

"Medbaltica 2019" seminars

20 September

- 10:00-12:00 **Important guidelines for aesthetic restoration of rear teeth**
- 10:00-10:15 **Brief introduction to QAdental, an international consultation and e-learning portal**
- Speaker: Mikko Nyman, chief dentist, DDS, Finland*
- 10:15-12:00 **Lecture**
- Conservative dentistry today offers dentists unlimited opportunities of performing dental restoration in the rear of the mouth that looks natural, invisible and retains long-term functional properties. Use of the new generation composite materials makes it easier because of predictability, functionality, easy surface sculpting and time management. But implicit anatomical references forgotten and lost during teeth surface morphology analysis make the dentist helpless in restoring teeth macro- and micromorphology. Using and applying some of the recommendations, the tooth restored with an innovative composite material preserves its natural aesthetic, functional aspect, and saves time.
- Lecturer: Dr Darja Kise, dentist, Latvia*
- Organisers: QAdental, SIA DAB Dental Latvia, 3M*
- 12:15-13:15 **Can Ayurveda be a response to autoimmune disorders and how the Planet Ayurveda™ products with standardized extracts can be of help?**
- Autoimmune diseases have become very common lately. Modern medicine is looking for solutions. What can offer the science of Ayurveda that is more than 5000 years old? How modern technologies for the production of herbal preparations will help to solve this issue. Review of Clinical Practice by Ayurveda practitioner Dr Vikram Chauhan.
- Lecturer: Dr Vikram Chauhan, B.A.M.S., M.D., Planet Ayurveda™ Clinic, India*
- Organiser: SIA Etolars, an official representative for Planet Ayurveda™ in the Baltic States*
- The lecture will be held in English with translation into Latvian.*
- 13:15-14:15 **Contemporary technology in pulse diagnosis with VedaPulse® as an example.**
- VedaPulse®: a hardware and software kit for pulse diagnosis designed for traditional medicine practitioners and their patients.

VedaPulse® technology allows:

- patients' functional status assessment,
- remote monitoring of changes in the patient's condition,
- to create an individual rehabilitation programme.

Lecturer: Andrius Misiukas, VedaPulse® Representative in the Baltic States, Representative for the VedaPulse® hardware and software kit developers, Russia

Organiser: SIA Etolars, an official representative for VedaPulse® in Latvia

The lecture will be held in Russian with translation into Latvian.

16:45-17:45

Physiotherapy methods to alleviate health problems caused by working in forced position

While treating their patients, health professionals often choose uncomfortable and poor position that affects the condition of spine, as well as the condition of all other internal organs. Musculoskeletal pain in the shoulder or back area, pressure on the intervertebral discs and spine, chronic low back pain, impaired lymphatic reflux and blood circulation, shallow breathing, low oxygen in organs, concentration problems are the main symptoms caused by improper sitting posture. Prevention and treatment of symptoms caused by poor sitting.

Lecturer: Liene Romanovska, SIA ALTEX

Organiser: SIA ALTEX