



## SPIK *Decennial Celebration*

### *SPIK Saga*

**Society of Periodontists and Implantologists of Kerala (SPIK) has successfully completed 10 glorious years of existence.**

Let us give a retrospective look about our society don the years.

During the South Indian Dental Conference organized by Indian Dental Association, Kerala State at Hotel Le Meridian, Kochi in December 2005, few Periodontists met and planned to have a get together of Periodontists of our state in the month of February 2006 at Thiruvananthapuram. But unfortunately it did not materialize.

The first get-together was held on 30th July 2006 at the Board Room of Rajiv Gandhi Indoor Stadium, Kochi. 12 Periodontists attended the meeting and decided to form an association for Periodontists of Kerala and an ad-hoc committee was formed for the same.

The first ad-hoc committee meeting was held on 27th August 2006 at Kannur which finalized the Name, Emblem and Founder Office Bearers of the Society.

The second ad-hoc committee meeting was held on

24th September 2006 at Kochi which finalized the Bye-laws of the society.

The long cherished dream of the Periodontists of Kerala to have an association became reality on 27th February 2017.

Our Society SPIK was inaugurated by the then Director of Medical Education, Govt. of Kerala Dr. Meenu Hariharan at Hotel South Park, Thiruvananthapuram. During this function, the first Periodontist of Kerala Dr. Thomas Thelly installed Dr. K. Nandakumar as the Founder President and Dr. Santhosh Sreedhar as Founder Secretary. Dr. B.R.R. Varma released the Bye-laws of our society on this occasion.

Our Society started with 70 life members and 12 associate members Right from the inception, without any teething problem. Our Society has undertaken innovative projects and worthy programmes towards the overall development of our perio fraternity and also for the public at large.



# PREZ' Message

Let me take this opportunity to express my heartfelt gratitude to all the members of SPIK for the support, faith and confidence bestowed upon me for the Post of President.

Perio implants scan, the news letter had always been a mirror portraying the activities of SPIK. Generally to create awareness on people about Periodontal health should be our key motto as Periodontists.

To achieve this goal we have to join hands together and promote Periodontal awareness in order to deliver optimal health care to the community through various SPIK community programmes

Expecting your valuable participation for the 10th annual conference of SPIK

**Dr. Anil Melath**  
President SPIK



SOCIETY OF  
PERIODONTISTS AND  
IMPLANTOLOGISTS  
OF KERALA



## From The Secretary's Desk

### OFFICE BEARERS

*President*

**Dr. Anil Melath**

*Secretary*

**Dr. Vivek Narayan**

*Immediate Past President*

**Dr. Prakash Prabhakaran**

*President Elect*

**Dr. Anto Joseph**

*Vice Presidents*

**Dr. Sabu Kurian**

**Dr. Meharunissa Bai**

*Joint Secretary*

**Dr. Biju Balakrishnan**

*Treasurer*

**Dr. Biju Philip**

*Periodontal Health Care*

*Convener*

**Dr. Santosh V C**

*Scientific Programme Convener*

**Dr. Jayan Jacob Mathew**

*Editor & Web Site Convener*

**Dr. Seema Thampi**

*Executive Committee Members*

**Dr. Santosh Sreedhar**

**Dr. Biju Thomas**

**Dr. Raju Kurian Ninan**

**Dr. Siby T. Chennankara**

**Dr. Baiju R M**

**Dr. Jose Paul**

**Dr. Mahesh Narayanan**

**Dr. Fermi E.D.**

**Dr. Winston George**

**Dr. Tessa Paul**

*Advisors*

**Dr. Thomas Thelly**

**Dr. B.R.R. Varma**

**Dr. Rezy T Cheru**

**Dr. Kunjamma Sebastian**

**Dr. H. Shamsuddin**

**Dr. K. Nandakumar**

Wow!!! Its SPIK time again. The stage is all set for the 10th Annual Conference of our society. The stage is well set with around 100 delegates registered for the event. It's been a decade since SPIK was born and what a journey it has been. Let us come together at this juncture to pay tribute to our founders and leaders who have down the solid foundation for this wonderful association.

SPIK has always stood by its ideals and has consistently worked towards improving and popularizing our specialty in the state. Keeping up with tradition, the last mid term conference at Mahe was truly rewarding with enriching sessions and excellent camaraderie amongst members. The SPIK periodontology scholarship exam, conducted at Govt. Dental College, Kottayam witnessed intense participation from around 15 students from various dental colleges.

The society has now boldly reinstated its firm commitment to all members by providing its annual conference with free registration. The highlight of the day is the guest lecture on Strategic Implantology by Dr. Prasad Kulkarni.

My term as Secretary is coming to a close. The experience has definitely provided me an opportunity to connect with many people and has been a great learning experience. I would like to use this opportunity to thank my Presidents and colleagues for their help during this time.

Thanks & regards

**Dr. Vivek Narayan**

## REPORT-ORAL HYGIENE DAY- AUGUST2016



### REPORT OF ORAL HYGIENE DAY CELEBRATION, 01-08-2016

The state level oral hygiene day celebration, 2016 was organized by SPIK at KKNPM GVHSS, Pariyaram, Kannur in association with Pariyaram Dental College.

Dr. Fermi E.D. ( HOD, Dept. of Periodontics, Pariyaram Dental College) welcomed the gathering. The function was presided by Dr. Anil M. (President, SPIK). Dr. Santhosh Sreedhar (Past President - ISP, SPIK) enlightened the audience about the significance of Oral Hygiene Day.

The programme was formally inaugurated by the Chief Guest , Shri. K. Ravi(MD, Academy of Medical Sciences, Pariyaram). Prof. Lissy Mathew (Director, Shri Shankaracharya College of Sanskrit Studies, Payyanur) was the Guest of Honour.

Smt. Rathi (Principal in charge, KKNPM GVHSS, Pariyaram) and Mr. Sreejith (Principal in charge, Vocational Higher Secondary Section, KKNPM GVHSS, Pariyaram) felicitated the gathering.

Vote of Thanks was proposed by Dr. Gautham (HSA President, Pariyaram Dental College).

Dr. Sapna Balakrishnan (Associate Prof., Dept. of Periodontics, Pariyaram Dental College) gave an informative lecture about the various dental diseases which was highly appreciated by all the staffs and students of the school.

'Best Smile Competition' for Anganvady and Ist std students, 'Healthy Teeth Competition' for LP Section and 'Essay Writing Competiton' for High school and Higher secondary school students of KKNPM GVHSS, Pariyaram were conducted as part of the celebration.

Awards and prizes were distributed to the winners by the Guest of Honour. Free dental checkup was conducted and toothpaste samples were distributed to all the students.

The staffs and students of the school were highly benefitted by the programme.





# REPORT OF 4TH SPIK PERIODONTOLOGY GOLD MEDAL EXAMINATION HELD AT GOVERNMENT DENTAL COLLEGE, KOTTAYAM

The 4th SPIK Periodontology gold medal examination was held at Government Dental College, Kottayam on Sunday, 5th March 2017. There was an extensive participation from dental colleges in Kerala with fourteen house-surgeons competing for the prizes. Dr. Harikumar, Professor, Department of Periodontics, Government Dental College, Kozhikode, Dr. Ambili Vinod, Professor, Department of Periodontics, PMS Dental College, Thiruvananthapuram and Dr. Baiju RM, Associate Professor, Department of Periodontics, Government Dental College, Thrissur, evaluated the candidates proficiently. The examination started with the convener, Dr. Tony Kurien.J, welcoming the candidates and briefing about the pattern of the assessments, while Dr. Harikumar apprised about the intent and aim of the examination. The examination consisted of four rounds, namely, the MCQ round, Spotters round, Clinical case evaluation with diagnosis and treatment planning round and the final grand viva round.

Upon completion of the examination, Dr. Charu Dev JJ, the Co-convener, invited the secretary of SPIK, Dr. Vivek Narayan, the examiners and the organizing team for the valedictory programme. The examiners acknowledged the efforts put by the candidates for the assessment and motivated them to achieve higher goals in their professional carrier. They also mentioned about the commendable work placed by the organizing team in planning out the programme and providing the necessary facilities for its smooth conductance. Dr. Ambili announced the winners of the examination, which were – Chinju Thomas from Government Dental College, Kozhikode (first prize) who will receive a one- time scholarship amount of Rs.10,000/- and certificate, Sherin Shaji from Government Dental College, Kottayam (second prize) and Mehnu Zain from Annoor Dental College, Moovattupuzha (third prize). A certificate of appreciation will be given to the second and third prize winners.

Dr. Vivek Narayan in his vote of thanks expressed his gratitude to the examiners for providing their valuable

time and efforts in assessing the candidates. He also thanked Dr. George Varghese, Principal, Government Dental College, Kottayam, for giving permission to utilize the facilities of the college for conducting the examination. He accredited the winners and appreciated the essay of other participants as well as their guardians for traveling long distances. He also acknowledged the efforts of the convener as well as the other members of the organizing team for providing excellent facilities for the event.

The other candidates for the examination were:  
Neha Thilak (Pariyaram Dental College, Kannur),



Anju Sree Durga (Century Dental College, Kasargod), Amrutha Murali (Azeezia Dental College, Kollam), Ranju Menon (Malabar Dental College, Malappuram), Maneesh Ahamed (PSM College of Dental Sciences, Thrissur), Nowfar I (Mahe Institute of Dental Sciences, Mahe), Saranya Soman (Mar Baselios Dental College, Kothamangalam), Neelima Chandran (Al-Azhar Dental College, Thodupuzha), Mohamed Shafi (PMS Dental College, Thiruvananthapuram), Akhil VS (Indira Gandhi Institute of Dental Sciences, Kothamangalam) and Bonney Domic (Government Dental College, Thiruvananthapuram).

The organizing team of the programme is thankful to the SPIK for selecting Government Dental College, Kottayam as the venue for the gold medal examination this year and providing us the necessary support for conducting the event in the most efficient manner.

# SOCIETY OF PERIODONTISTS AND IMPLANTOLOGISTS OF KERALA (SPIK) HAS SUCCESSFULLY COMPLETED 10 GLORIOUS YEARS OF EXISTENCE

(Contd from Pg. 1)

SPIK has been organizing 2 types of conferences very year. The Mid Term Conference is mainly focused to update the knowledge and skill about the recent trends and advances in the field of Periodontology and Implantology and it is usually conducted in the month of November or December.

Annual conference is organized to foster friendship, co-operation and co-existence among the members and their families and also to conduct Annual General Body Meeting and the Installation of the New Team. From 2008 onwards the Annual Conference was conducted at Hotel Grand, Kochi; Travancore Heritage, Kovalam; Kalathil Resort, Vaikom; Backwater Ripples, Kumarakam; Kadavu Resort, Calicut; Classic Avenue, Trivandrum; Sienna Village, Munnar; Kairali Heritage, Kannur; ..... Kochi and in 2017 Hotel Maharani, Calicut.

In the last 10 years Society has been regularly conducting four Executive Meetings for the smooth

functioning of our society. The pride of our society is our official publications—“Perio Implant Scan” (Bulletin) and “JSPIK” (journal).

As a speciality, Professional Organisation SPIK has been trying level best to advance periodontics by undertaking different kinds of programmes for the benefit of the

Academicians, Practitioners, Post-Graduate and Under-graduate students and also for the public.

Another major achievement worth mentioning is hosting the 38th National Conference of Indian Society of Periodontology at Kochi in the year 2013.

In the last 10 years, SPIK has grown in strength and stature and it has been proved beyond doubt that SPIK is the best Dental Speciality Organization in our state of Kerala.

Considering the tremendous achievements in the past, our society “SPIK” will surely grow Bigger, Better and Bolder in the near future.

YEAR	PRESIDENT	SECRETARY	CONFERENCE
2008	Dr. K. Nandakumar	Dr. Santhosh Sreedhar	Kochi
2009	Dr. C.K. Asokan	Dr. Santhosh Sreedhar	Kovalam
2010	Dr. Raju Kurian Ninan	Dr. Santhosh Sreedhar	Vaikom
2011	Dr. Baiju Thomas	Dr. Baiju R.M.	Kumarakam
2012	Dr. Santhosh Sreedhar	Dr. Baiju R.M.	Calicut
2013	Dr. Siby T. Chennankara	Dr. Baiju R.M.	Trivandrum
2014	Dr. Mini Jose	Dr. Anil M.	Munnar
2015	Dr. Baiju R.M.	Dr. Anil M.	Kannur
2016	Dr. Prakash Prabhakaan	Dr. Vivek Narayan	Kochi
2017	Dr. Anil M.	Dr. Vivek Narayan	Calicut

CONGRATULATIONS



**Dr. Santhosh Sreedhar**  
Elected IDA National Vice-president



**Dr. K. Nandakumar**  
Elected as Kerala Dental Council member



**Dr. Sabu Kurien**  
IDA Kerala StatePresident

# REPORT OF SPIK MIDTERM CONFERENCE 2016 HELD ON 17TH & 18TH DECEMBER 2016 AT MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL, MAHE.



**A**t the outset I would like to thank the President, Secretary and the office bearers of Society of Periodontists & Implantologists of Kerala for giving an opportunity to host SPIK Midterm Conference 2016 at Mahe Institute of Dental Sciences and Hospital.

The programme started with inaugural function at 09.30 AM with collaring of the President by the Secretary. SPIK followed by invocation.

Dr. Sanil P George, Organizing Chairman welcomed the gathering. Dr. Anil Melath, President, SPIK inaugurated the programme by lighting the lamp.

Dr. Jayan Jacob, Scientific Convenor detailed about the programme. Felicitation done by Dr. P.S. Thaha and Dr. Mohammed Feroz T.P., Organizing Secretary delivered the vote of thanks.

We received registration from the Institutions all over Kerala and from Mangalore. A total of 80 delegates participated in the programme. Scientific session included presentations from leading Orators from Kerala, Paper presentations in life member category and Post graduate category, E-Poster presentation in Post graduate category. Best paper and best poster award was given for each session in Case report, Review, Original research category.

Executive committee meeting of SPIK was conducted after the scientific programme.

***The scientific session was impressive with the following topics by the renowned speakers.***

S No	Topics	Name of the Speaker
1	Research avenues in diabetes-periodontitis interrelationships	Dr. Rosamma Joseph
2	CBCT- A new era in treatment planning	Dr. C.K. Ashokan
3	The way Periodontists extract	Dr. Baiju R.M.
4	Gingival recession: Evaluation, Prognostic factors & surgical techniques – Current concepts	Dr. Arun Sadasivan
5	Current principles in the management of periimplantitis	Dr. Jose Paul
6	All on 4- An emerging concept	Dr. Sanil P. George
7	Point Counter point session	
8	Attached gingiva	Dr. Harikumar Menon
9	Trauma from occlusion	Dr. Mahesh Narayanan

A banquet was arranged in Hotel Village for the participants on the first day.

The workshop concluded on the 2nd day (18th Dec 2016) with the valedictory function.

**This report was prepared by Dr.Mohammed Feroz.T.P**



# HERE'S THE LATEST SCIENTIFIC NEWS ON GERM BUILDUP. IT'S NOTHING TO SMILE ABOUT.

\* Magnified view of germs on teeth

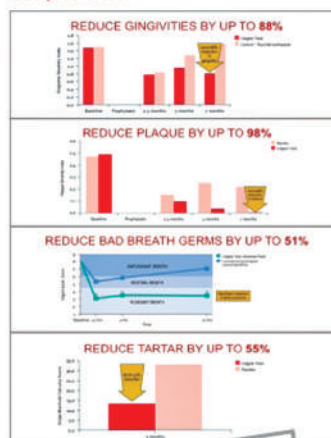


It is common knowledge that **germ buildup** is harmful to oral health. But not everyone is aware that when germs build up in the mouth it causes the most serious oral health issues **such as cavities, tartar, gingivitis and even bad breath.**

**Germs: proven to build up only seconds after brushing.** According to recent scientific studies, germs start building as soon as you finish brushing. Even having white, clear teeth or fresh breath is no assurance of good oral health. What's even worse is the fact that ordinary toothpastes provide limited protection against germ buildup.

**To fight this harmful buildup of germs you need a more advanced toothpaste.** Colgate Total has clinically proven 12-hour protection against harmful germ buildup. Colgate Total has a unique Tricloguard system that traps the Triclosan in your teeth for much longer, giving 12 hours protection against Germ build up and hence keeps working on the 12 teeth and gum problems.

Clinical tests have shown that Colgate Total not only gives protection from cavities, it is also proven to:



**12 hour protection against germ build-up**



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