confusion.
 - Rapid progression: stiff neck, hallucinations, seizures, seizures, coma, often leading to death within a week or two.
-

Simple Prevention Measures

1. **Use only boiled or distilled water for nasal rinses or ablution**—never tap water directly.
 2. **Keep overhead and underground water tanks clean**, and treat them with chlorine regularly.
 3. **Avoid swimming or submerging your head** in warm, stagnant freshwater, unless water quality is confirmed safe.
 4. If you've had **headache, fever, or neurological symptoms** after recent water exposure, seek medical consultation immediately.
-

Final Thoughts

At **Qamar Dental Hospital**, your **oral health awareness** isn't just about teeth—it's about holistic well-being. Even in routine rituals like ablution, there can be unseen dangers lurking in contaminated water. We hope this article arms you with knowledge—and the power to prevent a devastating outcome that begins with something as simple as water entering the nose.

Stay vigilant. Stay informed. And above all—stay safe.

NEWS FROM KKF

KKF DENTAL OPD ACHIEVES NEW MILESTONE

In a remarkable stride toward enhancing patient care and student welfare, **KKF Dental OPD & KKF OPD administration**, has successfully inaugurated several new facilities under the guidance of Prof. Dr Navid Rashid Qureshi (Principal College of Dentistry)—marking a significant milestone in its ongoing commitment to excellence.

Cafeteria Inauguration



A brand-new **cafeteria** has been inaugurated to serve both students, faculty, and Patients offering a comfortable and refreshing space to dine, relax, and recharge. The area is thoughtfully designed with natural ventilation and lush greenery, creating a serene environment that blends nourishment with nature.

Student Washroom Facilities



To further support student comfort, a **dedicated washroom facility** has been established, ensuring hygiene and convenience within close proximity to the academic and clinical zones.

Shaded Waiting Area for Patients



Patients visiting the OPD can now benefit from a **new spacious shaded waiting area**, enriched with greenery and open-air ventilation. This space not only improves patient experience but also reflects the institution's commitment to compassionate care.



Filtered water cooler Facility for the Patients:



In 2025, the hospital administration initiated the installation of a filtered water cooler facility to provide clean and safe drinking water for patients and other attendants. This step was taken as part of our commitment to improving patient care and ensuring the comfort of visitors with the hospital premises.

🏏 Outdoor Play Area for Students in the Pipeline.



Recognizing the importance of recreation in academic life, a **designated play area** is planned for students. Application to the MS KKf general hospital has been submitted for the development of play area promptly. It includes space for **cricket, badminton, hand ball and other outdoor games**, promoting physical well-being and team spirit.

🦷 Expansion of Dental OPD



In a major upgrade to clinical capacity, the number of dental units has been increased to **40**, significantly boosting the department's ability to serve patients efficiently and train students effectively. These developments reflect a shared vision between KKF and LCMD to foster a holistic, patient-centered, and student-friendly environment. The leadership and collaborative efforts behind this initiative are a testament to the institution's dedication to continuous improvement and innovation in dental education and care.

KKF Dental OPD: Groundbreaking Case Report on Idiopathic Pediatric Oral Submucous Fibrosis

The KKF Dental Outpatient Department (OPD), in collaboration with Liaquat College of Medicine and Dentistry (LCMD), is proud to announce the publication of a significant case report in the prestigious *Journal of Liaquat University of Medical and Health Sciences, Jamshoro*. This groundbreaking study documents a rare case of oral submucous fibrosis (OSF) in an 8-year-old pediatric patient, highlighting the clinical expertise and research commitment of our team at KKF Dental OPD.

CASE REPORT

Idiopathic Oral Submucous Fibrosis in an 8-Year-Old Pakistani Female: A Case Report

Araib Tahir^{1*}, Samir Azeem¹, Syeda Sadia Kanwal¹, Hijab Fareed Khan¹, Amna Rehman¹

¹Liaquat College of Medicine and Dentistry, Karachi, Sindh-Pakistan

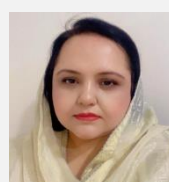
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doi: 10.22442/jlumhs.2025.01242



ABSTRACT

Idiopathic oral submucous fibrosis in children is an infrequent entity, in particular in regions like India and Pakistan, where the use of areca nut is culturally widespread. Unlike the usual OSF cases due to areca nut or tobacco consumption, idiopathic OSF occurs without any identifiable etiological factors, and poses differential diagnostic and therapeutic challenges. It is a case report of an 8-year-old female child presenting in KKF Dental OPD, a Project by Liaquat College of Medicine and Dentistry from Karachi, Pakistan, who had a minimal mouth opening of 11 mm with bilateral fibrous bands in the buccal mucosa and did not give a history of any areca nut or tobacco habit. Her condition deteriorated due to poor follow-up despite primary management by doing jaw exercises, dietary modification, and applying aloe vera gel. The clinical, psychological, and social implications of OSF in the pediatric age group are reported upon, with an emphasis on early diagnosis and management by a multi-disciplinary team to prevent impairment and malignant transformation. Various medical, surgical, and physiotherapeutic



Case Report Highlights

Title: Idiopathic Oral submucous fibrosis (OSF) in 8 year old Pakistani Female

Authors: Dr. Araib, Dr. Samir, Dr. Sadia Kanwal, Dr. Hijab

Final Approval and Critical Analysis: Dr. Amna Rehman

Journal: Journal of Liaquat University of Medical and Health Sciences, Jamshoro

Publication Date: 31st July 2025

Author Contribution Summary:

- **Dr. Araib (Primary Author)**
Led the case conception, clinical management, and manuscript drafting. Oversaw revisions and approved the final version. Accountable for all aspects of the case and report.
- **Dr. Samir**
Revised and approved the final manuscript. Accountable for diagnostic accuracy.
- **Dr. Sadia Kanwal**
Managed pharmacological therapy and follow-up. Ensured data accuracy, contributed to literature review.
- **Dr. Hijab**
Supported clinical and nutritional management. Contributed to discussion. Ensured alignment with current research.
- **Dr. Amna Rehman**
Provided scientific oversight and critical manuscript revision. Ensured adherence to academic standards and ethical compliance.

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.



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