

T H E
MINNA
A N F D K P U B L I C A T I O N

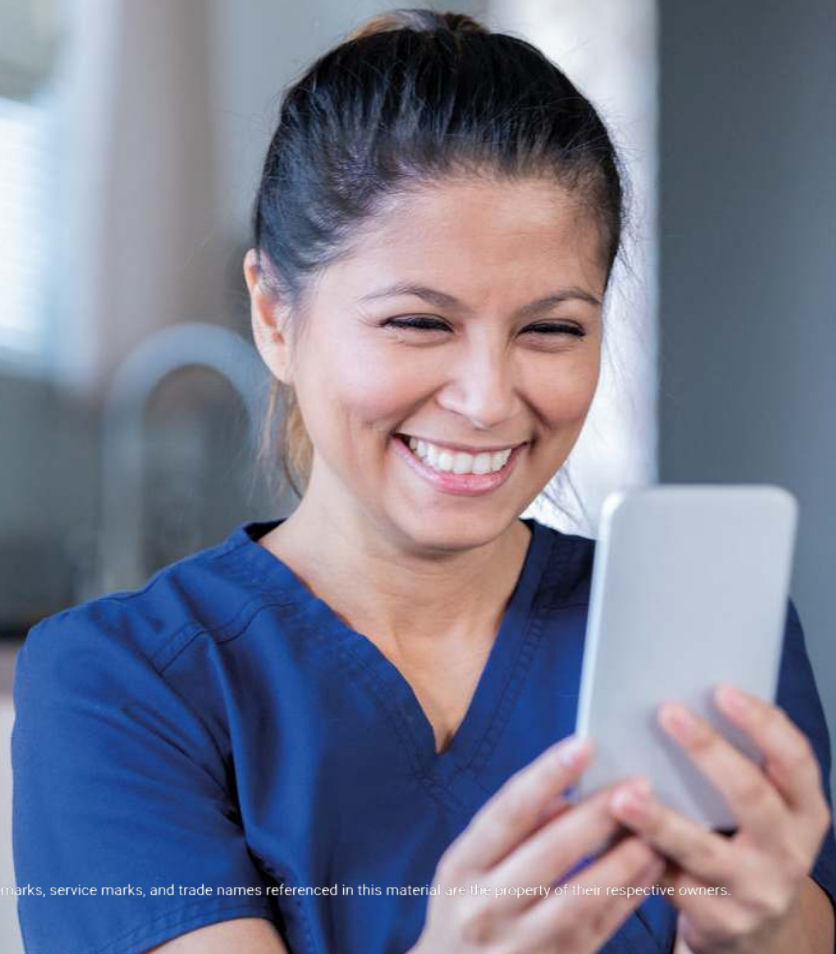


Volume № 6
2024



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Arabic: **Mina** (مينا)/
English: **Enamel** /I'nam(ə)/
Hard, Outer Surface of the tooth,
considered the strongest mineral in
the human body.



Filipino Dentists in K.S.A.

MISSION & VISION

COMMITTED TO UPLIFT THE STANDARD OF THE DENTAL PROFESSION. THE FDK FULLY SUBSCRIBE TO THE FACT THAT ALL EFFORT DIRECTS RENEWED INDIVIDUAL COMMITMENT FOR CHANGE AND IT SHOULD BRING EACH AND EVERY DENTIST TO UNITE FOR PROGRESS TO IMPROVE THE QUALITY OF LIFE OF OUR PEOPLE.

OBJECTIVES

- **TO MAINTAIN THE STANDARDS OF THE DENTAL PROFESSION THROUGH PROGRESSIVE DENTAL EDUCATION**
- **TO ENCOURAGE SCIENTIFIC RESEARCHES AND PROGRAMS**
- **TO FOSTER MUTUAL RESPECT AND FELLOWSHIP AMONG DENTISTS AND WITH INDIVIDUALS OF ALLIED PROFESSIONS**
- **TO SERVE THE FILIPINO COMMUNITY**

PDA Hymn

I

The Philippine Dental Association
Dedicated to help and serve our nation
We stand for charity and we're one in unity
Our goal the progress of our country
Onward go with might and spirit
With God's help we will succeed
So let us strive with all our might
To ease the pain of mankind

II

We serve the rich and the poor
All the hardship we endure
Be it night or day we have no complaint
Our oath we do uphold
Our lives are dedicated
To heal and alleviate
So hand in hand our goal and aim
Is PDA's Glory and Fame

III

The Philippine Dental Association
Dedicated to help and serve our nation
We stand for charity and we're one in unity
Our goal the progress of our country
Onward go with might and spirit
With God's help we will succeed
So let us strive with all our might

Music and Lyrics By:
Dr. Rodolfo E. Reyes, Sr.
Past President, Nueva Ecija Dental Chapter



Philippine Embassy

Riyadh, Kingdom of Saudi Arabia

The Philippine Embassy in Riyadh, Kingdom of Saudi Arabia, extends its heartfelt congratulations on the publication of the 6th edition of "The Mina". This publication exemplifies your dedication to advancing your skills and knowledge in service to the community, as well as representing the Filipino professional community in the Kingdom of Saudi Arabia.

I hope that as you read this issue, you not only gain knowledge about the latest developments in your profession and the Kingdom as a whole, but also develop a connection with the contributors of this work. By understanding the perspectives of these individuals, I hope we can move away from individualism and promote unity among our fellow OFWs.

I wish to offer my sincerest appreciation to all the valued members of the Filipino Dentists in KSA (FDK) who have made significant contributions to this exceptional publication. Your remarkable ability to proficiently engage with our fellow Filipinos across the Kingdom in an informative manner is truly commendable. I firmly believe that your dedicated work will yield successful outcomes and bring about positive change not only to yourselves but also to those who are earnestly striving to be exemplary individuals.

Truly, this publication demonstrates the power that arises from collective action and collaboration.

Mabuhay po kayo!

ROMMEL A. ROMATO
Chargé d' Affaires
Philippine Embassy in Riyadh K.S.A





Migrant Workers Office

Riyadh, Kingdom of Saudi Arabia

Dear Esteemed Members and Readers,

With great honor and enthusiasm, I extend my warmest greetings to you as we unveil the sixth issue of "*The Mina*," a remarkable publication that continues to shine a spotlight on the vibrant and evolving landscape of dentistry within the Kingdom of Saudi Arabia.

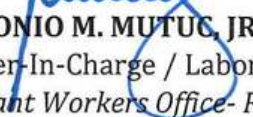
The Filipino Dentists in KSA (FDKSA) have consistently demonstrated an extraordinary commitment to excellence, and "*The Mina*" serves as a valuable platform to showcase your achievements, share innovative case studies, and explore new trends that are shaping the future of dentistry. Your dedication and collective strength are the driving forces behind the success of this publication.

The theme of unity underscores the importance of mutual support and collaboration. Through your shared experiences and collective efforts, you achieve great milestones and overcome challenges. This issue stands as a celebration of what you can accomplish when you work together with purpose and determination.

May the stories and insights within these pages inspire you, reaffirm your commitment to excellence, and reinforce the bonds that unite us as a professional family. Together, let us continue to push boundaries, elevate standards, and contribute to the advancement of your field with unwavering strength and solidarity.

Thank you for your dedication and passion. I look forward to the continued success and growth of your community as you journey forward together.

Warm regards,


ANTONIO M. MUTUC, JR.
Officer-In-Charge / Labor Attaché 1
Migrant Workers Office- Riyadh & CRO





PHILIPPINE PROFESSIONAL ORGANIZATION WESTERN REGION, SAUDI ARABIA



Greetings from the Philippine Professional Organization!

As 2024 PPO-CRSA Chairman, I would like to congratulate Filipino Dentists in KSA (FDKSA) for continually performing valuable projects and activities. The strength and resiliency of every organization can be significantly seen through their consistent essential projects and activities, because these will lead the officers and members to be active and participative, like the FDKSA organization, as a good example.

By the way, congratulations and good luck to FDKSA's Current President Dra. Aperlita Bautista and all the set of officers for this fiscal year 2024-25. Dra. Bautista manages and leads FDKSA to remain one of the strong pillar organizations supporting PPO-CRSA. Likewise, congratulations also to the Immediate Past President Dra. Virgie Laz for successfully leading FDKSA organization for the past fiscal year.

With this year's theme, "Strength in Unity", I commend this esteemed organization for having its 6th issuance of the "The MINA" publication. This is an effective way of showcasing the new trend in Dentistry, the vital information and activities of the chapter, and its members, not only in Riyadh but also in Eastern, Western, and Northern regions of Saudi Arabia. This magazine will serve the members throughout the Kingdom, not just as their souvenirs but as well as their good collection of classified references.

I encourage FDKSA to continue its legacy of excellence in the field of Dentistry at par with world standards and establish marks of excellent performance, being proud Filipino Dentists.

Mabuhay ang FDKSA!

Arch./EnP CLEFORD T. AVISO, uap, piep
Chairman, Philippine Professional Organization-CRSA
Immediate Past President, UAP-KSA Riyadh Chapter





Philippine Dental Association

My Heartfelt Congratulations to the Filipino Dentists in Kingdom of Saudi Arabia (FDKSA)!

On this momentous occasion, we celebrate your unwavering commitment to professional enhancement. Your dedication to advancing the field of dentistry is truly commendable.

As we embark on this journey to implement major goals on our plans and programs for the administrative year 2024-2025 such as; membership empowerment through digital advancement, government agencies policy compliance, continuing dental education innovations for all dental professionals, impactful public health programs with evidence based study in providing established oral healthcare services and lastly, intensifying the campaign against illegal practice of dentistry for public awareness by providing standard oral health care by qualified dental professionals.

"Strength in Unity" has been our guiding principle, and it shines brightly through our collaborative efforts and shared vision. Your passion for excellence and unity paves the way for a stronger, more vibrant community of dental professionals. Embrace the adventure ahead as you embark on your 'Journey to Dental Excellence.' Let your passion for dentistry drive you, your commitment guide you, and your dedication inspire others. Your path to excellence starts now!"

May this milestone serve as a testament to your hard work, unity, and relentless pursuit of excellence. Here's to many more years of success, growth, and impactful contributions to the dental profession.

Again, my warmest congratulations on this remarkable achievement!

Mabuhay ang Philippine Dental Association!
Mabuhay ang Filipino Dentists in Kingdom of Saudi Arabia!
Mabuhay ang ating PDA Kapatiran!

DR. RONALDO P. NUÑEZ
PDA President 2024-2025





Greetings and love to Everyone:

As I bid farewell to my role as President, I find myself reflecting on the remarkable journey we've embarked on together. Despite of the numerous challenges this year, the organization emerged stronger and more determined. Overcoming these obstacles not only strengthened member's bond but also reinforced their commitment in serving the community selflessly.

One of the most rewarding aspects of my presidency has been witnessing the personal growth of each member. Through our collective efforts, we have not only extended a helping hand to those in need but also nurtured leadership and initiative within ourselves. These experiences have undoubtedly shaped us into better individuals, equipped to face the complexities of the world beyond our organization.

Navigating the responsibilities of leadership was not easy. We encountered misunderstandings and challenges among our members and officers, but through open communication and mutual respect, we persevered. Together, we have written a chapter filled with resilience, unity, and achievements that we can all be proud of.

My inspiration as President has been my three children, whom I love dearly and dedicate my life to. They have been my source of strength because they believe and love me unconditionally. Their support has fueled my determination to lead with integrity and compassion, knowing that our efforts in PDA FDKSA have a profound impact on the lives we touched.

Our organization's Mina journal, now in its 6th edition, is a testament of our commitment in documenting our journey and sharing our insights to the world. We hope that it continues to serve as an inspiration to others, encouraging them to engage actively in community service and leadership.

As we pass the torch to the new batch, PDA FDKSA Kapatiran, for the fiscal year 2024-2025, I am filled with excitement and optimism. May they build upon our foundation, addressing new challenges with creativity and compassion. I trust that they will continue to expand our reach, ensuring that our organization leaves an even greater impact to those we serve.

I extend my heartfelt congratulations to Sambisig batch officers and members for the job well done, as well as to Dr.. Aperlita Bautista, the President of PDA Kapatiran FDKSA Chapter and to the elected officers of this year's batch. May your leadership be guided by wisdom, respect, and a deep sense of responsibility. Let us always remember that our strength lies in our unity and our ability to resolve differences harmoniously.

In the words of Henry James, "Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind." Let kindness continue to be the cornerstone of our actions, resonating through every initiative and interaction.

As I conclude, I express my gratitude to each member, officer, and supporter who has contributed to our shared success. Together, we have made a difference PDA Sambisig Going Above and Beyond.

Once again my Congratulations and thank you very much my FDK Family !

Mabuhay ang PDA FDKSA!



Dr. Virginia O. Laz
PDA FDKSA CHAPTER
President, F.Y. 2023-2024



Unbeknownst to everyone, during election time, I set out a propaganda campaign endorsing my opponent in the position of President/VP. I will either call or send direct messages to all FDK members not to vote for me with the alibi that I will be going home for Exit. For several years, it worked but last year it didn't. Hence, I am now the 13th FDKSA Chapter President. I would like to extend my heartfelt gratitude to everyone for the vote of confidence, words of encouragement, for simply trusting and believing in me. I admit that I am a shy type of person, though you find me overtly friendly and sociable. As I embark on this journey as the PDA Kapatiran FDKSA Chapter President, I wholeheartedly accepted it and I am totally committed. I find it very challenging and ultimately rewarding each time we set our goals and be able to accomplish the advocacies, mission and vision of our beloved organization. The zest to strive for more attainable objectives is like a fire burning deep within clamoring to do so much more for the members and the Filipino Community in this part of the globe.

This year's PDA theme is "Strength in Unity"! A perfect motivation and inspiration which has been our guiding principle. I'm extremely proud to say that the Kapatiran EXECOM, BODs & Working Committees are united as one solid team. Indeed, in Unity there is strength! Through our collaborative efforts, unwavering commitment and shared visions, we can accomplish the planned calendar of events for this Administrative year 2024-2025. I'm keeping my fingers crossed that we will be able to continue the legacies set forth by our predecessors and leave an impact to the hearts of our members.

This year marks another milestone in FDK's history because for the very first time, the PDA Delegates headed by PDA Kapatiran President Dr. Ronaldo P. Nunez will be coming to Saudi Arabia to grace our 13th FDKSA Induction & Turn over ceremony and Convention on September 27, 2024.

Congratulations to all PDA FDKSA Chapter Officers 2024-2025.

Mabuhay ang PDA!
Mabuhay ang FDKSA Chapter!

Dr. Aperlita Bautista
PDA FDKSA CHAPTER
President F.Y. 2024-2025



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Northern Region

EDITORIAL

For thirteen years, The Filipino Dentists in KSA (FDKSA) has been committed in serving the community, it has been a pillar of support and care of the Filipino community. However, as the time pass by, most of our members have chosen to return to the Philippines to pursue their careers and new opportunities, which has been a challenge for our organization. This situation encouraged us more to continue to work towards our vision and mission.

The phrase **“Strength in Unity”** is derived from the Latin phrase, *Juncta juvant*, which means that when we work together towards the same goal, we are stronger and more effective. This year, our focus is on reaching our common objectives despite the changes within our group size. Regardless, our commitment and motivation can help us overcome any obstacles that may come our way. When each member contributes their best, our combined strength makes us capable of achieving great things.

Filipino Dentists in KSA is more than just an organization; it is a family, bounded by mutual respect, shared values and commitment to serve. Serving the community is the heart of what we do, and we will continue to strive with passion and dedication in every way we can.

We are proud to present the 6th issue of MINA; the official organization newsletter. This issue highlights the activities and events of the Sambisig term, features the latest dental articles to keep you updated and introduces the incoming Kapatiran batch.

Dr. Jesceth M. Manuel
Editor In Chief



IMPACTED CANINE EXPOSURE BY THE USE OF 810NM DIODE LASER

Elias Bergonio Fernando DMĐ., PGĐ, MSc

Pre-treatment

a) Outline of case

(i) Full clinical description

A 13 years old male patient attended for routine orthodontic treatment, 4th braces adjustment. He had been a regular patient of the practice during 4 months period and had received examination, hygiene maintenance, and orthodontic treatment. The patient was diagnosed with having skeletal and dental class II relations (recessive mandible) with the delayed eruption of maxillary left and right canines (Figure 1). Orthodontic treatment includes mandibular protraction and extrusion of maxillary canines in preparation for arch coordination. At this stage of treatment opening spaces for canine extrusion by the passive eruption is possible, but the thick gingival tissue over impacted left canine is recognized as a delaying factor in meeting the schedule of treatment. Impacted permanent canines pose a functional as well as an esthetic concern in the patients (1). Canine exposure is strongly advice to the parent present during adjustment. There are several treatment options are available for correction of an impacted canine, but the best option with a long-term prognosis is to bring these teeth in alignment with the ideal gingival margin. Laser-assisted canine exposure procedure is the excellent modality for this case.

(ii) Medical history

The patient is in generally good health. No history of admission to hospital for treatment, no special diet, and no food allergy.

(iii) Dental history

The patient is regularly visiting his dentist for oral health maintenance. No history of dental fillings.

(iv) Occlusion

Examination of the dental arches in occlusion and the underlying skeletal landmarks, it was noted that the patient had a Class II molar occlusion, with normal FMP angle and moderate curve of spee.

(v) TMJ

Examination of both temporo-mandibular joints, through palpation and radiograph, revealed normal structure and movements. Opening/closing and excursive movements of the mandible revealed no abnormality. No noted problem from the past and during the time of examination.

(vi) Radiographic exam

On Feb. 26, 2020, a panoramic radiograph we're taken to establish both dental and alveolar bone status before treatment. These views will be repeated at stages during the treatment, as required. There were no signs of hard tissue pathology in either jaw or TMJ regions. The alveolar process, alveolar bone proper, and inter radicular alveolar bone shows normal. No signs of restoration and no signs of decay or radiolucency. All teeth are present, maxillary canines manifest some degree of space deficiency which resulted in the delayed eruption of those canines (Figure 2).

(vii) Soft tissue exam

General oral soft tissue: an examination of all soft tissue structures revealed no abnormality. All tissues appeared normal in appearance and dorsal and ventral tongue surfaces, together with tongue movements, were within normal expectations.

Gingival soft tissues: All-natural tooth sites present were examined with a periodontal probe, all sites are normal, these findings reflected in the patient treatment notes. Of specific relevance to treatment provided, tooth # 11 is still fully covered with gingival tissue since the commencement of orthodontic treatment.

(viii) Hard tissue status

From the time of initial active-treatment assessment up to the present, all teeth are healthy. All other components are normal. No signs of dental tissue demineralization. At this stage of patient biologic age and with its corresponding normal tooth eruption sequence, the tooth # 6 and # 11 are considered delayed in its eruption.

Tooth vitality test: Normal to hot and cold test. No complaint.

Mobility: There was no mobility recorded at any natural tooth site.

Percussion: Percussion testing of all tooth sites revealed no hyperaesthesia.

(ix) Other tests.s

Pertinent to the presenting oral condition and the proposed treatment plan. No further test advice.



Figure 1. A, Pre-op intra-oral occlusal view. B, 4 months after bracket placement.



Figure 2. Panoramic radiograph

b) Diagnosis

(i) Provisional diagnosis

Delayed eruption of maxillary canines, the condition is directly related to space inadequacy during the time of its eruption.

(ii) Final diagnosis

Dental malocclusion with partial vertically impacted maxillary right canines and fully impacted maxillary left canine. Skeletal and dental class II. Bringing the impacted canine into a normal position is important for functional occlusion and the final esthetics of the orthodontic treatment.

(iii) Treatment plan outline

a/ general: canine space enlargement and gingival tissue management

b/ specific: tooth # 11 subjective canine exposure to allow passive eruption. Laser-assisted surgical exposure is the elective modality.

(iv) Indication and Contraindications

Indications

Treatment: In all areas of soft tissue management within this treatment plan there is an ideal in achieving hemostasis, consistent with the need to provide access and clear operator surface during and after tissue ablation. Also, an optimal definition of precision is achievable in terms of selective minimal tissue reduction. A further indication would include the delivery of soft tissue surgery that provides minimal post-operative discomfort and complication for the patient. The use of a suitable laser wavelength would seek to meet these requirements.

Laser: It is recognized that all laser-tissue interaction in surgical procedures is predominately photothermal. The conversion of incident laser light energy into heat will lead to primary and, through local conduction, secondary heat effects that would allow soft tissue surgery to be carried out through tissue ablation with supportive hemostasis. As such, the use of laser energy to affect soft tissue surgery is justified.

Wavelength: The predominant chromophores of the keratinized and non-keratinized gingival tissue, in this case, are melanin (tissue pigment), hemoglobin, and intra-cellular water. In addition, the prime needs of treatment would be to achieve tissue ablation with hemostasis, indicating the optimum need for using a near-infrared wavelength, such as the 810nm, 980nm, and or by combining the two Diode laser wavelengths.

Contraindications

Treatment: soft tissue manipulation is mandatory and there can be few if any contraindications for treatment. Also, further considerations apply:

a) biologic width (i.e. the sum of the connective tissue attachment, epithelial attachment, and sulcular depth relative to the osseous crest) in this case has not yet developed as to the present condition of the tooth.

b) aesthetic considerations – cannot be determined in this stage. As preventive consideration, minimal tissue reduction is planned.

Laser: Any surgery using laser energy carries some risk of tissue damage and must be borne in mind.

Wavelength: The choice of a longer wavelength would offer a more superficial level of tissue ablation.

(v) Precautions

The design and selection of procedure, in this case, is considered the most precautionous, equal to the simplicity of the case. Even so, knowledge of laser operation and tissue interaction is compulsory.

(vi) Treatment alternatives

Alternative methods for soft tissue incision would include scalpel, electrosurgery, and diamond bur.

(vii) Informed Consent

The treatment plan was fully explained to the parent and patient and all associated risks outlined. A written consent form was signed by the patient in the presence of a witness (Figure 10). The consent form was retained in the treatment notes.



Figure 3. Informed Consent and Periodontal Chart

Treatment

(i) Treatment objectives

The objective of this treatment would be to minimally remove soft tissue over the impacted subject, with nothing to minimal peri- and post-operative complications. Minimum removal of coronal gingiva during exposure of impacted canines and maintenance of oral hygiene is the crucial factor for the final clinical height of the crown after orthodontic treatment. Extensive gingival removal at this stage is contraindicated for is might affect the attached gingiva, which poses a potential risk for gingival recession with a possibility of accumulation of plaque.

(ii) Laser operating parameters:

Laser:

The laser used was the Quicklase 12w Dual 810+980nm Diode laser, Made in the UK by Quicklase (Figure 4) in Ramsgate-Kent United Kingdom. This laser can use both wavelengths together or individually, 810nm, 980nm, or dual 810nm+980nm.



Figure 4. Quicklase laser apparatus

Treatment

(i) Treatment objectives

The objective of this treatment would be to minimally remove soft tissue over the impacted subject, with nothing to minimal peri- and post-operative complications. Minimum removal of coronal gingiva during exposure of impacted canines and maintenance of oral hygiene is the crucial factor for the final clinical height of the crown after orthodontic treatment. Extensive gingival removal at this stage is contraindicated for is might affect the attached gingiva, which poses a potential risk for gingival recession with a possibility of accumulation of plaque.

(ii) Laser operating parameters:

Laser:

The laser used was the Quicklase 12w Dual 810+980nm Diode laser, Made in the UK by Quicklase (Figure 4) in Ramsgate-Kent United Kingdom. This laser can use both wavelengths together or individually, 810nm, 980nm, or dual 810nm+980nm.

Specifications:

Size	w:16cm h:13cm d:16cm (6.3" x 5.1" x 6.3")
Weight	1.6kg (3.5 lb)
Medium	GaAlAs Laser Diode Class IV
Wavelength	810 and 980 ± 10 nm (nanometres)
Output Power	0.1-12.0 watts (±)
Operation	Continuous wave or pulsed at 10, 20, 50Hz & adjustable up to 20000 Hz
Pulse Width	50ms, 30ms, 10ms & custom
Fibre Optic	FC 400um single file multi-mode
Aiming Beam	650 nm red Diode laser 2 mW max – adjustable
Sterilization	Handpiece
Input Power	AC: 100 to 240v, 1amp 47-63Hz DC: 5.1v 10amp

Laser settings:

Partial canine exposure: The optic fiber was freshly cleaved and lightly initiated (Figure 5) following the selting guidelines (8 x carbon contact with 300 mW). 810 nm, 2 W, 400 nm tip diameter, continuous-wave in contact/drop mode for 1 minute. Detailed parameters are presented in the sheet (Figure 6).



Figure 5. Tip Initiation

Intrinsic Properties	Power	2.00 watt	Average power	2.00 watts	
Laser Manufacturer	QUICKLASE	Fiber diameter	400 um	% on time	100 %
Model	Dual laser	Tip-to-Tissue	0 mm	Peak power	2.00 watts
Type	Diode	Beam divergence	0 degrees	Tip area	0.0031 cm2
Wavelength nm	810 nm	Wet gauge	none	Spot diameter at tissue	0.0400 cm
Delivery system	optical fiber	Length of treatment	60 sec	Peak power density	1592 w/cm2
Emission mode	CW	Speed of movement	2 mm/sec	Average power density	1592 w/cm2
Energy distribution	Gaussian	Total energy	120.0 Joules		

Figure 6. Laser parameters used.

(iii) Treatment delivery sequence:

Preliminary to patient treatment:

- Secure operating room, define the controlled area, and place proper laser warning signs
- Set up the laser and test proper laser operation.
- Test fire laser, employing all safety measures, using minimum power settings and direct beam onto articulating paper. The objective is to ensure correct laser operation, patency of delivery system, and emission of cutting and aiming beams. Also, the fiber tip can be inspected to ensure a proper cleave has been carried out and the spot size is uniform.
- Supplies dispensed, equipment and sterile instruments arranged
- Patients information: review charting, x-rays, and sequence of the planned procedure
- Patients seated: review the treatment plan and informed consent
- Safety: secured eye protection, patient-first followed by operating personnel.

Treatment sequence:

Treatment sites is isolated and infiltration local anesthetic administered (2% Medicaine 1/100,000 Adrenaline with 1/100,000 epinephrine).

(iv) Post-operative instruction

The surgical sites were shown to the parent and patient and the appearance explained (figure 7). A chlorhexidine mouthwash was prescribed and the patient instructed to carefully apply this with cotton wool, avoiding disturbance of the coagulum; this should be carried out three times daily during the five-day post-operative period. The patient was advised that the appearance of the treatment sites would change, with a detachment of the coagulum at fixed gingival sites and softening and hydration of loose tissue on the ablation site at 3-5 days post-operation. The patient would be reviewed after 7 days and at every orthodontic adjustment visit. Light tooth-brushing commenced at the tooth site. Post-operative analgesia is not necessary. There were considered no limitations on eating or drinking. The patient was instructed to call if any problem should occur.

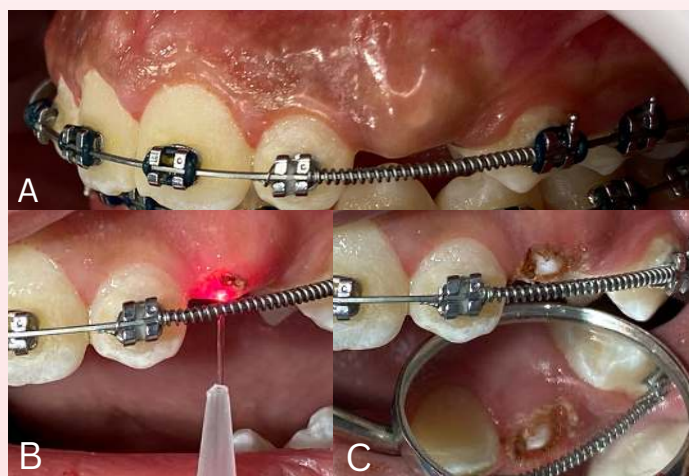


Figure 7. A, before. B, during. C, after procedure (July 13, 2020)

(v) Complications

Complications that can be expected following laser soft tissue surgery can include pain, tissue swelling, and deformation, bleeding, and infection. In this case, no such complications were encountered.

(vi) Prognosis

Laser-assisted soft tissue procedures, employing correct power parameters generally have a very good prognosis. It was felt that in this case a similar outcome could be expected

(vii) Treatment records

All procedural details, both generally and specifically regarding the laser use, were entered in the patient's treatment notes, along with the consent details, radiographs, and chartings. As such, the treatment records would reflect the treatment outlined above.

Follow up

(i) Assessment of treatment

The patient was reviewed after 9 days. The surgical procedures were resolved completely. In all cases, the healing was as expected and normal oral function was maintained.

(ii) Complications

No short and long-term complications were observed.

(iii) Long term results

The long term results are in keeping with the objectives of the original treatment plan. The patient was very impressed with the outcome, seeing his tooth erupting normally.

(iv) Long term prognosis

The long term prognosis of the procedure provided should be considered as good. The patient continues to maintain good oral hygiene.



Figure 8. 9 days post operative.



Figure 9. Condition after 2 months

REFERENCE:

1. Katiyar R, Tandon P, Singh GP, Agrawal A, Chaturvedi TP. Management of impacted all canines with surgical exposure and alignment by orthodontic treatment. Contemp Clin Dent. 2013;4(3):371-373.

By: Elias Bergonio Fernando DMD, PGD, MSc

INVESTMENT

Drills to Deals: Real Estate's Impact on OFW Dentists

By: Dr. Rhenee and Dr. Dennis Torres

As Filipino Dentists in the Kingdom, Dr. Dennis and I understand the unique challenges and opportunities faced as Overseas Filipino Workers (OFWs). Balancing our professional responsibilities with planning for the future can be intimidating, but we have found that making strategic investments in real estate has had a significant impact on our lives and has inspired other members of the Filipino Dentists in the Kingdom (FDK) to consider similar paths for securing their future. Many OFWs strive to create a stable and secure future for their families. Investing in property provided us with a means to achieve long-term financial stability, which we saw as an opportunity to build wealth and secure valuable assets for our children.

We came to realize that real estate investment goes beyond just owning a property; it is about securing the future, creating wealth, and establishing passive income streams. It represents a commitment to securing a long-term financial asset that can support our family for years to come.

With this, we collaborated with an International Marketing Group. Although it seemed daunting, the support provided by the group, including flexible payment plans, made taking confident steps towards our investment goals much more feasible. Additionally, the tangible benefits of property investment, from building equity to generating potential rental income and commissions, have been evident to us. Being active members of FDK, we encountered similar challenges when it came to securing the future of our fellow Filipino dentists in the group. We began sharing our experiences with real estate investment and how it had improved our financial stability. One common concern was the worry about the financial commitment required, but the International Marketing Group offered assistance and addressed their concerns, emphasizing their customized services for OFWs to simplify the process, from providing property development updates to helping with legal paperwork.

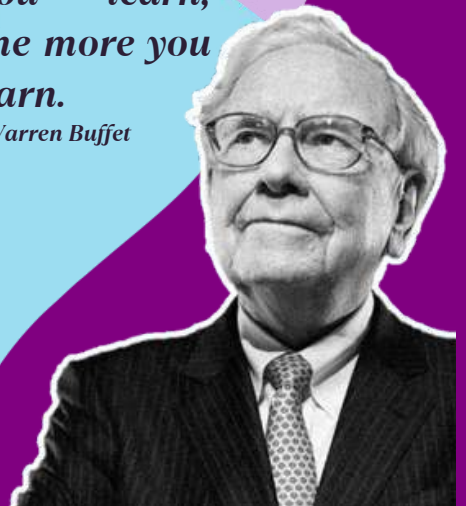


What started as a personal venture into property investment has evolved into a thriving community among OFWs.

Numerous members have ventured into property investments to not only secure their financial future but also to diversify their sources of income. This shared transition has cultivated a culture of financial literacy and empowerment within our community, motivating more members to actively seek ways to secure their futures beyond their primary professions. While property investment may not be the most common choice for many dentists, it offers enduring financial security – a goal that all OFWs strive for. With each new member of FDK joining this journey, we are closer to a future where financial stability is attainable for every Filipino dentist working abroad.

The more you learn, the more you earn.

-Warren Buffet



Treating Dental Patients with Autism

To ensure comfort, understanding, and effective care, treating dental patients with autism requires empathy, patience, and a tailored approach. By creating a supportive environment and using effective communication strategies, dental professionals can significantly improve the experience for these individuals, ensuring they receive the care they need while feeling safe and understood.

Here are key strategies to create a positive dental experience and proper approach to be considered.

1. Pre-Appointment Preparation

Communication: Use simple, clear language to explain what will happen during the visit. Avoid technical jargon.

Visual Supports: Provide social stories or visual aids to help patients understand the process. This can include pictures of the dental office, equipment, and procedures.

Familiarization: If possible, arrange a pre-visit to the clinic. Allow the patient to explore the environment without pressure.

2. Creating a Comfortable Environment

Calm Atmosphere: Minimize noise and distractions. Soft lighting and soothing colors can help reduce anxiety.

Sensory Considerations: Be aware of sensory sensitivities. Offer noise-canceling headphones or sunglasses if needed.

Safe Space: Have a quiet area available for patients who may become overwhelmed.

3. Building Rapport

Patience and Understanding: Take time to establish trust. Be patient and allow the patient to acclimate to the environment.

Non-Verbal Cues: Pay attention to body language. Use a calm tone and gentle gestures to convey reassurance.

4. During the Appointment

Step-by-Step Approach: Explain each step of the procedure as it happens. Use a countdown or visual cues to indicate transitions.

Reinforcement: Positive reinforcement can be effective. Praise good behavior and provide small rewards for cooperation.

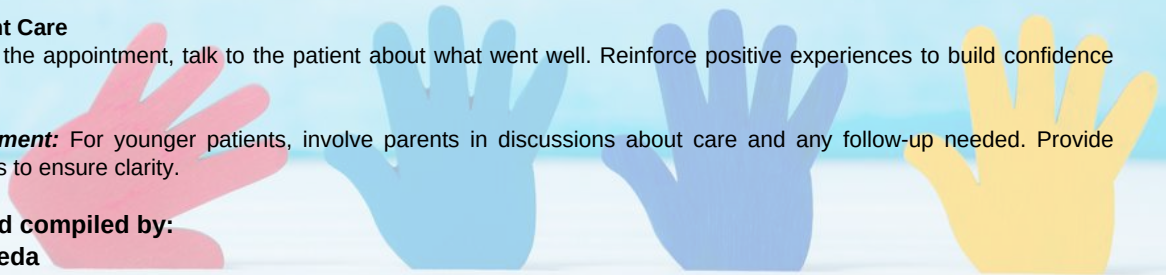
Breaks as Needed: Allow for breaks if the patient becomes anxious. This can help them regain composure.

5. Post-Treatment Care

Debriefing: After the appointment, talk to the patient about what went well. Reinforce positive experiences to build confidence for future visits.

Parental Involvement: For younger patients, involve parents in discussions about care and any follow-up needed. Provide written instructions to ensure clarity.

Researched and compiled by:
Dr. Terence Pineda



A SIMPLE GUIDE ON HOW TO BE SUCCESSFUL IN DENTAL PRACTICE

1. Build Strong Relationships with Patients

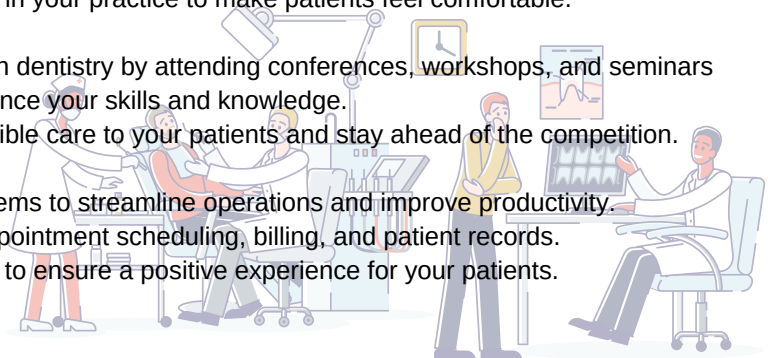
- Focus on providing excellent patient care and building trust with your patients.
- Take the time to listen to their concerns and educate them about their oral health.
- Develop a friendly and welcoming atmosphere in your practice to make patients feel comfortable.

2. Stay Current with Continuing Education

- Stay up to date with the latest advancements in dentistry by attending conferences, workshops, and seminars
- Invest in continuing education courses to enhance your skills and knowledge.
- By staying current, you can offer the best possible care to your patients and stay ahead of the competition.

3. Efficient Practice Management

- Implement efficient practice management systems to streamline operations and improve productivity.
- Use technology to automate tasks such as appointment scheduling, billing, and patient records.
- Focus on providing excellent customer service to ensure a positive experience for your patients.



By: Dr. Terence Pineda

CALENDAR OF ACTIVITIES

PDA BATCH SAMBISIG FDKSA CHAPTER-CENTRAL



CALENDAR OF ACTIVITIES

PDA-FDKSA-CENTRAL



4TH ORGANIZATIONAL MEETING

PALM CREST INTL DENTAL HEALTH WEEK OCT 15-17, 2023

VISIT OF PHIL PRES. FERDINAND MARCOS 10/20/23



FDK MEETING WITH CHARGE D' AFFAIRES PHIL EMBASSY 10/23/2023

5TH ORGANIZATIONAL MEETING

PPO BOWLING AND CHESS TOURNAMENT 11/17/23



6TH ORGANIZATIONAL MEETING

TREE PLANTING

GIFT GIVING



PPO-CRSA

PPO - CRSA

BADMINTON TOURNAMENT



1ST GENERAL ASSEMBLY AND FAMILY DAY

COMMUNITY OUTREACH PHILIPPINE EMBASSY

NATIONAL DENTAL HEALTH MONTH

20TH **NDHM**

CALENDAR OF ACTIVITIES

PDA-FDKSA-CENTRAL



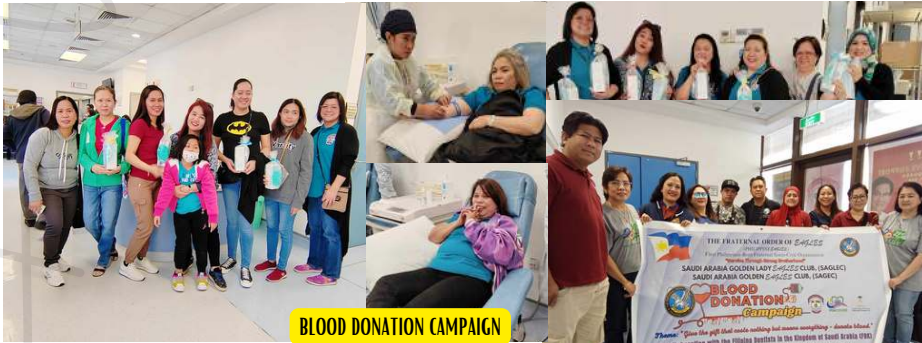
NOFA SAFARI



RIYADH MARATHON 2024



PPO COURTESY VISIT TO MWO FEB. 27, 2024



BLOOD DONATION CAMPAIGN



PPO OATH TAKING OF OFFICERS AND COUNCIL AT PHILIPPINE EMBASSY



PDA ONE FDKSA DENTAL MEETING

PDA ONE FDKSA DENTAL MEETING
 Theme: "Advancement in Dentistry, Learning Together in the Millennial Era"
SPEAKERS
 Dr. Jose Angelo G. Millante
 Dr. Marie Rosini Carmelo T. Luchica
 Dr. Emmanuel T. Centeno
TOPICS:
 CURRENT CONCEPTS IN ENDODONTIC SURGERY
 PERIODONTAL CONSERVATION IN ORTHODONTIC TREATMENT
 DATE: MARCH 8, 2024
 TIME: 8:00AM-5:00PM
 VENUE: PARKS SUITES HOTEL, MEX 12, SUITE 9100M
 SPONSORS:
 JAMCOM MEDICINE STORE
 DAVIS INTERNATIONAL
 SING, SARAL, SICHON



2ND GENERAL ASSEMBLY AND FELLOWSHIP



10TH ORGANIZATIONAL MEETING

PDA HOUSE OF DELEGATES 62ND ANNUAL SESSION
 DR. VIRGINIA LAZ, President
 DR. APERLITA D. BAUTIS, President Elect
 FILIPINO DENTISTS IN KINGDOM OF SAUDI ARABIA

PDA HOUSE OF DELEGATES 62ND ANNUAL SESSION



62ND HOUSE OF DELEGATES MIDYEAR SESSION



114TH PDA AWARDS NIGHT GAWAD SAMBISIG



CALENDAR OF ACTIVITIES

PDA-FDKSA-EASTERN



125TH ANNIVERSARY OF PHILIPPINE INDEPENDENCE DAY



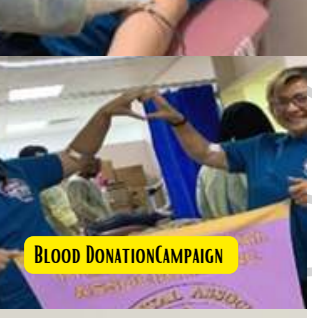
BASIC LIFE SUPPORT TRAINING



DENTINE HYPERSENSITIVITY AND GUM HEALTH



MASTERING NATURAL-LOOKING COMPOSITE RESTORATIONS



BLOOD DONATION CAMPAIGN



PPO-OPYA 2023



COASTAL CLEAN - UP DRIVE



TREE PLANTING



PDA FDKSA-ER BLOOD DONATION CAMPAIGN



SPORTSFEST 2023



FAMILY FUN DAY



NATIONAL DENTAL HEALTH MONTH
BRIGHT SMILES. BRIGHT FUTURE

CALENDAR OF ACTIVITIES

PDA-FDKSA-WESTERN



BAHAY KALINGA, JEDDAH KSA LAST DECEMBER 19, 2023



NATIONAL DENTAL HEALTH MONTH. "BRIGHT SMILES, BRIGHT FUTURES" (BSBF) PROGRAM



COASTAL CLEAN-UP DRIVE AT BUHAIRAT OPEN BEACH JEDDAH KSA

FAMILY DAY/TEAM BUILDING AT WAKAN LUXURY VILLAS AND SUITES N KHALEDIYAH JEDDAH, KSA



TURN OVER CEREMONY WAS HELD AT FRONTEL HOTEL AT TAHALIA ST. JEDDAH KSA

CALENDAR OF ACTIVITIES

PDA-FDKSA-NORTHERN



VOLLEYBALL TOURNAMENT "UNIFYING LEAGUE 2023" MEN AND WOMEN DIVISION



MEDICAL AND DENTAL MISSION



BLOOD LETTING ACTIVITY AT AL MARKAZ - AL DAAM, HAIL KSA OCTOBER 6, 2023

Joyful & Gracious

114th PDA FDKSA Sambisig Going Above and Beyond President's Report: Pioneering Dental Excellence Abroad

Under the leadership of President Dr. Emmanuel T. Centeno, the 114th Philippine Dental Association (PDA), and I, President Virginia O. Laz of Filipino Dentists in the Kingdom of Saudi Arabia - Sambisig Batch (FDKSA) chapter has carved a distinctive path as the organization's inaugural international chapter. This pioneering role has presented unparalleled challenges while fostering an environment of innovation and resilience.

With a geographical footprint spanning the Western Region, under Vice President Dr. Kristine Joy C. Bernardo, Eastern Region led by Dr. Grace P. Baniyas, and Northern Region headed by Dr. Terence D. Pineda, FDKSA has effectively served a diverse membership base. Operating beyond the Philippines has necessitated creative problem-solving and resource optimization to deliver exceptional services.

A cornerstone of our mission has been to bridge the gap in oral healthcare access. Through strategically implemented free dental missions in schools and to the public, we have directly impacted the lives of countless children and individuals. These initiatives highlighted our unwavering commitment to social responsibility and community well-being.

Beyond clinical excellence, FDKSA has embraced a holistic approach to environmental sustainability. By spearheading tree-planting initiatives in Saudi Arabia, we have demonstrated our dedication to preserving the planet for future generations. Moreover, we have prioritized the health and wellness of our members by fostering a culture of sports and physical activity within the dental profession. These endeavors have not only enhanced camaraderie but have also opened doors to potential sponsorships and collaborations.

Addressing the critical need for blood supply, FDKSA has organized blood donation drives across the country, encompassing the Eastern, Western, Northern, and Central regions. These life-saving initiatives exemplify our commitment to serving the broader community.

The remarkable achievements of the 114th PDA FDKSA are a testament to the collective passion, dedication, and collaboration of our members, officers, and partners. Their unwavering support has been instrumental in our success. As we embark on new horizons, we remain steadfast in our pursuit of dental excellence, expanding our reach, and creating a lasting impact on the lives we touch.

FDKSA has been instrumental in extending dental care beyond the clinic through robust community outreach programs. Our strategic partnerships with the Philippine Embassy have facilitated impactful dental and medical missions, addressing the healthcare needs of vulnerable populations. Notably, our dental missions at Palm Crest International School and Al Majd International School, anchored on the themes "Ngiping Protektado, Ngiting Panalo" and "Milyong Sipilyo, Angat Ngiting Pilipino," respectively, have instilled oral health awareness among the youth.



DR. VIRGINIA O. LAZ
President, PDA FDKSA Chapter
F.Y. 2023-2024

A holistic approach to well-being has been central to FDKSA's initiatives. We have championed a smoke-free environment and encouraged a healthy, active lifestyle through sports programs encompassing bowling, badminton, marathons, and chess competitions. These endeavors not only enhance the physical health of our members but also cultivate camaraderie and teamwork.

Continuing education has been a priority for FDKSA. Our commitment to professional development is evident in the organization of seminars featuring renowned speakers who have shared their expertise on contemporary dental practices, including hypersensitivity management and advanced gum care. These knowledge-sharing platforms have empowered our members to deliver state-of-the-art dental services.

By synergizing community outreach, health promotion, and professional development, FDKSA has established itself as a dynamic and impactful force in the dental landscape. Our accomplishments are a testament to the collective efforts of our dedicated members, whose passion for oral health and unwavering commitment to serving the community have been instrumental in our success.

Furthermore, the FDKSA has demonstrated its unwavering commitment to the well-being of its members by providing timely and substantial support during medical emergencies and bereavements. Through generous donations and compassionate assistance, the organization has stood as a pillar of strength for its members and their families during challenging times. This unwavering dedication to the welfare of our dental community exemplifies the spirit of camaraderie and mutual support that defines the FDKSA.

After months of tireless efforts—from countless letters exchanged to the high-level meetings we've attended—it's disheartening to hear that the PRC has once again denied our petition to include Dentistry in the Special Licensure Examination here in KSA. The recent resolution they've approved, requiring simultaneous board exams, seems to have sealed our fate for now.

But I won't let this defeat us. PDA-FDKSA remains steadfast in our commitment to supporting dental professionals in achieving their dreams. This setback is just a temporary hurdle. We'll continue to explore avenues and advocate for the inclusion of Dentistry in future examinations. Perhaps a change in approach or a new strategy will bear fruit.

I'm hopeful that with perseverance and the unwavering support of our members, we'll eventually overcome this obstacle. After all, every dream, no matter how challenging, requires a bit of grit and determination.

With that said, I am immensely proud of the remarkable accomplishments achieved by the 114th PDA FDKSA. Our journey as the first international chapter has been marked by challenges and triumphs, but our unwavering commitment to dental excellence, community service, and professional growth has propelled us forward. Together, we have demonstrated that distance is no barrier to making a significant impact.

Upon receiving the prestigious trophy during the President's Awards Night last May, I felt a profound sense of gratitude for the unwavering support of our officers and members in the FDKSA. Even though I may not have fully achieved all my goals during my term, I am confident that the Kapatiran batch will carry the torch forward and achieve even greater heights. As we look ahead, I am confident that the FDKSA will continue to be a beacon of inspiration, a catalyst for positive change, and a testament to the power of unity and purpose within the dental profession.

Filipino Dentists in KSA: Eastern Region Flourish and Progress

As a member of the Filipino dental community in the Eastern Region of the Kingdom of Saudi Arabia (KSA), I have witnessed our dentists' remarkable resilience and dedication. Despite the challenges we encounter, our annual events highlight our commitment to improving oral health and supporting our community.

January 19, 2024: FDK-ER Environmental Care Clean-Up Drive

On January 19, 2024, we participated in an Environmental Care Clean-Up Drive organized by the International Integrated Electrical Engineers (IIEE). This initiative focused on cleaning our environment and fostering a sense of responsibility among community members. By engaging in this activity, we aimed to raise environmental awareness and promote health consciousness, emphasizing the connection between a clean environment and improved health outcomes. The clean-up was a resounding success, with strong participation from our Filipino community. Together, we collected litter, planted trees, and educated participants on the importance of maintaining a clean environment. This event set a positive tone for a year filled with community-driven activities.

February 9, 2024: FDK-ER Celebrates PDA National Dental Health Month

February is a significant month for us as we celebrate PDA National Dental Health Month. On February 9, 2024, FDK-ER launched a month-long campaign aimed at raising awareness about dental health. Our activities included free dental check-ups, informative seminars, and the distribution of dental health kits to families in need. We believe education is a crucial tool that empowers our community to take control of their oral health by providing information on proper dental hygiene practices. The community's response was overwhelmingly positive, with participants expressing gratitude for our efforts.

On March 1, 2024, during the PDA National Dental Health Month celebrations, we organized a significant initiative: a Blood Donation Campaign at the King Fahad Military Medical Complex. This event symbolized our community's solidarity and was held in collaboration with the ALTRUISM Black Gold Sapatilha Eagles Club, led by President Rodolfo Germono, as well as various Filipino organizations and Philippine Professional Organizations in the Eastern Region, under the leadership of President Jose Rex Navarrosa. Witnessing our community unite for such a noble cause filled me with immense pride.

Our FDK President, Dr. Virgie O. Laz, along with other dedicated FDK members, traveled from Riyadh to encourage participation. The excitement was palpable as we prepared for the event, knowing that each blood donation could potentially save a life.

June 16,17,18 - 2024: FDK- ER Special Professional Licensure Examination (SPLE)

On June 16-18, 2024 the Philippine Professional Organization Saudi Arabia (PPO-SA) conducted the Special Professional Licensure Examination (SPLE) with our President Jose Rex N. Navarrosa in the International Philippine School in Al Khobar. There are 187 Professional examinees taking examination it has been challenging getting together the different professional organization given the privilege to take the exam.

June 28, 2024: FDK-ER Commemorates the Birthday of National Hero Dr. Jose P. Rizal

On June 28, 2024, FDK-ER celebrated the 163rd birthday of Dr. Jose P. Rizal, with participation from Dr. Rhona Sonsona and Dr. Alma Reodique, alongside the 2nd EPCC Commanders Charity Ball.

July 15, 2024: FDK-ER Care Initiatives

Shelter Clinic, alongside DMW Secretary Hans Leo Cagdac and our Labor Attaché in the Eastern Region, Hon. Labor Hector B. Cruz. Volunteers, including dedicated dentist Dr. Arsenia Javier, nurses, ophthalmologists, respiratory therapists, and psychologists, worked diligently to assist those in need. We donated a chair that could be used during the dental treatment, through the effort of Dr. Arsenia Javier. The joy on patients' faces receiving care reminded us of our purpose and underscored the importance of accessibility to dental, medical, and mental health services—an advocacy we are deeply passionate about.

September 9, 2024: First Dental Mission in the Shelter

One of the year's most impactful events occurred on September 9, 2024, when Dr. Rhona, Dr. Zeny, and Nurse Ella conducted our inaugural Dental Mission at a shelter in collaboration with OWWA staff. We provided care to 40 patients, 10 of whom required tooth extractions. This mission marked a significant achievement for us, as it allowed us to deliver essential dental services to individuals who may otherwise lack access. The gratitude expressed by our patients and their stories reinforced our commitment to community service, highlighting the often overlooked importance of dental health.

September 7, 2024: FDK-ER in Action

As the year drew to a close, the FDK-ER team remained active. On September 7, 2024, we participated in the opening of the PPO-SA 2024 Sportsfest at the Alghosaibi Sports Center. Our members, including Dr. Sonia, Dr. Yvonne, Dr. Jodie, and myself, experienced a sense of unity and camaraderie with various professionals in the PPO-SA, all sharing a vision to support Filipino professionals in alleviating homesickness while fostering sportsmanship.

A Community United in Care

Reflecting on the past year, I feel immense pride in the Filipino dentists in KSA's Eastern Region. We have united as a community in our mission to deliver quality dental care and education. Our annual activities exemplify our resilience and commitment to our patients and families.

In a world filled with challenges, we remain steadfast in our resolve to make a positive impact. I urge all Filipino dentists in KSA and community members to join us in our future initiatives. Together, we can continue to foster positive change and promote better oral health for all.

Let us carry forward the spirit of service and compassion, ensuring dental health remains a priority in our community. Thank you for being part of this journey, and I eagerly anticipate what we can achieve together in the years ahead.

Explore how Filipino dentists in KSA's Eastern Region are thriving through community initiatives, dental missions, and educational programs. Join us in our efforts to enhance oral health and well-being!

DR. Grace P. Baniias
PDA FDK-ER 2024
Vice President



FDK-WR ABOVE AND BEYOND

As we uphold our motto above and beyond, we started our year with a blast! On the evening of 27th of July 2023, we had our Family Day/Team building at Wakan Luxury Villas and Suites n Khalediyah Jeddah, KSA. Sharing of food and having fun during our team building created a strong bond that made us confident enough to believe that we can accomplish anything we put our hearts into. We are One Team, One Family.

Our Second activity was the Coastal Clean-up Drive at Buhairat Open Beach in Jeddah, KSA on September 15, 2023. This was spearheaded by the Philippine Professional Organization (PPO-WRSA). It was well attended and has about 100 volunteers. Consul General Gary Auxillan and some of his staff from the Philippine Embassy in Jeddah came to support the event. Events like these are to be supported for this is a big help to the environment. We are thankful these opportunities to tie up and work with other Filipino organizations here in the Kingdom. We were able to pursue Continuing Education for our members by attending lectures provided by Haleon Company. We are forever grateful to this company for always supporting our activities and providing us continuing education as well.

On October 20, 2023 we formally introduced our new sets of officers and new members. Our Turn over Ceremony was held at Frontel Hotel at Tahalia St. Jeddah KSA. It was graced by the presence of our FDKSA President Dr. Virginia O. Laz with our FDKSA Past President DR. Amalia Corpus, PCG dignitaries, sponsors, families and friends. Indeed it was a memorable and successful

In a heartwarming event at Bahay Kalinga, Jeddah KSA last December 19, 2023, the spirit of giving was brought to life. A total of 29 children and 15 mothers were given a special opportunity to receive gift packages from FDK-WR. I am truly grateful to the members of FDK-WR for their generosity on this project. Special mention to our honorary members, Dr. Barbara Padlan who is now in the Philippines and Dr. Julius Agres, who is in USA, extended their support to the project amidst their distance. Our hearts are full and we are thankful to both of them. We have given Formula Milk for the babies (one each, 800 grams can), diapers, baby wipes, vitamins, fever medicines and their snacks (biscuits and cookies). We have given them chocolates as treats as well. For the mothers, we have given the coffee, sugar, sanitary napkins, shampoo, soaps, oatmeal, and of course oral health kit. This includes 18 Adult Brushes and 29 Pedo brushes. We have Haleon as our main sponsor for the toothpastes given. We also have rendered fluoride application to the children. We have thought them to how to brush their teeth properly as well. And let them know the importance of oral hygiene. We also shared a meal as well, hamburger and donuts with water and some juice. The children at Bahay Kalinga were overjoyed to witness the outpouring of love from people who cared about their well-being. The gift packages provided a tangible representation of hope and joy, a reminder that they are not alone in their journey. The smiling faces of the children and mothers illuminated the room as they eagerly received the thoughtful presents.

In line of the National Dental Health Month, "Bright Smiles, Bright Futures" (BSBF) Program that promotes oral health education, the FDK-WR members distributed oral health kit that includes toothbrushes and toothpastes for individuals in Jeddah Corniche area of the morning of February 22, 2024. We have distributed 100 Adult toothbrushes and 50 Pedo toothbrushes. We also very grateful to Haleon Company for their unending support to all our activities. They have sponsored 6 boxes of toothpastes. We further engaged with the people we meet, providing additional information related to oral health and answering their questions. We noted that good oral health is an important aspect of overall health. We emphasized the importance of brushing their teeth thoroughly, covering all surfaces, including the top, bottom, inside, outside, and tongue. They were also encouraged to brush their teeth twice a day, limit sugary snacks, floss their teeth, and visit the dentist twice a year. It was a positive and productive day to all members.

As my year ends, as a woman myself, in line with the celebration of National Women's Month, in the afternoon of March 25th, our Organization FDKWR received an urgent request from Consul Alfer Guiang if we could join their activity for women's health month. They invited several organization for a collaboration for this project. Due to limited time to prepare and it is a weekday, only 2 of us were available to join that day. Dr. Minerva Santos and I, were able to distribute 100 pcs of kits which includes brushes and toothpastes. Haleon Company sponsored us again with 4 boxes of toothpastes. We have a conducted simple dental consultations. We have also shared the importance of oral health to those women present at the event. It was a tiring day, but it was worth the exhaustion for we were able to help our kababayan in the Philippine Consulate. It was a successful event. I will forever be thankful to all my generous members for supporting all our activities despite of our chaotic schedules.

To all Past VP's of Western Region, thank you for guiding me every step of the way.
Together we can. Together we are One!

Mabuhay FDKWR!

DR. KRISTINE JOY C. BERNARDO
VICE PRESIDENT
PDA FDKSA-WR F.Y. 2023-2024



FILIPINO DENTIST IN THE KINGDOM OF SAUDI ARABIA

NORTHERN REGION VICE PRESIDENT SUMMARY REPORT:

FDK-NR Summer Volleyball Sports League in KSA

The Summer Volleyball Sports League is a continuous sports event that aims to foster community engagement among Filipino groups in Saudi Arabia, promoting camaraderie and healthy competition. The event encourages participation from various organizations, including Hail Community Reinforcement, Kings Omega Guardians, Fraternal Order of Eagles, and members of FDK-NR, highlighting unity and collaboration among the Filipino community.

The league started June 15, 2024 and ended August 2, 2024, the event took place over several weekends during the summer, with matches held at Saudi German Hospital sports facilities. Each participating group brought their own teams, showcasing their skills and sportsmanship. The event not only provided a platform for athletic performance but also served as a social gathering for Filipino expatriates to connect and strengthen community bonds.

The league attracted a diverse group of participants and spectators, with representatives from Hail Community Reinforcement, Kings Omega Guardians, Fraternal Order of Eagles, and FDK-NR actively participating. Attendance of Filipinos from different work sectors coming together to support their teams, celebrate Filipino culture, and enjoy the spirit of competition.

Each team demonstrated excellent teamwork, with players showcasing their skills and dedication. The matches were competitive yet friendly, promoting a positive environment.

The event facilitated interactions among various Filipino organizations, reinforcing existing relationships and fostering new connections.

The league emphasized the importance of physical activity and healthy living, encouraging participants to stay active and engaged.

The Summer Volleyball Sports League showcased not only the sportsmanship of the Filipino people, but as well as different Filipino food delicacies that being sold during the activity catering all our Kababayans in the region and we may say that this was a resounding success, achieving its objective of the FDK-NR in collaboration with the objectives of our mother group FDL-Central and the PDA and this event not only provided a platform for sports but also strengthened the spirit of our Kababayans to alleviate boredom and miles away from their families and to foster sense of belonging among the Filipinos in the region.

Dr. Terence Pineda
Vice President
PDA FDKS-NR F.Y. 2023-2024



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SANTÉ

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Change can be challenging, but it's also the important part for growth. It presents opportunities for learning, adapting, and emerging stronger. As we face new challenges together, I encourage you to continually seek both professional and personal growth. Embrace curiosity, and work closely with your fellow distributors and the broader Santé team. It's our collective efforts that make Santé International a leader in the industry.

As we move forward, let's stay united in our pursuit of success. Support and encourage each other, fostering an environment where innovation flourishes, and achievements are celebrated. Together, we can overcome any obstacle and reach remarkable milestones.

To all our Santé distributors from around the world, thank you for being the heart of Santé International. Your passion and commitment make me proud to lead this extraordinary community. Let's continue to write our success story, one chapter at a time.

Let's Live More and Do More,

MR. JOEY MARCELO
CEO
Santé International, Inc.



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