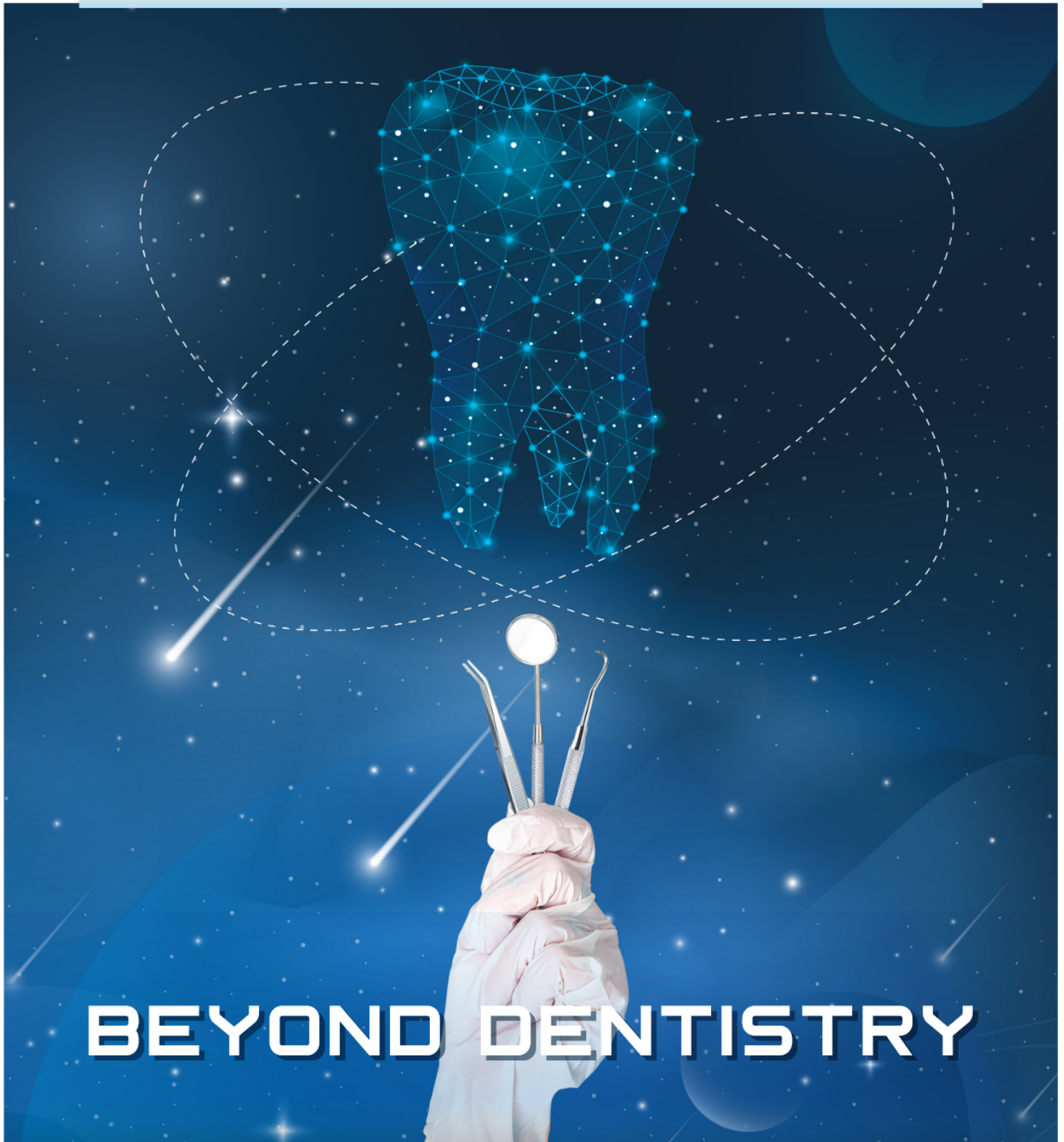




Kenya
Dental
KDA Association

ISSUE 6 | 2022

ODONTOLOGUE



BEYOND DENTISTRY

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Letter from the Editor

HELLO

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The views expressed by individual contributors to this Newsletter do not necessarily reflect the views of the council of the Kenya Dental Association. All contributions to the Newsletter should be addressed to:

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It is always a pleasure to do this piece. It usually means we have another issue of the Odontologue magazine that is ready for circulation. Having a long running magazine has not always been the case in the past. The editorial team for the Odontologue is pretty much psyched to continue this unbeaten run. I will take this time to give my immense gratitude to the Chairperson of the KDA, Advocacy, IT and Media committee, Dr. Liz Bwibo. She has brought much needed energy and enthusiasm to the Odontologue.

In this edition, our theme is Beyond Dentistry. We show what some of our members are doing to get away from that enclave of a surgery. For life is not just the running of a handpiece. It can be enriched by the occasional scaling of a mountain as shown by Dr. Johnson Wambugu and his coterie of Scalers. It can be enchanced by the swing of a golf club as explained by Dr. Andrew Wetende our past President. It can be entirely enjoyed through substituting

the dental surgery with the normal office and fieldwork as Dr. Cosmas Mugambi explains.

We get to remember the late great Dr. Hudson Alumera through a concise memoir. It still a devastating loss that the association and the greater fraternity is still trying to come to terms with. We will always remember him in our hearts. Speaking of loss, unfortunately we lost Dr. Jonah Mulatya who was an enthusiastic Prosthodontist and good teacher at the Kenyatta National and Referral Hospital. This being our conference edition, it would be amiss of me not to mention the 39th KDA Scientific Conference and Exhibition. This year we go back to Lake Naivasha Resort where we were last seen in 2019. We go to a bigger venue in the form of the Auditorium which was not there before. We have an rookie Platinum sponsor in the form of Align. Through their local representative Likas, will likely show us a thing or two about the world of clear aligners (Invisalign) and digital dentistry

workflow (Itero). We get to have many rookie exhibitors who together with the old will ensure we have a lively and exciting exhibition for this coming year. The National Governing Council is always hard at work to make sure the association is running smoothly and tackling important tasks. Led by the eponymous PoKDA, Dr. Tim Theuri. You get to find out the human side through the Know Your NGC segment. All in all, this is a wonderful edition of the Odontologue. It is not possible without the dedication of our contributors like Dr. Beatrice Kiptanui, Dr. Nduguyu Kerre, Dr. Elizabeth Bwibo and our Branch Chairpersons, Dr. Lilian Apadet, Dr. Immaculate Opondo, Dr. Edward Kabubei and Dr. Luvay Hamid. Last but not least, the editorial team of Dr. Liz Bwibo, Dr. PJ Muriuki, Dr. Anbar Ganatra, Dr. Andrew Wetende and yours truly. Salud.

Dr. Douglas D. Oramis
Editor-In-Chief
Odontologue

MESSAGE FROM THE PRESIDENT



Dr. Tim Theuri,
President, KDA

What is your biggest regret? This is a question that I see at the tail end of interviews, often of well achieved individuals. I surmise that the list of issues I have read over the years has to do with misspent time! I wish I spent more time with my children. I wish I treated people a little better. I wish I took time to take care of myself and my health. These are some of the regrets that I have seen this individuals list. Deductive reasoning nudges me towards the conclusion that it all boils down to time.

I consider time the single most important resource any human being will ever have. How you use or don't use it determines the quality of life you will lead, the diseases you may be prone to, the happiness in your relations, the fulfillment you derive from your career and the impact you will have.

What is beyond dentistry? I cannot purport to have a straight answer but I will seek to give you an insight into my own personal life and hope that you pick what may good for you. A few years ago, while struggling with weight and out of long-term relationship that had broken down, I asked myself what shall be written on my epitaph. I always thought that I led a pretty much figured out life and it would be a no-brainer that beyond my years on this earth there would be a beautiful statement that would accompany them. One that would be a summary of my life or one hastily put together by the funeral committee. When nothing readily came to my mind, I remember feeling worried and a little lost that I did not have anything I could think of. I then embarked on a journey that has led me down a beautiful path and up the mountain that I ceaselessly strive to conquer, myself. I reprioritized and denormalized the way I led my life. I refocused and I am now keen on three things my relations –I Keep the circle (family and friends) neat and attend to them diligently. The satisfaction you derive from your relations impacts your happiness and your overall fulfillment. The Harvard study of adult development, the longest running study, draws a strong correlation on the impact of your relations and your happiness. Some scientists have summed it up to; know when to let go and stay connected. I have extracted so many happy moments and memories by simply being intentional with my friends and family. We always take an obligatory selfie whenever we can and review them from time to time for old times' sake.



HEALTH

I have made it a deliberate effort to try be healthy and the last three years I have been deliberate about my mental wellness, debriefing with my therapist once a month. My wish is to increase my health expectancy to enjoy as many years of good health as possible before my dotage. I try enjoy a run every week to the ohrwurm You cannot outrun your fork. I have had a tempestuous dance with the weighing scale, this season it is winning. The goal of it all is to keep trying. Why be healthy? It allows you to enjoy good relations and wealth.

WEALTH

Resources underwrite a good life. Human beings have an innate attraction to good things and I have no plan of being any different to what is coded in my genetics. The choice and successful pursuit of a profession is but one tool for achieving your purpose. When I interrogated where I will lead a life of most impact and eke out a living, I figured that exploring the path of leadership would take me there. It was not until later in my foraging of the Harvard Business Review that I would come by the words of Frederick



Herzberg who asserts that the powerful motivator in our lives isn't money; it's the opportunity to learn, grow in responsibilities, contribute to others, and be recognized for achievements. This happens at management level and I hope I shall be feted for being a good one.

These are three facets that have helped me distilled my priorities beyond dentistry. A space where I have explored political engagements that have given me a better understanding of how our country runs and the need to improve the quality of citizenry. My attempts at farming have yielded a herd of corriedale sheep that I have managed to keep alive this far. My love for things with engines has led me to the automotive world and I know it will be one of my favorite things in the near future.

Advice on how to engage in activities beyond your work is plenty. Allow that I add to the basket and opine; do something that is important to you, while at it impact another's life and do so while your favourite music plays. Mine is reggae.

Work-life balance is a cycle, not an achievement.

GET TO KNOW US



Dr. Tim Theuri
PRESIDENT

One thing we don't know about you

I am an excellent pool player

What is your Passion?

Inspiring people

What is your dream vacation?

Sofia, Bulgaria

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

To position KDA as a premier national health stakeholder

State one thing you hope to achieve in your lifetime?

A six pack.....on the serious meaningful healthcare change and with focus on catastrophic health expenditure, enough to impact the next generation

What is your favourite quote?

Only the disciplined ones in life are free. If you are undisciplined, you are a slave to your moods and your passions - *Eliud Kipchoge*



Dr. Mumo Kituku
VICE PRESIDENT

One thing we don't know about you

I am very shy

What is your Passion?

Great sound and picture

What is your dream vacation?

A private island resort

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Manage Pro-bono complex cases to the poor

State one thing you hope to achieve in your lifetime?

A private jazz club

What is your favourite quote?

Stranger things have happened



Dr. Douglas D. Oramis
SECRETARY GENERAL

One thing we don't know about you

I am a Kansas City Chief's Fan. I plant my flag firmly in Chief's Kingdom.

What is your Passion?

Reading widely is at the Zenith. But I also do I love the process of Ideation, it is a stress reliever. Nothing like creative juices flowing about. And when I need to get inspired I listen to wonderful Podcasts like The Revisionist History and Cautionary Tales

What is your dream vacation?

Bhutan

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

I hope to be able to leave the Kenya Dental Association in a far better place in terms of internal governance systems, mode of operation, administrative processes and effectiveness. A KDA with an excellent value proposition for its members is a KDA I want for the fraternity. I would love to take dentists to Canaan, but they have Baba for that.

State one thing you hope to achieve in your lifetime?

Self Actualization

What is your favourite quote?

"Vi Veri Universum Vivus Vici" which translates to "By the power of truth, I, while living, have conquered the universe"



Dr. Thomas Munyao Junior AKA TMJ
HONOURABLE NATIONAL TREASURER

One thing we don't know about you

I love women...Anyway I really like the countryside life and being cheap

What is your Passion?

LIFE....Jogging when my body allows me to

What is your dream vacation?

The Alps fully paid for. Or just a month off work

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Independence of the dental fraternity from KMPDC in terms of licensing & regulation, and eliminating unethical practices among us

State one thing you hope to achieve in your lifetime?

Raise responsible and hardworking children who value the simplicity of life

What is your favourite quote?

If you know how to spend less than you get, you have the philosophers stone - *Benjamin Franklin*



Dr. Arnold Malit

ASSISTANT
SECRETARY

One thing we don't know about you

I have a very simplistic approach to life

What is your Passion?

Anything Cars ,bikes and planes

What is your dream vacation?

Bora Bora

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Making the Kenyan population realize the importance of oral health and make my profession be known in the health industry and any other circles

State one thing you hope to achieve in your lifetime?

Be a Dollar Millionaire and travel to 70% of the world countries

What is your favourite quote?

You live by what you earn and make a life by what you give



Dr. Liz Bwibo

VICE TREASURER

One thing we don't know about you

I am an introverted extrovert.

What is your Passion?

I am passionate about being a positive change.

What is your dream vacation?

Maldives. The white sandy beaches and clear water is such an alluring sight.

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Open up new employment avenues for dentists in Kenya.

State one thing you hope to achieve in your lifetime?

To have a charitable organisation. At least touch one life a day. And have a meaningful impact on someones life yearly.

What is your favourite quote?

Do your best until you know better. When you know better, do that - *Maya Angelou*



Linus Ndegwa

IMMEDIATE PAST
PRESIDENT

One thing we don't know about you

I love breakfast

What is your Passion?

Promoting local businesses and products

What is your dream vacation?

Maldives

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Better regulation

State one thing you hope to achieve in your lifetime?

Sainthood

What is your favourite quote?

To know thyself is the beginning of wisdom



Dr. Wetende Andrew

COUNCIL MEMBER

One thing we don't know about you

I love baby sitting and playing with children

What is your Passion?

Dental Implantology hmmm and Golf

What is your dream vacation?

Seychelles in a 7 star Hotel..

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Unity of Purpose to tackle all emerging issues..and they will be many

State one thing you hope to achieve in your lifetime?

Governor Kakamega County...not really, the Best Dad is the best achievement

What is your favourite quote?

Do not take life too seriously. You will never get out of it alive.



Dr. Muriuki PJ Waweru

**CHAIRMAN,
WELFARE**

One thing we don't know about you

That I graduated with 3 titles in Dec 2012

What is your Passion?

I am passionate about practicing Dentistry in general. I am also passionate on Demystify Dentistry by dissemination of Oral health information to the general public via various platforms. I am also a passionate footballer and I love Fast cars

What is your dream vacation?

European countries tour

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Upholding the nobility of this profession by ensuring there is a defined scope of practice for all oral health professionals, and rid off quacks from the profession.

State one thing you hope to achieve in your lifetime?

Upraising my children to become all-rounded responsible citizens and be the best version of themselves. I also aspire to be a politician later in life.

What is your favourite quote?

Our lives begins to end the moment we become silent about the things that matter - *MLK Jnr*



Dr. Anbar Ganatra

COUNCIL MEMBER

One thing we don't know about you

I have *failed* more times than I have succeeded.

What is your Passion?

To continue learning, I love being a student.

What is your dream vacation?

My dream vacation is a city vacation, walking on the streets with no known destination, just indulging in what comes along.

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Improved awareness and prioritisation of Oral health nationally and globally

State one thing you hope to achieve in your lifetime?

Mastering time management

What is your favourite quote?

Chance favours the prepared mind.



Dr. Nelson Malenya Ongalo

COUNCIL MEMBER

One thing we don't know about you

I have OCD

What is your Passion?

Social change

What is your dream vacation?

Bali

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Self Regulation of the profession

State one thing you hope to achieve in your lifetime?

Leave an inheritance for my children's children

What is your favourite quote?

Show me a man skilled at his work, such will serve before kings



Dr. Teddie Matundura

COUNCIL MEMBER

One thing we don't know about you

I am an extroverted introvert

What is your Passion?

Giving both men and women beautiful smiles

What is your dream vacation?

A year long round world tour sampling different cuisines and cultures and to tour places that have had a direct impact on history and our way of life today.

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Facilitating easy access to quality and affordable dental training to dental practitioners so as to ensure they have the needed skillset to manage the patients needs.

State one thing you hope to achieve in your lifetime?

To start an NGO that educates Kenyans on the need for proper waste disposal and on how to recycle so as to have a better environment for the generations to come.

What is your favourite quote?

Don't Gain The World & Lose Your Soul, Wisdom Is Better Than Silver Or Gold - Bob Marley



**Dr. Munyasa
Mercy Branice**
COUNCIL MEMBER

One thing we don't know about you

I grew up in the village

What is your Passion?

Cooking and traveling

What is your dream vacation?

Tour of Europe

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Accessible dental healthcare to all especially the marginalized communities

State one thing you hope to achieve in your lifetime?

To find my purpose here on earth and align myself towards its direction

What is your favourite quote?

Mapema ndio best



**Dr. Kahura
Mundia**
COUNCIL MEMBER

One thing we don't know about you

I have never learnt how to ride a bicycle

What is your Passion?

To be a leader and promoter of just change in the community through advocating for realization of socioeconomic rights guided by competence, skills, dedication and integrity

What is your dream vacation?

A trip to Hawaii

Name ONE Thing you hope to accomplish for the betterment of the Dental Fraternity

Promotion of ethical and professional practice of dentistry

State one thing you hope to achieve in your lifetime?

To be a philanthropist and a venture capitalist in social enterprises

What is your favourite quote?

There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself - *Miyamoto Musashi, The Book of Five Rings*



Jecinta Osogo
KDA ADMINISTRATOR



Rose Wamalwa
KDA ASSISTANT
ADMINISTRATOR

GET TO KNOW US



GET TO KNOW US



Organon, here for her health

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Our goal is to be the leading women's health company in the world by focusing on women's everyday health needs.



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FEATURE STORY | STORY

A JOURNEY ON THE SANDBANKS AND GREENS OF THE GOLF COURSE A PERSONAL TALE

By Dr. Andrew Wetende



I was introduced to the sport of golf by my mentor and senior partner in dentistry Dr. JJ Masiga. Interestingly, Dr. JJ as he is commonly referred to is more famed and decorated in the Republic of Kenya for his football and rugby exploits, rather than his prowess in the art and science of restorative dentistry.

When I started Golf, I found the game rather strange. It was compounded further by my background in hockey, a sport I had played at a very high level. Although at first glance it appears that there were many similarities, -a stick; a small white ball; and the swing-in the nitty-gritty they were so different. The actual equipment had many forms of sticks or clubs as they are referred to. The swing was an easy effortless one, not the violent one I had gotten accustomed to on the hockey field. It varied depending on where you were in the posture, the etiquette, and the rules. At times, it appeared strange. Initially, I was disoriented and discouraged. Luckily, I was introduced to a good professional trainer called Mr. Abuto. He was knowledgeable and encouraging. After one theory lesson, I was allowed to access the 'range'. This is similar to the shooting "range" though not littered with old tyres and mud dunes. I know this because I once visited the shooting range with my friends in Mombasa; a story for another day but it suffices to state that our best sharpshooter at that time was a lady. At the golf range, I was taught the basics of the above-mentioned facets of the game plus how to keep safe. There I was quick to realize that golf is a unique sport with a litany of rules and etiquette which you have to master. At the range, I shot many balls at different ranges, heights and distances utilizing the different sets of clubs in a golf bag. Remember that you are only allowed a maximum of 14 clubs when you are in a competition. However, at the range, it is time to try all sorts to figure out what suits you. As soon as the professional coach finished the basic training of about sixteen golf lessons, he released me to the actual golf course to learn more about this now familiar sport.

The golf course is typically a field with 18 holes on average. You need an established mentor player (sometimes known as the marker) who will remind and enforce the rules of golf as you play along. They also help keep your score cards accurately and must sign them to authenticate them. I was lucky to bump into another dentist devoted to his golf and a patient teacher in the form of Dr. Richard Owino. Having him along with Dr. JJ and I had the privilege of playing and being mentored by these distinguished gentlemen. This was until such a time that my scorecards were adequate for me to apply, interview and be assigned a "handicap". This is a wonderful thing in golf. The

United States Golf Teachers Federation (USGTF) defines handicap as "a measure of your current ability over an entire round of golf, signified by a number. The lower the number, the better the golfer is. A Golf handicap represents the golfer's ability based on their previous golf round's scores and serves the purpose of comparing your performances with other golf players. Hence you can only play a competitive golf tournament when handicapped. Currently I am playing at handicap 28. You can guess where my golf skills are at. It is a barometer of the frustrations my regular golf partner Dr. Owino has and still does. I said he was a patient teacher. I can tell when we are looking for my golf ball amongst the thickets.

The golf course is also made up of special areas of the field. These are the Tee box, the Fairway, the Putting green, and the Rough some with hazards. To play appropriately you need special clubs to ease your play in these special areas, though you are at liberty to choose which one subject to the maximum of fourteen. The ball is motionless when played with each area attracting a certain way of conduct and play. The lowest score wins and honesty is key as you are the main scorekeeper with your playmate marker just confirming your scores as usually there is no referee. It, thus, instills honor and integrity in an individual.

While you are at liberty to dress in colors of your choice, as I am sure my Kamba brothers will be happy about this, most golf clubs will require that you wear a collared shirt (polo), tacked and belted into a neat pair of short or trousers without external pockets. A pair of jeans or cargo pants is a "no-no" yet for some players like me who are always in the bushes, these would have been more than ideal to tackle the harsh environment. Appropriate golf footwear is compulsory to minimize damage to the special areas of the field like the putting green. A cap to protect you from the playing elements is allowed on the field of play but totally banned in the clubhouse. The clubhouse is also known as hole number 19. This is where the high handicappers like me like patronizing to quench our thirst after a long day of very many strokes in the field.

Golf has its frustrations and peculiarities. Allow me to highlight the myriad of benefits it confers that other sports struggle to and may not provide. These benefits are both from an observant and research perspective. This is in a bid to encourage you, my fellow dentist to adopt the sport as quickly as is feasible for you. Note that you will have to invest the time (a typical round of golf lasts 4 to 5 hours) and resources (joining fees, green fees caddy fees). Notwithstanding, (I like this phrase) these minor setbacks the benefits include but are not limited to:

1. Golf is a “lifetime sport” and can be played from 4-92 years old which is pretty awesome. I chose 92 years old arbitrarily because it sounds very old but as long as you can walk and swing you are good to go with the game of golf. How is this possible? Golf is a low-impact sport that causes little stress or damage to joints, tendons and muscles. This makes it much easier to play throughout your old age, without worry of extreme soreness or injury. Injuries may occur especially elbow and shoulder (the rotator cuff especially). Dr. JJ is currently nursing one and I wish him a quick recovery. Compared to contact sports this is way safer. Of course, safety etiquette is to be observed by all players on the course to avoid injuries. Such injuries as being hit by a golf ball. The beauty about this game is that it is never too late to start playing and I personally started late into my “3rd floor” but as long as you keep at it you get better at it.

2. Golf is also good for your physical body as it encourages movement and agility. The golf swing is a full body workout, using arms, legs, and core muscles while walking up and down different undulations for about eight to nine kilometers’ depending on the course sometimes carrying or pushing a bag if you do not have no caddy. This is usually a great workout and can burn up to 2,000 calories depending on how flat or hilly the course is. Imagine the results if you do this on a daily or even weekly basis.

3. In addition to the physical attributes I have enumerated above, 90% or more of the game is mental. This makes the game great for your mind, keeping at bay many brain degenerative diseases like Alzheimer’s. An 18-hole round is basically one long mental exercise, constantly making you think and forcing you to stay focused on the task at hand. It also involves the arithmetic of keeping your scores for every hole mostly mentally with the aid of a scorecard. Smartwatches like my Garmin may help with the game but you still have to input the scores into the watch.

Golf also goes a long way in helping relieve stress, anxiety, and even depression. You forget your issues on the course and during the game or the club house you meet all sorts of people that your current worry may be solved as you approach hole number 2 or hole number 19. I personally can confirm that golf is good for your mental well-being as it helped me cope while I was coming to terms with the sudden loss of my best friend, partner, and colleague the late Dr. Hudson Alumera as a result of complications of COVID-19. Many times I would reach the parking of Royal Nairobi Golf Club (RNGC) tired stressed teary and very sad only to be uplifted bit by bit as I plunged myself into this game.

4. The game of golf helps you make new friends and business connections as the course is usually filled with friendly, interesting, and successful people. If you show up at a course with less than a foursome, I see you Dr. Kituku, usually, four players constitute a playing team, especially during tournaments and club events you will often be paired with others to make the complete team. These people already have something in common with you, they also love golf and the ice is broken as there is already something to talk about!

5. Perhaps the most beautiful and amazing part of golf is where it takes place. Unlike any other sport, golf requires many acres and miles of land to play, and most courses offer an abundance of trees, animals, and other wildlife to enjoy. At Royal Nairobi Golf Club, we have geese and many types of birds for those interested in ornithology, monkeys, squirrels, different species of fish, snakes (though I haven’t seen any) and occasionally “stray” dogs among others. The golf courses provide habitats for animals and plant species to thrive, so simply by playing golf you are helping to ensure these wildlife playgrounds remain intact. You therefore as a golfer get to experience the outdoors and help protect nature.

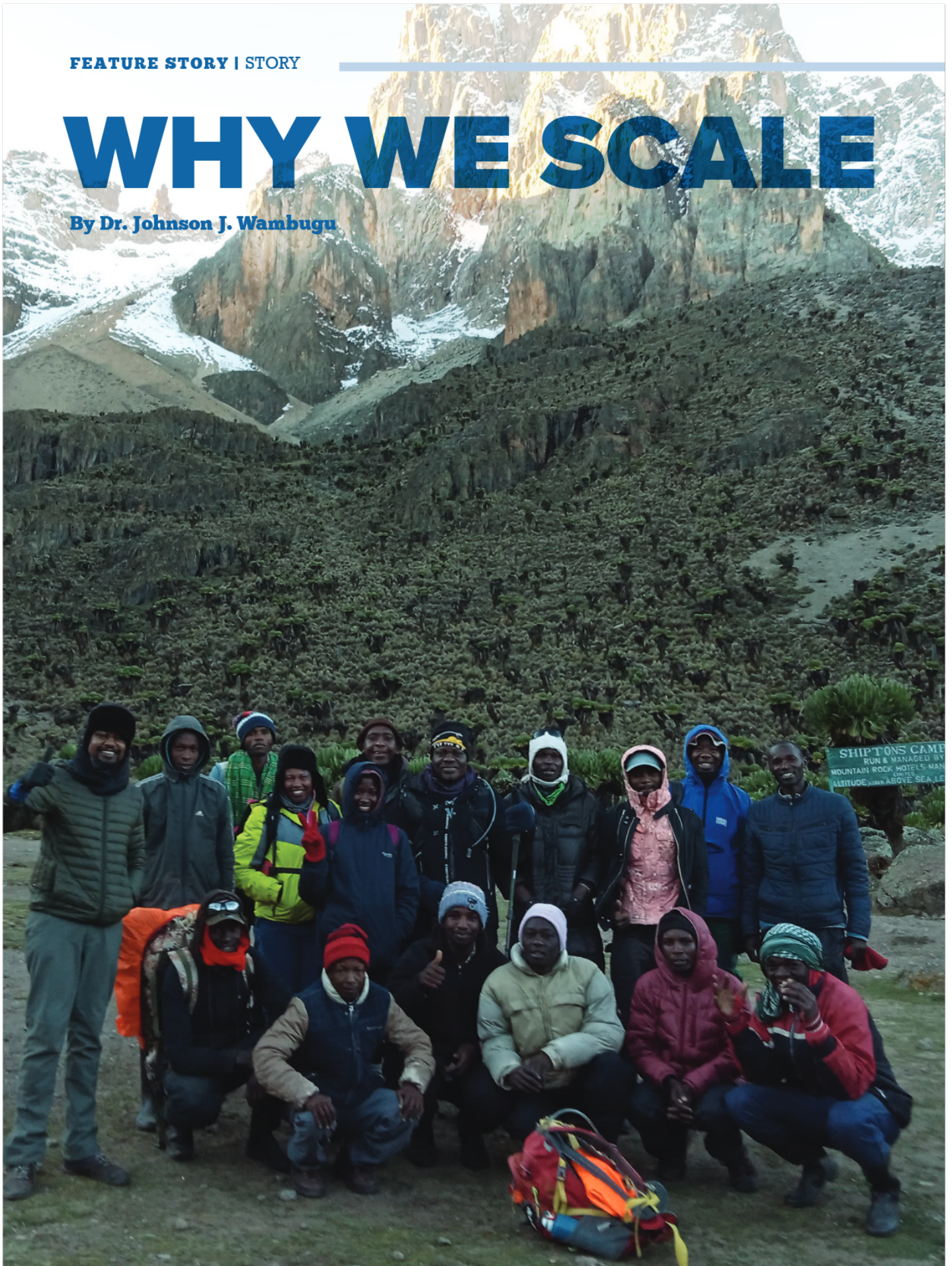


To conclude, I would like to say that the good thing about all of these benefits of golf is that they apply to experts and beginners alike. So get out there, learn the sport, and play! I am indeed ready to introduce you, converted dental practitioners, to the Royal Nairobi Golf Club where I am a member in good standing. Feel free to reach out to me in this regard.

FEATURE STORY | STORY

WHY WE SCALE

By Dr. Johnson J. Wambugu



Dentistry is a both a rewarding and satisfying profession. We are an integral part of the healthcare workforce, and we make a difference in the lives of millions of Kenyans who come seeking our services each day. However, our passion for our career may get lost in the day to day hustle and bustle of dental practice life. From managing staff and patients, accounting for overhead, keeping abreast with the latest standard of care, all while striving to achieve excellent clinical outcomes. This can wear us down and drive one into a rut of dentistry that doesn't bring you joy. Burn out is real, I've been there.

Hiking is one of my escape routes out of this predicament. I began hiking during my campus years, when I first climbed Mt Longonot in my third year of dental school, circa 2004. I was really thrilled by the experience of travelling to an unknown destination to conquer a "monster", socializing with strangers and the breathtaking view of the landscape from the summit. I found this very gratifying and always revisited those memories with a lot of joy. However, the "busy-ness" of life caught up with me and I forgot all about this new found love. I was balancing between my family and social life, a full time job, two locums and postgraduate studies, and by 2014 I desperately needed a way out. Then one clear and sunny day, while driving to my rural home, I gazed upon Mt Kenya in all her glory and splendor and my memories of Mt Longonot flashed back. I had finally found it once more-my passion away from the hand piece.

From that moment on I actively searched for hiking groups in Nairobi, and within no time and I had been added to almost ten groups, and that meant I was privy to their activities every weekend. I began procuring hiking gear and would eagerly look forward to participating in every hike I could during my free weekends. I found every experience therapeutic-the fresh air, the sound of nature and the silence away from the screaming hand piece turbine. It soothed my soul, and before I knew it I was hooked. I had so many incredible adventures on my feet, and my physical struggles to conquer every new summit strengthened me mentally. By 2020 I had been to all the peaks of the Aberdares, Mt. Kenya (thrice) Mt. Kilimanjaro and Mt Meru in Tanzania, among other spectacular trails. I have built networks and made many great friendships from the Kenyan hiking community composed of fellow hikers, guides, wildlife wardens and forest rangers. In early 2021, a few dental colleagues who all had a common interest in hiking challenged me to start our own hiking group to encourage dentists struggling with work-life balance. One day, while doing some self-reflection on an afternoon jog, the name "The Scalers" was thrust upon me, from nowhere. Within no time the group was up and running. As I type this article we have already done 15 hikes together including Mt Kenya in December 2021. We have shared some unforgettable expedition. We have been rained on, got lost and cried together as we scaled to the summit and experienced picturesque sceneries together. I think we are better humans because of this.

We scale, because there is life beyond dentistry.



FINANCE COMMITTEE REPORT



Chairperson
Dr. Thomas
Munyao
FINANCE
COMMITTEE

The finance committee is a critical committee as our mandate extends from oversight of the association finances to giving guidance and coming up with a budget for the association's activities. Under the stewardship of our able treasurer and deputy treasurer, the committee was able to analyze, audit and present the associations finances during our annual general meeting in which our beloved members did participate and gave suggestions on ways in which the revenue streams of the association can be improved.

Furthermore, despite 2021 having been a turbulent year, we are pleased to announce that despite the economic challenges the association managed to keep afloat, a fete that could not happen without the support and confidence of our members. For this we would like to say ASANTE SANA to you our members and partners at large for the continued support. We are delighted to welcome you to the 39TH annual scientific and exhibition conference. We have an array of exiting activities lined up this year and we hope you have an exhilarating experience.

We have additionally incorporated plans to increase the revenue collected on behalf of the membership through the launch and production of KDA merchandise. We hope you will have an opportunity to pass by our registration desk and get something special for yourself, your loved ones or even friends. We truly appreciate the overwhelming support we have gotten from our members thus far and we look forward to a bigger, better, stronger KDA. With that being said, Twendeni Naivasha and let's enjoy the conference. #vashaKDA22

'Wealth is not his that has it, but his that enjoys it'

SCIENTIFIC COMMITTEE REPORT



Chairperson
Dr. Douglas D.
Oramis
SCIENTIFIC
COMMITTEE

The Scientific Committee has been hard at work now that we are approaching Conference Territory. We still have had time to arrange and present the following CPD Webinars:

- 1. Antibiotics: A Scientific Review**
Co-Amoxiclav Dr. George Mwai
- 2. Endodontic Pain Management By**
Dr. Fredrick Weboko
- 3. Antibiotic Use in Management of**
Periodontal Disease

All of our efforts are focused on the 39TH KDA Scientific Conference and Exhibition. The theme for this year's conference is 'Leveraging Technology in Oral Healthcare'.

We are curating some of the best lectures and hands on courses that will expound on our theme. We also are lucky to have many exhibitors who are looking forward to introducing some dental materials, equipment and instruments that align very well with our theme. We have focused on making the conference balanced between Learning and Playing. We understood that our delegates also want some extracurricular activities outside the main scientific program. We intend to make that easier on them in this conference more than any other.

We have also made some headway in the Oral Health Observatory project. Once Ethical approval clears then we can roll this also important research in the chosen institutions. All in all, we are grateful for the opportunity to serve.

HR/ ETHIC/ LEGAL/ DISCIPLINARY COMMITTEE REPORT



Chairperson
Dr. Mumo Kituku
DISCIPLINARY
COMMITTEE

This committee as mandated by the Council considered and deliberated on the following issues.

HR: Interviews for an administrative assistant were held on 18th May 2022 and one was recruited. However, the successful candidate resigned soon after as other opportunities previously applied for came through and so the candidate who ranked 2nd in the interview was successfully recruited. So, we welcome Rose Wamalwa to the KDA secretariat.

ETHIC

The committee met on 23/08/2022 to consider development of a framework to consider, deliberate and adjudicate ethical issues that arise within the practice of dentistry in Kenya. Some of the issues of concern are:

1. **Apparent infringement of guidelines of advertisement of dental services.**

2. **Informed consent and its importance in delivery of dental services**
3. **Guidelines on reporting of unethical and unprofessional conduct by dentists**
4. **Handling of legal and contractual issues in relation to the doctor/doctor relationship as well as doctor/ patient relationship**

It was agreed that medical ethics is key in advancing the objectives of the association and deliberate efforts to demonstrate this need to be made and as such partners were to be sought to help in CPD as well as facilitate a panel discussion at the up-coming conference.

LEGAL

The outstanding legal matters related to the KDA welfare deed as well as the constitution and these were not handled directly by the committee and a process of dispensing of the pending matters had already been outlined and executed at council level. DISCIPLINARY: No new disciplinary matter with respect to professional conduct was reviewed.

DISCIPLINARY

No new disciplinary matter with respect to professional conduct was reviewed.

MEDIA/ ADVOCACY COMMITTEE



Chairperson
Dr. Liz Bwibo
ADVOCACY
COMMITTEE

It is such a pleasure to once again introduce you to the Media, Advocacy and ICT Committee. We are especially proud of what we have been able to achieve so far with our social media presence as well as our premier magazine the Odontologue.

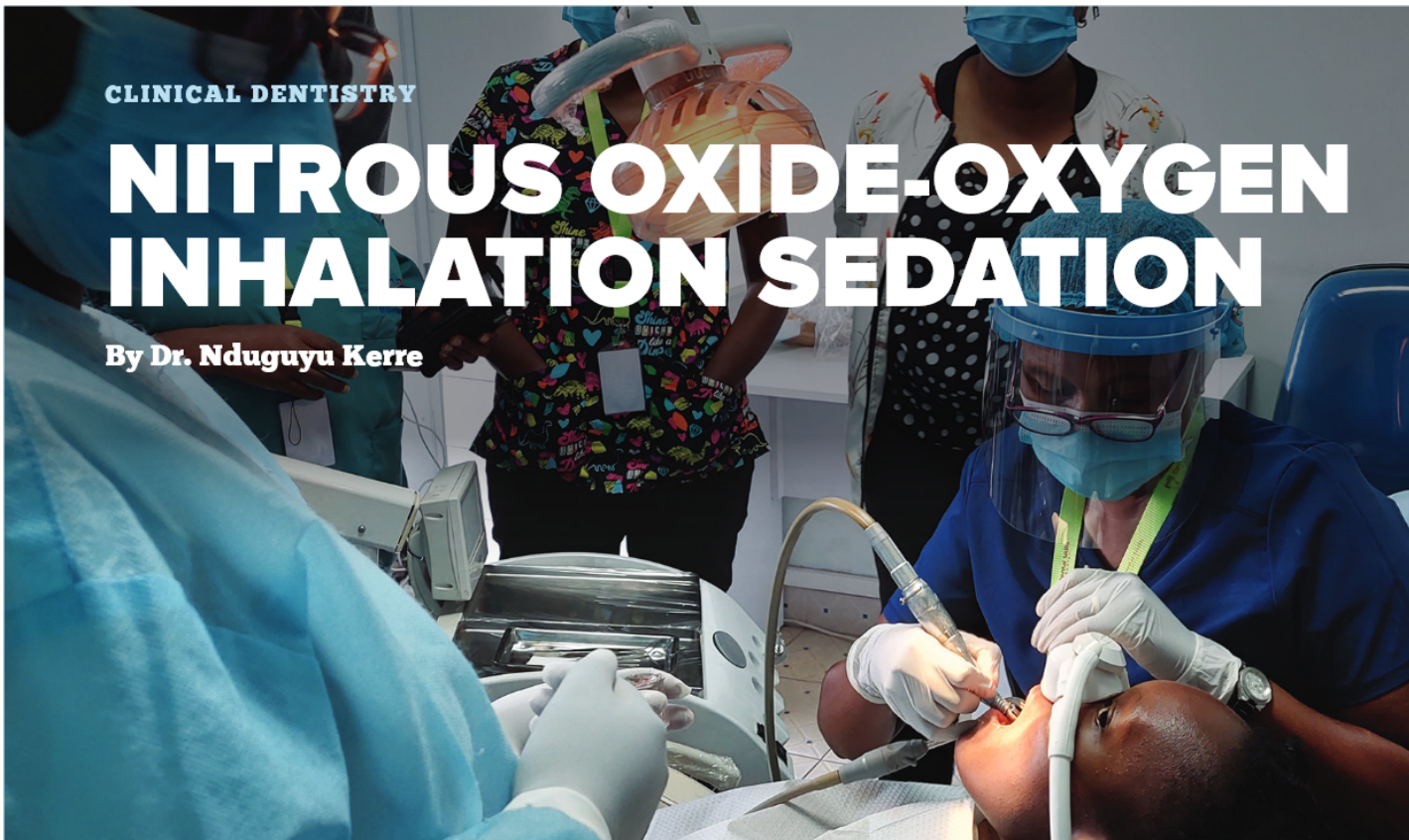
The committee's vision is to primarily increase

visibility and the interaction of KDA in our social media platforms as we continue to advocate for improved oral health care in Kenya. To this end we encourage you our members to follow us on our social media platforms and engage with us. We also encourage members to join the committee as well as share articles and topic suggestions that will enable us deliver products that perfectly suit you, our reader. With that being said, we sincerely hope you enjoy this special issue of the Odontologue and a big thank you to each and every person who contributed to make this issue a success.

The Media, ICT and Advocacy team sincerely wishes you a pleasant conference and exhibition, experience as we mark and celebrate 6 decades of KDA.

NITROUS OXIDE-OXYGEN INHALATION SEDATION

By Dr. Nduguyu Kerre



For some of our patients, a trip to visit us can be extremely anxiety inducing and nerve wrecking. This can result in postponing of treatment with attendant negative consequences or provision of sub-optimal care.

METHODS TO OVERCOME DENTAL ANXIETY

There are several methods to overcome dental fear and anxiety, pharmacological and non-pharmacological.

The non-pharmacological methods employ techniques to work on the psychology of the patient so as to modify behaviour, improve co-operation and decrease anxiety. However, this requires many appointments. Pharmacological methods of managing dental anxiety involve the use of medication to sedate a conscious patient or general anaesthesia. Treatment under general anaesthesia is indicated for extremely anxious patients, the very young or old and those with special health care needs like cerebral palsy.

NITROUS OXIDE-OXYGEN INHALATION SEDATION

Conscious sedation is either through administration of intravenous medication or inhaling a mixture of nitrous oxide and oxygen.

Inhalational or nitrous oxide-oxygen sedation was introduced in 1844 by a dentist Horace Wells in the United States. It is also known as 'laughing gas' because of the feeling of euphoria it induces in some people.

Some of the desirable properties of this gas are: induces amnesia, increases pain threshold, induces anaesthesia, induces a warm fuzzy feeling, is not bound by blood proteins and is therefore easily

exhaled and so chances of developing toxicity are low. A special machine is used to deliver the gas which maintains the oxygen concentration of the mixture at all times at 50%. At the end of the dental treatment, 100% oxygen is administered to the patient for 5 minutes. After this, the patient is able to leave the clinic and continue with their activities.

NITROUS OXIDE-OXYGEN SEDATION TRAINING

To provide nitrous oxide-oxygen sedation, a dentist needs to have extra training as well as their dental nurse or assistant.

Dental Skills Centre, a Kenya Medical Practitioners and Dentists Council (KMPDC) accredited continuous professional development (CPD) provider trains dentists on nitrous oxide-oxygen sedation. It is a two day course, where day one is theory and day two is hands-on, where participants administer the gas to each other and have a practical feel of the equipment. Continuous advice and practical help with individual dentist's cases is also provided after the course. The training is open to all registered dentists in Kenya, East Africa and regionally.

Previous trainings have been held on 1st and 2nd June and 9th and 10th October 2022. Nitrous oxide-oxygen sedation is safe and easy to administer to the patient, they will love you and you will be able to deliver high quality treatment outcomes always.

For more details on training on nitrous oxide-oxygen inhalation sedation please contact,

**Dental Skills Centre,
0787231113, 0798183331 and
dskillscentre@gmail.com.**



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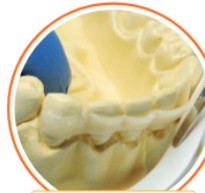
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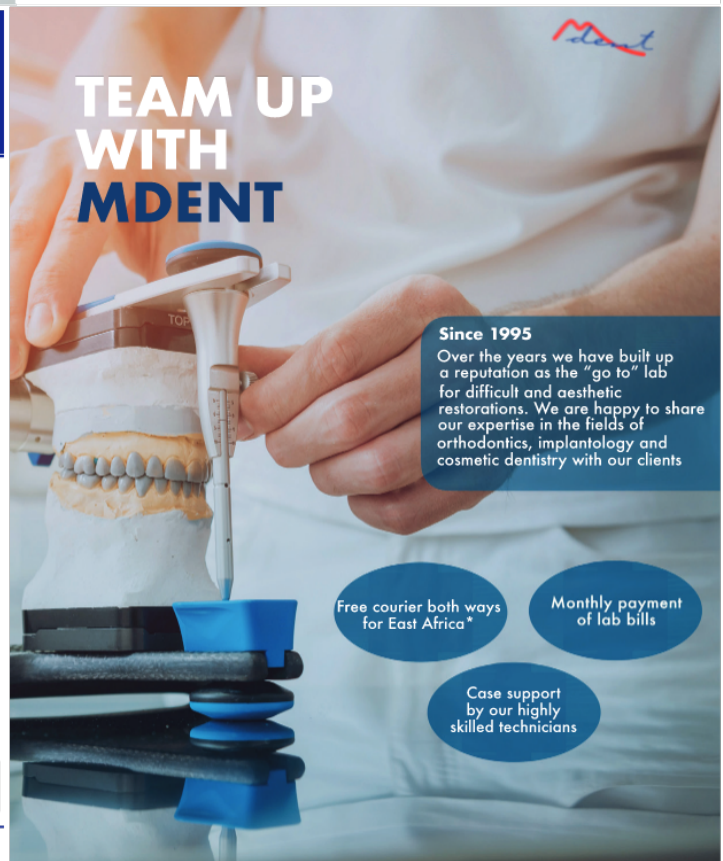
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BRILLIANT BRACES PART 2



By Dr. Beatrice Kiptanui

Specialist Orthodontic treatment marks the start of the journey towards enhancement of a smile. This process is triggered by a perception that the smile is less than ideal in the eyes of the patient, referring clinician or both.

The Oral Health-related Quality of Life (OHRQoL) index includes subjective assessment of oral health expectations and satisfaction with care, sense of self, functional and emotional well-being. The lower the score, the better the assessed quality of life.

We refer to this as a malocclusion; defined in a number of different ways. Orthodontists often describe a malocclusion as an appreciable deviation from an ideal occlusion.

In part 1 of this series about orthodontics, the focus was directed toward diet advice and management of sugar intake. The evidence of the risk posed by acid attacks was illustrated. The Stephan Curve shows how acid attacks occur.

We now turn our attention to the practice of good oral hygiene before, during and after Specialist orthodontic treatment.

It is important to appreciate that good oral hygiene is most effectively and efficiently attained through a collaborative approach. This usually involves the participation of the patient, their General Dental Practitioner (GDP), Hygienist, Specialist Orthodontist, family members e.g. parent, siblings and other care – givers /influencers.

Prior to commencing any orthodontic treatment, it is helpful engage in conversation with the patient about their existing oral hygiene practice. As a clinician it is important to examine the mouth carefully for correlation between the reported practice and the observed clinical status or reality. Often we find reported practices can be more aspirational than expected.

TELL

Tooth brushing Frequency

A minimum of two tooth-brushing sessions per day would be a good starting point of recommendation. It is important to emphasise that the most critical time of brushing is before the patient goes to sleep for their daily rest. In the case of adults, be sure to confirm their lifestyle patterns and routines in order to customise the advice appropriately. Some patients may work on night-shifts or variable rota schedules. This may affect their eating, sleeping and hygiene patterns.

During Specialist orthodontic treatment it would be ideal to target tooth-brushing after every meal. This is due to the increased areas where food particles can get stuck in the presence of fixed appliances. This in turn reduces the risk of soft food rapidly forming bio-films i.e. a tenacious sticky plaque layer of food particles and bacteria that is difficult to remove using routine tooth brushing alone. Plaque turns into tartar which is a calcified (hardened) layer that must subsequently be removed through professional cleaning methods e.g. full mouth scaling, root planning and polishing.

Tooth Brush Selection

At the earliest possible opportunity, please ask the patient to bring their tooth brush to their clinical appointment. The type and condition of their brush is a great indicator of their existing choice and use of brush. Soft bristle brushes are ideal. The danger with medium and hard bristle brushes is the risk of irreversible tooth-surface-loss (TSL). Abrasion of enamel can expose the root and dentine surfaces at the cemento-enamel junction (CEJ). In some cases, this results in sensitivity to a variety of consumed foods and drinks. This includes cold and acidic foods.

Fluoride

During orthodontic treatment, enhanced use of fluoride containing toothpaste and mouthwashes is recommended.

Fluoride is shown to protect the enamel surface by incorporating into the enamel surface. It is important to note that this ion exchange is effective when there is adequate time for the ion exchange to occur. This is the evidence that supports increased frequency of fluoride containing agents.

It is important to be able to competently advise the patients who have concerns about fluorosis and other recognised adverse aspects of fluoride. There have been considerable efforts in the public information domains to propagate incomplete information regarding fluoride. A comprehensive risk benefit analysis will help the patient make an informed decision based on your evidence based advice.

Interdental Cleaning

Prior to orthodontic treatment the ideal interdental cleaning is attained by regular use of dental floss or tape.

In preparation for Specialist orthodontic treatment, advice on the effective use of interdental brushes is recommended. This is due to the difficulty in free access to inter-dental spaces when a fixed appliance or attachments are in situ.

SHOW

Clinical photographs of healthy and unhealthy clinical photos are an excellent tool for showing the dangers of poor compliance. These are readily available from stock photos online (figure 1). One can easily illustrate the adverse aesthetic effect of poor oral hygiene and acid attacks on teeth being treated with a fixed orthodontic appliance (brace).



Tooth brushing Technique

Demonstrating exactly how best one can use the brushes and cleaning agents is highly recommended. Time, invested in observing the patient's existing technique and understanding where the challenges may be before commencing Specialist orthodontics is important. It helps to optimise pre-orthodontic oral hygiene standards and gauge patient motivation.

It also provides a baseline guide for other team members e.g. GDP and hygienist, who form a valuable part of patient support. This valuable team approach is needed prior, during and after orthodontic treatment

The use of a typodont and brush whilst the patient is at the clinic is very effective. In addition to allowing the patient an opportunity to visually appreciate the techniques and ask pragmatic questions.

DO

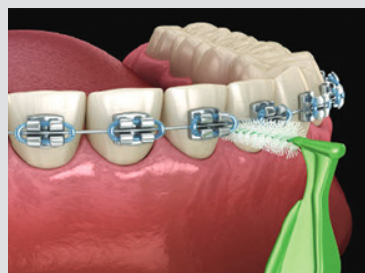
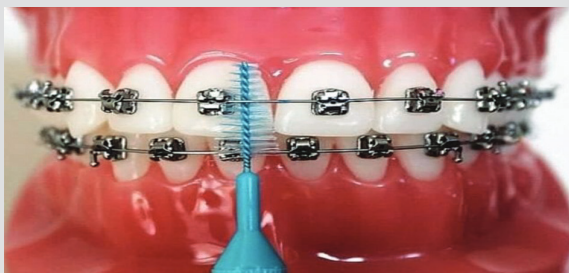
Collaboration with the patient, family (including parents and siblings) and GDP/ hygienist reaps dividends. It is important to see the positive opportunity to influence the patient and their peers in long-term beneficial behaviour management related to oral hygiene practices. The Specialist Orthodontist has a unique opportunity to enhance oral health through repeat clinical visits.

It is important to seize the opportunity at every appointment to discuss oral hygiene and diet. Many orthodontic patients themselves become excellent advocates for good oral health practices. This is due to their tendency to be highly motivated. A similarly enthusiastic orthodontist can make a long-lasting impact by empowering the patient with information and skills in good oral hygiene measures. Providing patients with advice on oral hygiene is often achieved by

1. Offering leaflet advice on ideal tooth-brushing regimes and the available range of preferred cleaning agents e.g. fluoride mouthwashes, soft, orthodontic, and interdental brushes, e.t.c.
2. Involving your orthodontic clinical team in reinforcing the message. Educate your team about good oral hygiene practices. This empowers them to make the right choices for both themselves and the patients
3. Intentionally engage in creating opportunities to listen to your patient's questions about this topic and then discuss it. E.g. hygienists and nurses may discuss these issues during professional cleaning appointments

In the next article, we shall consider frequent orthodontic emergencies. It is important to minimise adverse experiences during the course of Specialist Orthodontic treatment. Planning and preparing for this will help keep both patient and clinician morale high. It is also important to consider how to optimise clinical /chairside time. Pragmatic approaches towards appointment zoning and management of emergency calls is extremely helpful.

Specialist orthodontic treatment can become a positive experience for all involved parties. Mutual satisfaction yields an enhanced oral health outcomes and smiles all around!



EXPLORE WITH DR. COSMAS MUGAMBI

By Dr. Liz Bwibo

Kindly introduce yourself

I am Cosmas Mugambi, a Kenyan dentist with a keen interest on health development research.

Tell us more about your educational background

Long background... I have been blessed enough to be awarded three scholarships in my lifetime. I have also have been through some of the greatest mentors in the country and beyond: Prof. Loice Gathece (UON), Prof. Peter Gichangi (UON) and Prof. Tecla Temu (University of Washington). I started off as a Dentist (I still I am) before developing linkages and branches extending to other fields. My educational background is: a Bachelor's degree in Dental Surgery, A Master of Science in Research Methods (through Bill and Melinda Gates Foundation and RUFORUM), a Master of Arts in Humanitarian Development, A Ph.D. in Implementation Science (through an APHRC grant), and most recently Post-Doctoral Fellowship in Global Health (funded by the USA's National Institute on Drug Abuse).

What is it like working for MOH?

I work in one of the research offices at MOH. A very exciting yet challenging role given the interaction with

the most up-to-date data, innovations, and policies on health matters in the country.

Tell us more about your life outside MOH?

Well, away from MOH, I am involved in other activities of interest including mentorship of young dentists (I have two mentees at the AMREF International University, 1 at the university of Nairobi-UNITID, 1 at the University of Cape Town, and 1 at the Pan African Christian University; I am a columnist in the national newspapers with periodic articles touching on various health and development topics; consulting for humanitarian organizations; I serve in school boards; among other nation building engagements.

What is it like working consulting for humanitarian organizations?

Fulfilling, exciting, and eye opening at the same time. One day you are looking at food insecurity and malnutrition, the next day you are looking at health needs and on a different day you are looking at Water, Sanitation and Hygiene among other community needs. Interacting with vulnerable community members and visiting different parts of the Horn of Africa has made me view life from a totally new angle.



What are some of the challenges you have faced working with NGOs/running your own consulting firm?

Over my free time, I manage a consulting firm operating in the following countries: Kenya, South Central Somalia, Puntland, Somaliland, South Sudan, Sudan, Uganda, Zambia, Zimbabwe, Rwanda, Ethiopia, Djibouti, and Malawi. I was lucky to have shared a class room with nationalities from all these Countries, therefore execution of our activities in these Countries has been easy.

Most humanitarian organizations work with marginalized communities. Therefore, development challenges such as inaccessibility (limited or no air travel services), poor geographical coverage, insecurity, and language barriers are therefore common challenges. This kind of work also comes with time pressure challenges with the need to deliver within limited time frames.

It is important to have a work-life balance, what are some of your hobbies?

Physical activities (cycling, walks and going to the gym), travelling, and writing.

What has been your experience travelling across the globe?

Well, travelling across the globe is a leisure activity I intentionally fit into my program. I have been across several countries for holidays and the experiences have been humbling and satisfying as well.

Please tell us your most memorable experience travelling?

I have been to different countries but the Maldives Islands remain my most memorable holiday destination. Maldives is an archipelagic state located in Southern Asia, situated in the Indian Ocean, on the southwest of Sri Lanka and India. The country has more than 130 resort islands include high-end hotel brands, and its marine geography offers unique diving and water sports opportunities as well as undersea accommodations, restaurants, and spas.

What is your dream travel destination?

In the coming months, I wish to visit the following destinations: Bali in Indonesia, Mykonos, and Santorini in Greece, and Phuket in Thailand.

What is the one thing you hope to achieve?

Mentor the upcoming generation!

What advise can you give to someone keen on doing what you do?

They can be anything they want in this work, take the first step, opportunity meets preparedness!

Parting remark?

As dentists, let us not forget to embark on healthy lifestyles-diet, physical activities, and rest/work-life balance are more than needed in today's life. Lastly, mentorship of our junior colleagues should be part of our day-to-day life.

Interacting with vulnerable community members and visiting different parts of the Horn of Africa has made me view life from a totally new angle.





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SOUTH RIFT BRANCH

Esteemed colleagues,
On behalf of the entire South Rift branch it is my humble pleasure to say “Welcome to Nakuru County, the County of endless opportunities”. We look forward to the proceedings of the 39th KDA Conference that has been put together by a dedicated team. It is humbling to be able to meet physically as colleagues after a turbulent two years battling the global pandemic that was COVID-19. We pause to honour those not among us and the many of us who have been affected. We celebrate the progress made towards making the association better, more vibrant and truly national. The able leadership of our national secretariat has made great strides in reforming governance of the

association, advocacy and lobbying at both national and county levels. We appreciate the continued engagement of branches to steer the association forward to a brighter future.

We hope you extend your stay in Nakuru to enjoy the beauty and diversity herein. We have lakes, national parks and many beautiful sites to visit and enjoy. We hope to extend to you true Nakuru hospitality as you catch up with old friends, rest and learn from the scientific program and exhibition.

Sincerely,

Dr. Edward M. Kabubei
South Rift Branch Chairperson

WESTERN BRANCH

KDA Western Branch members are based in different counties in the wider Western part of Kenya. These counties include Kisumu, Kericho, Kakamega, Vihiga, Busia, Siaya, Homa Bay, Migori, Kisii, and Nyamira amongst others. According to our data base, there are approximately 47 dentists that are eligible for membership in the KDA Western branch.

Unfortunately, for the last few years, there has been significantly reduced branch activities attributable to several factors such as COVID 19 infection, apathy amongst members and other reasons that may not be tangible.

On September 30th, 2022, a meeting was held in Acacia Premier Hotel in Kisumu to resolve this matter and revive branch activities. This meeting sponsored by Novartis Kenya was attended by 16 dentists. To address the problems affecting the branch, a focused group discussion approach was used, and each member present was given an opportunity to respond to some specific questions.

Members, through the FGD, resolved to revive the branch activities by doing the following:

1. Pay up annual subscriptions promptly through the branch treasurer and account
2. Actively participate in branch activities
3. Mobilize other colleagues in the branch networks to join KDA
4. Motivate colleagues who are already members to participate in planned branch activities by calling them up with reminders, facilitating transport and accommodation where needed

5. Volunteer to look for facilitators/ speakers for CPD activities or otherwise volunteering to be speakers in CPD activities
6. Sponsor some CPD materials, like meals or venue
7. Draw a yearly calendar of activities and share with members in advance so that they can plan to participate
8. Consistently execute and actualize all the planned activities as a strategy to retain members
9. Have a rich mix of activities including lectures, mini symposia on selected themes/ topics, and hands on trainings
10. Incorporate rich and enticing social programmes to augment knowledge and skills sharing e.g., goat eating, sports activities, and dance amongst others
11. Have a blend of online, hybrid and physical meetings to break monotony while managing costs
12. To endeavor to have at least one activity per month
13. To enhance the use of branch WHATSAPP platform to increase interactions amongst members and share branch activities with members

The Western branch council is committed to actualizing the resolutions passed by members of the branch and are optimistic that the coming year(s) will be vibrant.

Dr. Immaculate Opondo
KDA Western Branch Chairperson

NORTH RIFT BRANCH



Greetings from the President's city and the city of Champions
As a branch we've had a few activities over the last few months.

We had a half day CPD on "successful tooth whitening with practical aesthetics" a well delivered lecture with plenty of practical tips on tooth whitening. We also had a full day lecture plus hands on session sponsored by Crown/FKG on "safe, efficient and soft control rotary endo"

In giving back to society we've had a couple of school talks and 6 days of outreach activities in conjunction with the Moi University school of Dentistry. We look forward to this year's conference whose theme is "leveraging technology in oral health care", wishing KDA and our sister branch KDA South rift all the best as you take us through this year's conference.

Dr. Lilian Apadet
Chairperson KDA North Rift Branch



COAST BRANCH

On behalf of the entire membership of the Coast branch, I send my greetings to all my colleagues and friends. My sincere appreciation goes out to the Coast members for re-electing me to spearhead the KDA Coast branch for my second term in office as the Chairman.

The past two years have been quite a challenge for all of us and trust that the pandemic is now behind us.

KDA Coast branch plans to carry out various events and activities in the coming year and during the World Oral Health Day.

I also take this opportunity to wish KDA a very successful and fruitful conference in Naivasha.

Best regards,
Dr. Luvay Hamid
Chairperson KDA Coast Branch



NUDSA FINALIST'S DINNER CLASS OF 2022

By Dr. Elizabeth Bwibo

What a great occasion and honor it was to be among the fresh new faces in the Odontosphere. The room was full of brilliant minds, young and old alike. The young beaming with enthusiasm and the old oozing with wisdom. What a sight it was, the room sparkling with elegantly clad individuals in the most exquisite red, white and black attires. Beautiful is what it was.

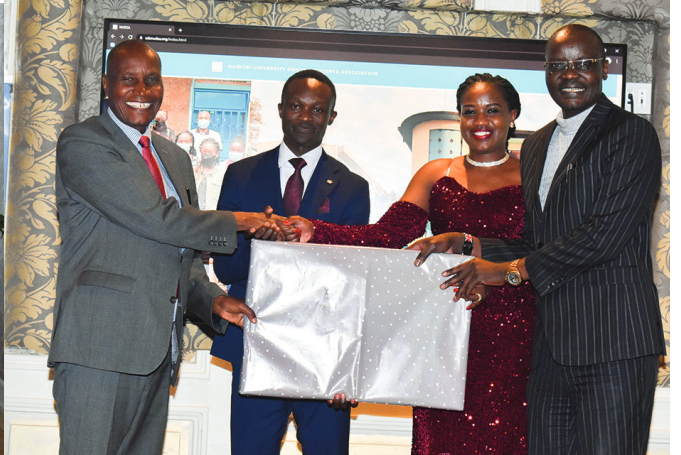
In attendance as the guest of honor was the honorable Amb. Prof. Joseph Kaimenyi alongside other distinguished guests. I would be lying if I said I wasn't star-struck being amidst all this greatness. However, the night as it were, was not about those in attendance but rather a celebration of the hard work and effort put forth by the brilliant and diligent class of the University of Nairobi dental students, class of 2022.

I have struggled to find the right words to describe the upcoming generation of dentists. I will settle for one-

impressive. What I noticed was that despite the time-intensive course, they have managed to be purposeful in pursuing their passions. This sort of tenacity to explore what is beyond dentistry left me in awe. See, we had a live performance by a very handsome lad, Pravin, playing the saxophone. The ever so beautiful miss Angela serenaded us with her rendition of a piece on her violin and finally, our eyes got a glimpse of what digital art entails from a young and elegant damsel by the name, Sharon. What can I say, brilliant, just brilliant.

To say I have faith in the future of dentistry and the young upcoming dentists is an understatement. The vibrance in their persons will definitely bring a fresh look to what dentistry is perceived. So as we leverage technology in dentistry, let's brace and embrace this vibrance and nature it.

Congratulations class of 2022.



WHAT DO A CONVICT, A DRUNKARD, AND A DENTIST HAVE IN COMMON IN THE 19TH CENTURY?

By Dr. Douglas Oramis

THE DRUNKARD WITH A THIRST FOR A TINGLING SENSATION

Remember those water heating coils? When you were young and wet with naivety, you took it upon yourself to dip your fingers in the water. This was your first lesson on the philosophy of Cause and Effect. A shudder running through your spine from head to toe. Well, you do not have to imagine that. You have the benefit of hindsight. By the time you dipped your finger you knew it was electricity running the show. You know that it can shock and even kill you. But imagine it is the 1880s and you are still getting the hang of this thing called electricity. You still have a kerosene lamp hangover. That electric bulb is very alien to you. New Yorkers in 1881 loved the tingling feeling arising. This was after touching the railings next to the electric generators. Just a little to go a long way. One of those nights, George L. Smith had visited his local watering hole. He had copiously irrigated himself. Then on his way home the devil or he, himself (this part is not clear) decided that he needed that tingling sensation. Poor Georgie decided to break in. He broke into the electric station and went to embrace those railings. Unfortunately, he got more than a shudder through his spine for his troubles.

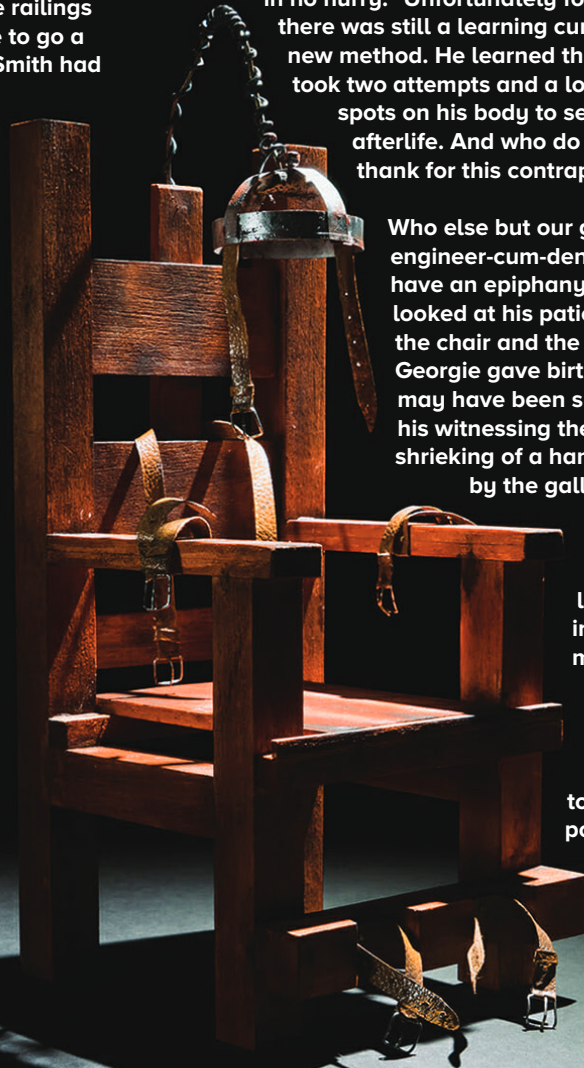
THE ENAMEL CUTTER WITH AN EPIPHANY

Dr. Alfred Southwick was an engineer by trade before he decided to veer to the streets of Enamel Cutting. He never forgot his engineering background. He may have been doing some BMP, or in the throes of a difficult disimpaction, when he heard the news of the passing of George L. Smith. He may have kept this information on a shelf somewhere. He may have even known Georgie from their collisions at the swinging doors of the local watering hole. He may have raised his chair after seeing a patient. He may have seen the patient seated upright and not thought much about it. The idea may have been fomented when he attended a CPD and heard from the coroner about the cause of death of poor Georgie. The epiphany that was much needed may have come.

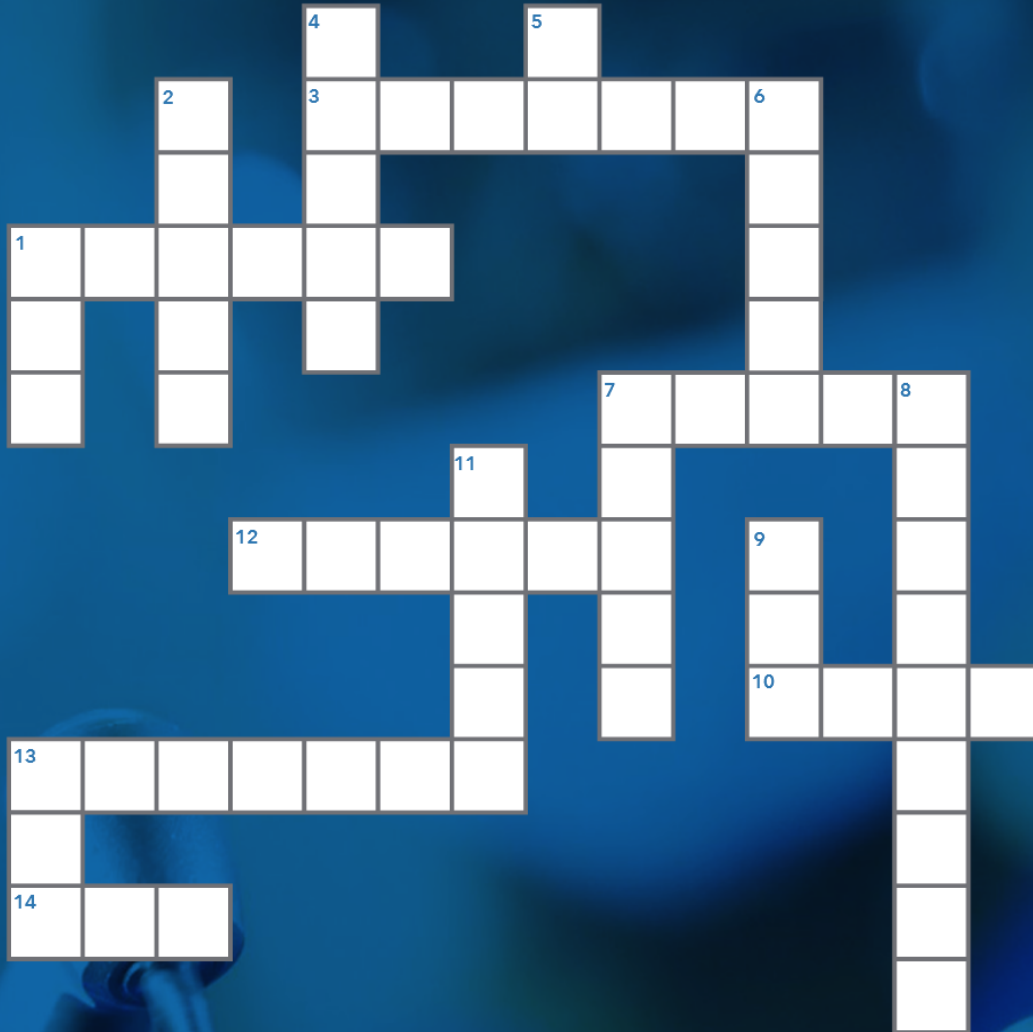
THE CONVICT TURNED GUINEA PIG

William Kemmler had had a bitter disagreement with his girlfriend. He decided to end it with an axe. The courts frowned upon this method of conflict resolution. They sentenced him to death. On the 6th of August year of our Lord 1890, they strapped poor Billy to this new toy courtesy of the New York Criminal Justice System. The interesting bit is that he was second in line. A chap called Joseph Chapleau had also ventured into questionable conflict resolution mechanisms. He got a lucky break and was granted life imprisonment. This led to candidate number 2-William Kemmler. As they assembled the contraption and began the laborious exercise of strapping him, he remarked, "Take it easy and do it properly, I'm in no hurry." Unfortunately for poor Billy, there was still a learning curve on this new method. He learned the hard way. It took two attempts and a lot of well-done spots on his body to send him to the afterlife. And who do we have to thank for this contraption?

Who else but our good old engineer-cum-dentist. He did have an epiphany after all. He looked at his patient seated by the chair and the story of poor Georgie gave birth to an idea. It may have been spurred on by his witnessing the writhing and shrieking of a hanged poor soul by the gallows. As he sat there writing clinical notes on working lengths and irrigants, he may even have done the early sketches of this contraption. He decided to reduce the population of stray dogs by recruiting them into his study. Many dead dogs later and... Voila!



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ACROSS

1. What Oti would do to you for coming late into his clinic
3. Prof. Guthua was a Resident in
7. A former Dean of DS and a version of the bible have this in common
10. Irritatingly not covered by some insurance companies
12. Some say he is the Father of Orthodontics
13. A Prognosis
14. There is Bill Gates and then there is this

DOWN

1. A child and a patient know this item intimately
2. A dentist does to amalgam the way a sculptor does to marble
4. The Dean of DS is Dr. Walter Odhiambo. If he broke bad he would be so surnamed
5. A legendary popular antiseptic making a comeback or the First initials of a Dentistry Legend
6. To see things unseen unreal unrealized
7. The second J in JJ
8. What examiners and spouses want done to them
9. Post-op instructions include comments such as mashed food, 4 weeks and loss of weight
11. It rhymes with the word for something that is not clear
13. What happens when your impression material leaves the confines of the mouth into the pharyngeal space

PATTERNS

The pattern of sunlight sneaking into the dental office through blinds slits or through the transparency of the curtains. It splotches the floor with an amber splash. The patter-patter of rainfall as the droplets bounce on the outside floor and hit the windows.

A telephone rings.

There is the sound of a city beyond those windows. Mostly drowned by the rousing drawl of the compressor. Or the brooding sound of the suction as it stakes its presence. The sudden clangour of a fallen elevator or forceps may bring variety. The otherworldly shriek of a pedo in distress may pierce across the time-speed barrier.

Sometimes the room goes suddenly still. You can almost hear a heartbeat. But this silence is part of the room noise, part of the pattern. In the stillness, sometimes a dentist asks, "A2 Body".

A receptionist will look up from their keyboard. The city is going by outside.

Patterns.

A dentist is looking at the lab work. They may be standing at the water cooler. They hold the item in their hand. Sometimes they frown. Sometimes they smile with pride. Most times they are indifferent.

Patterns.

A patient sits. The dentist introduces themselves. There is a small preamble of chit-chat. "It is very hot, isn't it?" "I don't like dentists".

A printer is whining across the room. The assistant is sitting across, waiting anxiously to chart the DMFT. The dentist adjusts the chair and tells the patient to open their mouth. Patient opens mouth. Dentist sees what they need to see. Dentist deducts a diagnosis. Dentist proposes a treatment plan.

Patterns.

Patient agrees. Treatment proceeds.

Patterns.

Or the patient asks for time to assemble thoughts, courage and or finances.

Patterns.

Another phone rings.

There is a timelessness to this room. There are overlapping patterns, and they combine to form the classic routine that is dentistry. The specifics may vary slightly from day to day. There is an interview routine, and a physical examination routine and an investigatory routine. Very rarely does a case come along that breaks the classic pattern. There is a timelessness to these men and women, in this place doing the work they are doing.

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IN MEMORIUM

IN MEMORY OF DR. HUDSON ALUMERA

By Dr. Douglas Oramis

I can still see him. He is gesturing wildly with his hands, his massive arms, like Lord Hanuman's. To say that he is complaining is an understatement. He is more like outlining a complaint. He is peeling, slicing, thinning, layer by layer to reveal the essence of that complaint. To say that he is animated would be a great disservice. One would deserve some hours of community service. There is something wrong with the presentation. It is 8:00 am in the morning, we are in the main plenary hall. We always were punctilious in our punctuality. It is one of the reasons we got along well.

"Oramis, come I show you."

Off I would go. And the maestro would show me. He loved challenges. He really did. They set ablaze all kinds of neurons in that magnificent brain of his. Like a grandmaster at chess, he was imperious. Like an elite quarterback, he commanded the line of scrimmage.

"This is what we will do..."

He goes on to deduce the situation. And I would watch the maestro go about his craft. Most often, I would take the role of sidekick. Just hanging around, just in case I am needed. He had a spectacular handle on things, it was easy to go on autopilot. Looking back, I wish I had taken better notes. In retrospect, aren't we all grand oracles?

"Wananibore!" He exclaims.

It may seem like a simple statement. It isn't. It could be one of too many variables. It could be the failings of the Gestapo. It could be his disappointment with an Amazon delivery service. It could be the IT support staff. It could be him wondering why Al Qaeda is still hiding in mountains. It could be presenters not following instructions. As usual, a little patience was needed.

And the maestro would explain.

To say that Dr. Hudson Alumera Teete, cognominated Lumer, was larger than life would sound cliché. It would sound nonchalant and insipid. Almost as if you were trying to fill a conversation with sundries. One would almost have to outdo Azimio and their lorry of evidence going to the Supreme Court. You would need to justify with immense gesticulation or a research project.

The man was special.

The man loved science too, immensely.

The Village of Ebuyangu in Emuhaya Sub County had him briefly from 12TH April 1983. It was clear from a young age that he was not destined to stay in Ebuyangu for long. His quest and thirst for knowledge were precocious. He could not just see the sun and take it at face value. He had to nudge his father (nicknamed Saddam) to tell him what made it up. One can only imagine his father scrambling to impress upon his child by finding this information out himself. When



he declared he would build a helicopter; you better believe he felt confident he could do it. Constantly asking questions that he had no answer to. And what is the basis of scientific inquiry if not to transcend from a point of ignorance to that of knowledge?

He had an uncanny ability to explain himself out of mistakes. Even the stern Saddam would melt with ambivalence. His siblings committing transgressions around him would seem to have a get-out-of-jail-free card. One can imagine him deducing the reasons for his mistakes with the eloquence of Martin Luther King and the cadence of Denzel Washington.

Naturally, he whizzed past his elementary education and joined Musingu High School in 1997. There he showed his penchant for panache both on and off the field. On the field, he could be on the rugby pitch playing a winger. Given the lithe requirements of a winger, it is difficult to picture him. He would have fitted much well in the Prop department. Of course, he got an A in KCSE. This part was obvious if you knew the man.

IN MEMORIUM

He got into the University of Nairobi and pursued a degree in Bachelor of Dental Surgery. His genius ensured that he satisfied his examiners as fast as the system allowed. Though he may have not satisfied the note-writing board of examiners. The man had a photographic memory. He did not write notes. For Postgraduate training, he could have gone anywhere but he decided to do Periodontology. This was no doubt inspired by his mentor and friend-Dr. Andrew Wetende.

It was when he graduated with a master's in Periodontology that he showed some of his finest hours. His mentor Dr. Andrew Wetende ensured that his talents would not go to waste. He steered the indefatigable fellow towards Kenya Dental Association. Here, he became a council member and a very important part of the scientific committee. His indefatigable and ultra-productive nature would lead to some people comparing him to a Swiss knife.

I first met him in the confines of the Periodontology clinic back in 2010 when he was a tutorial fellow. My first impression was 'how can someone radiate so much enthusiasm? It was obvious from the start that he loved teaching and sharing knowledge. He liked to quote papers and journals and all evidence that was apt to reinforce his teachings. He wished for his students to think further and wider and to be confident enough to have a crack at his repertoire.

Some of my finest moments with him come after I had graduated and we were both KDA members and colleagues. I would pay him a visit at 6 am in his offices at Nelson Awori. There, he would regale me with the latest obsession he had gotten into. We both shared a love for Roman History. Many times we would find ourselves debating about various generals in Roman antiquity. I was happy to know that we both loved Hannibal. We could never disagree on Hannibal. As for Caesar-that is for another matter. To say that he loved reading would be an exercise in 'what-else-is-new'. Of course, he had read Yuval Noah Harari's sensational book Sapiens: A Brief History of Humankind. You better believe he pre-ordered Walter Isaacson's Biography of Leonardo Da Vinci. Of course, had seen and reviewed the latest issues of the Journal of Periodontology.

When Dr. Jenipher Ober vacated the position of Chairman Scientific Committee; there was only one prime candidate for replacement. He hastily went about defining the Scientific Committee. His innumerable contacts in the Scientific Community came in very handy. During online and onsite discussions, he was not content to let someone get away with an unproven theory. He would retaliate with



one or two high-impact papers to disprove them. To him, misinformation was a greater enemy than ignorance. Better to not know anything at all than to live with wrong information. In this sense, those two chaps, David Dunning and Justin Kruger would be proud.

His charge at the helm of the Scientific Committee was spectacular. He had too much to give. Too willing to do so and too talented to do otherwise. From organizing CPDs to Conference Abstracts to lining up speakers. He liked trouble-shooting, a lot. This explains why he always wanted to come up with a solution when he presented a problem. He also had the self-awareness to note that he had no answers to some issues. This is something inspirational. How many of us would rather go on an errant display of our ignorance than admit we do not know what we do not know?

Dr. Hudson Alumera's effusive and inquisitive energy was a call to power. An invitation to walk out in this world and transform oneself. It fomented the idea that anything was possible if only one asked the right questions. It dared any human; man or woman to change themselves. His legacy is a rallying cry to wage war against the fleeting nature of existence by living up to the motto *Vi Veri Universum Vivus Vici*. This transduced and transmogrified into a singular expression of an intent-a scientist. He beckoned us all to be inquisitive and knowledgeable. To declare war against small-mindedness and the status quo. To rebel against mediocrity and complacency.

He showed us that we:

- **Should love science and the practice of scientific inquiry**
- **Should strive to expand our knowledge as much as we can and from as varied places as we can**
- **Should be good teachers-sharing the little (or a lot in his case) knowledge that we have**

I will be forever grateful to have known the man. Whereas it may be a Sisyphean Task filling his shoes, all I can do is drive that boulder up that mountain, day by day, in service to his memory.

His spirit permeates and perturbs at the same time on these hallowed halls and walls of a KDA. It is there in the pages and prints of JKDA and in the aura of any KDA Scientific and Exhibition Conference.

I hope you get inspired to be like Lumer. I will leave you with the great maxim, 'May the road rise up to meet you.'



IN MEMORIUM

A L I F E W E L L L I V E D

DR. JONAH M MULATYA

10 | 06 | 1960



8 | 09 | 2022

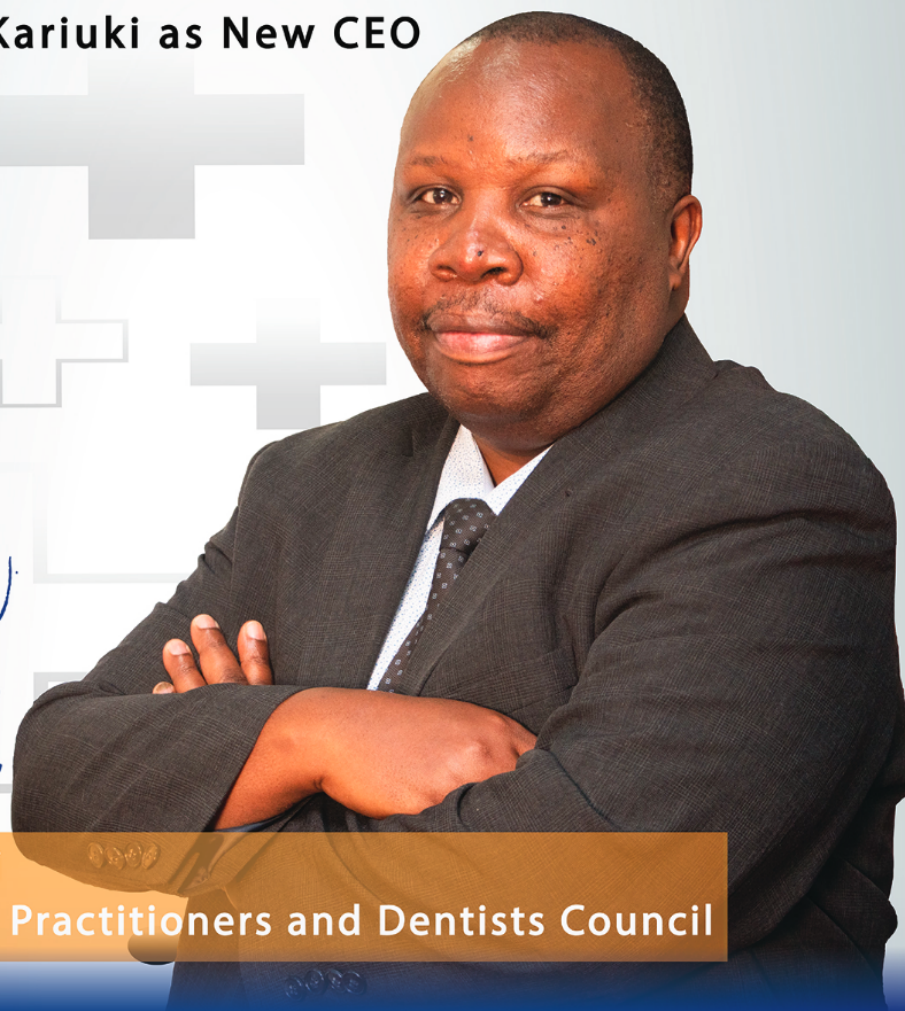
To you, our beloved teacher,
While it appears, there was no time to hand our assignments,
There is time to hand in our condolences
For you taught us how to be present
Oh, you always knew who had missed a Pros Clinic
You always knew
Though you smiled that wonderful smiled
And made that all too familiar phrase
“I have a question for you Daktari.”
Which always ended with a homework assignment.
How we wished you forgot about it the next time
But you didn't

And that sort of follow up is why we passed
Is why we don't get content with our knowledge
Is why we don't just say do our Prostho work on autopilot.
It is why we question when things are not going okay
It was because you didn't give us a pass
And now you are gone.
While you may not be here in body to remind us
You are with us in spirit
The next prosthesis is a dedication to you
Mwalimu
And you betcha we have a question for you too
Daktari, when we meet again.

Kenya Medical Practitioners and Dentist Council Appoints Dr David Gicheru Kariuki as New CEO



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Dr. David G. Kariuki
CEO Kenya Medical Practitioners and Dentists Council

The Kenya Medical Practitioners and Dentists Council has appointed Dr. David Gicheru Kariuki as the new CEO of the Council.

Prior to his appointment Dr. Kariuki served as the Senior Deputy Director of Medical Service (SDDMS) in charge of the department of Health Policy and Research Development at the Ministry of Health. He has also served as principal developer of the first roadmap towards Universal Health Coverage under the “Big Four” Government Agenda. In addition, he also led the Universal Health Coverage Policy efforts at the Ministry of Health.

He holds an MBA in Healthcare Management from Strathmore University, a Master of Medicine in Obstetrics & Gynecology and a Bachelors of Medicine and Bachelors of Surgery from the University of Nairobi. He also holds a Diploma in Health Systems Management. Additionally, he is a member of the Kenya Obstetrics & Gynecological Society, Kenya Medical Association and is a Fellow of the East, Central, Southern Africa College of Obstetrics & Gynecology.

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