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Empowered and Inspired: My Journey at the FDI World Symposium 2024 in Istanbul

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Abstract

The FDI World Dental Federation chose Istanbul, a city where East meets West, as the backdrop for this year's symposium—a decision that beautifully mirrored the fusion of traditional practices and cutting-edge innovations showcased at the event. The symposium attracted thousands of dental professionals from around the globe, all eager to share knowledge, exchange ideas, and explore the future of dentistry.

Keywords

Dental Federation; Istanbul; Digital Dentistry

Introduction

My name is Dr. Helen Jaber, daughter of an Iranian cardiologist, and a Turkish microbiologist mother. Growing up in a family deeply rooted in the medical sciences, medicine has been an integral part of my life from an early age. Being born and raised in Turkey, I was surrounded by the wonders of science and the compassion of healthcare. As a young dentist practicing in Istanbul and having worked with Straumann as an implant consultant on an MVP project, attending the FDI World Symposium 2024 in Istanbul was more than just an event—it was a homecoming of inspiration and a catalyst for personal and professional growth.

A Glimpse into FDI Istanbul

The FDI World Dental Federation chose Istanbul, a city where East meets West, as the backdrop for this year's symposium—a decision that beautifully mirrored the fusion of traditional practices and cutting-edge innovations showcased at the event. The symposium attracted thousands of dental professionals from around the globe, all eager to share knowledge, exchange ideas, and explore the future of dentistry.

A Treasure Trove of Knowledge

The symposium was a rich tapestry of learning experiences, covering a wide array of topics that are shaping the future of our profession:

- **Advanced Biomimetics:** We delved into materials and techniques designed to mimic natural dental structures, promising more durable and aesthetically pleasing restorations.
- **Innovative Approaches to Digital Dentistry:** Sessions highlighted the latest digital tools revolutionizing diagnostics, treatment planning, and patient communication.
- **Regenerative Treatments:** Pioneering methods in tissue regeneration were discussed, offering hope for more effective healing processes.
- **Mouth-Body Connection:** Enlightening lectures emphasized the critical link between oral health and overall well-being, reinforcing the importance of holistic patient care.

These topics reinforced my belief that dentistry plays a vital role in enhancing the quality of life, far beyond just oral health.

Reconnecting and Networking

One of the most rewarding aspects was reconnecting with the Straumann Turkey team and friends from various universities. The energy was electric as we shared experiences and envisioned the future of dentistry together. It's heartening to be part of such a vibrant and supportive community that values collaboration and continuous learning.

An Inspiring Encounter with Dr. Miguel Stanley

Meeting Dr. Miguel Stanley was a highlight of the symposium. His humility, passion, and ethical approach to dentistry deeply resonated with me. He graciously shared invaluable advice, encouraging us young dentists to embrace innovation while staying true to our core values. His vision for the future of dentistry is not just about technological advancement but also about enhancing patient care and trust.

Valuable Insights from Industry Leaders

- **Prof. Dr. Michael Glick:** His introduction of a new classification system, distinct from the traditional ASA classification, was groundbreaking. It offered fresh perspectives on patient assessment, potentially leading to improved treatment outcomes.
- **Prof. Dr. Syngcuk Kim:** His session on endodontics versus implants was enlightening. He provided clarity on making informed decisions between these treatment options, emphasizing patient-specific considerations.

Embracing Innovation

The symposium was a window into the future:

- **Artificial Intelligence in Dentistry:** Discussions on AI's potential to revolutionize patient care were both exciting and thought-provoking. From predictive diagnostics to personalized treatment plans, AI stands to significantly enhance our capabilities.
- **Minimally Invasive Procedures:** The latest advancements aim to improve patient comfort and reduce recovery times, aligning with the growing demand for patient-centered care.

Empowered to Make a Difference

This experience has been truly empowering. I am inspired to:

- **Bring My Vision to Life:** Embrace innovation and integrate new technologies into my practice.
- **Be Brave and Proactive:** Challenge the status quo and contribute to the evolution of dentistry.
- **Uphold Excellence:** Commit to continuous learning and delivering the highest standard of care.

The symposium reinforced that as young professionals, we have the power to shape the future of our industry. By staying curious and open-minded, we can make meaningful contributions that benefit our patients and the global community.

Looking Ahead with Inspiration

- As I move forward, I carry with me the insights and inspiration gained from this incredible event. I am excited to implement what I've learned, collaborate with fellow professionals, and continue pushing the boundaries of what's possible in dentistry.
- Growing up with a cardiologist father and a microbiologist mother has instilled in me a deep appreciation for the interconnectedness of health disciplines. This holistic perspective fuels my passion to not only excel in dentistry but also to contribute to the broader medical community.
- I believe that by embracing innovation and fostering collaboration, we can elevate our profession and make a lasting difference in the lives of those we serve. The future holds endless possibilities, and I am eager to be a part of this transformative journey.

A Heartfelt Thank You

I extend my deepest gratitude to all the speakers, organizers, and participants who made the FDI World Symposium 2024 a resounding success. Your dedication and passion have left an indelible mark on me.

Special thanks to:

- The **FDI World Dental Federation** and the **Turkish Dental Association** for hosting such a remarkable event.
- **Dr. Miguel Stanley, Prof. Dr. Michael Glick, and Prof. Dr. Syngcuk Kim** for their inspiring presentations and contributions to our field.
- The **Straumann Turkey team** and my colleagues for their friendship, support, and stimulating discussions.

Final Thoughts

- This experience reminded me that the world of dentistry is vast and ever-evolving, much like the city of Istanbul itself—a vibrant blend of history and modernity. I've realized that being a young professional isn't a limitation but an opportunity to view the world through fresh eyes, to ask bold questions, and to challenge the status quo.
- If there's one thing I've learned, it's that the future belongs to those who are willing to embrace it with open arms and a dash of courage. So here's to stepping out of comfort zones, bridging gaps between tradition and innovation, and perhaps, every now and then, taking a leap of faith.
- After all, life is too short to settle for the ordinary when we have the extraordinary within reach. Let's keep pushing boundaries, inspiring each other, and making a difference—one brilliant idea at a time.



Figure 1: Dr. Helen Jaber and Dr. Miguel Stanley.



Figure 2: Dr. Miguel Stanley and his presentation screen.



Figure 4: Prof. Dr. Michale Glick and his presentation screen on his classification method.

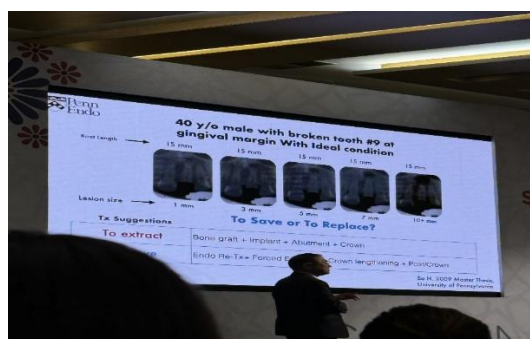


Figure 4: Prof Dr. Syngcuk Kim and his presentation screen.



Figure 5: Eighteeth brand x-ray.



Figure 6: Intern. Dentist Gizem Ergani and Dr. Helen Jaber.



Figure 7: Dr. Tuhfe Çelikkol and Dr. Helen Jaber.



Figure 8: Dr. Helen Jaber wearing fdi World Dental Congress badge.