



KDA

ISSUE 001 QUADRANT 1 2021

Odontologue

MAGAZINE PUBLICATION OF KENYA DENTAL ASSOCIATION

The First

Welcome aboard KDA's first ever Magazine as it celebrates with the pioneers



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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

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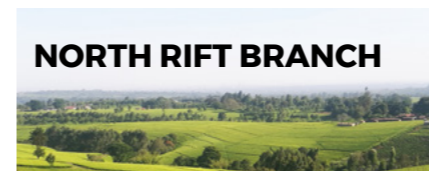
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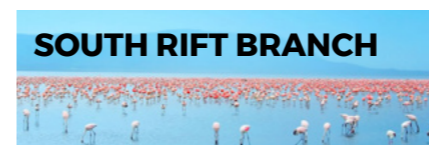
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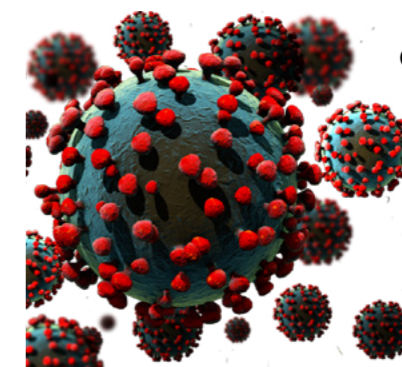
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Letter from The Editor



people who took the first bullet so to speak. It was because of these people that the rest followed. It was because of these people that the conveyor belt began. In order to appreciate what it means to publish something for the first time, we got to interview two of our members who have walked the walk. The council's own Dr. Elizabeth Bwibo who got to and does publish the eponymous Pancea Magazine. This is a magazine dedicated to the healthcare professional. Find out as she dwells more into the intricacies of publishing. Dr. Tom Osundwa published his first book on management of Cleft Lip and Palate Surgery titled Cleft Lip & Palate Surgery: Practical Guide Cleft Lip Repair. He hopes it to be very useful from the general dental practitioner to the seasoned Maxillofacial Surgeon.

We get to hear from the KDA Branches as they refresh our memory on their leadership and also inform us of the activities that have been happening at Branch level. We also get to know what is happening at our institutions of learning-Nairobi University and Moi University dental schools.

Dr. Arshni Malde from TIA Clinic tells us a thing or two about the benefits of Stem Cell Therapy in modern therapeutics. We find out about the benefits of being a member of the Kenya Dental Association. Find out how Dr. Mitul rediscovered the art of his craft during the COVID-19 recess period in the early months of 2020. Dr. Eva Njenga, Chairperson of the Kenya Medical Practitioners and Dentists Councils (KMPDC) gives us a few insights on the happenstance blessings that came with COVID.

It is with sadness that we had to endure a tough 2020. We lost an unprecedented number of our members. We lost 5 dentists in this annus horribilis. We get to preserve their memory in our hearts and also in our first rollout.

All in all, I applaud you for being our trusted member. I wish to thank the council under the leadership of Dr. Linus Ndegwa for facilitating the production of this magazine. I wish to thank my editorial team for the technical support and encouragement. We look forward to showcasing more and more in the Odontologues to come.

Salud!

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

Message from The Chairman



With immense pride and great pleasure, I welcome you to the first-ever Kenya Dental Association magazine. The Odontologue is a product of seeds of an idea sown in 2018 that has quickly come to fruition. The Association endeavours to maintain contact with members and enhance the visibility of the Association. The Association needs to find more ways to reverse the downward trend of membership while providing practical, innovative and valuable resources.

Our objective is to continue being recognized as a torchbearer of creativity in oral health and an Association that has members defining a future not only for them but also for the global arena. We have and will continually strive for brighter and more benefits for our members. This magazine provides a platform for the KDA members to express their creative pursuit, which originates from thought and perception. Diversity of membership gives us a diversity of ideas. The content is entirely interactive and provides the latest information in oral health trends and association news.

I specifically want to appreciate the Editorial Team led by Dr Oramis for the excellent publication delivered. I commend them for their commitment to ensuring editorial standards were met while remaining vibrant and relevant. The team has made tremendous achievements, especially during this COVID 19 pandemic season. I urge the team to continue on this journey on the road to excellence. This will inspire more members to participate and become involved in the Association's services and programs

Dr. Linus Ndegwa
Chairperson
Kenya Dental Association



Born in Nairobi



Raised around the country







| | |
|-----------------------------------|---|
| Chairman | Dr. Linus Ndegwa |
| Vice Chairman | Dr. Kituku Mumo |
| National Secretary General | Dr. Tim Theuri |
| National Treasurer | Dr. Thomas Munyao Jnr |
| Assistant Secretary | Dr. Anorld Malit |
| Assistant Treasurer | Dr. Douglas Oramis |
| Council Members | Dr. Andrew Wetende (as Immediate past Chairman) |
| | Dr. Mitul Vasani |
| | Dr. Peter Jackson Muriuki |
| | Dr. David Mundia |
| | Dr. Elizabeth Bwibo |
| | Dr. Halima Sebit (co-opted) |
| | Dr. Betty Mbira (co-opted) |
| | Dr. Jane Wamai (co-opted) |
| Secretariat | Jecinta Akinyi |
| | Hottenzia Mugasia |

Message from The National Secretary



It is with a lot of joy we receive the first edition of the Kenya Dental Association magazine, The Odontologue. This is the culmination of efforts whose aim is to improve how members interact with the association. It highlights just a little of our activities over the years. The projects that allowed us to serve over 20,000 children. This has allowed us to take dentistry to the less privileged in society. Our subsequent productions will bring out more of the projects we have been involved in.

We have also seen more involvement of our branches in World Oral Health Day, regional symposia and our annual scientific and exhibition conference. I look forward to having branch activities appear as features in this magazine. I am confident that the Odontologue shall serve as a platform to bring information to members, allow us know more about members who shall be featured from time to time and definitely warm up the camaraderie we have enjoyed from being a close knit society. I am appreciative of the efforts of the editorial team that has worked tirelessly to see this come to life. It will be such a joy to see members from across the board contribute to the articles on the Odontologue because I know we all have a story to tell. I wish us all a great year ahead.

Dr. Tim Theuri

National Secretary

Kenya Dental Association



A Celebration of Firsts

Since time immemorial humanity has always had the pleasure of experiencing things as firsts. Man has always had the thirst to try new things, explore life, foster new relationships, become the first. We call them the pioneers, the explorers, the firsts. We take time to honour what we call the firsts. Here are a few of note.

1ST Registered Dentist

B0001

The First ever board registered Dentist was **Dr. Christopher Obura**

1ST Dentist Graduates

1978

First Baunch of graduates are shipped out of the School of Dental Sciences from the University of Nairobi



1ST KDA Chairpersons



The First KDA Chairman was a **Mr. C.M Furnivall** back in 1960

The First Black KDA Chairman was **Dr. Christopher Obura** in 1970

It took half a century for gender balancing when **Dr. Jane Gachambi Wamai** became the first Female KDA Chairperson in 2011

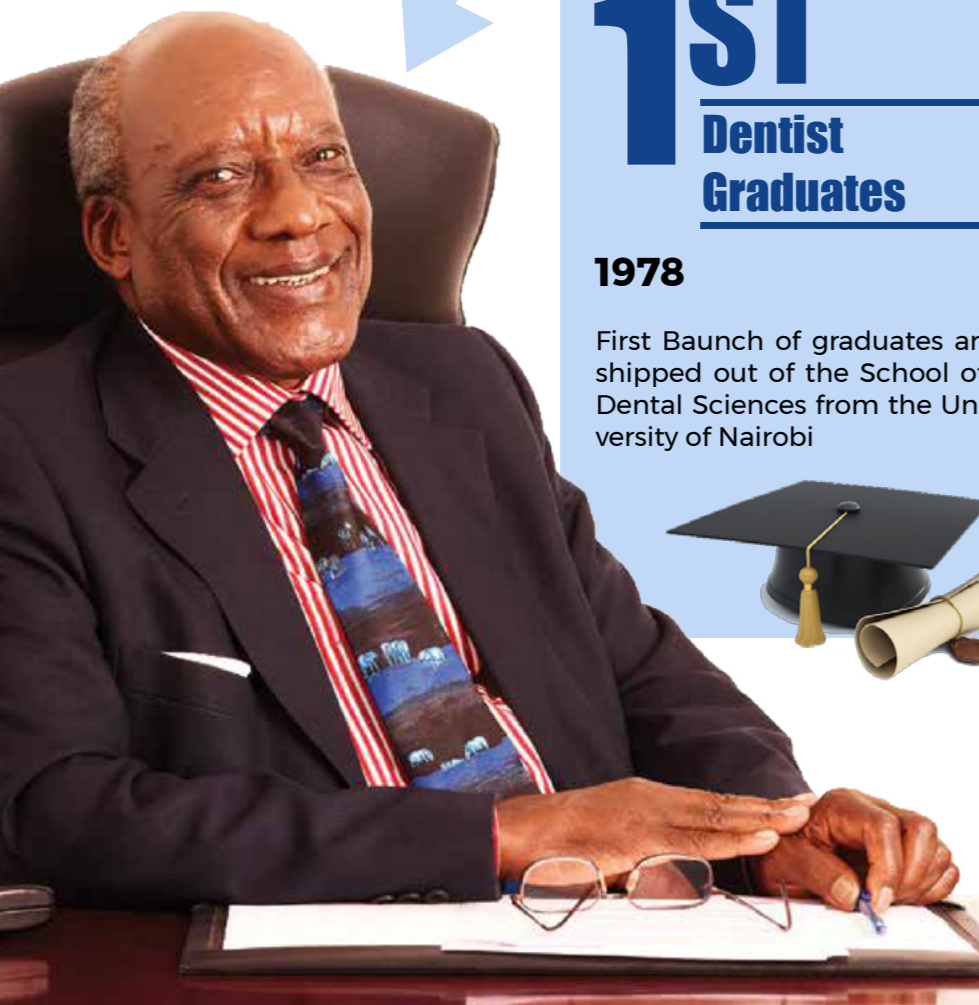


1ST Dental School

The First School to offer Dentistry was the school of Dental Sciences University of Nairobi back in 1974. It started as the Department of Dental Surgery in the Faculty of Medicine

1ST Periodontologist

The First Periodontologist to graduate from the University of Nairobi School of Dental Sciences was **Dr. Andrew Wetende**. He later became KDA Chairman





1ST
Ever Virtual KDA
AGM

2020

Took place on 27th of June 2020, the association held its first ever Virtual AGM. It was necessitated by the current climate of social distancing in an effort to stop the spread of COVID-19.

1ST
School in Kenya
to offer Masters in
Oral Pathology



Masters in Oral Pathology Moi University was the first University to begin a Masters Program in Oral Pathology in the country

1ST
Dean of Moi Univer-
sity Dental School



Dr. Caroline Kibosia, was the 1st Dean of The Dental School in Moi University since it's inception in 2008 to the year 2016.


2008
Inception of the Moi
University School of Dentistry

2012
First Class to Graduate with a
Bachelors of Dental Surgery
from Moi University.




First class ever admitted to the Moi University School of Dentistry in 2008.

1ST
Deans of Faculty of
Dental Sciences



Prof. Wilfred Lesan was the first dean of the newly created Faculty of Dental Sciences in 1995.



Prof. Evelyn G. Wagaiyu became the first Female Dean of the school of Dental Science, University of Nairobi in 2008.

1ST
Female
Dentist

The First Female Dentist was **Lucy Hobbs** who graduated in 1866 from the Ohio College of Dental Surgery

5000BC
First written record of dental
carries in a Sumerian text.





NOVOCAIN
The First Local Anaesthesia developed for use in Dentistry. Brand name for Procaine, developed in **1905** by a German chemist.




1873
First commercially released tooth-
paste rolled out by Colgate.

First collapsible tube of tooth-
paste came in **1892**



First toothbrush bristles
were made from stiff
hairs from a Pig's neck



1840

The First Dental School, the Baltimore College of Dental Surgery founded by Horace Hayden and Chapin Harris.

THE AMERICAN SOCIETY OF DENTAL SURGEONS-
The first dental association, is also founded in 1840 which later becomes the American Dental Association (ADA)



1 on 1 with Dr. Elizabeth Bwibo

Meet our very own Dr. Elizabeth Bwibo commonly referred to as Liz Bwibo as she dishes out some wisdom about the art and craft of publishing, having done so with the eponymous magazine Pancea

Q: Who is Liz Bwibo?

Liz Bwibo is somewhat an alias, my official name is Elizabeth Nasike Bwibo Nyongesa. I am 28 years old, born as the last born and only girl in a family of three siblings. Liz Bwibo is in many ways an ultra-ego, a persona beyond the sweet little girl my parents see and love. She is passionate, ambitious, driven and an entrepreneur in her own right. I am an alumni of the University of Nairobi class of 2016. I am also very privileged to be the youngest elected member of the Kenya Dental Association, National Governing Council and the Kenya Medical Association ICT Committee both positions I am extremely proud of an humbled that I occupy.

Q: What inspired you to publish?

Information is power, especially in this day and age. One of the most underutilized sources of information by the public is in the medical field and I wanted to bridge that gap in a unique way. My aim with The Pancea Medical Magazine is to have educational content packaged in an approachable and easy to understand yet visually inviting way. The name itself has its roots in medical history, comes from the word pancea which means silver bullet and that's exactly what I envision the magazine being, a silver bullet for medical information.

Recalling how it felt to finally see your work in publication, how would you describe the feeling?

Ecstatic. Nothing comes close to seeing your vision come to life. I am so grateful for my production team who understood my vision from the get go.

More importantly I am so grateful for my authors, the doctors and medical professionals who take time out of their busy schedules to write about their passion and what gives them purpose in the medical field, they are my backbone and I am eternally grateful that they trusted me with their

work and words.

Meet our very own Dr. Elizabeth Bwibo commonly referred to as Liz Bwibo as she dishes out some wisdom about the art and craft of publishing, having done so with the eponymous magazine Pancea

Q: How did you approach publishing Pancea given the pressing schedule of being a dentist?

To be honest it's hardly a walk in the park. Dentistry on its own requires your full attention but some compromises had to be made. First I had to free up at least two working days in the week so as to be able to meet with clients, publishers and my authors.

The other compromise was I was working through the weekends that's including Sundays. It's not easy but seeing your vision come to life makes it all worth it.

Q: How did COVID 19 impact the publishing process?

I think one of the hardest hit industries was the publishing industry. For a long time several publishing houses had been toying with the idea of soft and e copies but covid pushed us right into it. Content had to be put out and we had one option, adapt. I officially released the first ecopy of pancea medical magazine in the beginning of July, it was a risky move but had to be done. As Pancea Ltd





we felt it would be irresponsible to release a physical copy in the midst of a pandemic considering it had to be distributed. Since we still wanted our readers to still be able to enjoy our content, we release the fifth edition as a gift to our readers at no charge through our website

What has been the biggest challenge in publishing?

Running the magazine as a profitable business. Most magazines get their revenue not from sales but rather from advertisements. I am so humbled that I had a vast readership with subscribers beyond our borders but that isn't enough to turn profit. Having enough regular advertisers is a challenge especially in this age of social media marketing.

Q: What has been the most pleasurable aspect of publishing?

To be honest, when I first get to lay my hands on a physical copy of the magazine. It's a feeling like no other. All those months of hard work culminating into this one special moment, I honestly lack the words to explain the feeling. Ironically I get the opposite feeling when

What can we expect to see from you in the future?

I truly hope Pancea Medical Magazine out grows me. That is my dream. The magazine at its core is a wonderful resource for medical information and I hope it will one day be not only recognized in the country but in Africa and beyond

How does one get a copy of Pancea?

You can download the current issue and previous issues on our website, www.pancea.co.ke

Dr. Elizabeth Bwibo is also a council member of the Kenya Dental Association and the assistant Editor at the Odontologue



“Liz Bwibo is in many ways an ultraego, a persona beyond the sweet little girl my parents see and love.”

Up, Close & Candid with Dr. Tom Osundwa

Join us as we understand the path that Dr. Tom Osundwa took in order to publish a guide on Cleft Lip and Palate repair. He also has a thing or two to say about ISBN numbers.

How would you describe yourself?

I am Tom Osundwa, an Oral and Maxillofacial surgeon with a dental background. I am a teacher and a public servant. I look at myself as someone who is trying to make change in the areas I can. I come from humble beginnings. I have been privileged to be able to access the training from good institutions. As a result I see it as an obligation to give back to society.

What inspired you to publish?

I have had immense experiences in the field of facial deformities. For many years I have had training and surgical experience with patients with surgical deformities. I felt it was high time I shared these experiences with colleagues. Especially up and coming colleagues. I put this book together for someone who has a keen interest in operating children with cleft lip and palate. To kind of refine it for them like a one stop shop. I looked at the difficulties I had from my experiences and tried to circumvent them in the book. I also feel that over the years there are techniques I have developed. These techniques deviate from the normal but are highly practical. Especially for the African lips.

How did it feel to see your work in publications?

It feels good. The best feeling was having put something for posterity and that I can look back and see



that I have left something for the young surgeons. I also feel good because I think it is the first book in Africa written by a surgeon involved in the practical aspects of cleft lip and palate surgery. I feel proud as an African to have done this.

How did you manage this, given your busy clinical and teaching obligations?

I created time. Every week I designated some time to push on with the book. It took time because of the busy schedule I succeeded because once I allocated the time and got started it became easy. When you set targets it makes it bearable. One other important thing is consistency.

How did the COVID 19 situation impact the publishing process?

It gave me time that I had previously been unable to have. I made much more progress with the book.

What was the biggest challenge?

Making the book simple. As a teacher of surgery I understand that the concepts are easier when they are simple and rational. Bringing out the simplicity in the technique was a challenge. So I had to get it right. I was blessed to have a sister involved in the logistics of publishing. That made it easier and took off the load of the nitty gritty of publishing.

What was the most pleasurable aspect of publishing?

I think it is when people recognize your effort. Take for example, Smile Train, which is the leading organization dealing with children with deformities in the world. They have adopted my book. They requested me to make a special edition of 100 copies of my book which will include details of their program.



“...When you set targets it makes it bearable. One other important thing is consistency.”

What advice would you offer to those considering going into publishing?

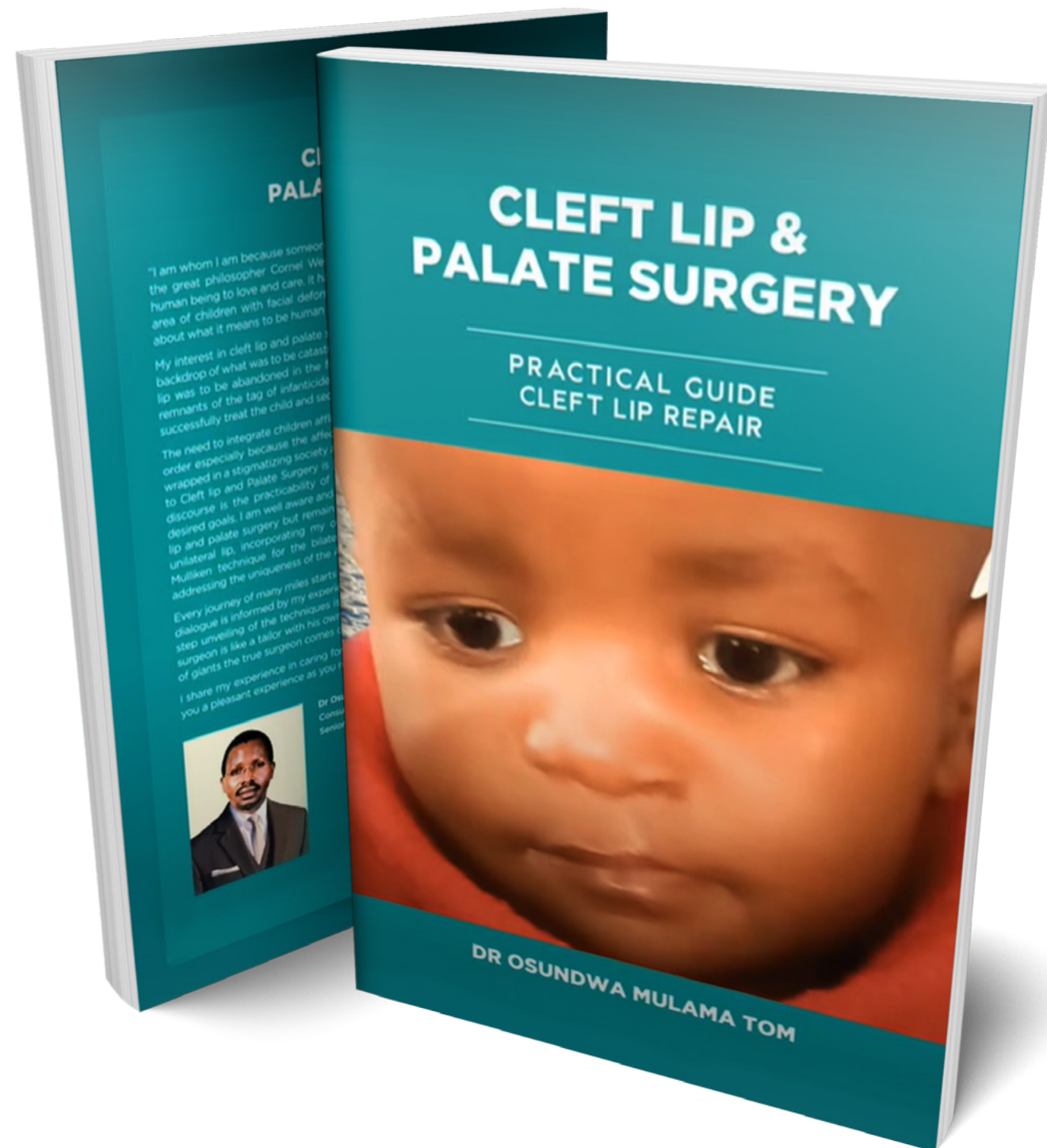
The important thing is the concept. What is borne in the mind? What do you want to achieve? When you are writing this has to be razor clear. These should come before you write the book. You have to see a gap. Your need to publish is probably related to this gap.

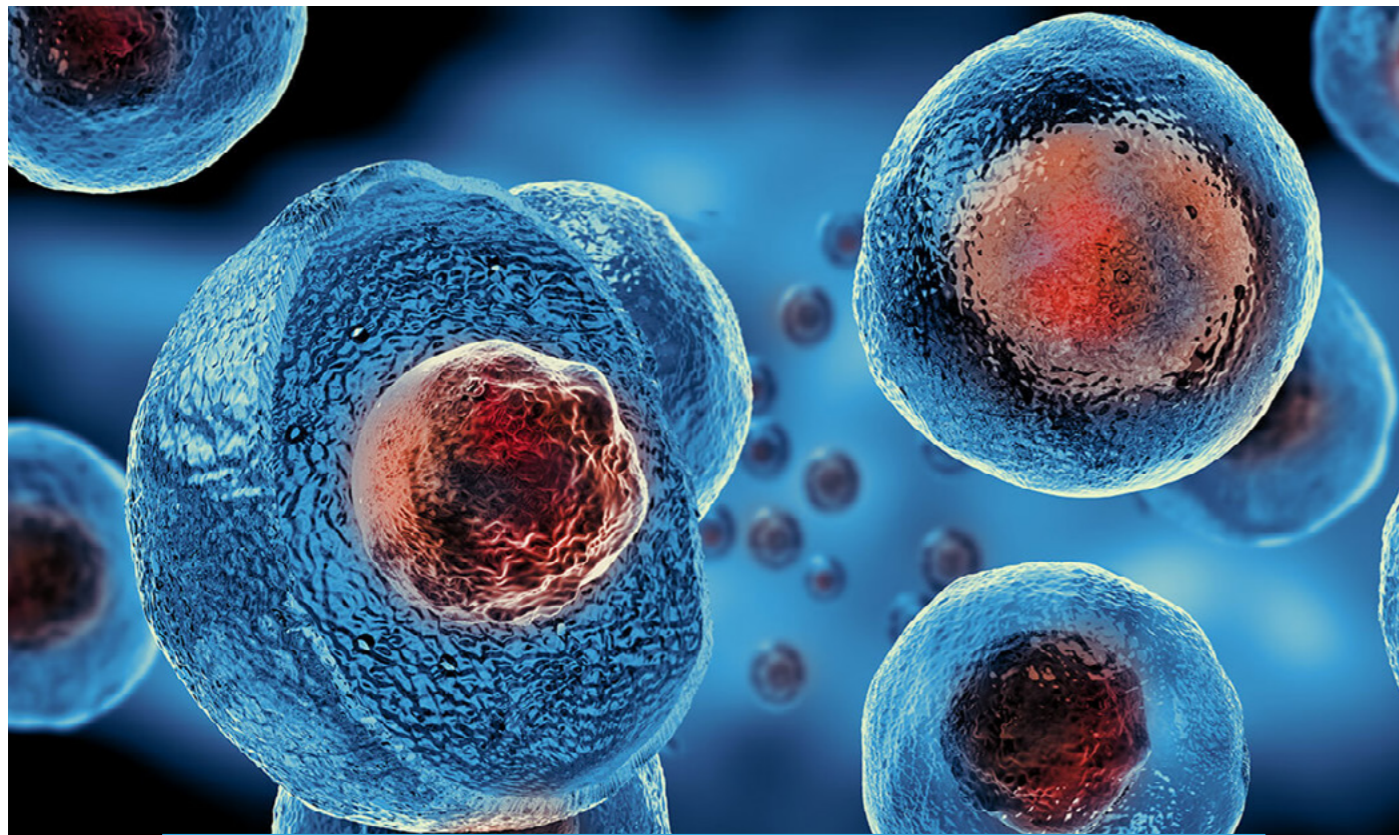
What do we expect to see from you in the future?

I am trying to beat the clock to the end of the year. I hope to have written a book on Head and Neck deformities. This again, I think will be the first in the African continent. It will be relevant to the African context. It will be very resourceful to the Maxillofacial surgeon, Paediatrician, General Dentist and even Plastic Surgeons.

How does one get a copy of your book?

Oh, it is easy. I have copies. Very soon it will be in the University bookshop. I am planning to put out digital copies on the internet. Now whoever wants copies can get directly in touch with me. I am very modest, we can negotiate. (chuckles)





Stem Cell Therapy

By Dr. Arshni Malde



Already this year, there are three “science fictions” that have become “science facts”...

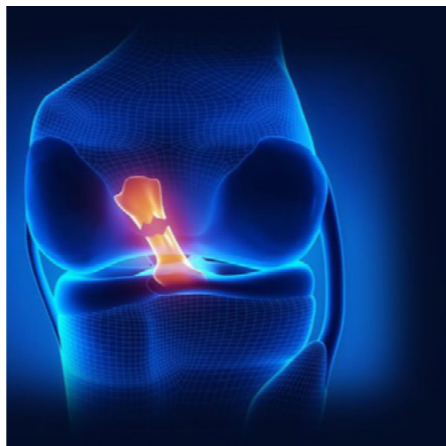
1. When implanted into humans, stem cells are healing lost eyesight in Japan.



2. Stem cells given to elderly mice are tripling their age-span, allowing “fast aging”. Mice that should only live for 21 days live to an average of 71 days. This is the equivalent of 80-year human living beyond 200 years.

3. Human athletes with partial or non-retracted ACL repairs can

now avoid reconstructive surgery and instead regrow their own ligament.



Having tried and tested on over 5000 patients and being associated with one of the largest hospitals in India (the prime hub for medicine). Dr Arshni and her team of experts at Tia Clinics have introduced Stem cell therapy also known as Growth Factor Concentrate (GFC). GFC is a Novel autologous Therapy obtained from the

Many experts have spoken about the power of stem cells and their ability to alter the field of healthcare forever. With exponential progress occurring in the field, stem cells are ushering in an age of regenerative medicine that will transform healthcare in ways that are now inconceivable.

In coming decades, stem cells will be reversing diseases ranging from Alzheimer’s to autism, re-growing organs and tissues, and potentially allowing the first humans to reach the age of 200.

patient’s blood. 16ml of Blood is withdrawn from the patient as is for a blood test and placed into two vacutainer tubes for 30 minutes as it mixes with an activator gel which releases Growth Factors. This blood is then centrifuged at 3200 rpm to separate the red blood cells from plasma and growth factors. Dr Malde says “our growth factor concentrate is an Acellular solution that causes no pain when being delivered to the patient.” 3 sessions of GFC are required; 1 session 30 days apart. Optimum results are seen in 90 days.

Now let’s explain the 4 different treatments where Stem Cell Therapy (GFC) is used at Tia Clinics:

1. Flowrich Regenerative Medicine

Flowrich was curated for Hair Regeneration, Growth factors specific to hair regrowth are in the vacutainer tubes that allow 70-80% of regrowth of hair.

Most people these days suffer from hair loss and extreme hair fall. This therapy only however works for people who have scanty hair and hair follicles. We still have a solution for bald patients who don’t have viable hair follicles; which is hair transplants.

“The Regenerative Medicine revolution is upon us. Like iron and steel to the industrial revolution, like the microchip to the tech revolution, stem cells will be the driving force of this next revolution”

2. Glorich Regenerative Medicine

Quite adapted by most Hollywood celebrities to constantly look young, Glorich regenerates skin, so it is often used for multiple ageing signs like fine lines and wrinkles, pigmentation, un-even skin tones as well as stretchmarks or scar marks. Often used on the face, neck décolletage, breasts, stomach, hands and legs.

This is often injected (of course

More than
43%
of women suffer from sexual dysfunction

25%
of women experience urinary incontinence

when the skin is numb, through the application of a numbing gel) into the skin or introduced to the skin with the help of a derma roller/ derma pen.

3. Osirich Regenerative Medicine

Osirich is a pain management therapy that will accelerate relief from any other treatment modalities to reduce pain. used with some favourable outcomes in much orthopaedic pathology such as tendinopathies and ligament injuries- osteoarthritis, plantar fasciitis, sports ligament injury, frozen shoulder, chronic elbow inflammation, tendon injury, chronic post-surgical pain and cartilage injuries. And advancement now is treatment of Stasis ulcers, trophic ulcers, diabetic ulcers and traumatic ulcers have shown good healing.

4. Floshot Regenerative Medicine

Flo Shot uses your body’s healing power to optimize and treat women’s health. More than 43%

of women suffer from sexual dysfunction and 1 in 4 women experience urinary incontinence of some sort. Flo shot is a procedure that treats urinary incontinence and enhances sexual health in a natural and healthy way. Flo Shot proprietary Platelet activating solution is used to activate platelets & to release various Growth Factors from □ granules. Effective for treating urinary incontinence, Tighter vaginal skin, Increased sensitivity to stimulation, More frequent orgasm, Improved vaginal dryness, Decreased pain for those who may experience painful intercourse. Enjoy quick results! Fast and virtually painless, Little to no down time – you can enjoy sexual activity as early as the same day. Overall, have better and healthier sex!

Come in for a consultation as the doctor answers many more questions that you may have, call 0799 99 57 16 to book an appointment today.

Tia Clinics, S16, 2nd floor, Skymall, 4th parklands avenue. Nairobi.



Benefits Of Membership To The Kenya Dental Association



Being a member of an association is as old as mankind has lived. To be part of a group. To be part of a fraternity.

To be part of a club, a society, an organization, a community, an association. As a dental practitioner in Kenya you are obligated to be registered with the Medical, Pharmacists and Dental Council. While the Kenya Dental Association is a voluntary association. There are a major benefits to joining one. Especially if that is the premier association for the dental profession.

To be the leading organization in the development of Oral healthcare Profession in Kenya

To promote the interests of oral healthcare professionals and the public in oral health matters and to set high standards of service delivery



VISION

"To be the leading organization in the development of Oral Healthcare Profession in Kenya"



MISSION

To promote the interests of oral healthcare professionals and the public in oral health matters and to set high standards of service delivery



CORE VALUES

KDA espouses the following core values and Commitments

- ✓ Professional Ethics
- ✓ Integrity and Diligence
- ✓ Good moral standards and social upstanding
- ✓ Accountability and Transparency
- ✓ Teamwork and Collective Responsibility
- ✓ Social Responsibility



BENEFITS OF MEMBERSHIP

1. Information

KDA enables timely distribution of information relevant to the profession especially those that affect oral healthcare. This in turn enables you to make prudent decisions in your practice and career.

2. Professional Development

KDA offers you avenues that facilitate Continuous Professional Development such as Lectures, Courses, Workshops, Seminars, Symposiums and Conferences that involve both local and international participants. This enables you to get the latest industry innovations, research and trends in the oral healthcare profession. CPD credits or points are awarded in these avenues which enable you to meet the necessary threshold for your annual retention by the board.

3. Advocacy

KDA as a professional body has the mandate to bring out professional interests effectively to allied health professionals, the insurance industry, government, media and any other organization through its collective body. This gives you an advantage to be able to voice your opinion and be heard through the strength in numbers.

4. Public Relations

Through engagement with various organisations, corporate entities and media outlets KDA actively markets to the general public and other stakeholders the entails of the profession. This is to enhance benefits of the oral healthcare profession's services, and to counter any negative press that may harm the profession.

5. Opportunities

By investing in research and building alliances with oral healthcare associations regionally and globally KDA opens new doors for you to take advantage of opportunities available and career resources.

6. Publishing Services

KDA through the Journal of Kenya Dental Association you have the opportunity to be peer reviewed and published. This goes a long way in building individual achievements and initiating you to the world of scientific publications. It helps in building your resume.

7. Fellowship

Through provision of avenues for members to come together and interact KDA strengthens the sense of purpose and belonging among members. This helps you makes some new friends that will

go a long way in furthering your career and strengthening your network.

8. Leadership

KDA gives you an opportunity to hone your skills as a leader through Electable and Appointable positions within the KDA council. It also lends credence to your participation in leadership roles in the broader professional community such as in APSEA.

9. Mentorship

KDA provides arenas for mentorship such as in forums, chat groups, discussion boards affiliated with KDA

10. Charity

KDA regularly organizes Corporate Social Responsibility programmes that promote oral health such as Oral Health Talks, Free Dental Outreaches and Camps and World Oral Health Day Celebrations. It gives you a chance to give back to your community.

HOW TO BECOME A MEMBER

Contact the secretariat

Professional Centre, 1st floor - Parliament Road

P.O. Box: 20059 - 00200 Nairobi

Tel:+254-020 312 965

Cell:+254-710 856 304

Email: secretariat@kda.or.ke



The Business of Curing

ONLINE DENTAL Continuing Education

Free for KDA members

World Class Dental CE At Your Fingertips

- High-quality courses that will count towards licence renewal
- Accredited CE from leading dental educators
- Keeping you up-to-date with the latest dental topics
- Instantly downloadable certificates upon course completion



LEARNING SUITED TO YOU

Our intuitive platform automatically filters courses based on your personal requirements or specialties. This helps you find the most relevant and interesting content.

Finding the right continuing education has never been simpler, faster or more rewarding.

AUTOMATIC TRACKING

The system automatically tracks and records all your learning progress. Members can also add education studied externally, creating one central place for all their CE records.

Easily generate summary reports if required to do as proof of your learning activities.

Partnership With The WCEA

The Kenya Dental Association (KDA) has partnered with the World Continuing Education Alliance (WCEA), a global provider of specialist Continuing Education platforms.

Together we are providing online continuing education opportunities to dentists. The education portal ensures that an up-to-date and accessible resource of continuing education is available to professionals.

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- | | | |
|------------------------|-------------|---------------|
| 1. VALO GRANDLIGHT | KES 120,000 | (Dentmed) |
| 2. 3M ELIPAR DEEP CURE | KES95,000 | (3M, Harleys) |
| 3. BLUEPHASE N | KES 130,000 | (Dentmed) |
| 4. WOODPECKER ILED | KES 12,000 | (Transpharma) |



Coast Branch

BRANCH LEADERSHIP

Dr. Luvay Hamid **Chairman**
Dr. Malvi Shah **Secretary**
Dr. Raj Makhwana **Treasurer**

At the Coast branch of the KDA, we started the year off with an AGM, attended by the national chairman Dr Linus Wachira and Dr Tim Theuri. The members elected a new committee for the Coast branch following the national guidelines. We also had CPD's organized in various topic and were well attended by our members. However, early on in the year we saw the emergence of the Covid19 pandemic and this resulted in unforeseen challenges in continuing normal practice. Our members closed or operated on a limited scale for the next few months, whilst trying to maintain all the necessary safety measures. This time saw a lot of colleagues share their views and advice on

how to best serve patients within the limited scope of practice. The KDA was also instrumental in providing online webinars for our members, so that learning, professional development and support continued. This allowed our members to learn from various national and international experts, which may otherwise not have been possible. Looking forward, we are aiming to resume CPDs and workshops for our members. And we hope to see the annual KDA conference come back to the Coast!

**Dr Malvi Shah ,
KDA Coast Secretary**





With a Pandemic forcing a temporary out of work situation, Dr. Mitul Vasani discovers his inner Van Gogh during the COVID Staycation

Words: Dr. Mitul Vasani

If there was one subject that I absolutely loved whilst in school, it was 'art' class. The scope in creativity was boundless and there were many different types of materials as well as genres that one could enjoy. There is art in my blood - My paternal grandmother was an artist and did a lot of oil painting on canvas as well as custom painting of 'Saris'. A 'Sari' is a traditional attire worn by the ladies of hindu background whose roots are in Gujurat, India.

But after high school, training to become a dentist was quite involving and I was unable to find the time to continue pursuing this passion. However, I loved the fact that dentistry being the 'art of science' was going to allow me to enjoy the arts in a different light!

Even after graduation, working and trying to continuously upgrade my skills in dentistry was all I could really balance.

Fast forward to two decades later and the Covid-19 pandemic hits hard. The Ministry of Health directs all Dental practitioners to close their practices by the 27th March 2020 as they monitor the situation.

From being frantically busy to having all the time in the world all of a sudden! An extremely odd feeling coupled with oblivion on what to do with all the hours, weeks and possibly months ahead.

I started to dig up all of my art accessories from the past and started to feel nostalgic about this passion that I had not indulged in for a very long time.

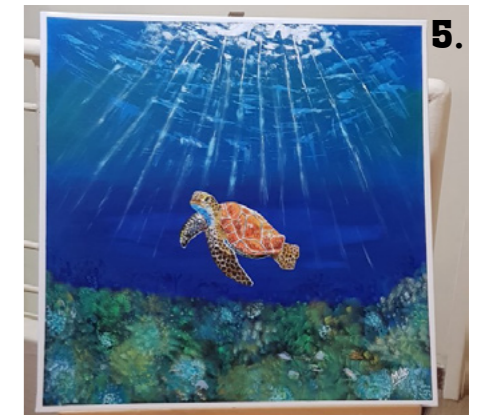
I decided to buy all the art supplies and spent a small fortune! The plan was to immerse myself in creating pieces which I planned to hang up at the Practice once we were able to go back to work.

I did several pieces using different mediums. This included, acrylic painting on canvas, dental art series - using colour and water colour pencils and portraits of special people in my life like my goddaughter.

The Covid-19 pandemic has been extremely stressful for most for a myriad of reasons. I consider myself lucky that all the art that I was engrossed in was not only therapeutic but at the same time evoked the most amazing memories of my younger days. I will strive to make time for 'art' and hopefully be able to exhibit all my work one day.



1: A portrait of the painter's goddaughter done with watercolour and coloured pencils
2-4: Work done in watercolour and coloured pencils
5-7: acrylic painting on canvas



CORE VALUES



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 Kenya
Dental
KDA Association



Western Branch

MEMBERSHIP

The Kenya Dental Association, Western Branch draws its membership from the Western Region Counties of Kisumu, Siaya, HomaBay, Migori, Nyamira, Kisii, Busia, Vihiga, Kakamega, Bomet and Kericho.

Our membership is drawn from the over 50 Dentists and Specialists spread across the 11 counties in both public and private sectors.

The headquarter for the branch is in the scenic city of Kisumu.

LEADERSHIP

The current executive members for KDA Western branch are as follows:-

- Chairperson - Dr Immaculate Opondo
- Secretary - Dr Anthony Ganda
- Treasurer - Dr Steve Wandei
- Council - Dr Edward Odoyo

Representative

Scientific Committee Members -

- Dr Paul Ojwando
- Dr Celestine Gitonga
- Dr Rachael Omamo

THE HAPPENINGS

THE 2019 KISUMU SYMPOSIUM

The Kenya Dental Association Western Branch hosted the 2nd Western-North Rift-South Rift Regional Scientific Symposium at the Grand Royal Swiss Hotel, Kisumu between 2nd and 4th May 2019. The event was a great success.

The symposium was officially opened by the Deputy Governor of Kisumu County, Dr Matthew Owili. Among the notable speakers were Dr Andrew Wetende, the then KDA President, Prof Aurthur Kemoli from the University Of Nairobi, Dr Dickens Onyango, the County Director of Health, Kisumu and Dr Amritpal Kalsi from the Independent Medico-Legal Unit, Kenya.



The Venue: The Grand Royal Swiss Hotel



Organising team discusses logistics



Chief Guests arriving at the venue



ABOVE: Veterans having a deja vu BELOW: Plenary Sessions



ABOVE & BELOW: Plenary Sessions





North Rift Branch

BRANCH LEADERSHIP

| | |
|--------------------|------------------|
| Dr. Lilian Apadet | Chairman |
| Dr. Emily Cheryot | Secretary |
| Dr. Dennis Cheryot | Treasurer |

KDA North Rift branch is made up of dentists from Moi University School of dentistry, MTRH, private dental practitioners and county dentists from Uasin gishu, Nandi, Transzoia, Turkana, Bungoma, Kakamega and Elgeyo Marakwet.

It is a vibrant branch with about 70 members from all across the region Eldoret town being the center of its operations. Every year, the branch officials prepare a guideline on all the activities planned to occur in which members should participate and this year was no different.

Together with various partners,

the branch is able to ensure continuous growth for its members by having half day symposiums and hands on courses on various fields to enrich the knowledge of its members and ensure they keep up with the current changing trends in the profession.

Due to the current pandemic our timetable was disrupted just as we were organizing to participate on world oral health day celebrations. Our chair together with a few of our members presented Colgate tooth paste to Eldoret prisons to mark this year's WOHD. The branch last year, had an opportunity to give back to the community together with its partners

such as MTRH during the world oral health day via free checkups and dental extractions offered and this year we were hoping to do the same.

As the world is adjusting due to the pandemic, we hope to be able to give our community the very best as a profession by ensuring that our members are well aware of what is changing in the profession. This is through series of virtual presentations and discussions that are ongoing on various platforms. Together as a profession we can enhance awareness to the community on matters oral health by ensuring we keep up with the new trends.



Members participating in a half day symposium

Dr Diana Maina (KDA) presenting a token of appreciation to a partner

Members participating in a half day symposium



Resumption Of Clinical Teaching In Dentistry During Covid-19 Pandemic: A First At The University Of Nairobi



Dr. Olivia Osiro took over from Dr. Tom Dienya as the Chairman of Conservative and Prosthetic Dentistry, University of Nairobi

When the first Coronavirus infection case was confirmed in Kenya on March 12, 2020, the University of Nairobi announced the cessation of all teaching activities effective March 16th, 2020. Subsequently, online learning would become the new normal. However, for dental students in their clinical years, COVID-19 would usher in a new era; dictating that clinical practice adopts a whole new level of Infection Prevention Control (IPC) measures. The School of Dental Sciences Management would put together a strong team to advice on revised protocols of IPC, and work tirelessly to ensure compliance as well as purchase of Personal Protective Equipment (PPE) even amidst the scarcity fueled by

the pandemic.

A new tradition was born; all persons working within clinical areas would henceforth don scrubs, protective face masks (N95) and shields or appropriate eye-wear. Automatic sanitizer dispensers would be installed in various spots along all corridors. Disposable gowns would be availed for all persons undertaking clinical procedures and these would be laundered on site. Screening of all patients would be done outdoors. To minimize admission of COVID-19 suspected cases within the Dental School building which was fumigated frequently to ensure safety for all staff and students.

The design of the School of Den-



tal Sciences building, conceived to ensure maximum natural lighting provided a silent advantage of free air circulation. Students would have a reduction of contact time, to minimize risk of exposure to COVID-19, and a lot of other methods of teaching are thus expected to be deployed to ensure competency acquisition to pre-coronavirus levels is main-

tained. For the lecturers, it is thus business unusual for Dental training from this period forward. Clinical Dental training thus resumed effective August 17, 2020, long before many other dental training institutions with a rallying call "Get back on the frontline, treat all patients as if COVID-19 infected" The new normal will impact

Dentistry in the long term with an increase in the cost of both treatment and training as Dental Schools grapple with the revised IPC protocols over and above those imposed during the HIV infection four decades ago. The future belongs to extremely adaptable institutions, as the global shifts herald new thinking and innovations in training for Dentistry.





Moi University School of Dentistry



ABOVE: Moi University Vice Chancellor Prof Isaac Kosgey during the launch of new clinics at the Dental School in March 2020, just before the COVID-19 lockdown.

LEFT: Former students pose with their lecturer Dr. Miton Mugo



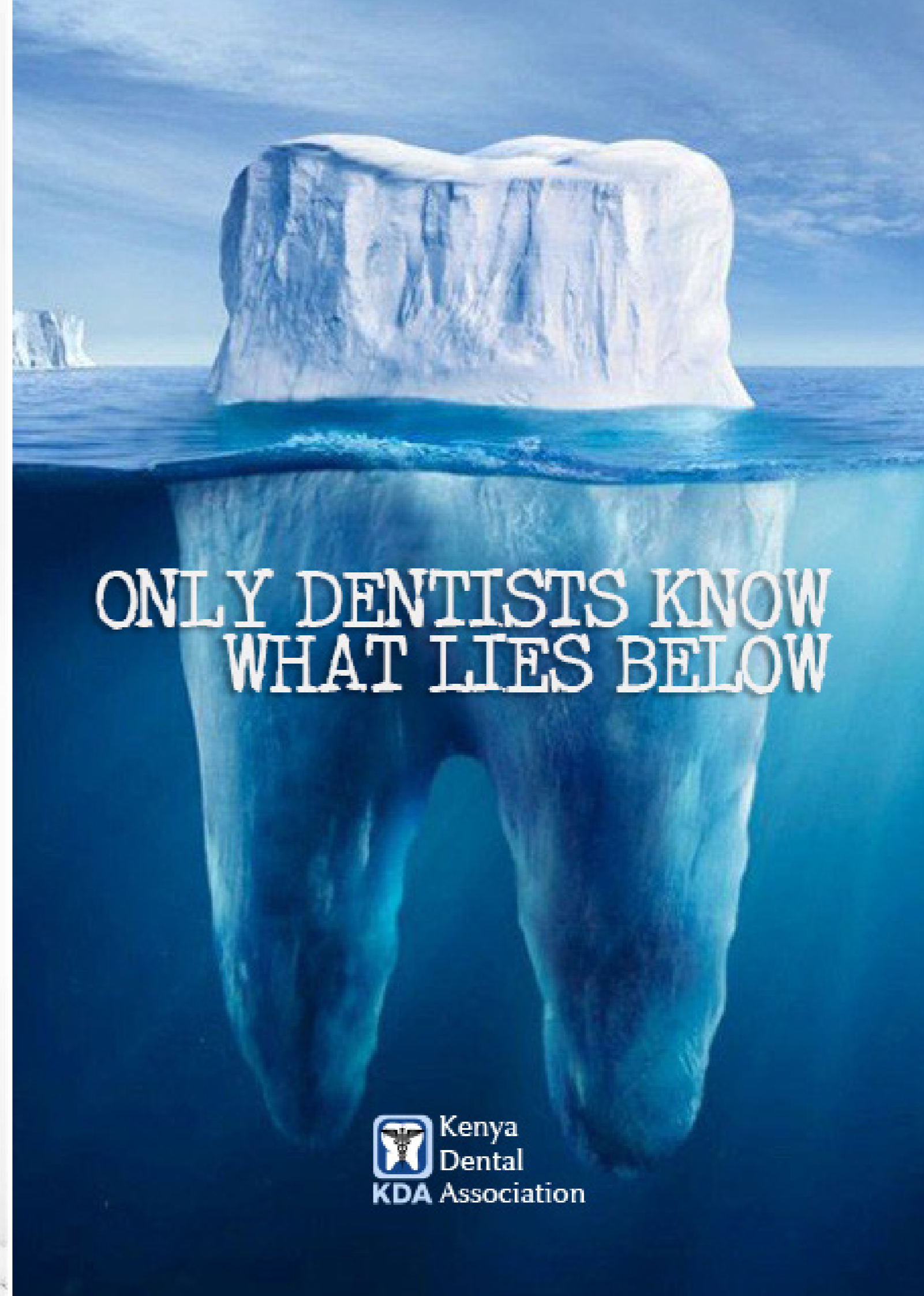
ABOVE: Final year students (Class of 2021) pose for a photo
BELOW: BELOW: The school when it hosted the World Oral Health Day in 2015





“The determination of hardness by hand is an indefinite subjective matter and could never be an objective guide for caries removal. It is quite surprising that we dentists have up until now performed caries treatment our most important professional duty while relying on such an ambiguous means of detection, which has no scientific basis.”

- Dr. Fusayama -



ONLY DENTISTS KNOW
WHAT LIES BELOW



South Rift Branch

The Kenya Dental Association South Rift Branch draws its membership from dentists in Nakuru, Laikipia, Nyandarua, Baringo, Kericho, Samburu and Narok counties. It is led by a team of six who were elected in an Annual General Meeting held on 31st January 2020 at the Sarova Woodlands Hotel and Spa.

SOUTH RIFT BRANCH

LEADERSHIP

Chairperson - Dr. Edwin Mugure Kabubei

Vice Chairperson - Dr. Rupal Gada

Treasurer - Dr. Aisha Maina

Vice Treasurer - Dr. Robert Ruto

Secretary - Dr. Nyoru Julius

Vice Secretary - Dr. Sarah Ndaiga

THE HAPPENINGS

The branch has played a key role in engaging dentists in the region by offering a platform for professional net-working and training through Continuous Professional Development (CPDs). Some of the sessions we have had include;

Pain management in everyday practice by Dr. Edward Kabubei on 31st January 2020 at the Sarova Woodlands Hotel and Spa in Nakuru.

Surgical Periodontics for the general practitioner by Dr. Hudson Alumera on 13th September 2019 at the Ole Ken Hotel in Nakuru.

Pain Management in Daily practice by Dr. Aisha Maina held on 30th August 2019 at The Alps Hotel in Nakuru.

The branch has had the opportunity to collaborate with other branches and the national office in organizing the 37th Kenya Dental Association Scientific Conference and Exhibition 2019 at the Lake Naivasha Resort and the Kenya dental Association Western

Kenya Symposium in Association with North and South Rift branches.

The leadership of the branch has mobilised its membership to respond to various welfare needs arising from time to time as well. The support helped our members better navigate difficult seasons.

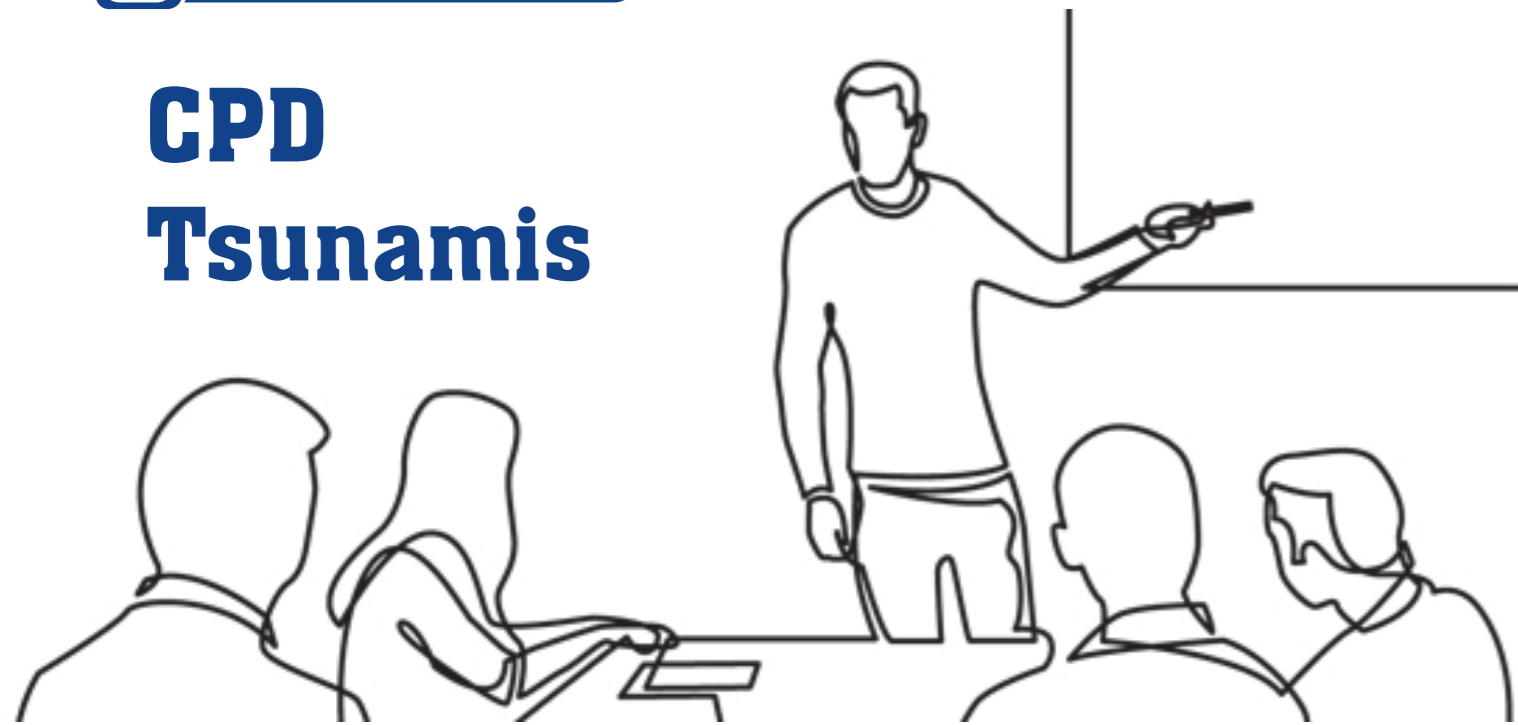
The calendar of events for the year 2020 were greatly hampered occasioned by the global outbreak of COVID 19 and the subsequent directives by the Kenyan Government on public gatherings. Notable of these events was the KDA Southern, Western and North Rift symposium which had been scheduled for 1st and 2nd May 2020 at the Sarova Woodland Hotel and had to be postponed. The organizing committee running the event will be communicating a new date once plans resume.

The branch looks forward to a more robust engagements with dentists in the region, cooperation with other branches, national office and other professional organizations. It undertakes to participate in government pro-grams related to oral health.





CPD Tsunamis



With the restrictions on physical movement and the need for social distancing the scientific committee was forced to rethink its CPD provision strategy. Thankfully with the able stewardship of the Chairman of Scientific Committee, The Late Dr. Hudson Alumera which was quickly able to cobble together some virtual CPDs.

Once it rains, it pours

What started as a few CPDs interspersed became a flurry of CPDs with as much as 3 on a given week. The momentum continues as the restrictions are still in place. This gives rise to the possibility of physical CPDs becoming extinct.

Members show some love

With the barrier to access greatly reduced, members showed some love. Averaging 200 participants per CPD. These are some of the highest CPD attendance the association has heard leading some to comment that this should be the new norm.



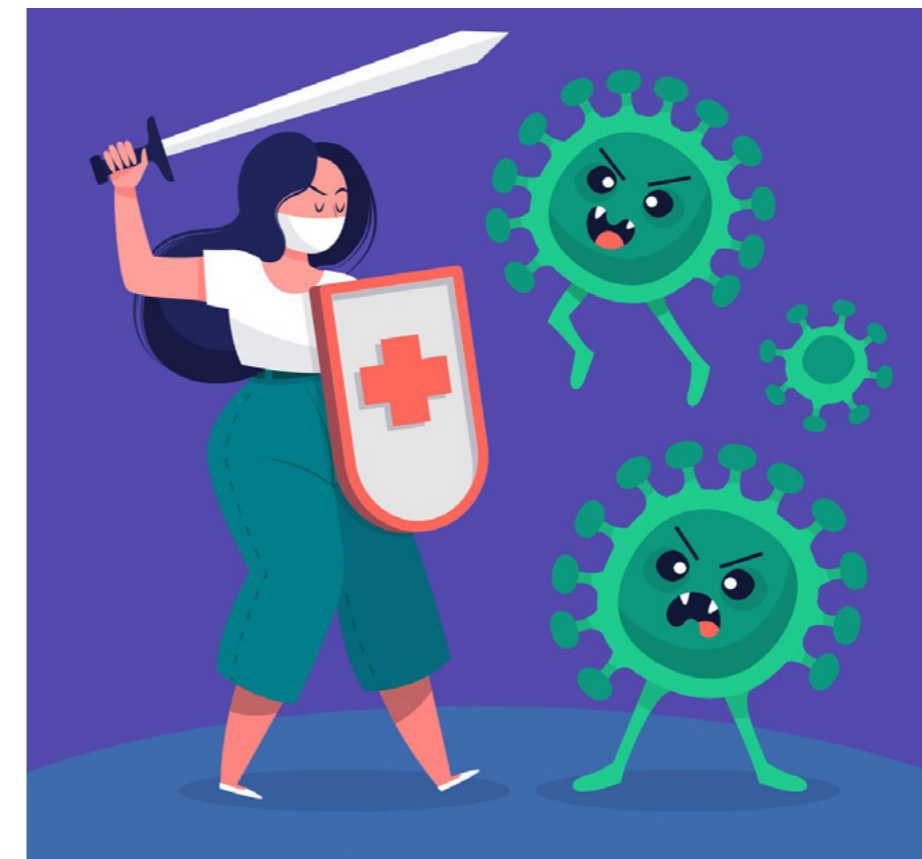
First Ever Virtual AGM

On 27th of June 2020, the association held its first ever Virtual AGM since inception. This was necessitated by the current climate of social distancing in an effort to stop the spread of COVID-19. It was a success.



A Curious Case of Many Birthdays

A motion was raised in the 43rd AGM by a member regarding the founding date of the association. In this motion the association was determined to be having multiple recorded founding dates. Members created a committee which was tasked with clarifying the matter.



REPUBLIC OF KENYA



MINISTRY OF HEALTH

MOH Releases Guidelines

In June the Ministry of Health through the Department of Oral Health released the Kenya COVID-19 Dental Practice Guidelines on the re-opening and continuing of the provision of oral health services in the current COVID-19 climate.

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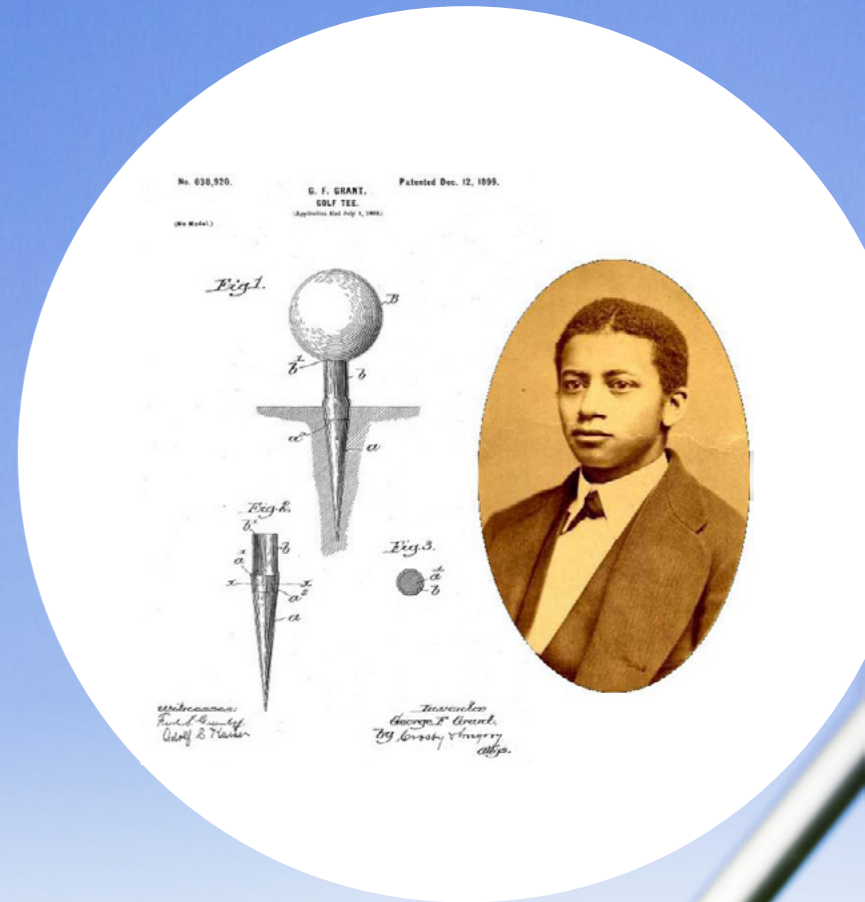
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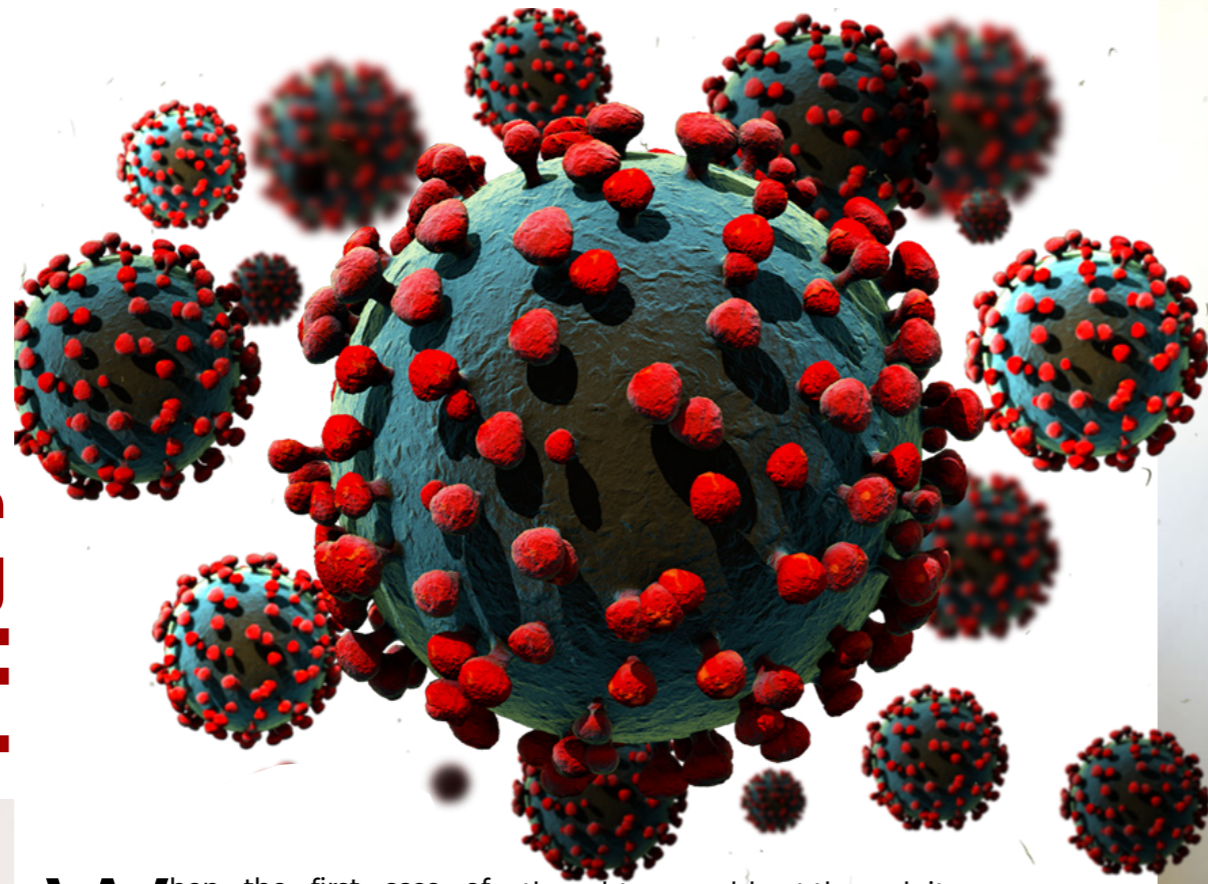
Did You Know?

*The Golf Tee was invented by
Dr. George Franklin Grant,
an African-American Dentist
who got tired of the tedious
process of creating a mound
using wet sand.*





COVID-19 PANDEMIC HAS BEEN A BLESSING IN DISGUISE



Kenyan healthcare workers suit up into PPEs before entering an isolation ward



Article By Dr. Eva Njenga, MBS, Chair, Kenya Medical Practitioners and Dentists Council (KMPDU)

When the first case of Covid-19 was reported in the country on the 12th of March last year, many Kenyans were terrified. The dreaded coronavirus that had killed people in thousands in developed countries that had the latest medical technologies and infected hundreds of thousands, was now in Kenya.

Following the discovery of the first case, the president would then issue a number of directives including travel bans to and from countries with confirmed Covid-19 cases, 14 days of quarantine for all incoming passengers and an immediate suspension of learning and encouraged people to work from home. A 6am to 7pm curfew was further effected.

People's lives were inevitably affected, socially, economically and psychologically. And for the first time in the history of this country, the luxury of traveling to other countries for leisure, escape or to seek treatment, was no longer there.

There was a period of doom and gloom for thousands of Kenyans, and for a moment, many never

thought we could get through it.

But as the proverbial phrase goes, every cloud has a silver lining; and rising like a phoenix from the ashes, we slowly, but ably proved that we could make it as a people in a pandemic.

Analyzing how the country has performed in the past ten months since the coronavirus was first reported in Kenya shows a lot of improvement, especially in healthcare. For instance, with the travel bans, no one could seek treatment abroad and all focus shifted towards strengthening the country's healthcare system.

The president instructed each county to have at least 300 isolation beds to address the increasing demand, in preparation for a surge in Covid-19 positive numbers. As a result, the national and county governments supported our hospitals and institutions to the point of enabling them deal with the virus at their levels. County governments were able to equip their respective health facilities to ensure that should there be a peak, the facilities would not be overwhelmed.

Another key activity undertaken by the government was an assessment of the availability and reliable supply of high-quality oxygen whether by gas cylinders, liquid oxygen tanks through central oxygen piping system, concentrators or liquid oxygen plants. The findings necessitated the formation of a task force to formulate policy and strategic mechanisms to enhance adequate availability and reliable supply of oxygen, a critical component in the treatment of pandemic cases. Post the pandemic, these will still be used for patients who come with other communicable/non-communicable diseases.

Healthcare has also shifted towards telemedicine following fears of contracting the virus in health facilities. The Kenya Medical Practitioners and Dentists Council has been approving Electronic Health certificates which have helped health professionals engage their patients virtually, allowing diagnosis, treatment and prescription of drugs online, with-

out having to physically go to a hospital.

Alongside other state agencies, the Council has also been providing technical assistance to strengthen the county capacity to handle pandemic situations. Some of our key findings reflected high level of county awareness and efforts to contain the pandemic, albeit constrained by resources and infrastructure.

Another improvement witnessed in the past 10 or so months is the critical role played by doctors, community health workers, nurses, clinical officers and other cadre of health workers who are critical in Primary Health Care (PHC) at the community/grass roots level. Through them, communities learnt about the importance of hygiene and social distancing. In many counties, more than 1,000 Community Health Volunteers were trained to handle the pandemic to support the health care worker efforts. These efforts went a long way in not only reducing the number of Covid-19 infections,

but also infectious diseases like colds and flus, diarrhea, cholera among others.

Looking forward and noting the critical role health workers play in any society, the government should look into boosting its support for this group in all cadres and implementing Universal Health Coverage to ensure that we are ready and capable to deal with any future pandemic. This can be done through the training of more specialist doctors, investing in specialized treatment and capitalizing in primary/preventive healthcare at levels 2 and 3. There is also need to enhance partnerships with Faith Based Organizations and private sector in health, seeing the critical role the private sector played in the pandemic.

The most important lesson that none of us should forget after this pandemic is that health is not domiciled in the Ministry of Health; it is everyone's responsibility. We should all continue to be involved as players to enhance positive impact on health outcomes.

WE HAVE MOVED!



**To 5th Ngong Avenue
7th Floor, Off Ngong Road**



Dr. Memorium

Blessed are thee for having lived to see the New Year 2021. At no time in this short history of our fraternity has it seemed to be an honour to be alive. For we have lost. And lost we have. Friends, colleagues, mentors, teachers, siblings and members of this our beloved association.

In the annus horribilis that was 2020 we lost

Dr. David Awange

Dr. Alphonse Ogada

Dr. Hudson Alumera

Dr. Nira Patel

Dr. Andrew Machua Njuguna

Their unfortunate, untimely, unforeseen deaths may yet serve as a reminder. Let us remember them for what they were, what they did and why they did it. Let us remember the gentleness and cheery soul that was Dr. Awange. Let us remember the infectious laughter and amicability of Dr. Ogada. Let us remember the indefatigable attitude and unquenchable thirst for scientific truth that was etched in Dr. Alumera. Let us remember the welcoming persona and undeniable search for continuous education that was ingrained in Dr. Nira. Let us remember the entrepreneurial psyche and go to camaraderie and the faithful devotee that was Dr. Njuguna. Dear colleagues these men and women honoured our profession.

As you go through with you day to day activities do remember the words of Thor Heyerdahl, "For every minute the future is becoming the past." The question for you would and should be, "What legacy will you leave in your wake?"

I leave you with the sagacious words of Charles Dickens as we celebrate the lives well lived of our dear departed-

" I see a beautiful city and a brilliant people rising from this abyss.

I see the lives for which I lay down my life, peaceful, useful, prosperous and happy.

I see that I hold a sanctuary in their hearts, and in the hearts of their descendants, generations hence.

It is a far, far better thing that I do, than I have ever done;

it is a far, far better rest that I go to than I have ever known. "



DR. DAVID AWANGE
1955 - 2020



DR. ALPHONSE OGADA
1985 - 2020



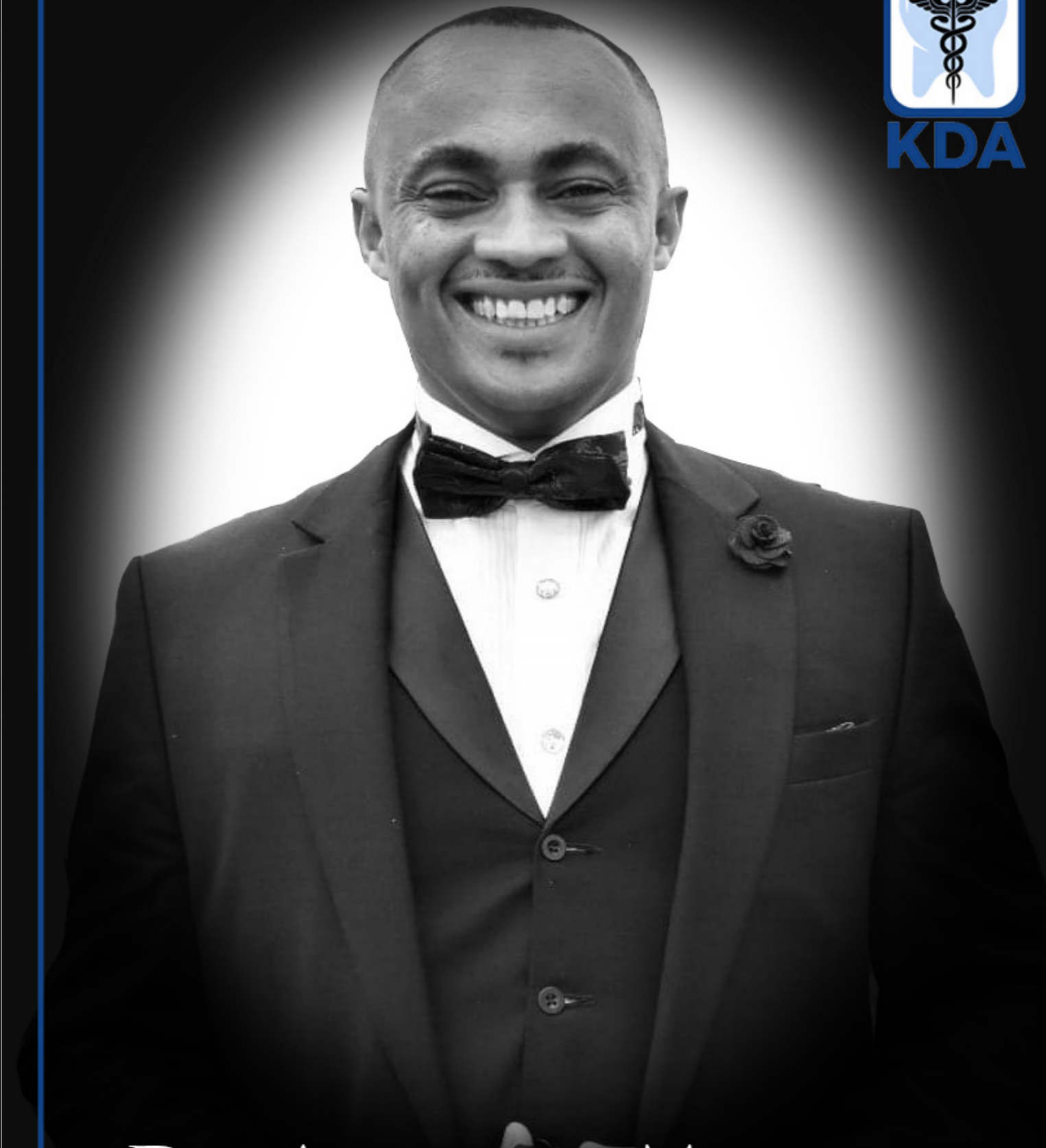
KDA



DR. HUDSON ALUMERA
1983 - 2020



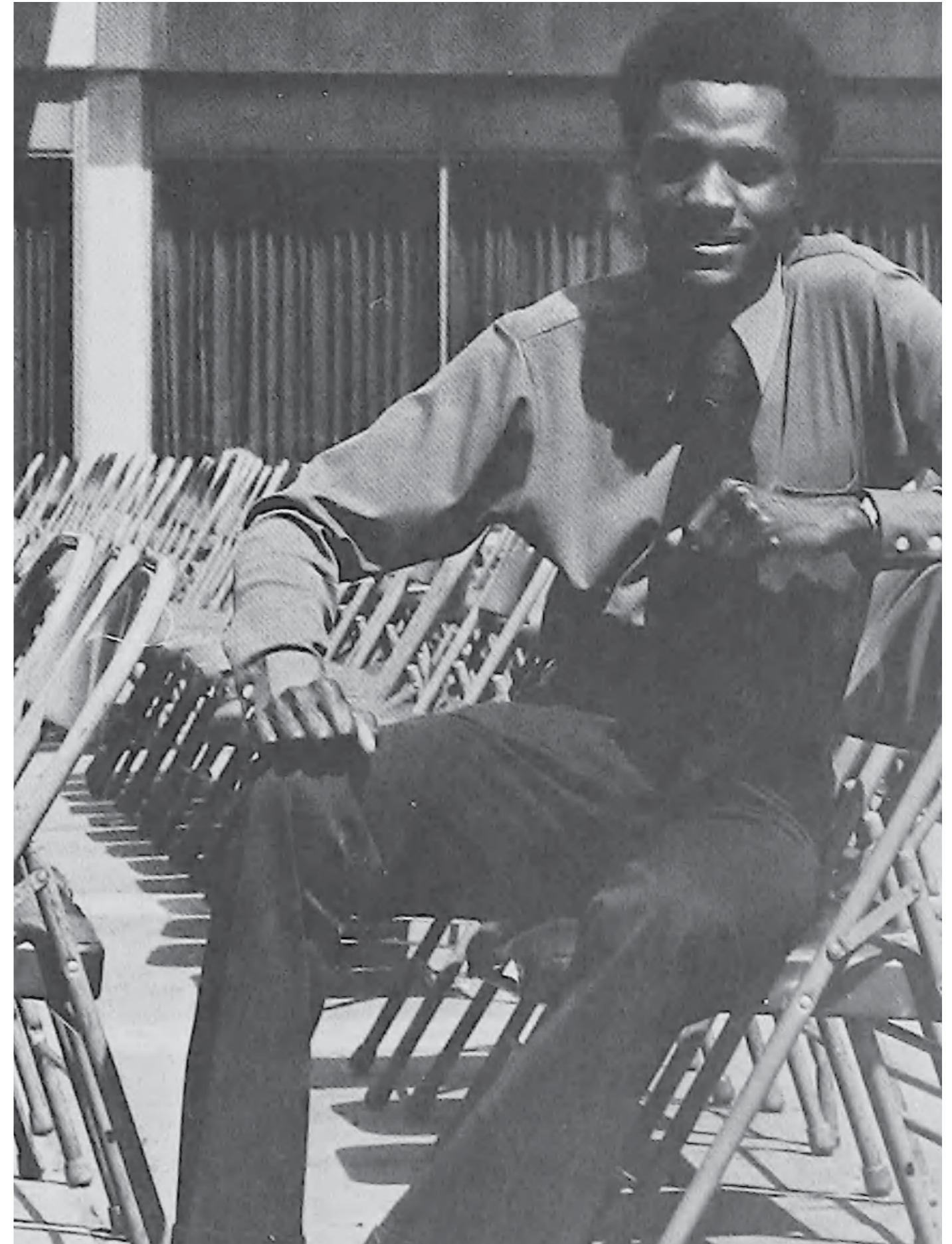
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DR. ANDREW MACHUA
NJUGUNA
1978 - 2020



DR. NIRA PATEL
1951 - 2020



The late Dr. George R. Owino during his days at the Maryland School of Dentistry, Baltimore, 1975

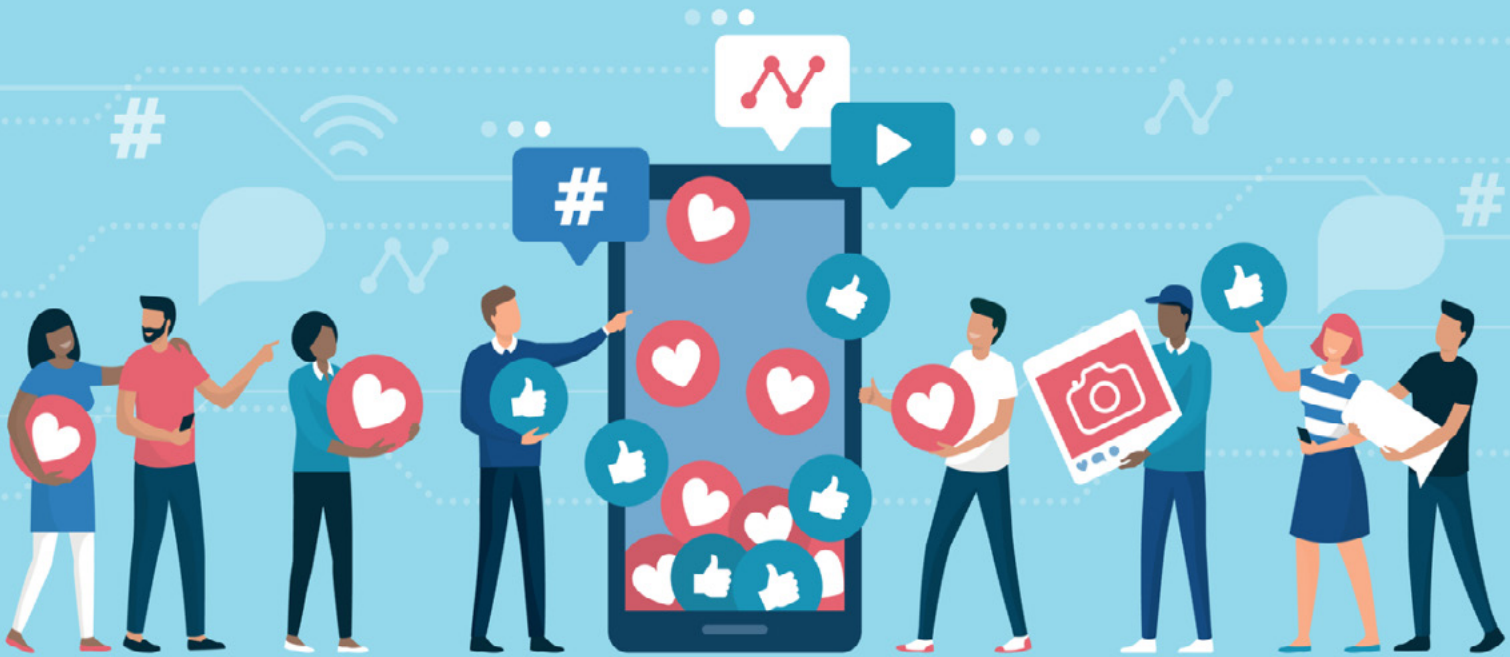
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WE IN THE EDITORIAL COMMITTEE OF KDA DUE SAY CHEERS TO YOU!

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