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PGS POST

Menyerlahkan Potensi
Membentuk Masa Hadapan



A minute with AKCTC award recipient

By **DR AZAITUN AKMA BINTI SHAHRIN**

Doctor of Dental Surgery (USM), Doctor of Clinical Dentistry in Orthodontics (UiTM), Membership in Orthodontics RCS (England)

First, and foremost, all my gratitude belongs to Allah. With His grace, I was able to complete my study successfully within the stipulated time. My gratitude and thanks go to the Ministry of Health of Malaysia, for the sponsorship of my DClinDent in Orthodontics journey.

A smile is a curve that sets everything straight. It is an involuntary action that gives a warm welcoming but I believe not all do experience it. Poor appearance of malocclusion makes certain individuals feel inferior which can limit their smiling curve even at one level, unconsciously resulting in low self-esteem. Aesthetics are very important but that is not what I am concerned about most, as I am interested in Orthodontics beyond that capacity. Orthodontic treatment has recognised benefits such as improvement of dental health, function, appearance and self-esteem but it also has potential hazards. The challenge in the decision for treatment which requires comparisons of the potential risks and the potential benefits provides a good refreshment and stimulant to me. I have witnessed and have been impressed by the work of many outstanding Orthodontists and from them, I have learned that having a preconceived notion of what to expect and looking for the obvious while overlooking other critical findings are important.

My PhD course is mixed-mode that involves clinical sessions, examinations and research. I would say it was tough, a real roller coaster journey on bumpy roads, with lots of ups and downs. The key points are to stay focused on your track and you must refresh and achieve every monthly target, persevere and prioritize your tasks and responsibilities. Time management is crucial, plan your steps ahead of time and just give the best of you. On top of that, I believe that work-life balance is very important in order to make the challenging journey more bearable, meaningful and even fruitful.

I would never have done this alone and I would like to convey the most profound appreciation to my supervisors and lecturers; remarkable gratitude to my dear husband, who is my backbone; my late beloved father, my lovely mother and my parents-in-law, who are my strength and personal motivators, for their continuous prayers along the way; my postgraduate colleagues and fellow UiTM staff for their assistance, insight and expertise, which greatly aided my research.

Finally, this success is for everyone and merely the start of my adventurous new life.



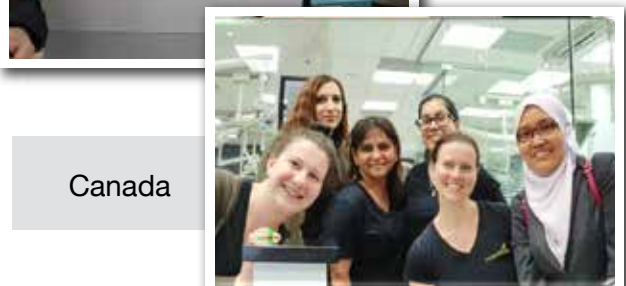
Gold Award
at IiDentEx



India



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