

THE HOTSEAT

SUMMER EDITION 2023

ORTHODONTIC DEPARTMENT NEWSLETTER



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MEDICINE

EASTMAN
INSTITUTE FOR ORAL HEALTH



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LETTER FROM OUR CHAIRMAN

To all our alumni, faculty, students and staff,

Summer of 2023 has culminated in another class completing the requirements to become Eastman orthodontists. The Class of 2023 will officially go through the Graduation Ceremonies on Friday 30, 2023. With another academic year reaching an end I reflect with satisfaction on the privilege to have had another group of wonderful residents pass through our program. We are fortunate to welcome a new group starting, 6 residents and three preceptors.

Our clinical and didactic activities at Eastman Orthodontics provide our residents with amazing learning opportunities. Our senior class all passed the ABO written exam and the residents are prepared to complete the ABO scenario-clinical exam to become ABO certified. Both these certification milestones are a testament of the education provided at EIOH. Our senior class exhibited clinical cases as part of the annual CDABO endeavor at the 2023 AAO conference and I am very proud to announce that their cases received an honorable mention for excellence. Our accomplishments are second to none! Our didactic classes have been managed through a hybrid format, partly Zoom and partly in person. I foresee that this format will be in place for the near future, hence, our interview process for new residents in the fall will also be through Zoom.

All our residents participated in the annual AADR section event at EIOH and again excelled with research presentations on topics including hormonal effects on tooth movement, weight related changes during treatment, second molar involvement in overall arch changes, entrepreneurship in dentistry, ankyloglossia and AI developments.



All the projects are prepared for publication with some already in review by journals. We will continue to provide useful material to our literature.

We sadly said farewell to Dr. Len Fishman who passed away during this academic year. There was a gathering in his honor at his home in Skaneateles, NY organized by his children which was well attended by friends and colleagues. Driving to this beautiful town from Rochester, I reflected on the many years that Dr. Fishman drove this distance. His commitment to our profession and program is admired and acknowledged.

I was recently informed by EIOH Administration that two new clinical instructors are almost done with their credentialing and thus will be active in our clinic during the next semester and our new full-time faculty member is also in the final process of appointment and will commence duties soon. In addition, our existing dedicated group of clinical instructors continue to provide our resident with excellent clinical education.

The alumni function recently in Chicago at the 2023 AAO Annual Session was much enjoyed; a great opportunity to catch-up with our alumni members. I cannot thank you enough for the contributions to the Subtelny Fund and Orthodontic Gifting Fund which are utilized to enhance Eastman Orthodontics.

I look forward to hearing from you or seeing you soon at Eastman Orthodontics. Please consider sharing some of your practice experiences with our residents as a unique clinical/practice pearl will without doubt enhance our resident education.

Best Regards,

Dr. P. Emile Rossouw.

A message from our new Program Director Dr. Dimitris Michelogiannakis

Dear Eastman family,

I was recently appointed as Program Director of our Orthodontics Department and I am truly honored and inspired by this new role and responsibilities. With the help of our amazing team of staff and part-time faculty, our Chairperson (Dr. Rossouw) and myself have been able to achieve our educational, clinical and academic goals. All our senior residents successfully completed the ABO written examination, and presented their research projects at the Rochester Chapter of American Association for Dental, Oral, and Craniofacial Research (AADOCR) meeting in June 2023. Our team is working hard to deliver excellent clinical education and patient care as our clinical activities are returning back to normal after the COVID pandemic. In addition, we are in the process of recruiting a new full-time faculty member and we are excited for further strengthening and diversifying our team. We are looking forward to the upcoming senior, junior residents and preceptors who will become a part of our strong legacy in orthodontic education. I would like to wholeheartedly thank Dr. Rossouw, faculty, staff and alumni for their trust in me as I am committed to the continuous advancement of our orthodontic program.



Best regards,

Dr. Dimitrios Michelogiannakis

AN UPDATE FROM OUR CURRENT SENIOR CLASS:



Dr. Fares Alshuraim: I am filled with gratitude as I bid farewell to the remarkable orthodontics department at EIOH. From the moment I walked through the doors, I was greeted with open hearts and minds. The guidance and mentorship provided by this remarkable department have had a profound impact on my personal and professional development. Through the unwavering dedication of the caring faculties, I have gained the knowledge, skills, and confidence that will shape my career for years to come, and I am forever grateful. To my co-residents, you have become lifelong friends, and I cherish our shared memories. Thank you for everything; our connection will endure.

Dr. Stefani Berry: The past years at Eastman has flown by. The amount of education I have received is incredible. I would like to thank the amazing Ortho faculty, assistants, and staff for making my time at Eastman enjoyable. I would like to give a special thanks to my co-residents for making everyday fun and exciting. I am looking forward to spending time with family, friends and traveling. I am enthusiastic to begin my career as an orthodontist in private practice. I am proud to be apart of the Eastman Orthodontic family.



Dr. Daisy Salazar: Two years went by so fast and in a few days, we are graduating. After so many years of schooling, I can say this experience was by far the best of all, because I can finally call myself an ORTHODONTIST! It has been an honor to become part of the wonderful Eastman Family and learn from all the great minds that our fantastic Orthodontic Department has as faculty members. Thank you for giving me the most fun, intelligent, and creative co-residents that anyone could dream of, but not everyone can get, who made this experience memorable and fulfilling. I am very excited to take all these skills and knowledge and start my career as an Orthodontist in the beautiful city of Chicago. If you come to Chicago, make sure to contact me because Mi Casa es su Casa! Gracias!

Dr. Darren Morgan: Hello again Eastman family! I want to take this time to say a big “Thank You” to our faculty and staff in the Department of Orthodontics here at Eastman. The past two years have been an amazing journey! I have grown so much, both personally and professionally, and much of this growth can be attributed to the hard work, dedication, and compassion of our amazing team. Words cannot express how grateful and honored I am to be a part of the Eastman family. A second thank you has to go to my amazing co-residents. We have shared some wonderful moments together and have made memories that will surely last a lifetime. This journey would not be the same without you! Following graduation, I will be returning to South Florida to practice as an associate orthodontist. There, I will also be rejoining my wife who is currently in residency for Oral and Maxillofacial Surgery.



Dr. Thomas N Rafail: The time I have spent in Rochester has been filled with an incredible amount of learning, research, hiking, delicious cuisine, planetarium excursions, and weekend dinner cookouts. My co-residents (aka my Eastman family) have made this journey most memorable, and the relationships created here will be ones that last a lifetime. Our bond was strengthened in the clinic, outside of school, and on advanced education courses such as GORP, Tweed, and the AAO annual meetings. I would like to personally thank the entire Eastman orthodontic staff and administration for allowing a space for creative minds to prosper and advance the specialty. I will be returning home to Michigan where I will practice orthodontics alongside my father (Dr. Nicholas T Rafail Class of 97'), and also practice part time at a pediatric dental office and general dental office.

Dr. Matthew Sawaged: The two years I have spent in Rochester have been exciting and fulfilling to say the least. I've met some incredible people, and more so, built relationships that will last a lifetime. Inside and outside the clinic, my experience at Eastman has left me with so many invaluable memories. The dynamic of my class and the entire Eastman team was truly unmatched! I would like to thank the entire Eastman staff, faculty, and co-residents for making this incredible journey possible. I would also like to thank my wife Maria, my parents, and my siblings for their unwavering support during my time as a resident. I am excited to finally start my career as an orthodontist working along side my wife, a pediatric dentist, in Sarasota, Florida. I am proud and honored to be a part of the Eastman family.



OUR FIRST YEAR RESIDENTS, CLASS OF 2024



Dr. Christopher Burns, born in Baltimore, Maryland and predominantly raised in Dayton, Ohio. Born into a military family, he lived in multiple regions throughout the United States. From an early age, Chris competed in the sport wrestling where he ultimately achieved an All-American status and was an Ohio state champion. Chris started his academic journey by completing a Bachelor of Science degree in human biology at Kettering College of Medical Arts in Kettering, OH. Upon completion of his undergraduate studies, Chris started his dental school at the University of New England in Portland, Maine. As a dental student, Chris was the founder of many academic clubs, a research assistant and was selected as a clinical teaching assistant. He continued his dental career completing a GPR at One Brooklyn Health in Brooklyn, New York and was also a general practitioner in Cleveland, OH and Malta, NY. Chris is also an artist and spends much of his free time painting and playing guitar. Chris is very humbled and grateful for the opportunity to study orthodontics at Eastman and he looks forward to all the new friendships, family and knowledge.

Dr. Atheer Ganem was born and raised in Abha, Saudi Arabia. She received her BDS from KKU school of dentistry in Saudi Arabia, after graduation she joined her school as a teaching assistant in the orthodontics department for a year. Dr. Ganem found herself in this specialty since she started her journey of dental school, she got a scholarship to follow her dream of being an Orthodontist. She attended Eastman at the University of Rochester to do her MS of Dental Since along with orthodontic preceptorship, this opportunity opened the doors for her dream, and she got accepted in the orthodontic program class 2024. Atheer is thrilled of her journey at the department of orthodontic and she is looking forward to a long-life journey of teaching and practicing orthodontics. Atheer is grateful for being part of Eastman family she describes her journey with love and loyalty to her mentors and friends. Atheer enjoys traveling and exploring new areas, food and learn about other cultures. She likes the diversity in the orthodontics department which allowed her to make along life friendships.



Dr. Fraser Hart was born and raised in Kelowna, BC, Canada. He first attended the University of British Columbia, completing a degree in Kinesiology. He then spent the next five years in Ireland where he attained a B.A. and his Dental Degree from Trinity College Dublin. During his spare time in Ireland, he could be found enjoying a Guinness while watching rugby matches! Outside of the clinic his hobbies include playing tennis, skiing, exploring new areas, and most importantly spending time with his dogs! Fraser is very grateful to have been given the opportunity to continue his training at the Eastman Orthodontic Department!

Dr. Benjamin Levenson was born and raised in Longmeadow, a small town in Western Massachusetts. Ben attended Syracuse University in NY and graduated with a B.S. in chemistry. After college, Ben attended the University of Maryland School of Dentistry in Baltimore, MD where he graduated at the top of his class and was elected to the Omicron Kappa Upsilon National Dental Honor Society. During his time as a dental student, he held multiple leadership positions and volunteered in the community where he was a mentor for adolescents from Inner-City Baltimore. In his free time, he enjoys being outdoors and likes to hike, run, snowboard, and cross-country ski. Ben is honored to be a part of the Eastman community and is excited to join a profession where he can help patients overcome challenges they face with their insecurities and reward them with a smile that gives them confidence.





Dr. Stacy Rosenberg was raised in Rochester, New York. Stacy graduated from Cornell University with a Bachelor of Science degree in Biological Sciences. Stacy then moved to Long Island, NY where she earned a Doctor of Dental Surgery degree at Stony Brook School of Dental Medicine. After dental school Stacy returned to Rochester, NY and completed a 1-year General Practice Residency at Eastman Institute for Oral Health. Stacy enjoys cooking, working out, reading, and traveling. Stacy is thankful for the opportunity to be training at Eastman to become an orthodontist.

Dr. Cody Wiktorski was born in Rochester, NY, returns home after completing his dental schooling at the University at Buffalo. It was there that he served as President of Buffalo Outreach and Community Assistance (BOCA) and mentored at-risk youth through Compeer Buffalo. Prior to dental school, Cody played collegiate baseball at St. John Fisher College where he helped lead his team to the program's first Division III College World Series during his senior year. In his free time, Cody runs an organization called Wik Brothers, with his younger brother, to raise awareness for mental health and suicide prevention. Over the past 7 years they have climbed many Adirondack peaks (through 46Climbs), participated in Out of the Darkness Walks, raised thousands of dollars for the American Foundation for Suicide Prevention, and even completed the Buffalo Marathon in honor of their brother Casey who tragically took his own life in 2016. Cody is excited to be home and even more excited to complete his orthodontic residency at his dream program.



Welcome to our new **Class of 2025** and **Preceptors** (from top left to lower right): Luay Jabr, Abdallah Michail, Ibrahim Kassem (P), Corey Stein, David Lee (P), Eftixia Rizov, Maria Panagiota Kouskouki, Atoosa Pahlavani.

DEPARTMENT NEWS AND EVENTS



Senior resident **Dr. Stefani Berry** won a honorary award during the CDABO Case Display Competition at the 2023 AAO Meeting in Chicago.



We want to congratulate **Dr. Dimitris Michelogiannakis('17)** for his new role of **Program Director!** He was also appointed Chair Appointed Chair-Elect for the Section on Orthodontics, American Dental Education Association (ADEA), became active member of Edward H. Angle Society of Orthodontists, North Atlantic Component, appointed Site Visitor for the Commission on Dental Accreditation (CODA) for Advanced Dental Education Programs in Orthodontics, became member of the George Eastman Circle-University of Rochester. He also received American Association of Orthodontists (AAO) Full Time Faculty (FFT) Fellowship award.



Senior residents presented the topic “Congenitally Missing Teeth” at Grand Rounds.



Senior resident **Dr. Matthew Sawaged** won an award during the American Association for Dental, Oral and Craniofacial research Annual meeting (AADOCR 2023) for his research project presentation: Association Between Increased Body Mass Index and Oral Health in Adolescents: A Pilot Cross-Sectional Study.





Professional Advocacy Conference organized by the AAO. Senior resident **Dr. Darren Morgan** met members of the Congress at the Capitol to advocate on behalf of multiple priorities including federal student loans relief.



Visiting alumni: **Dr. Angelo Miraldi ('95)** and **Dr. Ionna Gidarakou ('01)** gave great lectures about the cutting-edge technologies in our field, clear aligners and in house-printing options/workflow.



Dr. Dimitris Michelogiannakis presented at the ADEA meeting in Portland as well as at the Angle Orthodontics meeting in Lisbon, Portugal.



Dr. Shaima Malik ('14) was invited to join the editorial board of Seminars in Orthodontics and has been serving as a board member since January 2023. She also attended the Angle Orthodontics meeting in Lisbon and served as an external examiner for Orthodontic and Pediatric residents at Mohammed Bin Rashid University of Medicine and Health Sciences, Dubai, UAE.



Dr. Ron Bellohusen('94) and wife Gail Bellohusen recently hosted Ron's second meeting as President of the North Atlantic Component of the Edward H. Angle in Lisbon, Portugal. The meeting was attended by members from all over the world and included several Eastman Orthodontic alumni.



TWEED Course 2023



Great Lakes Laboratory Training



Recess GLDT Style

Align Technologies Residents Summit in North Carolina 2023



Charles H. Tweed International Foundation for Orthodontic Research

2620



HALLOWEEN



5 DE MAYO CLINIC CELEBRATION



Happy hours with American Orthodontics



GORP 2022 - ANN ARBOR, MICHIGAN



The Eastman family always together at the 2023 AAO meeting in Chicago



AMERICAN ORTHODONTICS RESIDENT SUMMIT 2023 in Sheboygan, Wisconsin



STAFF NEWS: Welcome to our New Staff!



Patricia Uzialko
Front Desk



Kortney Burrows
Front Desk



Ruslana Kovalchuk
Dental Assistant



Shar Connellan is celebrating **30 years** working in our Orthodontic Department!

Congratulations Shar!

NEWS FROM OUR ALUMNI AND EASTMAN FAMILY



Drs. **Francesca Pietri** ('21-top left), **Barbara Sterniczuk** ('22-top middle), **Shaahin Dadjoo** ('22-top right), **Parveen Virdee** ('22-bottom left), **Camile Leong** ('22-bottom middle), **Diaa Ossama Allahham** ('22-bottom right) successfully passed the ABO Scenario-based to become ABO certified orthodontists. Congratulations doctors!

Dr. Gabriela Flores ('19) received her ABO Board Certification. Congratulations to Dr. Flores!



Multiple Eastman alumni attended the Angle North Atlantic meeting at the Pestana Palace in Lisbon, Portugal.



Dr. Dimitris Michelogiannakis ('17) with his wife Elli Anna Kotsailidi, his sponsors, **Dr. Michael Spoon** ('91) and **Dr. Ron Bellohusen** ('94), and **Dr. Joanna Godhino** ('07) an Eastman Alum, who is a faculty member at Lisbon University and helped plan the Angle North Atlantic meeting



Dr. Hilton Wasilewski ('85), an Eastman Alum from Sidney Australia, also presented at the Angle North Atlantic meeting.

Dr. Robert Bray ('75) and Dr. Ron Bellohusen ('94), two Eastman Alumni together in Lisbon, Portugal.



BABIES



Congratulations to **Dr. Aris Panagiotou ('22)** on his beautiful #2 baby boy **Michail** with big brother **Ioannis!**

Congratulations to **Dr. Tim Calnon ('15)** on his beautiful baby girl **Molly** with big brother **Patrick!**



WEDDINGS



Dr. Dimitris Michelogiannakis ('17) and beautiful Dr. Elli Kotsailidi (Perio '19) got married in August 2022 in Greece!



Senior resident Dr. Matthew Sawaged got married to a beautiful Pediatric dentist, Dr. Maria Sawaged, in August 2022 in New Jersey!

Upcoming WEDDINGS



Senior resident Dr. Darren Morgan will get married to a beautiful OMFS resident, Dr. Deepika Mann in August 2023 in Vancouver!



Dr. Camille Leong ('22) got engaged in April 2022 to her boyfriend Ben Maimon and they are very busy planning their wedding in October 2023!



Dr. Aris Panagiotou ('22) will get married to a beautiful Prosthodontist, Dr. Maria Chatzinikola in August 2023 in Greece!

IN MEMORIUM



Dr. Richard Myers was born in Hamilton, NY. He served as a part-time Clinical Professor in the Orthodontic Graduate Program at Eastman from 1978-2018. He loved mentoring, teaching, and practicing orthodontics. He passed away January 16, 2022.



Dr. Leonard "Len" Fishman was born in Easton, PA. He was a Syracuse Orthodontist, professor, artist, and a family man. During his time at Eastman, he completed two specialties: Pediatric Dentistry ('59) and Orthodontics ('61). He always wore a broad and contagious smile. During an interview he said: "I get very close to the residents and value and respect their friendship. There's something in our department that bonds all of us together. We have very bright, highly motivated residents who love to learn. Why wouldn't I do this? We are all so lucky!". He passed away peacefully at the age of 90, November 20th, 2022.



Eastman Publications this year!

Santucci, V.; Rossouw, P.E.; Michelogiannakis, D.; El-Baily, T.; Feng, C. Assessment of Posterior Dentoalveolar Expansion with Invisalign in Adult Patients. *Int. J. Environ. Res. Public Health* 2023, 20, 4318. <https://doi.org/10.3390/ijerph20054318>

Allahham DO, Kotsailidi EA, Barmak AB, Rossouw PE, El-Bialy T, Michelogiannakis D. Association between nonextraction clear aligner therapy and alveolar bone dehiscences and fenestrations in adults with mild-to-moderate crowding. *Am J Orthod Dentofacial Orthop.* 2023 Jan;163(1):22-32.e4. doi: 10.1016/j.ajodo.2021.08.022. Epub 2022 Sep 22. PMID: 36153200.

Ganem, A., Rossouw, P.E., Michelogiannakis, D. *et al.* Antinociceptive Efficacy of Shamanic Healing for the Management of Temporomandibular Disorders: An Evidence-Based Review. *J Relig Health* (2023). <https://doi.org/10.1007/s10943-023-01844-1>

Altuhafy, M., Jabr, L., Michelogiannakis, D., Khan, J. Self-perceived pain in Hyrax versus other maxillary expansion orthodontic appliances: a systematic review of clinical studies. *Eur Arch Paediatr Dent* (2023). <https://doi.org/10.1007/s40368-023-00795-1>

Kotsailidi EA, Michelogiannakis D, Barmak AB, Madianos P, Caton JG, Tsigarida A. Root coverage surgery for dentin hypersensitivity reduction. A systematic review and meta-analysis of randomized controlled trials. *Quintessence International*. 2023 accepted for publication

Jabr L, Altuhafy M, Barmak AB, Rossouw PE, Michelogiannakis D. Comparative assessment of chewing sugar-free gum and conventional analgesic drugs in alleviating self-reported pain associated with fixed orthodontic appliances: A systematic review and meta-analysis. *Journal of Orthodontics*. 2022;0(0). doi:[10.1177/14653125221144059](https://doi.org/10.1177/14653125221144059)

Alvarez D, Barmak AB, Rossouw PE, Michelogiannakis D. Comparison of shear bond strength of orthodontic brackets bonded to human teeth with and without fluorotic enamel: A systematic review and meta-analysis of experimental in vitro studies. *Orthod Craniofac Res*. 2022 Aug 12. doi: 10.1111/ocr.12602. Epub ahead of print. PMID: 35960660.

Sterniczuk B, Rossouw PE, Michelogiannakis D, Javed F. Effectiveness of Curcumin in Reducing Self-Rated Pain-Levels in the Orofacial Region: A Systematic Review of Randomized-Controlled Trials. *Int. J. Environ. Res. Public Health* 2022, 19, 6443. <https://doi.org/10.3390/ijerph19116443>

Javed F, Ahmed HB, Zafar MS, Shaikh MS, Rossouw E, Michelogiannakis D, Alstergren P. Testosterone decreases temporomandibular joint nociception— A systematic review of studies on animal models. *Archives of Oral Biology*. 2022 in press <https://doi.org/10.1016/j.archoralbio.2022.105430>

Dadjoo S, Michelogiannakis D, Rossouw PE, Javed F. Potential adjunct therapies for the management of temporomandibular disorders: An evidence-based review. *Cranio*. 2022 Feb 12:1-11. doi: 10.1080/08869634.2022.2036437.

Bautista V, Talluri S, Michelogiannakis D, Korczeniewska OA, Khan J. Anti-inflammatory effects of photobiomodulation in the management of osteoarthritis of the temporomandibular joint: A systematic review of animal studies. *Indian J Rheumatol* 2022;17:279-88.

Michelogiannakis D, Rahman I. Influence of E-Cigarette and Cannabis Vaping on Orthodontically Induced Tooth Movement and Periodontal Health in Patients Undergoing Orthodontic Therapy. *Int. J. Environ. Res. Public Health* 2022, 19, 6518. <https://doi.org/10.3390/ijerph19116518>

BOOK CHAPTER

P. Emile Rossouw, Dimitrios Michelogiannakis and Fawad Javed. Chapter 4, the use of attachments in clear aligner (Invisalign) treatment. In: *Modern Concepts in Orthodontics*, Editor Yahya Tosun, Quintessence Publishing Turkey 2022.

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

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

2023 Editor: Daisy Salazar

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