College of Dentistry and Stomatology of Sri Lanka
C/o- Sri Lanka Dental Association,
275/75, Prof. Stanley Wijesundara Mawatha,
Colombo 07

College of Dentistry and Stomatology of Sri Lanka
NEWSLETTER
March, 2023

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President's Message



The College of Dentistry and Stomatology is the umbrella organization for all the specialties in Dentistry in Sri Lanka mainly focusing on promoting postgraduate education, and research, alongside continuing professional development. For that, the College has been diligently conducting many activities.

Despite the prevailing economic crisis in the country, we managed to conduct multiple virtual and physical education activities for the benefit of the membership. During the tenure of the current council, we were able to conduct DHDP preparatory classes for two batches one virtual session at the beginning of the term and another physical session in February and March 2023. This is a full 2-day course with eminent speakers. MD preparatory course was also conducted successfully with a plethora of potential MD candidates.

As part of continuous education, two webinars, three case-based discussions, and one workshop were conducted. The workshop on research methodology and the case-based discussion on orofacial pain were conducted as physical events. Due to the crisis in the country, other events were organized via zoom. All the events were highly successful with the participation of an exceptional number of postgraduate trainees, and consultants.

The annual research grant was offered to two researchers also this year to promote research activities among trainees and professionals. Furthermore, we are planning to increase the research grant in the near future.

In addition to those, the college is working with the National Medicines Regulatory Authority in the evaluation of dental equipment and instruments applied for registration in the country. I am grateful to the current committee involved in this and must declare that all the funds received from NMRA have been debited to the College account.

The current economic crisis adversely affected the health sector with severe shortages of materials. All the specialties of Dentistry were affected worst due to the unavailability and high cost of dental materials, instruments, and equipment. We have been collaborating with the Ministry of Health in prioritizing the essential items to ensure the continuous supply to avoid the breakdown of oral health services amidst the country's economic crisis. The College has also been closely associating with other professional colleges, and associations to uplift the country's oral health and professional development.

The most recent development is the formulation of fellowship guidelines to recognize outstanding members of the College. The council was diligently taking steps to develop guidelines for awarding fellowships. Hopefully, we'll be able to finalize it and implement it soon.

This year's annual conference is planned under the theme of "Strategies to triumph challenges in dentistry". Scientific sessions consist of 3 symposia, the college lecture, the keynote lecture, and three guest lectures comprising all the disciplines related to dentistry, the postgraduate forum, and the free paper session.

I seize this opportunity to express my heartfelt gratitude to thank all the coordinators, resource persons of the activities and participants, and the council who help for the sustainability and upliftment of the College.

I invite all the members to involve more and more in college activities and help in improving oral health as well as professional and personal development.

Dr. Nilmini Abeygunawardhana
President
College of Dentistry & Stomatology of Sri Lanka

ACTIVITIES OF THE COLLEGE-2022/2023

35th Annual Scientific Sessions of the CDSSL-2022

CDSSL Annual Scientific Sessions were held on the 12th and 13th of March 2022, under the theme **"*Reconnect and Revamp for Enhancing Oral Health Care*"**. Several local and international speakers joined to enrich the scientific programme which comprised of three symposia, several guest lectures, a postgraduate forum and a free paper session to cater the best outcome under the theme. The three symposia were "A space for new knowledge – Moment to share overseas training experience", "Revitalize the "Interfaces" and "Tips for success in placing Implants".

Concurrent with the sessions, the Postgraduate forum was also held to offer the opportunity to improve the presentation and communication skills of the trainees as well as to share the knowledge and experiences gathered in the postgraduate training.

The third Sunil Fernando oration - 2022, ***" Can the angry pulp be healed? - The story of pulp preservation"*** was delivered by, Prof. Manil C Fonseka, Professor in Restorative Dentistry who was a Past president of the College of Dentistry and Stomatology, Sri Lanka as well as the president of the Sri Lanka Dental Association.

Dr. Dhanushka Leuke Bandara won the Best Free Paper Award at the Annual Scientific Sessions 2022, held on the 12th and 13th of March 2022 for the presentation on " **A Cone-Beam Computed Tomographic Evaluation of palato-gingival groove - A Retrospective Study "**

The council wishes to express its sincere gratitude to all the resource personnel contributed to make the annual sessions a successful event and all the participants for their active participation.



Lighting of the traditional oil lamp at the Inauguration ceremony



Address by the Guest of Honour, Dr. Padma Silva, Retired Senior Consultant Oral and Maxillofacial Surgeon



Sunil Fernando Oration 2022 by Prof. Manil Fonseka, President SLDA



Dr. D. Leuke Bandara receiving the best free paper award

Preparatory courses for Examinations

Selection examination for the Diploma in Hospital Dental Practice (DHDP) course-2022 and 2023

Two, DHDP preparatory courses were held. First one on 01st and 08th May 2022 via ZOOM platform and the Second course was conducted on 26th February and 5th March 2022 as physical full day programme at the SLDA auditorium. The College wishes to express its sincere gratitude to all the subject experts who continue to support to make programme a success. A special acknowledgement is noted for the coordinator; Dr Pemith Liyanage for his dedication and the efforts taken in organizing the classes under difficult circumstances.

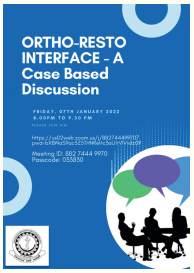
MD preparatory course 2022

The preparatory course for MD (Oral and Maxillofacial Surgery), MD (Orthodontics) and MD (Restorative Dentistry) selection examinations organized by the College was conducted with the participation of over 70 dental surgeons intending to sit for the MD selection examination in Restorative Dentistry, Orthodontics and Oral and Maxillo-facial surgery participated for the course.

The College greatly appreciate the hard work accomplish by the coordinator, Prof. B. M. H. S. K. Banneheka, and all the resource personnel contributed to the course last year.

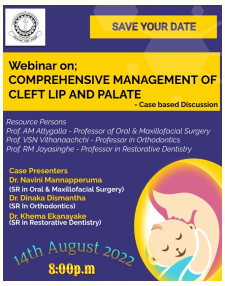
Continuing Professional Development (CPD) Programmes-2022/2023

Case based Discussion Series



A series of very successful case-based discussions were held on the following topics;

1. ***Orthodontic Periodontic interface for a successful patient management (26th June 2022; on virtual platform)***
   Resource Persons: Dr. Sonali Ranatunga, Dr. Uthpala Wickramasinghe and Dr. A Rajaganesh
   Case Presenters: Dr. Samudhi Kalubowila and Dr. Kosala Abeypala



2. ***Comprehensive management of Cleft lip and Palate (14th August 2022; on virtual platform)***
   Resource Persons: Prof. AM Attygalla, Prof. N Vithaanachchi and Prof. Manori Jayasinghe
   Case Presenters: Dr. Navini Mannapperuma, Dr. Dinaka Dismantha and Dr. Khema Ekanayake



3. ***Orofacial Pain (28th January 2023; Physical session at SLDA Auditorium)***
   Resource Persons: Prof. RD Jayasinghe, Dr. AHTS Karunatilleke and Dr. Kalani Hettiarachchi
   Case Presenters: Dr. Prasangi Peiris and Dr. Damith Fonseka

All these discussions were well attended and initiated very fruitful discussion among the postgraduate trainees as well as other dental surgeons. The college wishes to thank all the resource persons for their valuable contributions in making this event a success.







Webinars

Two Webinars were conducted via the virtual platform

Management of Impacted third molar



This webinar was jointly hosted by the College of Dentistry and Stomatology and Faculty of Dental Sciences, University of Peradeniya and was successfully held on the 03rd July, 2022 by Dr. W.M.P.S.K. Wijekoon, Consultant in Oral and Maxillofacial Surgery, Faculty of Dental Sciences, University of Peradeniya.

Ethical consideration in Dentistry – Principles into practice

The webinar on "*Ethical consideration in Dentistry – Principles into practice" was successfully held on the* 04th September 2022 via the virtual platform. As the resource person Dr. Jayanie Weeratne, Forensic Odontologist, Institute of Forensic Medicine and Toxicology contributed to the webinar and Dr. Rasika Ekanayake moderated this event and this was well attended by postgraduate trainees as well as other dental surgeons.

Workshop on "Research Methodology"

We are delighted to announce the successful completion of a physical workshop on Research Methodology, jointly organized by the College of Dentistry and Stomatology of Sri Lanka and the Sri Lanka Association for Advancement of Science. This enlightening workshop was held on November 12th, 2022 at the SLDA auditorium. The Resource Persons from the Association of Advancement of Science, Dr. Nadeeka Chandraratne, Dr. Yasaswi Walpita, Dr. Hemali Jayakody and Dr. Dushyanthi Jayawardene proved to be invaluable contributors to the workshop, sharing their expertise and knowledge to enrich the experience for all participants. We would also like to extend our appreciation to Dr. Nilantha Rathnayake for his excellent coordination of the workshop.





The college wishes to thank all the resource persons for their valuable contributions in making these events a success. Their expertise and hard work were essential in ensuring that these events ran smoothly and achieved their objectives. We are grateful for their support and look forward to working with them again in the future.

The collaboration with the National Medicines Regulatory Authority (NMRA) of Sri Lanka:

The College has been recognized as the expert body to evaluate and recommend surgical and non-surgical consumables, equipment and devices related to dentistry. A five-member expert panel, including Dr. Nilantha Rathnayake, Dr. P Kirupakaran, Dr. Nilmini Abeygunawardhana, Dr. Sonali Ranathunga, and Dr. Niroshana Gunathissa represents the College at the NMRA providing expert advice in this national activity. The council wishes to thank the panel members for their selfless dedication in continuing this service.

Examination Results-2022/2023

The College of Dentistry and Stomatology of Sri Lanka would like to convey heartiest wishes to all the successful candidates of the following PGIM examinations in 2022/2023.

MD (Restorative Dentistry) Examination September/October 2022
Dr. Thilini Subodika Chandrasiri
Dr. Withanage Gayani Shanika Cooray
Dr. Handapangoda Mudalige Kanisha Gimhani Handapangoda
Dr. Kalukumara Mudiyanselage Buddhika Amali Jayasundara
Dr. Okanda Wattage Buddhi Anushka Jinasekara
Dr. Ismalage Deepasika Poorni Kulathunga

MD (Oral & Maxillofacial Surgery) Examination-October 2022
Dr. Veluswamy Anuckraha Gayathry
Dr. Hangidi Gedara Hareendra Jinadasa

MD (Orthodontics) Examination-November 2022
Dr. Manjula Parameswaran
Dr. Kurukulasuriya Ruwan Sandarathna

MD (Community Dentistry) Examination-October 2021
Dr. Nanayakkarage Amal Roshini Nanayakkara
Dr. Kodikara Arachchige Mihiri Madhuka Gunasinghe
Dr. Nadisha Shamini Ratnasekara

Selection Examination for MD in Community Dentistry–October 2022
Dr. Hegodage Thilini Randima Hegoda
Dr. Kaha Widanalage Dona Eyoshitha Nilmini
Dr. Piyumi Thilina Rathuwadu

Selection Examination for MSc Community Dentistry-September 2022
Dr. Prasajini Dinushika Dewpura
Dr. Mahammadu Mohideen Ama Fasmina Mohideen
Dr. Dona Nishamani Damsara Punchihewa

The College congratulates the following new specialists who received Board certification from the PGIM - 2022/2023

Oral Surgery
Dr. A. Gnanamoorthy

Restorative Dentistry
Dr. S. Andarawewa
Dr. D.S. Rupasinghe
Dr. P.K. Jayasundara

Orthodontics
Dr. W.K.L. Perera
Dr. G. Anandasayanan

Oral and Maxillofacial Surgery
Dr. D.K.V.P. Senarathna

Community Dentistry
Dr. B.K.G.T. Jinadasa

ANNOUNCEMENTS & NOTICES FROM THE COLLEGE

Demise of Dr. Reggie Goonetilleke



It is with great sadness that we inform you of the passing of Dr. Reggie Goonetilleke, father of Dr. Bandu Goonetilleke. Dr. Goonetilleke passed away on 29th December 2022. He had been a valued member of Dental fraternity who has served in many capacities. He has held many key positions including Former President of the College of Dentsitry and Stomatology (CDSSL), Former President of the Sri Lanka Dental Association (SLDA), Former President of the Organization of Professional Associations (OPA) from the year 1999-2000, Former President of Asia Pacific Dental Federation (APDF), Past councilor of FDI World Dental Federation, and Chairman of Asia Pacific Dental Congress (APDC) Organizing Committee. In recognition of his lifelong contribution towards the profession he was awarded the "Life time achievement award" at the 42nd Asia Pacific Dental Congress in 2021.

36th Annual Scientific Sessions of the College of Dentistry and Stomatology-2023

CDSSL Annual Scientific Sessions will be held on the 25th and 26th of March 2023, under the theme **"Strategies to triumph challenges in dentistry"**. Several local speakers will join to enrich the scientific programme which will consists of three symposia, lectures and a free paper session. The three symposia will be on "*A clinical journey of an oral cancer patient - Challenges and current trends in management", "Taxation and Finance"* and on "*Intervention of dental developmental defects-when and how".*

Concurrent to the Sessions, the Postgraduate forum will also be held to offer the opportunity to improve the presentation and communication skills of the trainees as well as to share the knowledge and experiences gathered in the postgraduate training.

The fourth Sunil Fernando Oration will be delivered by the Consultant Oral and Maxillofacial Surgeon of the Teaching Hospital, Karapitiya, Dr. DK Dias on ***"How a profession was built up; The footsteps of Oral and Maxillofacial Surgery"***

CDSSL Research grant

(i) Research Grant 2022/2023

The two recipients of the CDSSL research grant 2022/2023, Prof. BSMS Siriwardena and Professor in Oral Pathology, Faculty of Dental Sciences, University of Peradeniya for the proposal titled, "*Assessment of accuracy of Cone Beam CT (CBCT) for the preoperative assessment of mandibular invasion of oral squamous cell carcinoma*" and Dr. D. Leuke Bandara, Senior Lecturer in Periodontology, Faculty of Dental Sciences, University of Peradeniya for the proposal titled, "*Influence of different tobacco products on periodontal and microbiological parameters in patients attending the periodontal clinic, University Dental Hospital of Sri Lanka*" were awarded the grant by the President CDSSL, Dr. SWN Abeygunawardhana at the Annual Scientific sessions held in 2022.

(ii) Research grant 2024/2025

The three-member research grant committee of the CDSSL following perusal of the received research proposals, selected the proposals titled below as the recipients for the research grant 2024/2025.

Dr. S.A.D.N. Amarasena
Registrar in Community Dentistry
Family Health Bureau

Evaluation of effectiveness of an intervention package to strengthen the referral and utilization of oral health care during pregnancy in Colombo district.

Dr. P.L.B.C.S. Kodikara
Registrar in Community Dentistry
Health Promotion Bureau

Evaluation of the effectiveness of an intervention to improve oral health-related behaviors among 1 to 3-year-old children to prevent Early Childhood Caries (ECC) in selected urban slum areas in Colombo district

Awardees will receive the grant at the Inaugural ceremony of the upcoming Annual Scientific 2023.

The council wishes to thank the research grant committee of the CDSSL for the efforts and expertise expended on this pivotal task and also to Dr Rasika Ekanayake for coordinating the task.

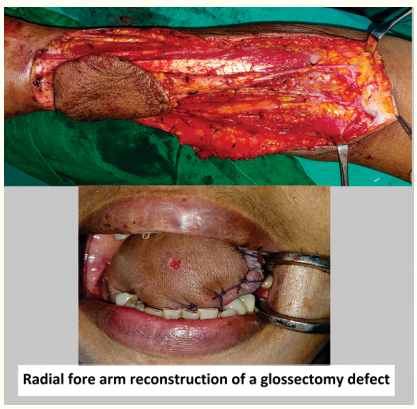
Looking into a New Horizon: Novice Microvascular Surgeon's thoughts on Reconstructive Oral and Maxillofacial Surgery in Sri Lanka



Dr. L. Anushan Hiranya Jayasinghe
BDS (Peradeniya), MD-OMFS (Colombo)
Consultant Oral and Maxillofacial Surgeon (Acting)
Dental (Teaching) Hospital Peradeniya.

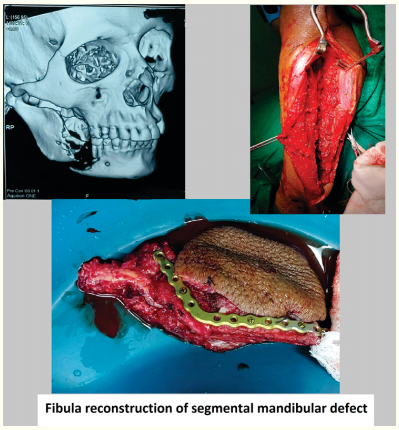
Head and neck tissue defects that arise congenitally or from tumour ablation, severe trauma/burns will be a huge surgical challenge for any Oral and Maxillofacial surgeon. In the Sri Lankan context, large number of oral squamous cell carcinomas as delayed presentations (especially as stage 3 & 4) impose burdening tasks for reconstructive surgeons. If the ablative surgery is deemed to be with curative intent, achieving disease free margins will need a bigger armamentarium of reconstructive options in surgeons quiver, especially with skill of free tissue transfers. This descriptive report is intended to focus on the evolution of the microvascular reconstruction in oral and maxillofacial surgery, newer developments and how the understandings of surgical anatomy revolutionized current practice. Narrator will also emphasize the challenges experienced in the local context.

Currently microvascular tissue transfer is the gold standard of oro-facial defect reconstruction in major head and neck centres. It is the "go to option", according to the newer reconstructive principles (reconstructive elevator or supermarket). Success rates of the free flaps ranges from 95%-98% in high volume head and neck centres. Microvascular reconstruction is intended to re-establish form, contour, functions, and aesthetics in the complex anatomical framework in head and neck. It is the way of replacing like with like tissues from a distant site.
Father of microsurgery is Carl-Olof Siggesson Nylen (1892-1978), who used surgical microscope in otolaryngology. John Benjamin Murphy achieved first successful human femoral artery repair in 1896, even though previous successful animal vessels repairs were documented before him. This is considered a milestone in vascular surgery. Large number of war casualties during world wars fast tracked the evolution of large vessel anastomosis. In 1950s there were plethora of studies focusing on small vessel anastomosis in animals, less than 5-6mm diameter vessels were believed to thrombose inevitably. The first reported "free tissue transfer" was performed by Seidenberg et al. in 1957 (New York), which was an immediate reconstruction of cervical oesophagus using free jejunum. During following few years, large number of documentations are evident of limb saving anastomoses and reimplantation of fingers. Julius Jacobson developed the first double binocular microscope (diploscope) together with Carls Zeiss Company in 1961, which led to development of microsurgical instruments. Scientists started on refining microsurgical techniques with proper teaching of surgeons. By 1980s fields such as hand surgery, plastic surgery, orthopaedic surgery, ophthalmology, paediatric surgery, head and neck surgery, urology, and gynaecology independently developed their microvascular techniques achieving stable outcomes.



Radial fore arm reconstruction of a glossectomy defect

Various surgeons are credited for introducing microvascular flaps in head and neck reconstruction. Soft tissue flaps such as radial forearm (first introduced by Taylor and Ham in 1976) and antero-lateral thigh flap (described by Song et al. 1984) are utilized for majority of cases in head and neck reconstruction. Free fibula was first described by Taylor in 1975. Later it was popularized with Hidalgo's landmark paper of 12 patients, who underwent segmental mandibular defect reconstructions. Free fibula subsequently became the workhorse bony flap for mandibular reconstruction. Urken et al. and Brown reported utility of the deep circumflex iliac artery flap (DCIA) for mandibular and maxillary reconstructions, which is a versatile flap in oral and maxillofacial surgery. Later on, surgeons developed variety of flaps from deferent areas of the body. Gracilis muscle flap was one such flap with the purpose of facial re-animation, which addresses the non-functional face rather than oro-facial defects.



Fibula reconstruction of segmental mandibular defect

Innovation of new microsurgical techniques led to an alternative mechanical coupler device ("polyethylene rings with interlocking steel pins to securely connect blood vessels"). During the last decades it has gained popularity among the microsurgeons. Now venous coupler devices are routinely used. Advantages of venous couplers includes ease of handling, reduced foreign material within the vessel lumen and better intimal alignment. Some recent meta-analyses demonstrate coupling of the veins are quicker, low in compilations and contributes to higher success rates of flaps. Mechanical coupler device use in artery is less frequent compared to veins, majority of centres preferer hand-sewn artery. Microsurgical field has progressed beyond maintaining the patent vasculature or defect closure. Now it is focusing on maximizing aesthetic out comes of reconstruction and donor site, together with minimizing any possible donor site morbidity. New refinements are for achieving best function and form for the patient.

Taylor and Palmer (in 1987) demonstrated mapping of 372 major angiosomes in the body. "Angiosomes" are "three-dimensional jigsaw made up of composite blocks of tissues" supplied by source arteries. This led to development of perforator flaps, which are widely used in head and neck today due to lesser bulk (better pliability), lesser donor site morbidity and possibility of refining reconstructions. Mapping of perforators pre-operatively needs computerized tomographic or magnetic resonance angiograms, which helps the surgeon to make the perfect incisions. Imaging is acting as a road map for flap harvesting. Indocyanine green fluorescence and handheld doppler are used in peri/intra operative assessment of perforators. Above techniques will increase the reliability of the flap healing and minimize the surgical time.

Development of perforator flaps in free tissue transfer has evoked understanding of surgeons to refine and do "Free-style" flaps. In which surgeons can virtually design a flap at any site of the body where perforators can be located. Applying perforator principles has minimized donor site problems and greater freedom of rotation even in pedicled flaps.

The "Chimera" is a Greek mythological creature with head of a lion, body of a goat and tail of a serpent where the name chimeric microvascular flap comes from. Hallock (in 1991) introduced the chimeric principle in which independent flaps of different tissue type coalesce to a single vascular pedicel. For three-dimensional reconstruction of head and neck defects, chimeric flap principle can be applied to thoracodorsal, peroneal artery and radial arteries systems. Chimeric flaps allow independence in insetting of tissues, greater mobility of components and ability for tailoring with thinning of the flaps. Challenges performing perforator flaps are due to possible complex intramuscular dissection of perforators, risk of perforator kinking, and potential vulnerability of all components depends on one vascular anastomosis.

Next development of perforator surgery was the evolution of super-microsurgery, which is defined as anastomosis of lumens less than 0.8mm in diameter. This impacts more on hand surgeries and lymphatic repair in comparison to head and neck reconstruction now. Recent developments for super-microsurgical maxillofacial reconstruction are superficial circumflex iliac artery perforator flap, anastomosis of antero-lateral thigh flap perforators, peroneal artery perforator flap, medial femoral condyle osteo-adipofascial flap and profunda artery perforator flap.

Training a microvascular surgeon is time consuming and difficult. This involves a long and steep learning curve, which need lot of practice under the microscope. Developments and advancements in the operative microscope have changed microvascular training, investing on them is important for trainees. Robert Acland is one of the pioneers in microvascular training, who produced teaching videos and designed many microsurgical instruments. Microvascular surgery fellowships and head and neck oncology fellowships are considered formal trainings for head and neck reconstructive microsurgery. Majority of the residency trainings in the developed world incorporate considerable amount head and neck oncology with certain amount of training under the microscope.

It is vital to train in microvascular techniques (encourage trainees to assist for anastomosis frequently) during all stages of their Oral and Maxillofacial residency programme. Ideal practice is to do the anastomosis with four hands, with the trainee assisting for the trainer, with frequent feedback of his/her tissue handling and

coordination. There is access for video screen projections for junior trainees to watch and learn in majority of high-volume centres. It is prudent to organize training courses frequently for trainees to update knowledge and skill. Trainee microscopes should be available for suturing practice. Best models for practicing will be chicken thigh vessels and rat femoral vessel anastomosis. If we foresee the future, with identifying the requirement of the microvascular surgeons in the country, it is high time to establish, suggested changes to the MD Oral and Maxillofacial curriculum in Sri Lanka.

In establishing a full head and neck oncology unit with advance microvascular surgery has several challenges as a novice surgeon. Need of bare basic requirements in establishing service in Sri Lanka are need of multiple teams (reconstructive and ablative teams), need of microscope, micro instruments, and sutures, trained anaesthetic team/theatre staff, and committed team for flap monitoring. Despite of the existing economic constrains in Sri Lanka, it is important to establish facilities for microvascular surgery training, research and innovations to keep moving with the fast-developing specialty. Unless the specialty keeps in par with the international community, delivery of improved quality of life for patients, will be a difficult goal in the country. Way forwards with head and neck reconstruction is microsurgery/ super microsurgery, which will need to be addressed in the maxillofacial surgical train

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The Council of the College of Dentistry and Stomatology of Sri Lanka
Year 2022/2023



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