Hotseat Newsletter Spring 2021
Eastman Department of Orthodontics

*Disclaimer: Many photos have been taken prior to COVID-19 times.*
A letter from our Program Director Dr. P. Emile Rossouw,

To all our alumni, faculty, students and staff,

What a year this has been!

The COVID-19 pandemic turned our world upside-down. March 2020 became a time we all want to forget, as it was, at least for us at Eastman, the beginning of a nightmare. However, I can imagine that all orthodontic practices were in the same boat. At Eastman Orthodontics our clinic was shut down at the start of the pandemic, except for emergencies. Our schedule was immediately adapted to ensure that our senior class of 2020 had everything in place to be on course to graduate end of June 2020. Our schedule was loaded with case discussions and didactic material. Zoom became the new kid on the block. We have since had numerous Zoom classes and I must say that it worked out very well. The Eastman Leadership was on board and before one could say Jack Robinson; our facilities were enhanced with airflow exchange tests, air purifiers and all the PPE necessary to deal with patients during these unprecedented times. By June 2020, we could see patients again, but only with extended appointments to allow for at least 30 minutes between patients for thorough cleaning of the chair environment. We could not use all the chairs because of social distancing; moreover, this period unfortunately also resulted in our staff having to go on a period of Furlough. Soon it was identified that aerosol producing treatment were spreading the virus and if we could reduce this factor, as is possible in orthodontics, we could decrease the time in between patients. Orthodontics in the majority of instances eliminated these procedures where possible. As the summer of 2020 progressed, we gradually started back towards a more normal schedule, but of course with all the safety measures in place. Gladly, we also were getting our staff members back full-time which was a real blessing. Everyone in Orthodontics (staff, students, full- and part-time faculty) worked together as a big team to ensure that we ramped up our clinic activities to meet the challenges ahead. My reports to CODA reflected that our program was sound and that our students were on course with all their requirements. We learned how to deal with the pandemic and manage patients effectively during their appointments. Our vaccination process is well underway and we all hope for better times as 2021 marches on.

Although COVID-19 overshadowed activities, we still participated virtually and to name some outstanding achievements, Drs. Taylor Squires (Ethics in Teledentistry) and Francesca Pietri (Probiotics in Orthodontics) won 1st and 2nd place during the NESO Cup competition. During the NESO Virtual meeting, Dr. Suzzane Horani also presented her award-winning project (Invisalign treatment and airway). I was very fortunate to be invited to participate in the AAO Virtual conference and reflection on the meeting makes one realize the herculean effort of those involved to make this an outstanding meeting. The one thing that we missed was our Alumni Meeting. I hope you are all well and I keep my fingers crossed that we have a meeting this year.
I am delighted to say that our full-time faculty are doing well; moreover, they say “Christmas” can also happen in the Spring and we received a wonderful gift when Dr. Shaima Malik returned from Dubai to take on the position of Clinic Director in March 2020. Dr. Dimitris Michelogiannakis is serving as Assistant Program Director and Dr. Fawad Javed is leading a new research class and coordinating our research projects. We had four of our residents (class of 2021) projects published and two submitted for publication. In general Orthodontics (Faculty and residents) celebrated with 21 publications overall over the last year. I have been very fortunate to be selected as an ABO Director to represent NESO and my 8-year term started in mid-2020. I look forward to serving orthodontics at the highest level, representing NESO and of course, indirectly also Eastman Orthodontics. Mentioning the ABO, I would like to let you know that three of our alumni became ABO certified during the past clinical exam. Our congratulations to Drs. Qingshan Li, Suzzane Horani and Patra Eppright on reaching this milestone in their orthodontic careers. We selected a wonderfully, diverse and competent group of residents starting in June 2021. I hope you have an opportunity to meet them at the alumni function in June albeit in person or virtual.

We hope to appoint another up and coming orthodontist this summer into our full-time ranks. We have a wonderful part-time group of dedicated faculty members and Dr. Sommers, retiring from his University Dental Faculty Practice, now spends all his energy and shares his knowledge at Eastman Orthodontics to enhance this latter group. Moreover, we have a full staff component, which ensures comprehensively supported administrative and clinical activities.

Our clinic now has two iTero scanners and it makes a difference in our clinical efficiency and productivity. A big thank you to the Subtelny Fund and the alumni for making this facility available to us to ensure that Eastman Orthodontics thrives. It is imperative to provide our residents with the latest technological facilities to complement their education.

My best wishes to you. I look forward to seeing you soon at another meeting or better, come, visit us, and share a practice pearl with our residents. Best Regards,

Dr. P. Emile Rossouw.
A message from our Assistant Program Director Dr. Dimitris Michelogiannakis:

The past year has been a strange one for all of us. The changes that the pandemic has imposed into our everyday lives have tested our mental strength and resilience. These challenges also applied to our residents’ education, everyday functioning of our program and patient care. However, the hardships also brought the opportunity to adapt and grow and move forward into the future with a new level of determination. Our team of faculty, staff, alumni and residents adopted to the “new normal”. Changes were applied to enable high quality patient care under safe conditions, and digital adaptations permitted continuation of educational activities at a level of academic excellence. This could not have been made possible without the tireless support of our faculty, alumni, staff and residents. We cannot be prouder of our residents who have achieved numerous academic achievements including publications in prestigious scientific journals, conference presentations and awards. On a personal note, the past year has brought important changes in my life, as I moved with my fiancé in our new home. Professionally, I was truly honored to receive the 2020 Subtelny, Baker, Eastman Teaching Fellowship Award by the American Association of Orthodontists Foundation. I therefore, look into the future with an exuberance of positivity and enthusiasm and look forward to continue being part of our great Eastman Orthodontic family.

A message from our clinical director Dr. Shaima Malik:

Hello Eastman Family,

Life has changed for us all, hasn’t it? The global pandemic reminded us to focus on what really matters; “good health”. We all learned a new way, of, basically living our lives. Months that were spent at home with our families, learning to wear the mask every time we step out of the house, lathering on hand sanitizer, and constantly being concerned for our loved ones. All of which forced us to adapt, in the best possible way, to this “new way of living”. It has taught us to move forward with compassion, positivity and love, while trying to hold things together for our families.

Here at Eastman, we met this challenge by adapting, and adopting. With all the clinical and pre-clinical activities being cancelled, we maintained a rigorous online theoretical schedule, such as, seminars, lectures, case presentations, journal and book reviews.

We also strategized in our clinics. We came back more prepared; utilizing additional guidelines and protocols for Personal Protective Equipment, re-organization, cleaning and disinfection of the clinical areas, checking air exchange, and installing air purifiers.
The coronavirus madness had us adjusting in every imaginable way, affecting the way we interact, gather and communicate. We were introduced to regulations related to social distancing, travel restrictions, and new patient screening tools. We used this opportunity and reviewed our clinical practices, and biosafety procedures, while performing a very thorough and complex revision of our timetables and clinical sessions. I’m very grateful to our faculty, staff and residents who have worked so hard and diligently to keep our community safe, while adjusting to the PPE protocols, and maintaining social distancing. Despite all of the challenges and uncertainties, we have, and will continue to remain optimistic.

My personal and professional growth in the past year has been very fulfilling with respect to clinical, research and didactic accomplishments, while being a part of three world renowned universities, thus allowing me to give back as an educator.
We welcome our new first year residents, Class of 2022....

Dr. Aris Panagiotou was born and raised in Athens, Greece. He received his DDS from the National and Kapodistrian University of Athens. After his undergraduate studies, he worked as a general dentist in the Hellenic Air Force General Hospital. He then attended the University of Marmara in Istanbul where he received a Master of Science in Orthodontics. Since then, he lives and works in The Hague, Netherlands. In his free time, Aris likes traveling, exploring new places and experiencing new cultures. He also loves reading, watching movies and running. Aris is thrilled to be joining the Eastman orthodontic family and looks forward to starting his specialty program.

Dr. Barbara Sterniczuk was born in Toronto, Ontario. She attended Queen’s University in Kingston, Ontario where she completed a Bachelor’s degree in Life Sciences with a minor in French, and a Master’s degree in Anatomy. During her undergraduate studies, she started a house painting company which would keep her very busy, and after graduating with her M.S., she continued with her painting business full time until she decided to pursue orthodontics! She enrolled at the University of Pittsburgh School of Dental Medicine and graduated Summa Cum Laude this past May. Barbara has enjoyed teaching throughout her M.S. and D.M.D. training and also recently completed the ADEA Academic Dental Careers Fellowship Program. In her spare time, Barbara loves hiking, skiing, spending time at the beach, and wine tasting in the Niagara region. She is very excited and grateful to be able to do all of these activities in Rochester while starting her new career in Orthodontics at the Eastman Institute for Oral Health!

Dr. Shaahin Dadjoo was born in Tehran, Iran. He and his family moved to Toronto, Ontario and eventually Houston, Texas where he was raised. He was awarded an academic scholarship and graduated from the Kinkaid school in 2010 where he was first chair Percussionist in the band, French national exam gold medalist, varsity wrestler, and a midfielder on the lacrosse team. He graduated with honors from Texas A&M University in College Station with a degree
in Biomedical Sciences and Business Administration. After graduation, he was awarded a Pokorny Fellowship for clinical and translational research in pediatric surgery at Texas Children’s Hospital and Baylor College of Medicine. Shaahin recently graduated from Western University College of Dental Medicine with the highest honors and also met his fiancé and best friend Kelly. Shaahin enjoys obsessing over details about coffee, food, and science. He is an avid reader and a big fan of stand up comedy. He still enjoys playing music and chess. He feels so humbled and fortunate to be training to become an orthodontist at Eastman and hopes to contribute significantly to its long legacy of excellence.

**Dr. Diaa Ossama Allahham** was born and raised in Damascus, Syria. He moved to Egypt due to the war crisis in Syria. He attained his dental degree from Misr University for Science and Technology in Egypt. Upon graduation in 2018, he pursued his lifelong dream to continue his father’s legacy of orthodontics and to become the fourth orthodontist in his family. Diaa successfully completed the preceptorship program in Orthodontics and Dentofacial Orthopedics at Eastman Institute for Oral Health and is currently working during residency on his Master’s in Oral Science in Clinical and Translational Sciences. He is enjoying his time in Rochester, NY. Diaa is thankful and thrilled to be a part of the Eastman orthodontic family as a resident. During his free time, he enjoys playing ping pong, working out, kayaking, snorkeling, and spending time with family and friends.

**Dr. Parveen Virdee** was born in Leicester, a city 100 miles north of London in the UK. She lived in Cyprus for her middle school years before moving back to London. She completed her dental degree at King’s College London University, UK in 2008. She then completed an Oral and Maxillofacial Surgery internship at the Eastman Dental Institute in London before heading to private practice working as an associate. Parveen moved to Rochester in 2016 and has completed the 2-yr AEGD residency program and the 1-yr GPR program here at the Eastman Institute for Oral Health. She enjoys travelling, cooking and spending time with her family including her husband and 3 young children. Parveen is excited to embark on this new journey and thankful for the opportunity to learn from the Eastman Orthodontic department.
Dr. Camille Leong originally hails from none other than Rochester, NY where she attended elementary through high school. Camille then stayed in Rochester to graduate from the University of Rochester with a B.S. in Cell Biology and a minor in Spanish. Camille’s passion for the Spanish language combined with a desire to explore new places led her to Spain for two years where she had the opportunity to teach English to high school students and explore European culture. Camille recently received her DDS degree from UCSF, where she applied her language skills to care for her mostly Spanish speaking patients. In her free time, Camille enjoys hiking, tennis, photography, and cooking. After many years away from home, Camille is excited to return to Rochester to start her orthodontic specialty training!
WHAT A YEAR!
An update from our current senior class:

Graduation is just around the corner and the senior class is busy preparing for boards and finishing cases. Here are some updates from the seniors and their plans for next year.
Dr. Mohamed Abdulati: Joining the Orthodontic program here at EIOH has expanded my Orthodontic knowledge tremendously. While here I have been exposed to many procedures, teaching philosophies, and orthognathic surgical patients. Once I graduate I’m thinking of going to Texas and working for a corporation. Eventually I will move back to my country Libya and teach. Meanwhile, I am enjoying the last few months of residency!

Dr. Karthik Kommuri: I want to thank Eastman Institute for Oral Health for providing me the opportunity to advance my knowledge in dentistry. The experiences over the last four years have helped me grow tremendously on both professional and personal fronts. After graduation, I want to gain some work experience in the United States before moving back to my home country, India. My long-term goal is to start a dental non-profit organization in India where I can apply the skills acquired at Eastman in improving the lives of underprivileged communities.

Dr. Taylor Squires: The past two years have flown by and it is amazing to see how far we have come as a class. It is incredible to look back at the in-depth clinical experience we have gained in such a short time. I have thoroughly enjoyed learning from all the faculty and their unique perspectives on orthodontics. It has been an honor to come back to my home town in Rochester, NY for my residency, and I am excited to begin working in the Rochester area this summer in private practice!

Dr. Francesca Pietri: I cannot believe that graduation is just around the corner!! As they say, “time flies when you are having fun! In June I plan on returning to sunny South Florida and joining a private practice as an associate. While there, I plan on putting into practice everything I have learned thus far and also further enhancing my clinical skills, as well as learning the business end of practice management. My long-term goal is to open my own office(s) someday! But for now, I look forward to these last few months of residency. Needless to say, I am living my dream and excited to finally become an Orthodontist! Florida here I come! 😊
Dr. Adriana Parra: When I graduate, I will be joining my family and colleagues Dr. Ingrid Barillas, Dr. Rodolfo Sanchez and Dr. Ahmed Mansour in their practices across NYS. Together we plan to build a strong team of specialists to provide interdisciplinary high-quality treatment to our patients and create the most beautiful smiles ever! On a personal note, these past 2 years of my life have been full of very exciting projects. Aside from becoming an orthodontist I am also working, along with my husband Daniel, on becoming certified ski instructors for people with disabilities. Our goal is to volunteer with adaptive programs and promote access to sports for everybody. I will be forever grateful to Eastman for providing excellent education and training that shaped me as the professional I am today, and to my ortho family who has supported me unconditionally in both my professional and personal endeavors.

Dr. Jessica St. Martin: I am so grateful to have spent the past two years training to become an Eastman orthodontist. I am honored to have had the opportunity to follow in my father and grandfather’s footsteps and attend this esteemed program. I have learned so much from the dedicated educators, skilled clinicians, and supportive staff and have gained a strong foundation that will support me as I move home to Mesa, Arizona to be close to family and start working in a private practice. I will cherish the relationships I have made and cherish my time at Eastman forever. Not everyone got to be a resident during a global pandemic, but we rallied together and became closer for it.

Dr. Aliaa Al-Khateeb: The time I spent during my orthodontic residency at Eastman is one of the most memorable and precious times of my life. I met so many wonderful people throughout my journey here and truly hope, despite the physical distance that will separate us, that we will keep in touch. I am very excited to start the next chapter of my life. After graduation, I plan to return back home to Montreal, Canada and join a private practice in the Montreal area. I also cannot wait for life to return back to normal because I love to travel and can’t wait to get on the next plane to visit as many countries as I possibly can!
Eastman Family!
Good luck to the Class of 2020 who are off to new places and exciting careers!

Thank you to Dr. Malik for hosting a wonderful “socially distant” graduation dinner and celebration to send off our seniors last year!
A few messages and updates from our seniors of 2020....

Dr. Neelab Anwar: It feels like we just started residency yesterday. Time flew by so fast and these last two years were SO amazing!! Being from across the country in California, at Eastman it felt like home and the faculty and staff became like family. I was also SO lucky in that I met my husband to be/ best friend in residency!! At Eastman, we have had way too many good memories and countless laughs- there are too many to mention! Some of my favorite moments: GORP, interview season, AAO, TWEED, Sheboygan, Damon Forum & more! I will truly miss my co-residents, faculty and staff so much. I am beyond excited to begin the next chapter in my life! After graduating, I plan on working at a private practice with my fiancé in Buffalo, NY.

Dr. Gaby Flores: I am so grateful for having the privilege of being part of the Eastman family. My time at Eastman will always hold a special place in my heart. I have wonderful memories of Eastman full of joy and laughs that I will never forget. The people I met here will be lifetime friends, that I will miss a lot, but hope to see them soon. I’m so thankful for everything, for our wonderful faculty, that during the last two years they have shared their knowledge, time, and support with us. Our staff, which helped us in the clinic on a daily basis and made this place a great environment to be at. And the residents, which have been a second family to me, and it had been so wonderful to have shared great memories together. My next chapter is with my wonderful husband, building our future in Texas.

Dr. Suzzane Horani: My two years at Eastman were absolutely amazing! The two years at Eastman flew by too fast! I am so blessed and honored to be a part of the Eastman family. I love everything about Eastman and the genuine friendships that I’ve created during my time at Eastman. I have so many great memories that I will truly cherish forever! After graduation, I will be moving back to Texas and practicing in the crown jewel of the south, Dallas.

Dr. Sonny Song: It’s difficult to put into words how grateful I am for everything that’s happened over the last two years at Eastman. I’ve had the pleasure of meeting and working with some of the most incredible people who have become family to me. I will always look back fondly and miss the endless source of laughter and entertainment from my co-residents, faculty and staff. There are so many great memories that it’s difficult to choose just one: limo wine trip to the Finger Lakes, kayaking with Neelab at GORP (...and not capsizing!), NYC trips, decorating gingerbread houses, Ariana Grande concert with Shinchia, pretty much living at Albertson’s and bonding over bruised fingers at Tweed, wedding crashing at GORP with Gaby (...and getting kicked out), U.S. Open, spa day in Sheboygan, sprinting through the airport with Gaby and Suz and almost missing our flight back to Rochester because we HAD to have In-N-Out after Damon Forum, and road tripping to Newport, RI. I’m sad this chapter is over, but excited for what’s to come next. I will be joining a private practice after graduation."

Dr. Zhihui Wang: I feel so lucky to have had the opportunity to come back to Eastman. Everyone was so friendly and welcome as I return to the family. Eastman is a magical place that everyone left wants to come back to. I miss every second I have spent in the program. Every faculty shares their invaluable knowledge and experiences with us and I appreciate everything I have learned from here. I am currently working in several practices located in the wild west of Texas, two pearls in the middle of desert, Midland and Odessa.

Department News:

**Neso Cup Research award by the Northeastern Society of Orthodontics:**

Dr. Taylor Squires won 1st place and Dr. Francesca Pietri won 2nd place for their research presentations at the virtual NESO conference. Taylor presented on teleorthodontics and direct to consumer orthodontic products and Francesca presented on the role of probiotics in orthodontics.
2020 Subtelny, Baker, Eastman Teaching Fellowship Award by the American Association of Orthodontists Foundation (AAOF).

We would also like to recognize Dr. Dimitris for the outstanding publications he has completed this year. One of his original studies was published in the AJODO this past February!

Eastman Residents in Publication this year! Despite the pandemic we have been busy with our research!


Effect of statins on orthodontic tooth movement: A systematic review of animal and clinical studies
Karthish Kommu1, Fawad Javed 2, Zohrab Akram 2, Junaid Khan 2
Affiliations + expand
PMID: 31931646 DOI: 10.1016/j.archoralbio.2020.104665


Influence of mini-screw implant-assisted intrusion on orthodontically induced inflammatory root resorption: a systematic review
J G St Martin 1, F Javed 2, P E Rossoos 2, D Michelogiannakis 2
Affiliations + expand
PMID: 33423207 DOI: 10.1007/j40368-020-00588-w

Alumni and faculty are busy with Research and we are proud of many other publications this year!
Senior residents Dr. Francesca Pietri, Dr. Jessica St. Martin and Dr. Taylor Squires presented “Treatment planning in the Digital Era” at Grand Rounds!

COVID-19 Vaccinations in the Ortho Department!

A warm welcome to our new employees: Margaret and Maria!

María Maldonado and Margaret “Meg” Taylor
Check out residents rotating at the hospital, learning biomechanics and working on appliances!

Our Faculty have adapted to the technology of Zoom and worked together to select our new resident for next year!
Exciting news and announcements from our Residents:

Second year resident Francesca Pietri got married to her wonderful fiancé Eduardo Elizalde on November 16, 2019 in Coral Gables, Florida surrounded by family and friends!

First year resident Barbara Sterniczuk had a surprise proposal on December 31st, 2020 in Florida in December!

Jessica St. Martin’s daughter turned 1 years old this summer! She hosted a beautiful party in the back yard.

Second year resident Taylor Squires got engaged on December 13th, 2020 to his boyfriend Ian Heschke, a wonderful ending to the year. He is excited to get married in the summer of 2022!

Karthik Kommuri’s beautiful daughter turned 2-years-old on November 5th. Nina is growing up so fast!
All 3 of first resident Parveen Virdee celebrated birthdays recently! She is truly a superhero raising 3 kids during residency!

News from our Alumni and Eastman Family!

Dr. Tim Calnon (current Ortho Faculty and Class of 2015) and Dr. Lauren Vitkus (Ortho Class of 2016) announce the birth of our son Patrick Robert Calnon born June 26th 2020.

Dr. Gabriela Flores (Ortho 2020) got married on September 4th, 2020 at a Vineyard in Monterrey, Mexico to her fiancé Maurico Bueno.

Dr. Andrea Frantz (Ortho 2018) and Dr. Michael Skrobola (Ortho 2018) got married on August 29th, 2020.

Dr. Kanski and Dr. Liliya (Nikolchiva) MacKenzie, reached Top 1% Diamond Plus Provider
Stephanie Morgan (Ortho ’12) also reached “Diamond Plus” status with Invisalign!

Dr. Michael Spoon served as president of the North Atlantic Component of the Edward H. Angle Society of Orthodontists (NAC EHASO) for the past 3 years and Dr. Ron Bellohusen will begin his two year term as president this year! Although their meetings in Portugal was cancelled for safety, this year then meeting will be virtual and we are inviting all residents to attend the Scientific Presentations.

Pedro E. Santiago, DMD, MBA and Alvaro A. Figueroa, DDS, MS have some exciting news to share with you regarding the J. Daniel and Joanne Subtelny research award for Clinical Orthodontics and Speech/Language Pathology

The American Cleft Palate-Craniofacial Association (ACPA) recognizes young professionals in the cleft and craniofacial field for their hard work and dedication to research. Last year the ACPA merged its research programs to have an even greater impact for young professionals and agreed to rename it the Subtelny Junior Investigator Award. By merging their General Research Fund, Paul W. Black, M.D. Grants for Emerging Researchers Fund, and the Junior Investigator Award Fund, the ACPA was able to add $30,000 to the renamed Subtelny fund.

Continuing the legacy of our Dan and Joanne, the Subtelny Junior Investigator Award recognizes outstanding presentations from investigators either recently graduated or currently enrolled in a training program dealing with cleft and craniofacial evaluation and treatment. The Eastman Orthodontic Alumni should feel extremely proud for supporting this research.

We want to preserve the legacy of this very special fund for years to come. We invite you to make a gift online at www.acpa-cpf.org/donate or send your gift by mail to:

American Cleft Palate-Craniofacial Association
1504 E. Franklin St., Suite 102
Chapel Hill, NC 27514
Donors should designate the Subtelny Junior Investigator Award on their check or online giving.

Many of our alumni network have worked hard to form this fund and have donated generously to create this award!

We would like to thank all of our alumni and the following orthodontics companies for their support and donations to the Eastman Department of Orthodontics:

SPEED System Orthodontics
Align
Infinitas TADS
American Orthodontics
World Class Technologies
Ormco

We are excited to share that we received a new iTero Scanner as a donation this year to our clinic. Thank you to the Subtelny Fund for the generous donation!
Thank you!

We look forward to reconnecting with all our alumni and Eastman family in the near future!

WE WANT TO HEAR FROM YOU!

If you have announcements to be published in the next HOTSEAT publication or if you are interested in contributing by writing, please contact Linda Stauber at linda_stauber@urmc.rochester.edu

2021 Editors: Thank you to Francesca Pietri for designing and creating this beautiful newsletter and to Taylor Squires for his effort in editing and putting together the text and information for our annual Hotseat Newsletter

EASTMAN INSTITUTE FOR ORAL HEALTH
Department of orthodontics and dentofacial orthopedics

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