

Editorial	178
Oral & Maxillofacial Surgery: Oral and maxillofacial manifestations in 50 β –Thalassemic patients — A clinical study — <i>Syed Muhammad Ali, Syed Mahmood Haider, Sufyan Ahmed, Syed Ghazanfar Hassan, Sarfaraz Husain Jaffry</i>	179
Glove perforations during oral & maxillofacial surgical procedures — <i>Majid Khan, P Ramsay-Bagg,</i>	184
Facial injury severity scale scores amongst motorcyclists: Are they as safe as they should be? — <i>Fahad Qiam, Tariq Ahmad, Sana Wazir, Sana Mushtaq, Muslim Khan</i>	188
Evaluation of patterns of mandibular third molar impactions and associated pathologies — <i>Muhammad Asif Shahzad, Momin Ayub Marath, M Rafique Chatha, Aqib Sohail</i>	192
Pattern of maxillofacial injuries — A study — <i>Shaheen Ahmed, Abdul Hafeez Shaikh, Suneel Kumar Punjabi, Sufyan Ahmed</i>	197
Castleman's Disease of the neck — A case report and literature review — <i>Muslim Khan, Bushra Mehboob, Saima Mehboob</i>	201
Oral Medicine: Knowledge and attitude of dentists towards tele-dentistry in Pakistan — <i>Noureen Latif, Ali Nasre Alam, Saeeda Abdullah</i>	205
Ameloblastoma: Analysis of 76 cases from a university-based biopsy service in Saudi Arabia — <i>Ahmed Qannam</i>	210
Temperature difference of local anesthesia and its effects on injection pain: a double blinded randomized clinical trial — <i>M Zubair, Azmina Hussain, Afsheen Maqsood</i>	214
Oral Pathology: Pattern of presentation for oral submucous fibrosis — <i>Hira Salam, Shaheen Ahmed, Mohsin Wahid, Mehak Irshad</i>	217
Oral Biology: Effects on the enamel due to the carbonated drinks — A SEM Study — <i>S Kazmi, A Mughal, M Habib, M Ayaz, H Tariq, Arshman Khan</i>	221
Orthodontics: Cephalometric gender difference in the youth of Khyber Pakhtunkhwa — <i>Tallat Firdos, Nida Murad, Shahab Adil, Tayyab Khalily</i>	226
Incidence of mandibular 3rd molar impactions in different facial types of orthodontic patients seen at Khyber College of Dentistry — <i>Summiya Bashir, Ghulam Rasool, Farhana Afzal, Nayab Hassan</i>	232
Orthodontic treatment modality, touches the special-needs children' oral health-related quality of life A hospital based cross-sectional study in Rawalpindi and Islamabad — <i>Sadaf Konain Ansari, Col Azhar Ali Banghash, Mohtada Hassan, Saba Basit, Nosheen Asif</i>	235
Comparison of inter premolar, molar widths and arch depth among different malocclusions — <i>Mahwish Adil, Shahab Adil, Kawish Syed, Tariq Aziz, Aamna Badshah</i>	241
Inter-observers level of agreement in cervical vertebral maturation staging — <i>Ahsan Mahmood Shah, Faizul Ul Hassan, Umar Hussain, Fatima Tu Zahra</i>	245
Work related musculoskeletal disorders amongst dental practitioners — <i>Amna Amjad, Owais Khalid Durrani, Mohsin Fazal, Sana Aziz, Irum Hussain</i>	249
Lip asymmetry in orthodontic patients during smiling — <i>Muhammad Adil Khan, Ghulam Rasool, Umar Hussain, Faizan Ul Hassan</i>	253
Applicability of Pont's index in orthodontics patients in a sample of Peshawar — <i>Faizan-ul-Hassan, Ghulam Rasool, Ahsan Mahmood Shah, Syed Suleman Shah, Umar Hussain</i>	256
Double tooth: Report of two unique clinical cases — <i>Shakeel Qutub Khan, Durreshawar Agha, Shaista Zafar, Babur Ashraf</i>	259

(Continued on title page 4)

PAKISTAN ORAL & DENTAL JOURNAL

Established 1981

An International Peer Reviewed Journal

For online edition log on www.podj.com.pk

Editorial Board

Editor

Ahmad Iqbal

Co-editor

Amjad H Wyne

Associate editor

Khalid Almas

Assistant Editor (Medical)

Fareha Iqbal

Members

National

Shaheed Iqbal
Muzaffar Khan
Qiam-ud-Din
Azhar Shaikh
Gulzar Ali Bukhari
Muslim Khan
Hameedullah Jan
Haroon Shahid Qazi
Iffat Batool

Nazia Yazdanie
Shahid Shuja Qazi
Ayyaz A Khan
Saeeda Abdullah
Nighat Bukhari
Ulfat Bashir
Rehan Qamar
Ghulam Rasool

International

Takanori Sobu, USA	Achint Utrija, USA
Hezekiah A Mosadomi, KSA	Raman Bedi, UK
Cavalcanti, A.L, Brazil	Graham J Mount, Australia
Abdul Majeed, KSA	Eman A Alkofide, KSU
Fawad Javed, USA	Subraya Bhat, India
Fouad Salama, KSA	Roger Smales, Australia

Regional Bureau Chiefs

- Abdulaziz Al-Rasheed (Saudi Arabia and Middle East)
- Khalid Rasheed Chaudhry (USA and North America)
- El-Fateh El-Amin (Sudan and Africa)
- Henry Kwek (Singapore and Far East)

Editorial Office and Address for Correspondence

Prof Emeritus Dr Ahmad Iqbal
Editor, Pakistan Oral & Dental Journal
19, St 63, F-7/3, Islamabad — PAKISTAN
Tel: 92-051-2611187/2611138
E-mail: driqbal7@gmail.com
Website: www.podj.com.pk

Vol 36

No 2

June 2016

Ramazan-ul-Mubarak 1437 AH

Subscription (annual): Inland Rs 2000. – Institutions Rs 3000. – Overseas US \$ 300

Recognised by PMDC since 1982, by Higher Education Commission Government of Pakistan since 2006, by Pakistan Science Foundation since 1983 by WHO (EMR) since 1990, and by WAMA (World Association of Medical Journal Editors) since 2011.

EDITORIAL

Amazing developments are taking place in science and technology in the world every day. Only those who make genuine endeavours to seek knowledge about these developments can benefit from it.

Where science and technology offers countless benefits, it also has hidden dangers. For example dental light curing unit emits blue light between 350-500nm which includes ultra violet (UV) group C which is harmful to the eye. It may cause UV cataract, retinitis, and macular degeneration etc. More recent light curing units such as laser curing lights provide intense light and associated increased temperature. Moreover, eye may get infected from simple contact of aerosol.

Dental professionals are aware about the benefits of modern dental gadgets but many are not fully aware about their hazards.

Suitable eye protection measures such as wearing tinted glasses, visors and eye shields should be taken. Patients should be provided with shaded or colour tinted glasses. As an added protection, they should be told to keep their eyes closed when light curing unit is activated. Protective eye wear side shields must also be worn by the dentists and their assistants during procedures.

Dental teachers can provide the leadership and can help in spreading this information. No progress can be made, if visionary and technologically competent leadership is not provided.

AHMAD IQBAL

PROFESSOR EMERITUS KHYBER MEDICAL UNIVERSITY

Dr Ahmad Iqbal

Editor

Pakistan Oral & Dental Journal

19, Street 63, F-7/3

Islamabad – Pakistan

Tel: 92-051-2611138 / 2611187

E-mail: driqbal7@gmail.com

Website: www.podj.com.pk

INFORMATION FOR AUTHORS

Pakistan Oral & Dental Journal is a peer-review journal published thrice a year (w.e.f. 2014 quarterly). It is bringing out 2 editions. One, usual print edition which is in your hand, and the online edition: www.podj.com.pk. The journal accepts original research reports, reviews, case reports, short scientific communications, letters to the editor and commentaries.

Manuscript submission: Manuscripts, should be prepared following uniform requirements for manuscripts submitted to biomedical journals as approved by the International Committee of Medical Journal Editors (www.icmje.org) (two hard copies and a soft copy) must be double-spaced and in English. Both British and American spellings are acceptable. The manuscript must be accompanied by a cover letter stating that the submitted work has not been published before and is not being considered for publication elsewhere, that it has been approved by all authors and that if approved after review will not be withdrawn. The cover letter should also state that the particulars of authors namely qualifications, designations, addresses are accurate. This must also include the full postal address, telephone, fax, and e-mail of the first author. Acknowledgement of receipt is made by e-mail. Authors from foreign countries may submit their manuscripts electronically to the editor's email. In this case, the manuscript must be sent as a Microsoft Word attachment, with tables and references included as part of the Word text. Graphics have to be attached as jpg files.

Processing Charges: An article submitted for publication in this journal undergoes technical review, editorial review, peer review & then if accepted is sent for pre-publication proof checking & for printing & electronic publishing. Authors are required to share the processing costs which are calculated on the basis of length of the article, number of figures & whether they are to be published in black & white or in colour & number of print copies they want. An author can obtain the correct information by providing the above details through e-mail or phone (driqbal7@gmail.com or 0092-51-2611187).

Plagiarism: Manuscripts are screened for plagiarism using special software and those found guilty or involved in publication misconduct are liable to be black listed.

Disclosure: Regarding source of funding and conflict of interest if any besides approval of the study from respective ethics committee/institution should be taken care of.

Conflict of Interest: Conflict of interest refers to a situation that has the potential to undermine the impartiality of an author because of the possibility of a clash between the author's self-interest and professional interest or public interest. All authors are required to disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications, and grants/funding. Acknowledging conflict of interest means that the reviewers and readers are made aware of the competing interests.

Manuscript preparation: Research articles are normally divided into following sections: Title page, Abstract, Introduction, Methodology, Results, Discussion, Acknowledgement (if any) and References. The editor reserves the right to edit all accepted manuscripts for clarity, conciseness and scientific style.

Methodology: Describe precisely how the study was carried out. Provide information about the sample of subjects, patients, materials or whatever was being studied, design of study and how it was executed. Include the method(s) of analysis of data that were used, and where relevant, mention the reliability of the methods of measurement.

Results: Describe data relevant to the objective(s)/hypothesis of the study in the form of text, tables and/or figures. The text summarizes the most important data presented in the tables/figures. Do not repeat all the contents of the tables/figures. Also describe the results of analysis of information (statistical tests).

Discussion: Illustrate the main findings of the study and how the findings compare with present and past knowledge. Describe possible reasons for any disagreement, and the author(s) interpretation of the results of the study. It may also include discussion of the materials and methods employed. Avoid repetition of the results. Mention implications of your findings, and any limitations of the study. Include any recommendations for future research based on your findings.

Conclusion(s): Number statement of your main findings. Conclusion(s) should relate directly to the aims and objectives of the study.

References: References should be numbered consecutively in the order in which they appear in the text. Identify references in texts, tables, and legends by Arabic numerals in superscript. The journal follows the Vancouver (now known as ICMJE) style of referencing. Avoid reference to "unpublished observations", "personal communications" and papers not yet accepted for publication.

Tables: Should be numbered consecutively in Arabic numerals (e.g., Table 1, Table 2, etc.), with each table typed on a separate page and with due attention to the proportions of the printed page. Do not document same data in tables and graphics.

Illustrations: All graphs, drawings, and photographs are labeled as figures and should be sequentially numbered in Arabic numerals (e.g., Fig 1, Fig 2, etc.). Each figure must be on a separate page and each must have a caption. In case of photographs, write the figure number and caption at the back of each photograph with top side indicated by an arrow sign. All captions, with necessary references should also be typed together on a separate page.

Correspondence: All correspondence must be addressed to Professor Ahmad Iqbal, Editor, Pakistan Oral & Dental Journal, 19, Street 63, F-7/3, Islamabad, Pakistan. E-mail: driqbal7@gmail.com, website: www.podj.com.pk

Alternate rapid maxillary expansions and constrictions technique used in treatment of class III malocclusion with maxillary hypoplasia in an adolescent — Case report — <i>Bashar Reyad Elmomani, Jumana Tbeshat, Ahmad Madallah Tarawneh, Zaid Al Zoubi, Abdullah Nazah</i>	263
Periodontics: Myths associated with dental scaling (study done by pharmacy students/lecturer) — <i>Hiba Farooq, Syeda Humal Bukhari, Munaza Riaz</i>	267
Community Dentistry: Development of professional dental ethics course with additional Islamic perspective and dental students' feedback — <i>Shahina Yasmin</i>	270
Perception of dental aesthetics among Hail university students — <i>Saqib Naeem, Mohammed Essa Alhumaid, Fahad Hammad Nassar Albaqawi, Hasna Salem Raseed Alshurtan, Hanan Muhammad Abdullah Alfahaad</i>	277
Rational use of analgesics in dental practice — <i>Syeda Amina Hanif, Ammara Azmat, Saleha Sadeeqa</i>	282
Cross infection control — A study — <i>Munir Ahmed Banglani, Priya, Suneel Kumar Punjabi, Muntaha Banglani</i>	286
Knowledge, attitude and practice regarding Hepatitis B & C among house officers — A study — <i>Fazal Rehman Babar, Ahmed Yar, Muzammil Jamil Ahmed Rana</i>	286
Restorative Dentistry: Variations in root canal morphology of mandibular first molar in Assir population — <i>Mohammed A Al Qarni</i>	293
Evaluating the validity of mathematical proportions in maxillary anterior teeth in Jordanian population — <i>Ahmad M Alhababah, Khuzama K Aburumman, Raghda Al-Shamout, Wasfi A Almanaseer, Ali Ibraheem Zyod</i>	295
Frequency of missing maxillary permanent lateral incisors — A study — <i>Farwa Batool, Alia Ahmed, Sharaz Ahmed, Samar E Zahra</i>	301
Is flushing of dental water lines effective in removing microbial contaminants? — <i>Samina Zahir, Huma Zahir, Zainab Khurshid, Qazi Waheed Ullah, Shamim Akhther</i>	305
Comparative Evaluation of working length with digital radiography and third generation electronic apex locator — <i>Saima Nawab, Muzammil Jamil Ahmed Rana, Ahmed Yar</i>	308
Frequency and etiological factors of non carious cervical lesions — <i>Farah Mushtaq, Manzoor Ahmed</i>	312
Comparison of effectiveness of mineral trioxide aggregate (MTA) and calcium hydroxide as direct pulp capping materials — <i>Mustafa Sajid, Jamil, Isma Sajjad, Bader Munir, Reema Kouser</i>	319
Endodontics: Frequency of root canals in mandibular third molars of patients undergoing root canal treatment — <i>Aamir Mehmood Khan, Sobia Masood Tirmazi, Shahab Adil, Naveed Iqbal Bangash, Bader Munir</i>	323
Post-operative pain after use of intra-canal corticosteroid in root canal treatment of vital teeth — <i>Numra Khalid, Alia Ahmed, Iffat Raza, Warda Khalid</i>	327
Dental Materials: The effect of diverse water type on the water powder ratio of various dental gypsum products — <i>Rao Subhan, Khurram Pervaiz, Sofia Malik, Ziaullah Choudhry</i>	331
Prosthodontics: Layers to a beautiful smile: Composite resin stratification — <i>Ayesha Aslam, Bilal Ahmed, Azad Ali Azad, Nida Ovais, Maleeha Nayyer</i>	335
Assessment of knowledge of anterior dental esthetics amongst dental practitioners — <i>Hina Zafar Raja, Aqsa Nadeem, Hina Naeem Awan</i>	341
Gastroesophageal reflux disease (GERD): A case study — <i>Abdulaziz M Albaker</i>	345
Ergonomics in dental practice: musculoskeletal disorders, approaches and interventions — <i>AK Sharma, P Bansal, Shabnam, Manpreet Kaur</i>	349