



UNIVERSITY OF MEDICINE AND PHARMACY AT HO CHI MINH CITY

# REPORT

University of Medicine and Pharmacy - Ho Chi Minh city, VIETNAM

## INTER-UNIVERSITY EXCHANGE PROGRAM TOWARD MEDICAL AND DENTAL NETWORKING IN SOUTHEAST ASIA



October 17<sup>th</sup> – 30<sup>th</sup>, 2013



**TMDU**

TOKYO MEDICAL AND DENTAL UNIVERSITY

# CONTENTS

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<i>Preface</i>	1
<b>I. Introduction about the dental training program 2013 Fall</b>	2
<b>II. Academic learning outcomes</b>	7
<b>III. Pictures of some activities</b>	25
<b>IV. Sharing</b>	49
<b>V. Powerpoint presentations at TMDU</b>	
- Country Report	63
- International relations policy at FOS-HCMC UMP	70
<b>VI. Dental carving and wire bending contests at TMDU</b>	73
<b>VII. Some instructions of TMDU</b>	76
<i>Acknowledgement</i>	87



# Preface

*On the October of 2013, we had the wonderful opportunity to participate in the Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia with dental students from different countries, namely Thailand, Indonesia and Japan. We, in this special event, were able to enjoy and express ourselves through a variety of activities, such as educational sessions, diverse cultural interactions, local features experiencing and friendly contests.*

*The trip, thus, left us with so good memories and newly built-up splendid connections. When back to Vietnam, we would like to re-write those moments in this book with the hope of being some helps for next generations of students who, at some point in the future, will take part in this program. The book is also composed from grateful words to the professors, instructors, and fellow students who had been attending and helping us during this time.*

## *Chapter I*

### **INTRODUCTION**

#### **ABOUT THE DENTAL TRAINING 2013 FALL**

##### **NAME OF THE PROGRAM:**

Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia.

**DURATION:** October 17<sup>th</sup> – 30<sup>th</sup>, 2013.

##### **OVERALL:**

Thanks to the valuable friendship that exists between our two faculties, in the cadre of the collaborative agreement entitled “Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia”, Tokyo Medical and Dental University (TMDU) organized TMDU Dental Training Program 2013. Academic staffs and undergraduate students were invited from Chulalongkorn University in Thailand, Universitas of Indonesia in Indonesia, and University of Medicine and Pharmacy at Ho Chi Minh City in Vietnam.

The course was held mainly at TMDU campus during October 17<sup>th</sup>-30<sup>th</sup>, 2013 for 14 days. The program focused on clinical and experimental aspects of dental sciences. In the clinical part, it offered a tour of TMDU dental hospital, while in the experimental part, a short stay in basic sciences laboratories was organized. During this period, symposia on different topics were also included.

##### **AIMS OF INTER-UNIVERSITY EXCHANGE PROGRAM:**

1. To implement a medical and dental networking of TMDU in Southeast Asia.
2. To put forward inter-university exchange programs for students between countries.
3. To promote academic knowledge and skills.
4. To raise awareness about different aspects of dental education .
5. To promote cultural exchanges and international friendship.

##### **PROCESS OF SELECTION:**

In the Faculty of Odonto-Stomatology of UMP, all international programs including the opportunities for fellowship application are introduced to all undergraduate and graduate students. Students who match the criteria required by such

programs will submit their applications to the Dean's approval via the Office of Academic Affairs.

***In regard to short term fellowship:***

The Office of Academic Affairs is applying the following criteria for priority ranking among the applicants. Each applicant will be evaluated on an overall score of 10 comprising:

***A. Academic achievements: 4/10***

The equivalence between the GPA ( /10) obtained by the student throughout his/her academic cursus and the score for academic achievement is calculated in the following table.

GPA ( /10)	Academic achievement score
> 9.00	4
8.50 – 8.99	3.5
8.00 – 8.49	3
7.50 – 7.99	2.5
7.00 – 7.49	2
6.50 – 6.99	1

***B. Foreign language level: 3/10***

- Average score obtained by the students in all foreign language credits throughout first year to fifth year.
- International foreign language certificate such as TOEFL, IELTS, TOEIC.
- Ability to use a second language, depending on the host country.

***C. Extra curricular activities: 2/10***

- Being involved in his/her class leadership.
- Being involved in activities under the Youth Union, the Students Association.
- Being actively involved in community services.

***D. Commitment to participate in the fellowship program: 1/10***

- The applicant's understanding about the program and his ability to complete the application forms.
- The quality of the application document, including the parents' authorization if needed.

## **FINANCIAL SUPPORT:**

TMDU grant covers the expenses for air ticket and accommodation for 10 students and 2 academic staffs. A stipend around 24.000¥/person is granted at the completion of the program.

## **PARTICIPANTS:** Vietnamese team included:

+ 10 undergraduate students:

- |                           |                              |
|---------------------------|------------------------------|
| 1. VŨ TRẦN BẢO CHÂU       | 6 <sup>th</sup> year student |
| 2. TRẦN MINH CƯỜNG        | 4 <sup>th</sup> year student |
| 3. LÊ CÔNG ĐẠT            | 5 <sup>th</sup> year student |
| 4. NGUYỄN MINH HOÀNG      | 5 <sup>th</sup> year student |
| 5. BÙI MINH KHÁNH         | 6 <sup>th</sup> year student |
| 6. TỪ THỊ HUYỀN TRANG     | 5 <sup>th</sup> year student |
| 7. NGÔ THỊ KIỀU TRANG     | 5 <sup>th</sup> year student |
| 8. TRẦN THỊ NGỌC TRANG    | 5 <sup>th</sup> year student |
| 9. NGUYỄN THỊ NHẬT PHƯƠNG | 6 <sup>th</sup> year student |
| 10. VĂN THỊ CẨM TÚ        | 5 <sup>th</sup> year student |

+ 2 academic staffs to accompany students:

1. Assoc. Prof. NGUYỄN THỊ HỒNG
2. Assoc. Prof. NGUYỄN THỊ KIM ANH





## GENERAL SCHEDULE

	1	2	3	4	5	6	7
Date	Oct-17 Thu	Oct-18 Fri	Oct-19 Sat	Oct-20 Sun	Oct-21 Mon	Oct-22 Tue	Oct-23 Wed
AM (9:00-12:00)	Arrival	Orientation** @Seminar Room Bldg.2, 3F	Free	Free	Visiting basic science laboratory/clinic	Visiting basic science laboratory/clinic	Visiting basic science laboratory/clinic
PM (13:30-16:30)		Campus, Skills Lab & Hospital tour !White coat required!	Free	TMDU Student Festival	Visiting basic science laboratory/clinic	Visiting basic science laboratory/clinic	Visiting basic science laboratory/clinic
							17:00-19:30 Cultural Night** @Lecture Hall Bldg.1, 9F

	8	9	10	11	12	13	14
Date	Oct-24 Thu	Oct-25 Fri	Oct-26 Sat	Oct-27 Sun	Oct-28 Mon	Oct-29 Tue	Oct-30 Wed
AM (9:00-12:00)	Visiting basic science laboratory/clinic	Visiting basic science laboratory/clinic	Free	Free	Visiting dental material companies	International Symposium on Dental Education @Hotel Garden Palace	Departure
PM (13:30-16:30)	Visiting basic science laboratory/clinic	16:00-18:30 Carving and wire bending contests** @Practical Room, Bldg.7, 3F	Free	Free	13:30-16:30 International Symposium @Lecture Hall Bldg.1, 9F	Submitting of final report	
18:00-20:00 Awards and Certificate Presentation** Reception** @Restaurant "Medico"							

## 6

		21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	pm
t1	Thai	am	pm	am	pm	am	pm
		<b>Oral Implantology</b> Dental Hip Biol 4F Dental Implant Clinic Prof. Aungmye (9354)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Tissue Regeneration</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Removable Partial Prosthetics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Takahashi (5593)	<b>Sports Medicine/Dentistry</b> Building 10 3F Dental Hip Biol 2F Dr. Chura (5587)
t2		<b>Psychosomatic Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Dentistry for Person with Disabilities</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Kurokawa (5593)	<b>Cellular Physiological Chemistry</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Kurokawa (5593)	<b>Maxillofacial Surgery</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>Cellular Physiological Chemistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)
t3		<b>Maxillofacial Surgery</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Biochemistry</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Fixed Prosthodontics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Tanaka (5586)	<b>Orthodontic Lab</b> Building 7 4F Dental Hip Biol 2F Dr. Tanaka (5586)
t4		<b>Maxillofacial Surgery</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Biochemistry</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Fixed Prosthodontics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Tanaka (5586)	<b>Orthodontic Lab</b> Building 7 4F Dental Hip Biol 2F Dr. Tanaka (5586)
t5		<b>Endodontic Clinic</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Biochemistry</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Fixed Prosthodontics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Tanaka (5586)	<b>Orthodontic Lab</b> Building 7 4F Dental Hip Biol 2F Dr. Tanaka (5586)
t6		<b>Advanced Biomaterials</b> Laboratory 2/ students practice Prof. Ueda (5487)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Biochemistry</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Fixed Prosthodontics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Tanaka (5586)	<b>Orthodontic Lab</b> Building 7 4F Dental Hip Biol 2F Dr. Tanaka (5586)
t7		<b>Maxillofacial Surgery</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Biochemistry</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Fixed Prosthodontics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Tanaka (5586)	<b>Orthodontic Lab</b> Building 7 4F Dental Hip Biol 2F Dr. Tanaka (5586)
t8		<b>Oral Implantology</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Biochemistry</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Fixed Prosthodontics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Tanaka (5586)	<b>Orthodontic Lab</b> Building 7 4F Dental Hip Biol 2F Dr. Tanaka (5586)
t9		<b>Pulp Biology and Endodontics</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Biochemistry</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Fixed Prosthodontics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Tanaka (5586)	<b>Orthodontic Lab</b> Building 7 4F Dental Hip Biol 2F Dr. Tanaka (5586)
t10		<b>Oral Implantology</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Tanaka (5586)	<b>General Dentistry</b> General Dentistry Clinic Dr. Naitake (5586)	<b>Geriatrics and Operative Dentistry</b> Dental Hip Biol 4F Dental Implant Clinic Dr. Sak (5435)	<b>Biochemistry</b> MAD Tower 7F North Biochemistry Lab (Rm N-205) Assoc. Prof. Yokoyama (5587)	<b>Fixed Prosthodontics</b> Dental Hip Biol 2F Dental Implant Clinic Dr. Tanaka (5586)	<b>Orthodontic Lab</b> Building 7 4F Dental Hip Biol 2F Dr. Tanaka (5586)

*Chapter II*

**ACADEMIC LEARNING OUTCOMES**

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**Tokyo Medical and Dental University**



## I. BASIC SCIENCES

### 1. Oral Pathology

When studying at Oral Pathology department, we had the occasion to observe the surgical and biopsy specimens under microscope. Therefore we got to know the histological features of oral diseases such as : ameloblastoma, carcinoid ameloblastoma and osteosarcoma. We were also shown the nude mouse which does not have immune system so it does not reject the transplanted gene.

On our second day at Oral Pathology department, Dr. Masita and Dr. Chi presented their researches at TMDU. The research of Dr. Masita is “The role of Notch 1 in pathogenesis of oral epithelial tumor”. She made the excision of mNotch 1 then transplanted to the single cell embryos then transplanted to the female CD1 mouse. She could observe the figure’s change of the mouse’s tongue. The normal mouse’s tongue is smooth while the experimental mouse’s tongue is rough. While observing under microscope, she could detect the change in epithelium. Therefore her conclusion was that Notch1 was downregulated in epithelium with minimum histological changes and Notch1 played an essential role in the initial stage of oral neoplasia. Secondly, Dr. Chi presented her research. She compared the role of IL17, K17, AIRE in protumor function and antitumor function.





## **2. Maxillofacial anatomy**

On every Tuesday we had class with Prof. Shunichi Shibata, and only two Vietnamese students were in the class. We had the practical course in cutting paraffin sections in the morning and general staining in the afternoon.

After showing us some Maxillofacial Anatomy Books of Gray, Netter and Basic Histology, we went to the laboratory to get acquainted with various devices, materials and solutions, then we started to learn how to make paraffin sections with sliding microtome.

The section cutting depends on properly prepared tissue, a suitable microtome in good conditions, a sharp knife and the skill of the user. We had to select the required thickness setting at 5 micrometers. Then the professor showed us the technique. After that we had to cut 20 pieces for each sample, total 60 pieces, put in into the water. Wait for about 5-10 minutes then put in on glass smear, keep all at 39°C degree.

In the afternoon, we started to make general staining with 6 specimens that we cut before. The whole process was shown step by step and explanations given very carefully. After drying, the sections were dipped into alcohol to remove the wax, then into hematoxylin, distilled water, 0.25 percent HCl in 70 percent alcohol, check the colour and next with the eosin, tap water again then shake quickly in solutions with different ratio of alcohol. At last, we finished by attaching the section onto the glass slide with a mounting medium, and we had to remember to do it slowly and carefully to prevent bubbles.

After finishing it, we observe the specimen under microscope, there was also a monitor with a system connected directly to the microscope so we can easily see the pictures on the screen and save it.

Next Thursday, when we arrived at Maxillofacial Anatomy department, Prof Shibata welcomed us with a familiar smile. All day, we were continuously introduced to the interesting experiments in the laboratory. On last Tuesday, we had the practical course in cutting paraffin sections and general staining and today, we were taught about Immunohistochemical staining for collagen type I and Hyaluronan.

We used specimens that has been created since Tuesday for this experiment. The components that we used were : Rabbit polyclonal antibody against type I collagen, Tenascin C, Smooth Muscle Actin (SMA), 5 specimens. The specimens were first deparafinized and immersed in PBS (phosphate buffered saline) for 10 minutes at room temperature (RT). After that, they were washed in PBS-T for 5 minutes x 3.

Then they were immersed in 1% H<sub>2</sub>O<sub>2</sub> 20ml in Methanol for 15 minutes, at RT and after that washed in PBS-T 20ml for 5 minutes x 2. Next, they were reacted with rabbit polyclonal antibody against type I collagen, and then, washed in PBS-T 5 minutes x 2. After that, they were reacted with peroxidase labeled streptoavidin at RT for 10 minutes. Again, they were washed in PBS-T 5 minutes x 3 and then, reacted with DAB or AEC to detect reaction. Finally, the reaction was stopped in dH<sub>2</sub>O and counterstaining with Mayer's Haematoxyline was done for 20 minutes. After finishing the staining, we observed the specimens under a microscope connected with a monitor to display pictures on the screen and save them.

After 4 practicing sessions in the laboratory, we were really impressed with the laboratory equipments and workingstyle of the teachers, and especially Prof. Shibata who has been teaching us little by little. His teaching was so interesting and fun that we will never forget. He also took care of us very much. We were deeply touched and very grateful for what sensei had done for us in the last day. We truly really appreciate Prof. Shibata very much and hope that we will have the opportunity to meet him again.

### **3. Molecular craniofacial embryology**

In the first day, Professor. Iseki and Dr. Own introduced to us all the facilities, the equipment and the activities of this department. Then Dr. Own performed the experiment on cell splitting and PCR test. The students participated to one part of PCR test.

In the second day, we made acquaintance with Nandar, an overseas student from Myanmar. She introduced the lab and performed the process of sample cutting. Then each of us did our own samples and prepared for the next steps tomorrow. This step is very important in the whole process because it will affect directly the results. So we must practice to build up our own skills.

In the third day, we worked with Dr. Toshiko Furutena. First, we do the staining of the samples that we prepared yesterday. It's a simple but very important process.

- Deparaffinization by xylene solution. There are 5 solutions of xylene. It takes a minimum of 5 minutes to wash out the paraffin.
- Then the samples were washed with water, and put in the ethanol solution with different concentrations (3 bottles of 100%, 1 bottle 90%, 1 bottle 70%).
- After washing the samples with water, we did the staining with Hematoxylin in 10 minutes & Eosin in 3 minutes .

- Then washing again with water, using ethanol 100% again, and washing with xylene solution .

After that, we use Entellan and a coverslip to mount the sample. Then we use microscope to observe the samples. Then, Dr. Toshiko showed us many parts of the embryo. We also watch a movie of taking out the embryo from a mouse. It was so interesting.

In the fourth day, we made acquaintance with Thanit Prastisak, an overseas student from Thailand. First, she had a presentation about her task in the lab. Her main work is researching about brain vascular development. Then we were introduced the progresses of her work. We also saw many samples of her research.

We were really interested by the class in Molecular Craniofacial Embryology because we could practice and the teachers were so enthusiastic. This is the first time we did the sampling of mouse embryo. We also saw that there were a lot of modern equipments used in research.

#### **4. Advanced biomaterials**

At the department, we studied about structure, chemical and physical properties of some types of composite. Through that, we were shown the advantages and disadvantages of each composite type. The modern dental composite resin is used usually to fill cavities. It is easy to prepare and the cost is acceptable. But it has some disadvantages such as lack of strength, shrinkage on polymerization and early failure. The resin material are most commonly composed of resin matrix Bis-GMA monomers or UDMA or TEGMA, a filler material such as silica or ceramic. Attachment between resin matrix and filler is quite weak and may cause cracks inside the material. So we need a coupling agent to make attachment between resin matrix and filler stronger. The lecture on composite properties was a bit difficult so that the tutor wrote all the explanations on the board to facilitate understanding.

Next, we studied about hardness test such as Vicker's hardness, Brinell hardness and Knoop hardness and the differences among these tests. After that, the tutor guided us to do specimen preparation for SEM observation. Each student made specimens of four materials by himself : Acrylic resin, Hard composite, Flowable Composite and GC.

In the afternoon, we had the opportunity to learn how to use a Vicker's hardness tester machine. This is the first time we used such a modern device. We were able to measure the hardness of a material by ourselves. Then we could make the evaluation

of hardness levels among these materials. It was really interesting because we have just read from textbooks and did never have a chance to do testing with machine. Returning to the lecture room, we studied about stress, strain, elastic modulus and plastic modulus. So, we can make some comparison of physical properties between different types of composite.

Finally we learnt how an electron microscope works. After that, we returned to the laboratory to see how to cover a nanometer Carbon layer on the specimen. It was so amazing because we used to think that it could be difficult to coat a nanometer carbon layer on the surface of a specimen but in fact the device was small and convenient.

## **5. Biostructural science**

Biostructural Science Department provided us a number of knowledge and technique about microorganism structures.

At first, the Professor explained about the structure of the tooth germ that comprises two main parts : dental papilla and enamel. And the tooth germ is built up by outer enamel epithelium, inner enamel epithelium, stellate reticulum, and striatum intermedium.

Secondly, the professor described the structure of Rat mandibular incisor and characteristics of the teeth for a lifetime. Therefore, we used vertical slices of rat mandibular incisor to study the development of the tooth germ.

Finally, the professor presented the characteristics of Technovit technic (compared to paraffin) that allows to make sections thinner (0.5-2.0), easier and faster than that of paraffin section. Then we learned to make Technovit section of the cells (i.e. ameloblast, odontoblast, etc) of tooth germ of rats. The sections were stained with toluidine blue (TB) or alkaline phosphatase (ALP) and applied for light-microscopy observation.

## **6. Cellular physiology chemistry**

It was so exciting to see that there were so many modern machines in Department of Cellular Physiological Chemistry. Our tutor showed many scientific reports about cell culture which we would practice. After that, we were amazed by the visit of the laboratory where we were shown a special refrigerator for preservation of cell survival, a lab centrifuge and many solutions to preserve and activate cell division.

One of the most interesting works for us was practicing with Hela cells, a cell type in an immortal cell line used in scientific research. Beside that, the tutor showed many



3D images from microscope on computer that presented dividing Hela cells, Connexin 43 protein, Actin filament, Microtubules with red-fluorescence and green-fluorescence. And we also studied gap function of Hela cells and practiced to watch them by microscope on the computer. The Hela cells were treated with a fluorescent dye in an immuno-stainer. So we can distinguish them and count them by a special software on computer. Later, the fluorescent Hela cells were observed on a microscope connected with the computer. We could see the gap functions between the cells in 3D images.

Finally, we were shown many other machines used for PCR method and the "animal room", where there were many mouse for doing gene research. We guessed they will be remain in these stables for the rest of their life.

## II. CLINICAL SCIENCE

### 1. Radiology



The first person we met in Radiology department was Dr. Watanabe. When studying in this department, we had the occasion to discover many new and modern machines. At first, we observed the Cone Beam CT machine as it gives the three dimensional image. We could choose the size 80x80 or 60x80 or 40x40. Then we observed the cephalography machine. This one has two detectors, two fixed panels, one chair that can move up and down. The distance between the first detector and first

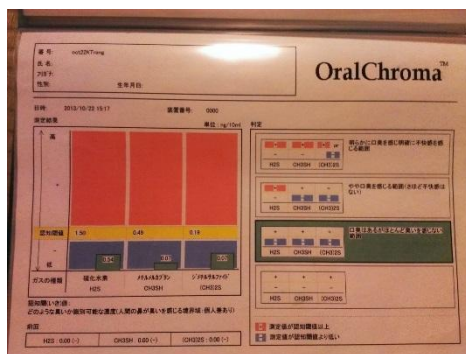
panel is 20 cm, the one between the second detector and second panel is 2 meter. Dr. Watanabe also showed us the imaging plate. It can contain the IC touch, patient's name, number, information. The imaging plate for intraoral X ray could be used for one thousand times and the imaging plate for panoramic X ray could be used for one hundred times.

After getting knowledge about Cone Beam CT, we visited the scan machine. This one can provide 64 slides of image. Then we observed the Schuller X ray machine. It's expensive because the focused area is 15µm. Next Dr. Watanabe showed us the Sialography machine and the instrument to extract stones from salivary gland. So that we don't need to do surgery. Moreover, we observed the MRI machine. Only Japan and Korea have the MRI machine for diagnosing oral diseases. The contrast degree of MRI is high so it can detect cancer in the early stage.

Finally we moved to the department room for discussing. Dr. Watanabe showed us the images of four pathogenic cases. The first case was an ameloblastoma as lesion area contained teeth, air and resorbed bone. The second case was sinusitis because there were soft tissue and air in the sinus. The third one was TMD as there were deformation of the left condyle. The forth case was the destruction of left mandible. We was very interested to watch these images.

## 2. Oral health promotion

At the first step, we got into the slogan of the Oral health promotion department : "The better oral health, the happier daily day". It was a really impressive mindset. After that, we got one interesting lecture named " Fresh Breath Clinic". In more



details we learnt about the classification of patients with oral malodor, and the clinical procedures to deal with halitosis. These are interview and questionnaire, malodor assessment, oral examination, diagnosis, treatment and counseling,

maintenance and prevention. On the way, the tutor also explained the causes of malodor and gave us the opportunity to use some devices for oral malodor assessment : Breathron, MS- Halimeter, Oral Chroma, Gas chromatography. And we all were tested by two different systems : Breathron and Oral Chroma (more specific than Breathron because of the additional informations shown with the results).

Beside that, we continuously had a chance to do two amazing experiments related to testing Ph level and Glucose level. Finally, we had discussion about dental public

health networking in each country. We saw that there was an imbalance between the number of dentists and the amount of patients in most countries. We think that we can benefit from each other experience in dealing with this common problem.

### **3. General Dentistry**

At the Department of General Dentistry, Dr.Kanako who was very nice and took good care of us. We visited the following places :



- Pre-clinical skill lab for fifth grade students who have to achieve all preclinical requirements before starting clinical practice and also for sixth year students who want to upgrade their skills though they have already treat patients in the clinics. And here, we had the chance to meet a professor who willingly answered our questions.

- Laboratory region, it was totally for dental students use instead of technicians use as in Vietnam)

- Clinical region for students with a control system based on different colors lights that helps the supervisors seeing readily what students are doing and thus saving a lot of time. In this region, students treated patients in prosthodontics, periodontics, surgery but not implantology, and occlusology.

- Clinical region for the residents who just graduated and are practicing to get the license requirements.

After the tour, we got into the discussion. Then, we felt closer together and better understood each other. Although we were different, but we shared a common will to advance our knowledge and promote friendship.

### **4. Temporomandibular Joint and Oral Function**

The first person we met in Temporomandibular Joint and Oral Function was Prof. Kimo. He warmly welcomed us to his department. Then we followed another doctor to attend the presentation. They showed us new strategies and tactics to treat TMD. At TMDU, they apply two tactics for treating TMD : controlling Tooth Contacting Habit (TCH) and rehabilitation training. TCH is a habitual behavior that is keeping upper and lower teeth contacted in unfunctional situation. If the patient had TCH, her/his pain would be aggravated about 2 times as compared with a patient who had no TCH. So some specific tactics will be applied for TCH : the patient may use some paper stickers “Teeth apart, tongue raise” all over home and office time. Over the time the patient gradually becomes to have feeling of fatigue on masseter and temporal muscles when teeth contacted. Then he/she is aware of the TCH and keeps the teeth

separated. As a result, he/she separates the teeth unconsciously when TCH is lasting for several seconds.

Secondly, we studied the principle of rehabilitation : (1) Keep maximal opening for 10 seconds if the condylar translation is sufficient. (2) The patients do exercises after every meal and at bathing as a home training.

After listening to the presentation and discussing, we came to the clinic to observe the treatment. There we were shown some MRI images of TMJ and the doctor taught us how to detect the displacement of temporal disc. In clinic they have a model that can imitate the movements of the condyle during the movements of the lower jaw.

In conclusion, at TMDU the doctors only treat TMD when the patient feels pain or cannot open the mouth for eating. The two methods for treating TMD is controlling TCH and rehabilitation training.

## 5. Psychosomatic dentistry



Thanks to Dr. Yojiro, we had studied about some aspects of psychosomatic dentistry and also some typical syndromes that make patients coming to the psychosomatic clinic such as : Burning mouth syndrome, Atypical odontalgia, Phantom bite syndrome (patients maybe have some problems about occlusal dysaesthesiae), Oral Cenesthopathy. This was really our first time that we have got a lecture about psychosomatic dentistry. After that we learnt how to treat these patients. The way that our tutor taught us was really clear and easy to understand.

After the first course, the tutor took us to the clinical region, so that we could witness on patients the main points of the lecture. Once again, it makes us strong impression and passion for the dental field.

On that way, we came back the office for lecture one more time, but the contents were not the same. So, we got clear examples for each syndrome, that we really appreciate. At the end, most of us asked a lot of questions. Finally, the learning process and teaching method that we experienced were really effective and brilliant.



## 6. Periodontology

In the Periodontology department, we had the occasion to visit experimental room where all the periodontal experiments were performed.



Then we were shown around the periodontal clinic. There was an operating room where the doctors were performing a tissue grafting surgery. It was very interesting when the doctors took a piece of soft tissue from the hard palate to graft a gingival recession area. In Vietnam we already learned this technic but it was the first time that we observed the doctor performing this periodontal surgery.

Besides, we were shown a panel of research papers. There were a lot of research papers about the relationship between periodontal disease and systemic diseases. Anyone who wants to find out informative materials can look around here. It was so amazing!

Secondly, we came to listen to some presentations at seminar room 7 at 14<sup>th</sup> floor in M&D Tower. There were 6 presentations about the relationship of periodontal disease and systemic diseases. Among these, I was interested in “Periopathogenic Bacteria in Oral Plaque, Saliva and Placenta from PLBW cases” as it is the same topic as the research study I am doing in Vietnam. In fact, the periodontal pathogens can be translocated to the fetoplacenta and lead to premature termination of pregnancy. In the future, we definitely have to treat periodontal disease to prevent PLBW.

## 7. Cariology and Operative Dentistry

In Cariology and Operative Dentistry, we saw a lot of wonderful works.

Firstly, the tutor made a brief introduction on the history of Cariology. Next, he introduced a machine which is used to simulate thermal cycle to test the stability of materials. This is a universal testing machine which has been is modified to be used in dental field.

Secondly, the tutor showed us the 3 steps to use composite : etching, priming, bonding. Then he introduced some latest material which requires only 2 steps.

Thirdly, he introduced low speed saw machine which is used to cut hard sample like teeth. The tutor also explained about the Micro tensile testing machine and Micro shear testing machine which is more specifically used to test dental materials.

Fourthly, we moved to another room where many types of microscope were placed there. Light microscope which has 2 modes, one is transmission light microscope, the other is reflected light microscope. Electron microscope which has magnification of 10.000 times. Scanning laser microscope which has multifocus so that it is better to measure rough surface of material.

Finally, the tutor introduced the Dental OCT System. OCT means Optical Coherence Tomography. It is really a wonderful system. And this is the unique machine all over the world which can be used to observe internal structure of teeth. This is used to diagnose early caries, defect of enamel and dentin, defective margin of filling and may have many applications in future. Now the latest version of this system is available, and it is suitable for use in clinic. Then we had the opportunity to try a special type of chewing gum. This is another products developed by the department which is used to remineralize early caries. After that, the tutor presented a lecture about Dental OCT system and Chewing gum used to remineralize teeth so that we can better understand the principles of these products.



## 8. Pulp biology and Endodontics



Prof. Kawashima welcomed us to Endodontics department with a warm smile. Firstly, he took us to Cone Beam CT (CBCT) room. CBCT is a new method for diagnosis in dentistry as it offers a three dimensional image. Therefore it's easy to locate the root canal as well as anatomic structures such as mental foramen, mandibular canal and to identify tooth fractures.

Secondly, Prof. Kawashima showed us around the endodontic clinic. The clinic has 5 microscopes for the specialists. They also have the recording machine to capture the image obtained by the

microscope. When using the microscope, the dentist normally do not use the usual mirror as it gives a blur image. They often use the direct mirror to obtain a clear image as the mercury is in front of the glass.

Thirdly, Prof. Kawashima showed us a gate bur to widen the canal orifice in the step-back preparation. This stage is important as it makes the root canal preparation easier. Then he showed us the solution of sodium hypochloride 2% for irrigating the root canal. Before filling the root canal, the doctors at TMDU often use sodium hypochloride 3-6% to take out all the bacteria. Beside that, the doctors also use EDTA 15% to remove the smear layer.

Fourthly, Prof showed us some clamps and rubber dams. There are different types of clamps for incisors, premolars, molars. He also showed us three ways to put the clamps and rubber dam in patients but he preferred the way in which the clamp is put first and the rubber dam after.

Fifthly, he showed us the apex locator to evaluate the working length. We were also explained that in case the symptoms persist after the first appointment, calcium hydroxide will be used as temporary medication.

Sixthly, the tutor showed us MTA with its different functions such as sealing perforation, facilitating apexification, direct pulp capping. However, MTA has also its negative points: it changes the color of teeth, it is expensive and it takes long time to harden.

Finally, we came back to endodontics department room for discussing.

## **9. Pediatric dentistry**

In Pediatric department, Prof. Ono welcomed us with a warm smile. At first, he guided us to the department room for some orientation. He told us about the situation of dentistry in Japan. We got to know that there are 29 dental schools in Japan (including 12 national schools and 17 private schools). In Japan now there are about 120.000 dentists for 120 millions people.

Secondly, he took us around the clinic. There were some fifth-year students practicing their preclinical orientation. They were doing injection on their friends. He explained us that normally they let the parents outside when treating the child but sometimes the young mothers are very nervous so they have to let the parents sitting next to their child in the clinic. Prof. Ono also showed some filling materials like composite with bis GMS free for deciduous teeth.

Thirdly, Prof. Ono told us how to treat children. The dentists should use kind words for the children. Normally the children are often anxious when coming to see the dentist. Most children can received normal treatment. However phobicones have to be referred to the psychology specialist.

Forthly, the tutor told us that in some cases we have to give general anesthesia to do surgery for the children but it should be avoided whenever possible.

Fifthly, Prof showed us two apex locators. The old one is used for deciduous teeth and the new one is used for permanent teeth and deciduous teeth. Were were shown the Saforide solution to stop the progression of caries, the stainless steel crown and titan crown for the children. Placing the crowns to children is a good way to maintain chewing function and prevent the loss of badly decayed teeth.

Sixly, Prof. Ono showed us the restrainer to hold the restless children.

Finally, we moved to the Department room to listen to the presentation “Recent update in Pediatric Dentistry in Japan”. We got to know that now Japan can control the DMFT as the toothpaste contains fluoride and they educate the children to brush the teeth and to limit eating sugar. Prof. Ono also told us about his research in Nigeria. It is a 15 year followed up research as they made three dental examinations at 5 years interval. The occlusal force of Nigerian is so high that they often have worn out teeth. Beside that, Prof. Ono also told us that there are no partition between the units in his clinic as it make the children feeling more relax while the other clinics, partition between the units are required for the privacy of the patient and his/her doctor.

I was very interested by the visit to the Pediatric Department. For me, the best way to control DMFT in children is to educate them. In Vietnam, the water and toothpaste contain fluoride but we have not control DMFT. We hoped in the near future Vietnam will decrease the number of DMFT.

## **10. Dentistry for person with disabilities**

Our tutor - Dr. Kusumoto asked all of us what do we mean by disabilities then we gave our answers in order, so we got diverse answers from other students. The tutor then made clear explanations for each answer. For example, when we talked about learning disability and then we gave two types of this disability : mental and physical learning disability, she illustrated by real clinical cases to make it easy to understand.

This time, we felt so active and we really wanted to try more so that we could build up for our discussion session. The patients who come to the department could usually be classified into one of four popular types : (1) Mental problems, (2) Hypoactive (can't move normally such as dyskinetic, ataxic), (3) communicative problems, (4) Cognitive problems.

At the department, we not only built up knowledge, but we also had a chance to get a fantastic experience that is we ourselves were able to inhale N<sub>2</sub>O. Specifically, we learnt the way to help the patients with N<sub>2</sub>O intake and also experienced the feeling to be a patient. To be totally honest, I had got an exciting feeling, of heavy hands, body and sleepiness that I have never experienced before.

Last but not least, Dr. Kusumoto released to us positive attitudes with different types of patient with disabilities : be caring, be patient, be gentle, be a friend to the patient and the most important thing is taking care of the patients more than just delivering special treatment.

## 11. Fixed Prosthodontics

Our tutor gave us an overlook of the department. There were 3 main sections of prosthodontics : fixed prosthodontics, partial denture, and complete denture. He also commented that : "Skill is the most important thing in dentistry".



About insurance condition in prosthodontics field in Japan, what amazing it is, treatment is selected depending on insurance conditions. However insurance does not cover prosthodontics treatments such as complexed denture and restorations with precious alloys. The department hold a focus on jaw function (for example the use of gummy jelly), metal free restoration, and dental allergy. Besides, there are about 20% of patients who have allergy with metal in Japan.

Our time continued with clinical lab visiting, there we got an insight into some common practice in prosthodontic treatment such as :

- The most popular way to take impression in TMDU is to use a mixture of Agar-Agar (that material is kept at around 60°C) with Alginate. That method contributes to lowering the cost of treatment since the majority of patients are under insurance covering. We had a chance to experience the feeling of this impression material with our fingers. And we immediately thought that we should try to use this material in our clinic



- Then, we were able to manipulate many types of modern and convenient instruments that were intended to make dental procedures easier and more comfortable for the patients.

Our short internship continued with an experiment to detect skin allergy, Skin Prick Testing. This test is applied both to patients and dentists and it was really an exciting experience.

## **12. Orthodontics**

Orthodontic department is really a huge department and Prof. Kanako - our tutor said that though it is a large department, it has less staff than other departments, may be because of higher requirements in employment.

We were shown the office and the clinic region. And then, Prof. Kanako told us more in details about the department. The patients pay the same prize to be treated by students or teachers. Our tutor presented about the post-graduate program, with 2 years for basic science and 3 years for specialization during which time they have to present clinical cases (approximately thirty orthodontics cases). The most impressive was the tutor's lecture on auto-transplantation. To start the lecture, he asked us some question : Why do patients need to be treated by orthodontics? And how can dentists explain orthodontics to their patients? We answered that patients undergo orthodontic treatment because they wish to improve their appearance, because of malocclusion,... But he said that it was not enough.



Prof. Kanako also presented lots of clinical cases, so that we can clearly understand in which conditions we can do transplantation, the healing processing of this treatment, how we can prevent ankylosis when we do transplantation,... And we also asked him some questions about this issue. We felt passionate about this topic.

Last but not least, Prof. Kanako shared his perspectives about Orthodontics in Japan. We realized that to be a good dentist or good orthodontic we have to build up not only professional skills, but the spirit of humanity as well.

### 13. Maxillofacial prosthodontics

Maxillofacial Prosthodontics is one new subject for us. So we all visited the department in both theoretical and clinic field. Our tutor presented about the objectives of Maxillofacial Prosthodontics. There are two main types : MP appliances for defect restoration : extraoral and intraoral (maxilloectomy prosthodontics); and



MP treatment appliances : extraoral and intraoral (radiotherapy, surgery, speech). We observed two maxilloectomy prosthodontic appliances, they were so strange and amazing. These appliances were more complicated than normal dentures. They included a denture and an additional part for completing patient's defect organ. Besides, we had learnt how to make an

appliance for maxillofacial defect patient. This work was so useful, and we hope this department will be soon present at our faculty.

At the end of the class, we were tested masticatory function with Colour Count Machine. This test required the patient to chew a gum which can change colour differently depending on different masticatory force. A specific device will measure the changing color of gum and give the result. This test is used mainly for both partial and complete prosthodontics prognosis. The time at the Maxillofacial Prosthodontics department was shorter than our expectations.

### 14. Implantology



Implantology was one of our most interesting subjects. The first point we noticed is that it was the “International Implant department” because there were a lot of international students who studied in this department to get higher degree in Implantology.

Prof. Kasugai - our sensei talked about Implant history and development over the world and in Japan. After that, sensei

explained about the pros and cons of implants, bone structure, implant materials and the relationship between the implantology and other disciplines. Implant dentistry is wide spread in Japan and are a lot of complications and challenges that have to be solved at TMDU.

Sensei focused on the complications that can occur with implant placement, especially when mandibular implant which impinge on mandibular nerve resulting in numbness of lips and chin. Therefore it is recommended that dentists must have good knowledge of Anatomy, Histology, etc.

Sensei showed us some clinical cases, among them I was very impressed by one case of removing and re-placing implant. And then, we have an exciting discussion on many issues related to the complications, on jaw anatomy... Prof. Kasugai taught us to pay more attention on the dangers that may occur when we place implant, and all of us thought it was very useful.

We will remember that Implantology - a modern trend in dentistry required not only highly specialized professional skills but also good basic knowledge on all related subjects .

## **15. Maxillofacial Surgery**



At the Department of Oral and Maxillofacial surgery we were divided into two groups, group 1 visited operating-room first, group 2 visited dental clinic first and then the 2 groups were switched. .

Our group 2 visited the department of oral surgery, dental clinic and watched a wisdom tooth extraction surgery. After that we had discussion with our teacher before visiting operating room.

While visiting operating room, we had the occasion to watch a glossectomy surgery. We were very excited by the modern equipments of the operating room, and a young surgeon explained us about this surgery with X rays film and clinical record. We admired the surgeons at TMDU so much for their skills and their intelligence .



*Chapter III*  
**PICTURES OF SOME ACTIVITIES**

★ *Arrival*





## ★ ORIENTATION



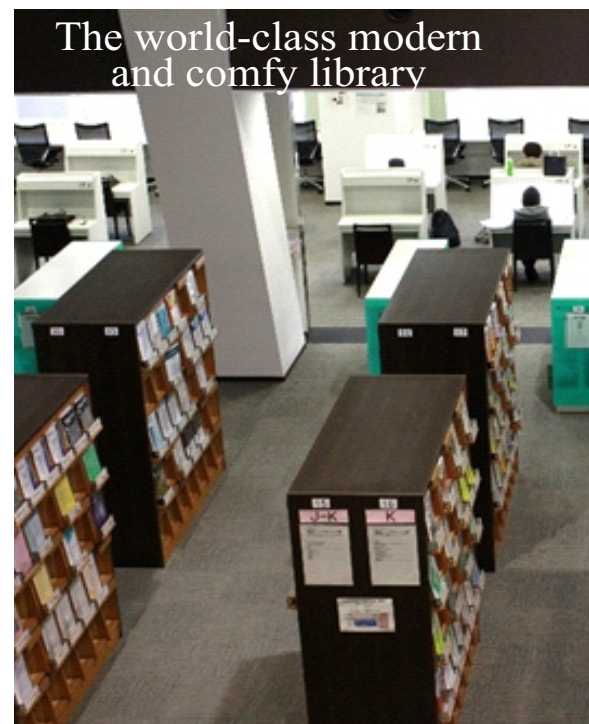
Impressive first meeting







## ★ CAMPUS, SKILL LABS AND HOSPITAL TOUR



Huge medical skilllab with ultra-modern machines for simulation



## ★ TMDU STUDENT FESTIVAL



A meaningful evening at TMDU student festival





*Vietnamese students in beautiful traditional dress eager for the performance*



*to express the cosmopolitan atmosphere of Saigon*





*Spectacular dance “Vietnamese Lotus”, figuring our national flower, the symbol of pure spirits of the people*



*Solidarity spirit highlighted in the cultural performance by Indonesian students*





Gals shining in their unique traditional dresses  
(Vietnam, Thailand and Indonesia)



The big and happy family at the end of the night

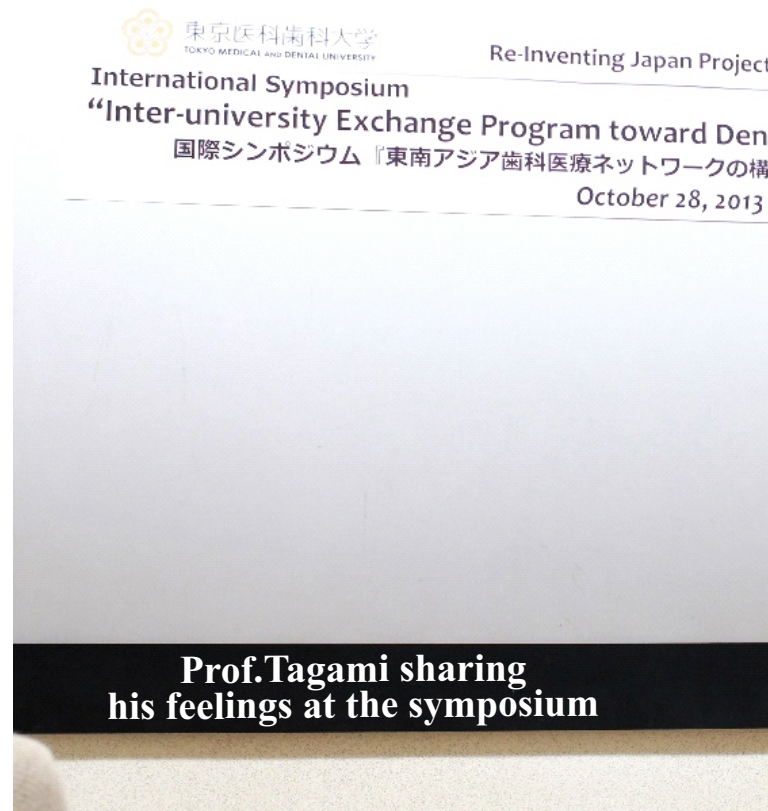


## VISITING DENTAL MATERIAL COMPANIES





## ★ | INTERNATIONAL SYMPOSIUM





大学の世界展開力強化事業

International Networking in Southeast Asia”  
構築を目指した大学間交流プログラム



Presentation of dental education systems  
and discussion of future collaboration



東京医科歯科大学 Re-Inventing Japan Project 大学の世界展開力強化事業  
International Symposium  
“Inter-university Exchange Program toward Dental Networking in Southeast Asia”  
国際シンポジウム『東南アジア歯科医療ネットワークの構築を目指した大学間交流プログラム』  
October 28, 2013



## ★ **A**WARDS AND CERTIFICATES



Unforgettable moment upon the reception of certificates of attendance at TMDU





Vietnam delegates with Dean Tagami





*Funny styles for pictures*



*International friendship that never ends*





*Hanazushi restaurant - ideal place to eat sushi as much as we can*



*A wonderful night together*





# Events







Edoya Hotel since 1967 - Government-registered Tourist Hotel









Exciting experience in the sky of Tokyo!











*Happy Birthday Party  
at Edoya Hotel  
for a Vietnamese student*







*A perfect day at Tokyo Disneyland – the famous fascinating theme park in Japan*





*Four handsome gentlemen in Disneyland*



BRIGHT & BEAUTIFUL



*Beautiful Japanese girls in cosplay costume*





**BEST WISHES**  
See You Again



## *Chapter IV*



### **VU TRAN BAO CHAU**

I had heard and read a lot about Japan. This time was just like a dream come true that I had an opportunity to come to Japan for the “Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia 2013”.

To start with, I was overwhelmed with mixed emotions upon my arrival in Japan. On the first day of Orientation, Prof. Tagami showed a high esteem to all of us as we were all elite to be selected to participate into this program. His perspective was “This Inter-university Exchange Program is to train global leaders”. It was very meaningful to me to always try my best.

Firstly, I would like to talk about the new concepts and new technologies that I learned at TMDU. My main subject while studying there was Oral Pathology as I visited this department four times. There, I had the occasion to observe surgical and biopsy specimens using the microscope. Therefore I got to know the histological features of certain oral diseases : ameloblastoma, carcinoid ameloblastoma and

osteosarcoma. They also have the nude mouse which doesn't have immune system so it does not reject the transplanted gene. It's a good way to do the research.

In Pulp Biology and Endodontics Department, they have the Cone Beam CT machine and the microscope. So this is the good way to diagnose and perform the treatment. In Oral and Maxillofacial Radiology Department, they have many modern machines. The most impressive machines are CT and MRI. We got to know that only Korea and Japan use MRI to diagnose oral diseases as MRI is the good way to diagnose early oral cancer. In Temporomandibular Joint and Oral Function Department, I got to know the new strategies to treat TMD is the control of TCH (Tooth Contacting Habit) and rehabilitation training. In Periodontology department, we observed plastic surgery during which the surgeon took soft tissue from the hard palate to treat gingival recession. This department has many researches, most of them on the relationship between periodontal diseases and systemic diseases. In Pediatric Department, Prof. Ono was very kind to us. He is now responsible for dental treatment to handicapped patients. These activities gave me good motivation to study and to work to help unlucky people. All staffs in Pediatric Department wear blue coat to create a friendly atmosphere for the children. In Orthodontic Lab, we observed 4<sup>th</sup> year students of TMDU bending the wire and the loop for making removable appliances.

Besides visiting these departments, we also had competition. The wire bending and dental carving contest with clock tickling made me nervous at first but then I was motivated to perform my best.

Besides academic life, our Vietnam team had a wonderful time in many extra-curricular activities with Japanese students. We spent times together to discover Tokyo, a bustling and fantastic city with beautiful landscapes, nothing like what we've seen before. Tokyo Skytree, the symbol of Tokyo, is the tallest building in the world. I felt very lucky to have a chance to visit Asakusa, one of the oldest temple in Tokyo. We also visited Tokyo Station – an immense shopping center which used to be a train station. Last but not least, we spent our last Sunday in Japan at Disneyland, a very famous theme park where we had lots of unforgettable memories together.

Finally, I would like to express my thoughts. Thanks to this exchange program, I had the opportunity to approach the modern technology and up-to-date knowledge. Moreover, the teaching method was effective. I found it more proactive and effective to study in small groups, with interaction, interchange. So I learnt not only from the teachers, but also from our friends, from their standpoints, from their creativity. This inter-university exchange program was a good opportunities for me to broaden my knowledge in dentistry, to know the dental education system in a very developed country like Japan. I hope in the future, many Vietnamese students will have a chance to come to Japan in student exchange program or for postgraduate studies.



There is a quotation of Henry Rollins that has inspired me a lot in my life: *“I beg young people to travel. If you don’t have a passport, get one. Take a summer, get a backpack and go to Delhi, go to Saigon, go to Bangkok, go to Kenya. Have your mind blown. Eat interesting food. Dig some interesting people. Have an adventure. Be careful. Come back and you’re going to see your country differently, you’re going to see your president differently, no matter who it is. Music, culture, food, water. Your showers will become shorter. You’re going to get a sense of what globalization looks like. You’re going to see that global climate change is very real. And that for some people, their day consists of walking 12 miles for four buckets of water. And so there are lessons that you can’t get out of a book that are waiting for you at the other end of that flight”*. I’m so lucky that I have had various occasions to travel in different countries which widens my mind a lot about this world. I had a chance to visit Japan for the second time with a new challenge : attending the Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia held at TMDU for 2 weeks in October, 2013. It was such a great opportunity for me as I could learn in one of the most modern medical and dental education centers of Japan and experience various aspects of Japanese culture as well.

First of all, TMDU inspired me with many updated knowledge and new concepts. There are so many departments that we don’t have in Vietnam such as Psychosomatic Dentistry, Oral Pain Management, etc. We had great time studying and sharing with many professors and other international students. Besides, there are so many methods and techniques at TMDU to discover and learn, especially in clinic where I could do some tests that I had never ever done before. I realized that there is a certain gap between Japan and our country’s dental system and this inter-university exchange program is obviously a dental networking which cultivates mutual understanding among different countries. Two weeks were not a long time but I felt we were so closed like a real big family.

Furthermore, my another impression is the Japanese lifestyle. To be honest, during the first days, it was quite difficult for me to keep pace with the Japanese workload which was much more tense and stressful than that in Vietnam. I only had 4 to 5 hours a day for sleeping and it seems that Japanese don’t take a nap like in Vietnam. Likewise, discipline is one of the best characteristics of Japanese society which I admire and would like to adopt. They are seriously obsessed with discipline which seems neatly interwoven to the psyche of each Japanese citizen. However, Japanese people are extremely kind-hearted. I remembered when I got lost at TMDU on the first day, a stranger woman who dedicatedly guide me to the right place which embarrassed me a lot. Or when we were hanging out at Disneyland and we were separated in the waiting line, a woman asked: “Are you friends? You want to be in a same boat?”. All remained in me a very good impression about Japanese people.

To organize this program better, I think the individual detailed schedule should be published before the program in order to prepare carefully for the lectures, especially the dental terminology as the more preparation we have, the more knowledge we can learn. Another point is that there were so many reports requested but we did not have much time to do so it would be better should we have more time for these reports or maybe with a reduced number of reports.

In this bustling society we keep moving forward, opening new doors and doing new things because we're curious and curiosity leads us down new paths. Personally, I do not know on which path my life will be in the future as nothing can be predicted precisely but there is one thing for sure that this program has remarkably changed my life so much in a sparkling way. From the bottom of my heart, I would like to send my deepest thanks to all I've received in life. Although there is still a long way to go, the world is so wonderful that makes everyday life worth living to the fullest.

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## **LE CONG DAT**

Before attending the Inter-university Exchange Program, I thought that my biggest purpose was to get academic knowledge at TMDU but after that I realized that, I could learn more from Japanese people, and had many precious experiences in Japan. First of all, I would like to share what I learnt in academic life.

First is the importance of basic science. At TMDU, a lot of basic science researches are being conducted. With basic science, you can explore what happens behind the treatment, build the base of knowledge for clinical application.

Second thing is modern technology. I had opportunity to approach many advanced systems to support clinical treatment and basic science research. There are a lot of machines at TMDU that help dentists make diagnosis faster and perform treatment better and more accurately such as MRI, Conebeam of Dental OCT system,... Some of machines are used for basic science research to have faster and more accuracy and reliable result.

Third thing is Japanese working style. Teaching staff are always hard-working and enthusiastic. Although, they are busy and have lots of things to do daily, but they always try their best to give better presentations, better instructions. For example, tutor and professor had to prepare the presentation in English, when I had questions, they gave me detailed answers. They go to work early in the morning and return home late at night for doing research. Japanese students are also hard-working. They have to practise skills that I do not need to do at my faculty such as in orthodontic lab, they solder some metal parts of denture by themselves or lastyear students have to learn 16 books to be able to pass exam in endodontics.

Next, I would like to share experiences which I got during this program. First is Japanese people. Japanese people are very polite, kind, thoughtful and always



enthusiastic. At the beginning when I attended this program, TMDU made such good preparation and good schedule for students and supply information quickly, so that I could get visa easily which is very frequently a problem when someone wants to go to Japan. When I arrived at Nariata airport, Hotel was already booked. Hotel was near the University so I could walk to the University every day. Many Japanese students volunteered to be tour guide for our Vietnam team such as Takayuki Suga, Hiramoto Takashi, Yumi Inagaki, Yosuke... All of them wee so nice and friendly. They helped us solve problems during the trip. This was my first time abroadbut they made me feel warm and like close friends.

Second is Japanese life style. The first time when I walked on streets of Tokyo I could feel another life style. Life here is fast. People walk fast, drive car fast, eat fast and work fast. Everything is fast but people are very careful and never disturb others. Tokyo City is safe, I do not have to worry about crime or thieves. Many things are different from my country such as clean street, fresh air, no traffic jam, drinkable water, etc. One of the most special thing is modern toilet, which I have never seen it before. There are also many traditional temples in Tokyo. All are quiet, pure and peaceful. It seems that there is a combination of traditional and modern lifestyle here in the center of Tokyo. There is also a lot of attraction places such as Tokyo Sky Tree, Akihabara, Ginza.

In conclusion, after attending this program, I had a chance to visit and explore academic life of dental students in Japan, advanced dental treatment to expand vision in dental field, learn about Japanese culture, enlarge friendship with students from Japan and other countries. I would like to thank the teachers and staffs for their enthusiastic guidance.

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**NGUYEN MINH HOANG**

Thanks JASSO scholarship for giving me this precious opportunity to study at TMDU, Japan for 2 weeks.

When I received information about short-term exchange programs at TMDU, I was really interested so that I applied for scholarships. From the early days preparing for the trip to Japan, we are really excited because we would be able to study at TMDU, one of the well-known education institution in the world. Therefore, we prepared everything very carefully. Our Vietnam Team tried very hard since everyone wished to spend every second of this journey effectively. We all desired to study new knowledge to make improvements not only for ourselves but also to help my country in the future. Each one of us really tried their best as we still had to finish the schedule at our faculty as other students and at the same time to study extra hours to prepare for the trip.

As soon as we arrived at Narita airport, we were almost overwhelmed with ultra-modern environment and professional service of this international airport. Japan possesses fresh air, friendly people, modern city. Its public transport systems is very complex and accurate down to minute. Everyone forgot the long flight and could not wait to find out new things which are different from Vietnam. After checking in at Edoya Hotel, we and my teachers, Anh sensei and Hong sensei, visited TMDU and the surrounding landscape. The first afternoon in Japan, we enjoyed Japanese rice dishes and of course the taste was also different to Vietnam rice. I like Japanese rice. Then, in the evening we also tried hot spring bath at the hotel, this was truly a memorable experience.

The next morning, we joined students coming from Thailand, Indonesia. We gathered at the Dental Faculty, TMDU to meet the Dean. He told us why he had chosen the dentistry, which really made sense to us. I felt very comfortable. Moreover, we also learned some Japanese, how to prepare for earthquakes, etc. Then we had a meeting with Japanese friends who were friendly and kind. Finally they took us out on school tours. At weekend, we had the opportunity to visit Asakusa Temple, Sky Tree Tower and Tokyo Station City.

There, we learned a lot about the culture, food and lifestyle of the Japanese. We were really amazed about public transport infrastructure, metro systems and subway complex. Extremely accurate! We also learned the culture in standing in line anywhere. This is what we should study.

The first day at TMDU, I was not familiar with how students study in Japan and felt a little strange. After learning one day at school, I felt a little tired. Thanks to the interesting lectures from dedicated teachers and support of Japanese friends, I overcame that feeling very fast. After several days of studying at TMDU, I thought the academic environment here was really good. I had access to modern equipment, advanced learning methods.

In Maxillofacial anatomy department, I had a chance to do the experiments myself, which was an exciting experience. We had the practical course in cutting paraffin sections, general staining. Prof. Shibata not only guided us step by step but also gave us every specimen we did for souvenirs. I really appreciated his kindness. This was the first time I created a real specimen step by step.

In Maxillofacial surgery department, I visited the operation room, observed a glossotomy surgery. These things I have learned and observed in Vietnam, but in Japan it is a completely different experience.

In Dental Implants department, I haven't had much knowledge in this field, but I still really enjoyed and wanted to learn a lot more.

After one week at TMDU, I was overwhelmed by the modern technology but I learned how to work professionally. I could see things such as electronic microscopes, modern laboratory systems, so on which we studied in Vietnam but have not yet seen.



Moreover, while studying with friends from Thailand, Indonesia, I felt that I was not as good especially English language. This made me try harder and I will not give up. When I come back to Vietnam, I'll study English harder, maybe I will learn Japanese. I think English is necessary to study abroad. Practicing speaking, reading, writing English is very essential for me if I want to study in Japan later.

In conclusion, 2 weeks of study in TMDU inspired and changed my mind. I did experiments in molecular biology, visited laboratory, observed clinical cases. Such a memorable trip! The excitement and enthusiasm encouraged me to study hard and improve skills in order to have another chance to come back to TMDU for further studies.

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### **BUI MINH KHANH**

Thanks to the Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia at TMDU, I had a precious opportunity to experience the educational system at TMDU - one of the biggest and the most modern dental and medical university in Japan. Besides, I have been given a chance to enhance knowledge about Japanese culture. So, I would like to share my experiences and my opinions about the program.

First of all, I had spontaneously learned how to adapt with new environment in two aspects: weather and new environment. Yet, I gradually got into the bustling and active life at Tokyo. So, now my feeling is not bad.

Besides, I studied or practiced the methods at TMDU. To me, differences are always interesting especially in my studies, so that TMDU was more impressive because of its difference. For example, I had to do many tests such as: Skin prick test, oral malodor test, masticatory function test,... that I had never seen it before. Moreover, I learned to be good at team working. Actually, we are separated into small groups in order to work effectively. And I thought teamwork is about cooperation and sharing your ideas.

And the most interesting to me is up-to-date knowledge and new concepts. It is so amazing that I got some new concepts at some departments such as: Psychosomatics (with more theories to explain about complaints of our patients), Anesthesiology (we learned about Intravenous method that make patients feel more comfortable and the treatment process easier),...

Next I would like to share with you some of my thoughts about the program. The inter-university exchange program is apparently a dental networking sharing. It was also a good occasion to get the first experiences about studying abroad. We got to know basically what TMDU's education system is. Individually, I am really eager to get higher education at TMDU after my graduation.

Although the program is already very well planed, I would like to have a minor suggestion. Sometimes we got lost during the lecture as there were terms we didn't know. It would be better if we could have a handout before the lecture.

Finally, I would like to express my sincere thanks to dear professors and staff for taking super good care of us during our stay. Thank you all for the fascinating experience and unforgettable memories that will accompany me for the rest of my life. And I hope the students attending this exchange program will have another chance to come back Japan to study in the future.

---

### **TU THI HUYEN TRANG**

This report was written oneday before I back to my country after finishing the exchange program. I was a little confused after many sleepless nights. I still remember a new friend from Thailand bursted into tears and told us she would miss everything in Japan: the wayto school everyday, the classes we attended together, the smile, the pictures we took,... This made me think of my favourite quote : "Many things happen once in your life, but not much will stay forever in your mind". Perhaps this time, no, definitely this time will stay forever in my heart and mind.

In this exchange course, we had experiences in : visiting the laboratories, dental clinics, operation room; having lectures from professors and supervisors; practising at some departments following instructions. I not only got to know new, modern, unique machines; compare the curriculums; discuss real cases but also got to improve my English.

I had 2 days with Prof. Shunichi Shibata from Maxillofacial Anatomy Department. We had the practical course in cutting paraffin sections, general staining and then immunohistochemical staining. At HCM university, we just learnt the theory but never had a chance to do it ourselves, that's why I got very excited. And the best part was that Professor Shibata was so kindto give us all specimens we made as a gift. When I brought it to my teachers in Vietnam, they observed under the microscope, and the image is so clear and detailed. I also attended other classes in Fixed Prosthodontics, Gerodontology and Oral Rehabilitation, Pediatric Dentistry, Oral Health Promotion, Maxillofacial Surgery and Orthodontic Department. Each passing day, I studied new things, and I recognised that Japanese doctors always maximised the convenience for the patients in terms of instruments, procedures... For example, they changed the details of dental units depending on patient's characteristics; created the contact gate to test after filling; and for kids, they even had a "superstar level" room to give oral hygiene instructions, ....In Vietnam, we should do those things to improve dental service quality. My friends from Thailand and Indonesia also felt the same way.



For extra-curricular activities, we enjoyed Japanese culture by not only visiting many places: Tokyo Sky Tree, Asakusa, Tokyo Disneyland, Tokyo Station, ...but also by trying many dishes : Udon, Soba, Shushi and Shashimi, Okonomiyaki, Teriyaki Chicken, and some Japanese famous deserts,... I love playing games and the bustling atmosphere in Disneyland. In addition, autumn scenery on the way and cold breeze conquered us even more. The hotel in which we stayed for 2 weeks was quite traditional, so we had unique experiences to live like a Japanese, try Onsen, wear Yukata,... We did have many priceless and unforgettable memories.

I like Japanese people. Japanese treats other people respectfully. When Japanese people think of something they want to do, they make it happen. When I asked my new friends about how the Japanese people could reconstruct the buildings, the streets which were badly damaged after the tsunami, they told me that because the government wanted to win public's trust and show the world Japanese power. I was really impressed. I knew that many leading figures play an active role in the world today studied in Japan. The network I built in Japan will undoubtedly become an invaluable asset for my future career. I think more seriously about the future; youth and the limits; my mission and my ability. Education and vision actually play a very important role in changing the mindset. This opportunity has changed my thinking, I strongly want to study further in Japan, again.

Last words, I want to express my deepest gratitude to the organising committee, the professors, my teachers, my friends, who helped me a lot in those days. I was a little bit upset when I left without saying goodbye and thank you a lot, but in my mind, I'm pretty sure that the power of will will reunite us again in the other lands.

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## **NGO THI KIEU TRANG**

I am a dental student at the Faculty of Odonto-Stomatology in Ho Chi Minh City, Vietnam, a developing country. I tried my best in learning at university, so this exchange program is a precious gift to me. I heard a lot about Japan since I was a child. Student exchange program has given me an opportunity to come to Japan, a great reality that I could not even dream of.

TMDU university received us with attentive preparation. They provided necessary facility and a comfortable hotel. Thanks for the warmth of TMDU.

Firstly, I observed the process of research and learning at TMDU, it helped me expand my horizons and my knowledge. I approached modern equipment. I had the opportunity to learn about the various types of modern and expensive machinery that I'd never seen before such as OCT machine, MRI machine creates a strong magnetic field, which was amazing. Before, I had never been exposed to modern machinery and new techniques, so it was quite difficult for me to catch all the information

communicated by the professor. Now, I'm still amazed by the modern tools and technology in TMDU.

Secondly, I have had lots of new friends from Japan and they introduced their country. Japan is in the landmass of Asia, but located separately, isolated by the sea. This country is made up of many isles. Japan is often called "The Land of The Rising Sun". Kimono is worn by many Japanese people on special holidays. And I saw it at TMDU festival. It is interesting and very attractive, but we did not have an opportunity to wear this costume.

Thirdly, I became acquainted with many friends from Thailand, Indonesia. My friends have shared about dental problems in their country, I think that we have many similarities. I received and offered gifts to friends from other countries, we were happy by exchanging ideas and sharing our interests.

Next, we visited the Tokyo Sky Tree, Asakusa Temple, Disneyland, the famous shopping district in Tokyo : Akihabara, Tokyo Station. Food is more expensive when compared to Vietnam; however, Japanese food is very well presented. People are very attentive, enthusiastic, caring and respectful of others' privacy. I felt the peace of this country. I improved my knowledge traveling with new friends. Two weeks in Japan, I felt very excited. I was impressed by the development of Japan. The capital of Japan is Tokyo - one of the largest cities in the world. It is modern, very bustling, and extremely crowded. Besides, Japan is one of the world's leading countries in the development of new environment-friendly technologies.

Finally, this program helped me improve my view about everything, especially about dentistry. I decided that this university will be my destination in the future. I believe that if I become a student of TMDU in future, I will help my country in dentistry (Modernization and Innovation).

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## **TRAN THI NGOC TRANG**

Two weeks after coming back from the Inter-university Exchange Program at TMDU, Japan, I think I have just got out of a dream. 2 weeks in Japan was not too long, but I had extremely precious time and experiences. Beside the knowledge and a chance to learn at TMDU, we also had joy, sadness, love, care and really meaningful time together.

Japanese has a wonderful lifestyle that creates their characteristic trait. I had an impression that they always say "sorry" and "thank you", from public place to schools or hospitals. They always respect each other and avoid disturbing the others. They always think about other persons when they walk, buy something, wait for train or work. That makes a great careful and hospitable attitude. Although the Japanese professors are busy and have high work pressure, they paid very close attention to us, answering all of our questions. The sellers always say the truth about their goods that



make customers feel secure and believable. Japanese really love working, they have great responsibilities at work. It makes me think a lot about our country. I believe that attitude is the most important thing in a civilization and we should learn a lot from Japanese lifestyle.

All these impression made my love for Japan. I miss small houses with cute front bonsais. I miss dipped roads, rows of trees, hasten streams of people, tube train and many beautiful sceneries. I miss the fresh and cold air in the morning, the bustling atmosphere on big roads and the peace at night. I miss all of my cute Japanese friends. I miss all of our memories in Japan. You know? Many experiences are first times in my life. This is the first time I have Vietnamese women's day in a strange country. We have a small party with Japanese cakes, in a small warm hotel. The boys in our team gave our teachers and girls greetings and we chatted until midnight. We were so happy. This was also the first time to Disney Land. My friend said : "Visiting Disneyland is one of twenty things that we have to do before we die". It is really true. I had one-day holiday in a strange world with many cartoon characters that made me feel like returning to my childhood. We even shouted for joy and we were so excited because of the beautiful sceneries, the cosplays and wonderful games. We also went shopping and had many parties in Japanese restaurants and enjoyed delicious dishes. And besides the fun, we also had some sad memories. But the most important thing is that we could share, understand and sympathizewith one other. These things made us much more mature.

Returning to Vietnam, I restart my old habits and work, but with a different thought. I would like to do anything for my country to contribute to our university and Viet Nam. I would like to change some habits to have an ideal lifestyle. I would like to learn more and more and have a chance to visit Japan again. This trip gave me extreme motivation and my friends keep trying their best in our studies and practice.

Thanks all of our doctors-lecturers in UMPH, thanks TMDU and all of my Japanese friends for giving me an opportunity to broaden my mind. I miss every moment we had in Japan and I really appreciated this trip. I will try to come back in the near future. See you again, Japan!

---

**NGUYEN THI NHAT PHUONG**

I had fourteen days in Tokyo-Japan in a student exchange program at Tokyo Medical Dentistry University. This was really short time but I got many useful epxperiences.

First of all, this program made me realize that English is so important. I would get nothing if I did not know English especially when studying abroad! I had studied English before participating into this program with no purpose, and this trip showed me how important English is! If I want to make more foreign friends, to get the latest

knowledge, to work more effectively, to know more about the world, etc. I should learn English harder and harder.

Secondly, the most interesting thing I got from this trip was the chance to see and live Japanese lifestyle and culture. I actually lost 2 kg in 2 weeks in Japan, but I felt fit and stronger. For me, the main reason was I had to do exercise so much everyday in Japan: walking. I walked to school, for train, for meal, for everything! In Vietnam, I go by motorbike everywhere, near or far! In Japan, I had to walk everyday, especially at weekend I had to walk all day. Sometimes I got so tired. But I like walking now, I think it makes me healthier. Another interesting thing that I experienced was queuing culture. In Japan, queuing is everywhere, in canteen, at railway stations, restaurants, supermarkets, bookstores, restrooms, etc. I felt in Japan everything was in order, disciplined. I love this culture so much!

Another major difference between Vietnam and Japan which impressed me is the traffic. In my country, most people use private transport. because it is more comfortable, and we can have better control of the timing. When arriving in Japan, I wondered why the streets are deserted, the traffic on streets was far less than in Vietnam. After that, I realized the reason was that most Japanese people use public transport, bus, subway, tram, etc. Because public transport in Japan was modern, punctual, safe and economic. I saw the map of the subways network of Tokyo city. I wonder how the Japanese could build and operate a modern and interlaced transport network in the air and under the ground like this!! I really admire this development.

I used to think the Japanese are very difficult to "get close". They rarely talk to each other, they often use mobile phones, paying no attention to the others and things happening around, especially on the subway. But I changed my mind. During my trip, I left my phone in a Japanese restaurant, I thought it was lost but I wanted to come back to find it. I remembered the wrong address so I could not come back to that restaurant. I just asked a Japanese friend about the address but he himself came back, found and brought my phone back for me. I really did not think I could get my phone back after four-day lost it in a strange country. I also got directed enthusiastically by a Japanese in Tokyo Disneyland Park. Now, I think that although Japanese are serious and disciplined in work, they are very kind, enthusiastic.

The program also gave us a chance to get closer. My teachers, my friends and I had fourteen days living in the same place. We did everything together: going to school, sleeping, eating, studying, doing exercise, shopping, etc. In addition, I had many cute new foreign friends, we attended class together and spent weekends together. On the cultural night, we were so happy, it was very interesting to enjoy many traditional dance performances and performed our Vietnamese traditional dances. We had many unforgettable memories during this trip. I attended ten classes in six departments, and the department which I was the most interested in was Cellular Physiological Chemistry, this was also my main department. I had a chance to see, to



practise with many modern machines, many technique which I have already studied but never practised before.

The program offered me an opportunity to know more about the world, to make more friends, to realize my weaknesses and to get motivation for trying harder.

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## **VAN THI CAM TU**

As I had heard and read a lot about Japan, it's just like dream come true that I had this opportunity to attend the "Inter-university Exchange Program toward Medical and Dental Networking in Southeast Asia" at TMDU. I have approached new technology and concepts at TMDU.

Thanks to all of the teachers who helped me very much during the time when I visited and studied in your departments, I have had opportunities to widen my mind. I really appreciated what you did.

In Fixed Prosthodontics department, I was taken to the laboratory and dental clinic. It was interesting to see various machines such as CAD/CAM system, gypsum mixing machine. One of the most impressive things that I have ever seen is the solution to store the alginate impression. It is very effective to keep the impression longer than usual. Moreover, I also had the chance to try the allergy test by using a solution containing an highly allergenic substance on the skin. If the skin becomes red with wheal appear, it means the skin is allergic and test is positive.

In Orthodontic Science department, Dr. Kanno indicated the aim of Orthodontic is to provide a good smile which will bring a happy life to patient. After that I had a tour around Orthodontic clinics. I can understand the procedure to work in the clinic and also observed some cases about the Angle Occlusion, Ankylosis and the treatment for the class III Angle.

In Cariology and Operative Dentistry department, Dr. Sadr presented various kinds of machines and equipments. The most impressive machine was Optical Coherence Tomography (OCT). It is an optical signal acquisition and processing method. It captures micrometer-resolution, three-dimensional images from within optical scattering media (e.g. biological tissue). Using OCT machine gives a big benefit for dental treatments. I was so excited to see the machine myself. It was very amazing.

In Oral Health Promotion department, I listened to a lecture about Oral Malodor. Then, I had chance to do the test with Oralchroma and Brethron. Following the instructions of Supervisor I made the test smoothly and easily.

In Anesthesiology and Clinical Physiology department, one of the most impressive method was using medazolam and profotol in intravenous injection which had many benefits for patients such as : feeling more comfortable and reducing pain.

In Oral Pathology department, I had the occasion to observe the surgery and biopsy specimens using the microscope. Therefore I got to know the histological feature of the oral diseases: ameloblastoma, carcinoic ameloblastoma and osteosarcoma. There they also had the nude mouse which doesn't have immune system so it does not reject the transplanted gene. It's the good way to do the study.

Many thanks to professors Sugai, Takata, Keigo, Yumi,... my new Japanese friends. I was taken to lots of interesting places, told about many funny things. We traveled together by train, then went on foot, shopping for some necessities, trying foods, and taking photos with one another.

Here are some of the places I was shown around:

Tokyo Skytree, formerly known as New Tokyo Tower, the tallest tower in the world. It is a broadcasting, restaurant and observation tower. I was also told that it is the symbol of Tokyo.

Asakusa, a district of Taito is famous for its temple built to dedicated to the Bodhisattva Kannon. We had chance to admire and experience some of your traditional cultural.... Jumping up, trying to touch the straw sandals were what I did so as to get "good luck" as people say it would give.

Tokyo Railway Station, the main intercity railway system in Tokyo, is really big and modern!

Talking about the food, I must say that Japanese foods here taste quite different from those I have eaten in HCM City, Vietnam. They all taste very good to me, too. What do you say if you know that I had two bowls of Udon one right after the other! Delicious !!

Japanese tea is unique, no one can deny.

What I can learn from Japanese people is walking faster, amazingly, in an industrial, developed country like Japan, everyone does things in very quick way. In addition to that, smiles to show friendship always get people to be close together. It seems to me that you are ready to smile at any time... Evidently, Japanese are very punctual, and also the way you greet one another shows much respect and politeness. More importantly, I learned the Japanese working style: Teamwork plans, organization, thoughtfulness, punctuality. They always make the improvement in engineering, machinery to ameliorate the diagnosis and treatment procedure. Besides, Japanese people always have the big-hearted moral to help the developing countries and I appreciate that.

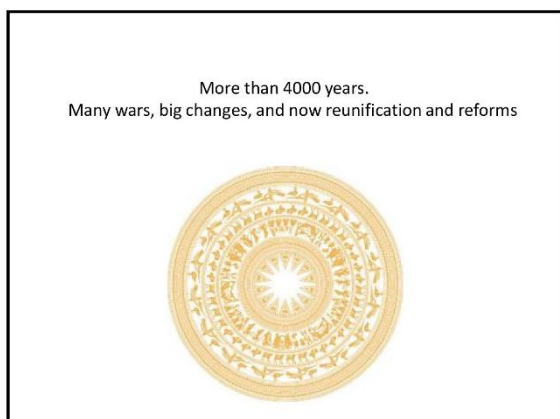
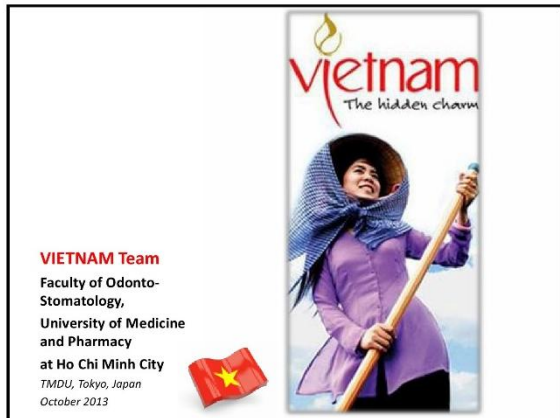
Finally, I would like to apologize all professors, doctors and staff at TMDU that I could not accomplish my course. Anyway, I appreciated what I learned at TMDU, advanced technology to diagnose and treat oral diseases. This program was so wonderful that I hope to come back Japan next year to accomplish my course and would like to express my sincere thanks to staffs and friends at TMDU.

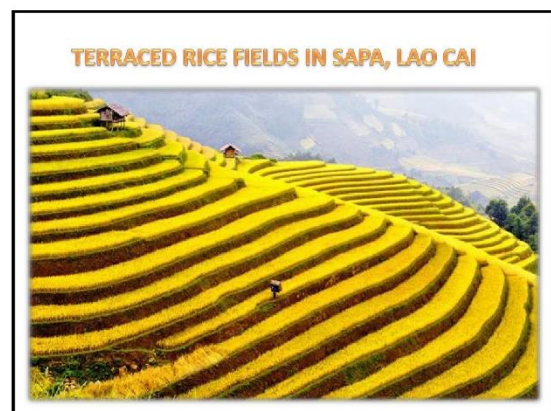


## Chapter V

### POWERPOINT PRESENTATIONS AT TMDU

#### COUNTRY REPORT







**HANOI, 1000 YEARS-OLD CAPITAL**



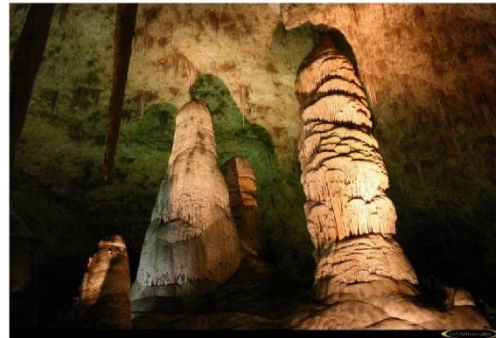
**HA LONG BAY**



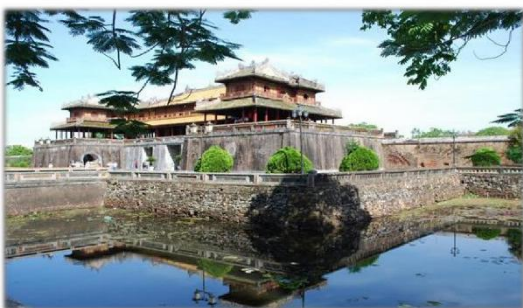
**HOI AN - ANCIENT CITY**



**PHONG NHA - KE BANG NATIONAL PARK**



**HUE - THE FORMER IMPERIAL CAPITAL**



**NHA TRANG, PHU QUOC  
WITH DREAM-LIKE BEACHES**



## SAIGON - THE BUSTLING CITY OF VIETNAM



## CUISINE



## TOP DISHES THAT YOU MUST TRY



It Happened  
to be  
Vietnam

WELCOME  
TO  
VIETNAM



WHAT IS IT LIKE TO BE A  
RENTAL STUDENT IN  
VIETNAM?

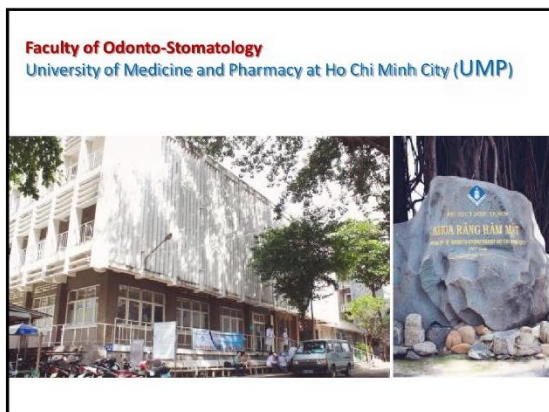




University of Medicine and Pharmacy at Ho Chi Minh City, Vietnam

*Our university is composed of 7 faculties as followed:*

- Faculty of Fundamental Sciences.
- Faculty of Medicine.
- Faculty of Pharmacy.
- Faculty of Traditional Medicine.
- Faculty of Odonto - Stomatology.
- Faculty of Nursing & Medical Techniques.
- Faculty of Public Health.



### EDUCATIONAL PROGRAM:

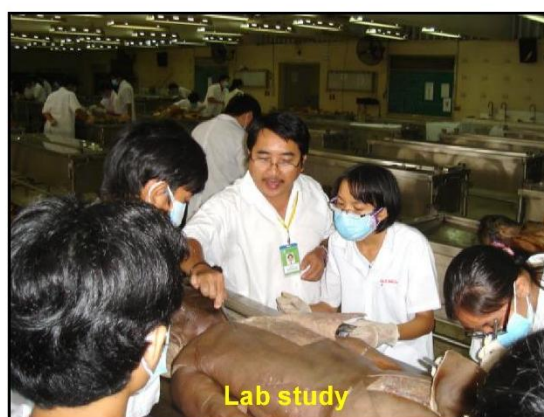
*Students of Faculty of Odonto-Stomatology are trained for 6 years.*

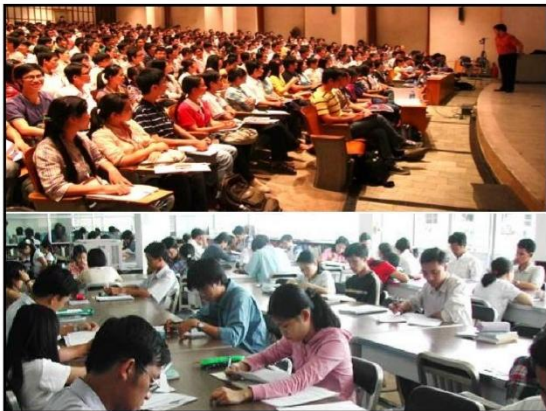
2,5

- Basic sciences and medicine
- General knowledge of anatomy, physiology, internal medicine, surgery, pediatrics, obstetrics and dermatology...

3,5

- Odonto-Stomatology education
- The 4<sup>th</sup> year: essential knowledge in Dentistry + pre-clinical skills
- The 5<sup>th</sup>, 6<sup>th</sup> year: more advance knowledge + Clinical practice





## The Macchabée Ceremony



### EDUCATIONAL PROGRAM:

*Students of Faculty of Odonto-Stomatology is trained for 6 years.*

2,5

- Basic sciences and medicine
- General knowledge of anatomy, physiology, internal medicine, surgery, pediatrics, obstetrics and dermatology...

3,5

- Odonto-Stomatology education
- The 4<sup>th</sup> year: essential knowledge in Dentistry + pre-clinical skills
- The 5<sup>th</sup>, 6<sup>th</sup> year: more advanced knowledge + Clinical practice

### EDUCATIONAL PROGRAM:

*Students of Faculty of Odonto-Stomatology are trained for 6 years.*

Pre-clinical Practice

- Lab 21
- Lab 22

Dental clinic

#### •5 Dental clinics :

- 1,2,3 : 5<sup>th</sup> and 6<sup>th</sup> year students – clinical practice
- 4 : highly-quality treatments & scientific researches.
- 5: 3<sup>rd</sup> and 4<sup>th</sup>-year students - pre-clinical practice.

## Community Oral Health Care Services



## GRADUATION CEREMONY





...AND, WELL, NOT-SO-  
ACADEMIC ACTIVITIES...

### Twinning Ceremony



### Traditional Camp



### Green Summer Campaign



Welcome to Vietnam !

# INTERNATIONAL RELATIONS POLICY AT FOS-HCMC UMP



## DEVELOPING INTERNATIONAL RELATIONS A MAIN POLICY OF THE FACULTY OF ODONTO-STOMATOLOGY – HCMC UNIVERSITY OF MEDICINE & PHARMACY

Assoc.Prof. Nguyen Thi Hong & Nguyen Thi Kim Anh  
Faculty of Odonto-Stomatology, HMC UMP, Vietnam

## Contents

1. Introduction of HCMC UMP and Faculty of OS
2. Purpose of international relations of Faculty of OS
3. International relations in education and research
4. Conclusion and proposal

## HCMC UNIVERSITY OF MEDICINE AND PHARMACY (HCMC - UMP)

1. Faculty of Medicine
2. Faculty of Pharmacy
3. Faculty of Odonto – Stomatology
4. Faculty of Traditional Medicine
5. Faculty of Public Health
6. Faculty of Fundamental Sciences
7. Faculty of Nursing & Medical Techniques



**FACULTY OF ODONTO-STOMATOLOGY (HCMC-UMP)**  
85 teaching staff - 14 Departments

## FACULTY OF ODONTO-STOMATOLOGY

- 120 new dental undergraduate students/year
- Undergraduate 6-year curriculum program



## Graduate programs

60 new graduate students/year

- Master course (2 years) -> PhD course (3 years)
- Or 1<sup>st</sup>-degree specialty (2 years) -> 2<sup>nd</sup>-degree specialty (2 years)



*Master students in 2013*



## EXPECTATIONS



- To broaden the scope in dental education
- To upgrade teaching
- To provide opportunity for teachers and students to have an insight into international dental education
- To establish network/ links in research
- To step forward to mutual recognition and international integration
- To strengthen friendship among international colleagues

## Education



- Sharing teaching materials:  
*Strasbourg, Hiroshima,...*
- Sharing lectures by video conference:  
*Hiroshima, ...*
- Co-organizing continuing education program independently or integrated: *Inter University Diploma with French universities*
- Attending international conferences.
- Organizing annual workshop on dental education for all dental schools in Vietnam to catch up with the world dental & move toward regional integration

## Student Exchange Programs



- **Summer rotation of international students** from French schools (*Bordeaux, Marseille, Lille, Strasbourg...*)
  - Performing simple dental procedures in our clinics
  - Dental examination and education to poor children
  - Humanitarian dental care activities in remote communities.
- **UBC Resident doctors** in the Hospital Dentistry Program on a regular basis (since 2002)
  - 2 wks in April and 2 wks in November/year
  - in Oncology Hospital and in Maxillo-facial Surgery Hospital

## Hosting foreign students



- Getting an overview on dental education and dental care system in Vietnam
- Joining activities under the school based dental program
- Acquiring clinical experience in maxillo-facial pathology and surgery
- Providing oral health education and basic dental care in the faculty dental clinic setting.
- Sharing cultural experience and making friends

## Student Exchange programs



- Summer rotation of French students
- UBC Resident doctors
- Vietnamese students attending **short exchange program** 10 days to 6 months in TMDU, HU, Mahidol
- **"Sandwich program"** with HU  
*Hiroshima international dental course for undergraduates with 1<sup>st</sup> year in VN -> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup> years in HU -> 6<sup>th</sup> year in VN*

## Graduate and Postgraduate training

- Ph.D training: Ph.D trained in Marseille, 1 in TMDU, 3 in HU, 1 in Aichi-Gakuin
- Short stay in international laboratory during PhD course: TMDU, HU, Chulalongkorn, ...
- International publications: weak point.

National fellowship **program 911** (Vietnamese government scholarship): opens new opportunities for teaching staff studying PhD with:

- 6 month abroad
- or 1-2 years abroad (collaborative PhD course)
- or total 3-4 years abroad (international PhD course)

## International linkages in research

- Oral Cancer with TMDU, UBC
- Public Health, Histopathology, Radiology with TMDU, HU
- Cariology (Aichi-Gakuin)
- Dentin hypersensitivity (Marseille)
- Dental materials (Paris)



## COOPERATION AGREEMENTS

- TMDU, HU
- CCFEV
- UBC (CANADA)
- THAILAND
- IADR-SEA, SEAIDE, ICD



## Relations with TMDU

- 4 first trainees in 1 year-training program (1996-2000)
- Dr. Pham Anh Vu Thuy : First PhD (2011)
- Alumni group very much dedicated to promote relations with TMDU



## Relations with TMDU

- Student exchange program
- Staff exchange program
- Staff in training at TMDU:  
3 PhD students  
2 in 1-year course



## HUMAN VALUES

- Promote cultural understanding
- Promote international friendship
- Long lasting and efficient international cooperation is built up on enjoyable human relations



## Conclusion & Proposal

- Continuing student and staff exchange programs
- Supporting collaborative research laboratory & researches
- Providing international teaching program (on-line lectures, international course in Vietnam,...)
- Receiving PhD students following program 911



## Chapter VI

### DENTAL CARVING AND WIRE BENDING CONTEST

In this program, we also had a chance to compete with students from Japan, Thailand and Indonesia in dental carving and wire bending contests. These contests were held on October 25<sup>th</sup>, 2013 from 4:00pm to 6:30pm at TMDU.

#### Dental Carving Contest

A Dental Carving Contest will be held during TMDU Dental Training Program 2013 Fall. The details of the contest are below.

*Date:* October 25<sup>th</sup>, 2013 (16:00–17:20)

*Venue:* Tokyo Medical and Dental University, Building No.7, 3<sup>rd</sup> Floor  
(Prosthetic Training Laboratory)

*Participants:* 10 undergraduate students from each university

*Judging:* Comprehensive evaluations by 4 judges  
(1 judge from each university)

*Subject:* Dental carving on wax (#46 tooth model)

*Procedure:* Each student will carve the approximate form of an enlarged tooth #46 model on gray wax with an Evans Carver in 1 hour. A brush to clean the wax shavings on the wax model can also be used. Participants can bring their own Evans Carver, but are not allowed to bring any other instruments.

*Evaluation:* The works will be evaluated by distinguished judges from each university under the conditions of cusps, grooves, axial tooth contour, cervical area, and surface texture.

*Award:* There will be awards for the top 3 entries.

*Materials:* TMDU will lend participants the following equipment:

- \* Evans Carver (AT-1(07-165), YDM Corp, Japan)
- \* Enlarged model (C12-AT. 1A, Nissin, Japan)
- \* Gray wax (carving wax, SHOFU, Japan)
- \* Cleaning brush



### Wire bending Contest

A Wire bending Contest will be held after the Dental Carving Contest. Please refer to the detail below.

*Date:* October 25<sup>th</sup>, 2013 (17:30–18:30)

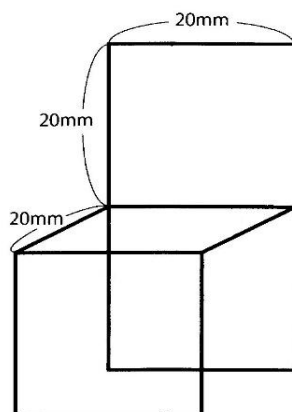
*Venue:* Tokyo Medical and Dental University, Building No.7, 3<sup>rd</sup> Floor  
(Prosthetic Training Laboratory)

*Participants:* 10 undergraduate students from each university

*Judging:* Comprehensive evaluations by 4 judges  
(1 judge from each university)

*Subject:* Wire bending

*Procedure:* Young plier will be used to bend wire (0.9mm in diameter) within 30 minutes, in a chair form as below: The wire chair must be made from 3 segments of wires. Each segment must be 20mm in length. All segments must be at right angle to each other, vertically and horizontally. Participants can set up an order of bending it, but are not allowed to use their own instruments.

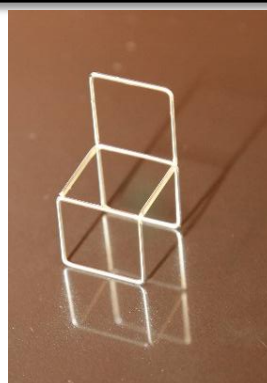
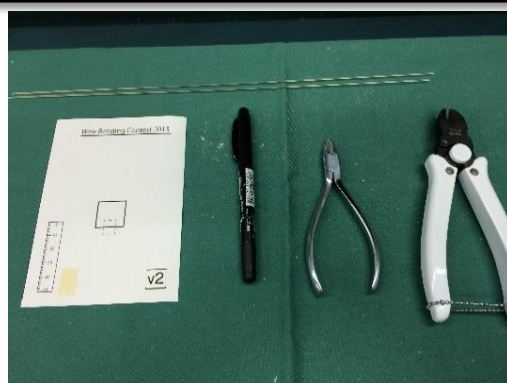


*Evaluation:* All of the works will be evaluated by esteemed panel of judges from each university under the conditions of form, accuracy and smoothness.

*Award:* There will be awards for the top 3 entries.

*Materials:* TMDU will lend participants the following equipment:

- \* Young plier (801-1012, TOMY)
- \* Co-Cr wire 0.9mm in diameter (503-09, TOMY)
- \* Diagonal Cutter (804-3002, TOMY)
- \* Marker





Our Vietnam team was extremely happy to receive the First and Third Prize in Dental Carving Contest.



TU THI HUYEN TRANG won the First Prize  
NGO THI KIEU TRANG won the Third Prize  
in Dental Carving Contest

## *Chapter VII*

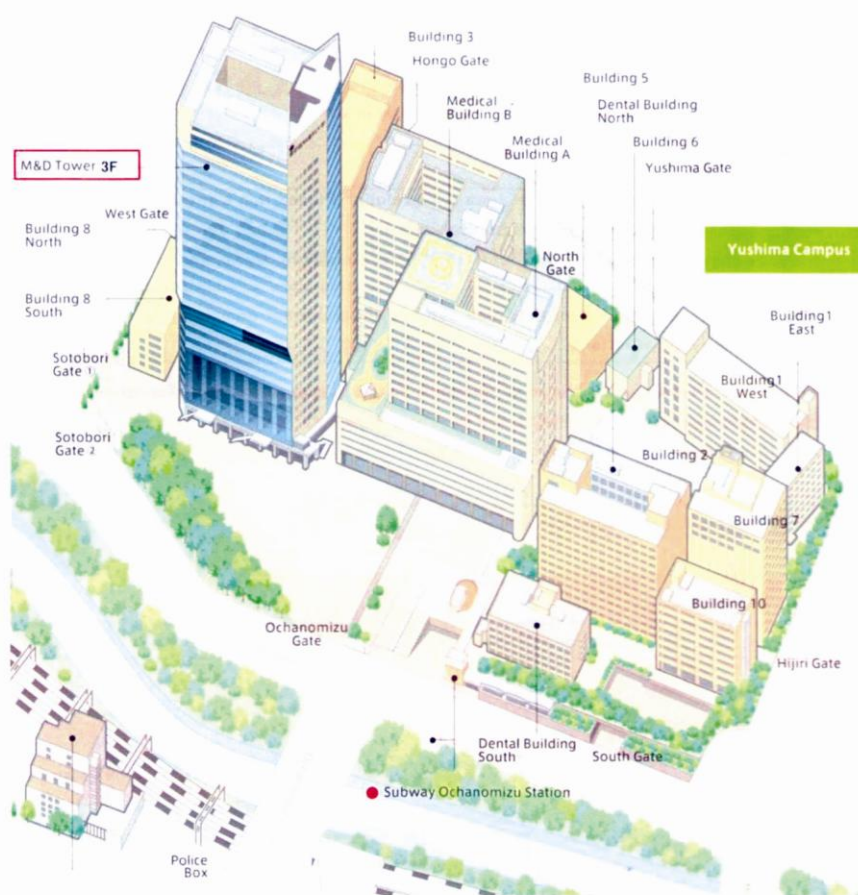
### SOME INSTRUCTIONS OF TMDU

#### ❖ Library and Student Lounge

##### Library

Mon – Fri  
Sat, Sun, Holiday

8:30am – 10:00pm  
9:00am – 5:00pm



##### Students Lounges at TMDU

Following rooms are open for you. You can meet your friends, have lunch and relax there.

- International Student Lounge at Building 1 west, 4<sup>th</sup> floor: Open hours is 9:00-17:00 (Open only for weekday). Please do not leave your belonging there.
- Seminar room at 3<sup>rd</sup> floor, building 2: Open hours is 8:30-18:00 (Open only for weekday). You can leave your belongings except valuables.



## ❖ Staying safely in Tokyo

### Staying Safely in Tokyo

October 18th, 2013

International Exchange Center  
Tokyo Medical and Dental University  
Yoko Okita

#### Contents

- Emergency phone numbers
- Crime
- Safety
- Health
- Earthquake
- Radio Active Level
- Typhoon

TMDU

#### Emergency Phone Numbers

- Police 110
- Ambulance 119

TMDU

#### Crime

- Basically Safe
- Do not go out alone late at night
- **Chikan** – inappropriate touching on commuter train is **COMMON**

shout at the perpetrator and call for help

- Lost your passport – report to a police box

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#### Near Hotel

Do not go through late at night!



### Safety: Dangerous behavior

Observe Japanese people's behaviors

Using a smart phone w/o Watching the front



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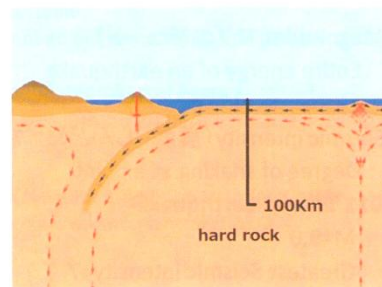
### Health

Ask your leaders for help  
Minor treatment at the TMDU Health Center

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## Earthquake

### Plate



<http://www.jma-net.go.jp/fukuoka/jkazan/hanashi/naze.html>

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### Plate map



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<http://blog.sizen-kankyo.net/blog/2007/08/000182.html>

### Plates and Japan

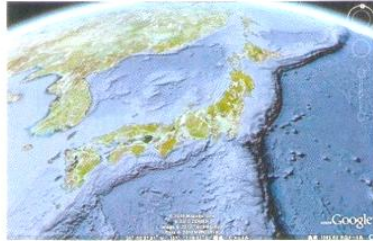


<http://www.nihongo-yomu.jp/nihonwosiritai-3.htm>

TMDU



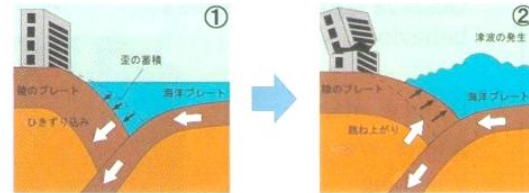
### Japanese Islands and sea beds



<http://rebox.hamazo.tv/e2297133.html>

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### Tsunami



[http://www.jma-net.go.jp/nara/jisin/saigai\\_jisin.htm](http://www.jma-net.go.jp/nara/jisin/saigai_jisin.htm)

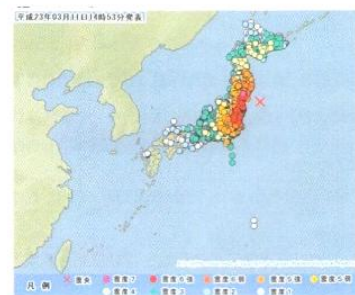
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### Magnitude and Seismic intensity scale

- Magnitude (マグニチュード)  
Entire energy of an earthquake
  - Seismic intensity (震度 しんど) 1~7  
Degree of shaking **at a point**
- 2011 Tōhoku earthquake**  
M=9.0  
Greatest Seismic intensity=7

TMDU

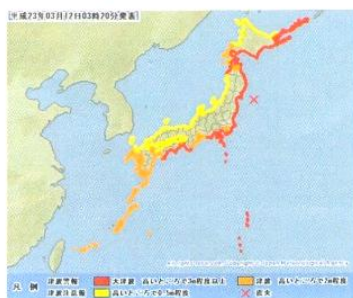
### Example of *Shindo*



[http://blog.goo.ne.jp/kin\\_chan0701/e/4a21b592f605d09cb72a809152b0a9a5](http://blog.goo.ne.jp/kin_chan0701/e/4a21b592f605d09cb72a809152b0a9a5)

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### Tsunami Warning



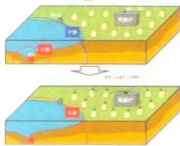
[http://blog.goo.ne.jp/kin\\_chan0701/e/4a21b592f605d09cb72a809152b0a9a5](http://blog.goo.ne.jp/kin_chan0701/e/4a21b592f605d09cb72a809152b0a9a5)

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### In a case of an earthquake

- At school - follow a teacher's instruction
  - At hotel - follow a staff's guide
  - At a shopping mall - follow staffs' guide
- In general
- Open a window or door to keep a way of escape
  - Go under a desk and protect your head
  - Elevator stops at a nearest floor at Shindo 5 or more

## Earthquake Early Warning System 緊急地震速報 きんきゅうじしんそくほう



Upon P-wave detected  
Shindo 5-low or more is expected,  
Japan Meteorological Agency issues  
Earthquake early warning through  
TV, radio, mobile phones

P波が観測され、震度5-以上が予測されると  
気象庁が緊急地震速報をだします。  
テレビ、ラジオ、携帯電話で受信できます



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TV March 11, 2011

Free apli for iPhone ゆれくる yurekuru

## Radioactivity Level

- Tokyo: near normal

- Simulation of diffusion of radio active particles

<http://radioactivity.nsr.go.jp/en/> (English)

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## Useful Links

- Earthquake Info:

[http://eqinfojp.net/?category\\_name=english](http://eqinfojp.net/?category_name=english)

- Facebook:

<http://www.facebook.com/earthquakeinfo.foreigner>

- How to Protect Yourself (地震発生時緊急マニュアル):

<http://nip0.wordpress.com/english/>

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## Typhoon May - November

- Predictable
- Do not go out when winds and rain are strong

- Japan Meteorological Agency

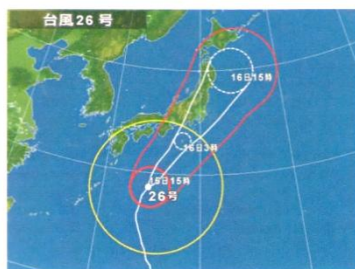
[http://www.jma.go.jp/jma/jma-eng/jma-center/rsmc-hp-pub-eg/RSMC\\_HP.htm](http://www.jma.go.jp/jma/jma-eng/jma-center/rsmc-hp-pub-eg/RSMC_HP.htm)

- USA Navy Joint Typhoon Warning Center

<http://www.usno.navy.mil/JTWC/>

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## Typhoon #26 October 15, 2013 15:00



## Typhoon Babies





## ❖ Some useful expressions in Japanese

### Part A: Survival Japanese

#### 1) Very Basic Words:

Mizu	Water
Toire	Toilet/Restroom
Okane	Money
Tasukete/Herupu	Help
Kooban	The Police Box

#### 2) Greeting

Ohayoo gozaimasu.	Good morning. (Polite)
Ohayoo.	Good morning.
Kon nichi wa.	Good afternoon.
Kon ban wa.	Good evening.
Sayoo nara.	Good-bye.
Arigatoo gozaimasu.	Thank you very much. (Polite)
Arigatoo.	Thank you.
Su(m)imasen.	I'm sorry/Excuse me.
Doozo.	Please.

#### 3) Introducing Yourself

T: Hajime mashite. Tee desu.	How do you do? I'm Tee.
Y: Hajime mashite. Yamanaka desu.	How do you do? I'm Yamanaka
T: Tai kara kimashita.	I'm from Thai Land.
Doozo yoroshiku onegai shimasu.	Nice to meet you.
J: Kochira koso.	Nice to meet you, too.

#### 4) At a Coffee Shop

W: Irasshaimase. Nan-ni nasai-masu ka?	Welcome. What would you like?
C: Koohii, onegaishimasu.	Coffee, please.
C: Anoo, sore kara, kore mo onegai shimasu.	And, then, this one, too, please. (pointing the item in the menu)

5) At a Kombini (Convenience Store) (like Family Mart, Seven Eleven, etc.)

C: Kore, onegai shimasu.

I'd like to have this.

W: Shoochi itashimasita.

Certainly.

C: Anoo, buta-niku wa haitte-imasu ka?

Well, does this contain poke?

W: Daijoobu desu yo.

It's OK.

Buta-niku ha haitte-imasen yo.

No poke is in it.

6) Other Useful Expressions

a) Kore-wa nan desu ka.

What's this?

b) Kore-wa Ikura desu ka.

How much is this?

c) Ima nanji desu ka.

What time is it now?

d) Eki wa doko desu ka.

Where is the station?

e) Nihonngo wa wakarimasen.

I don't understand Japanese.

f) Moo ichido itte-kudasai.

Please say it again.

g) Chotto matte-kudasai.

Just a minute please.

h) Onegai shimasu.

Please (do it)/Please (help me).

i) Kore, kudasai/onegai shimasu.

I'll take this.' (At a shop)



## Part B: Transportations (JR & Subways)

### JR (Japan Railroad):

Name of the Station: **Ocha-no-mizu** (Ochanomizu)

ocha-no-mizu

御茶ノ水

- Soobu-sen (Sobu Line): Yellow-colored trains
- Chuuoo-sen (Chuo Line): Orange-colored trains

### Subway (Tokyo Metro):

Name of the Station: **Ochanomizu** (Ochanomizu)

- Maru-no-uchi-sen (Maruno-uchi Line): Trains with red strip in center

Name of the Station: **Shin-Ochanomizu** (New Ochanomizu)

Shin ocha-no-mizu

新御茶ノ水

- Chiyoda-sen (Chiyoda Line): Trains with green strip in center

## **Part C: Earthquakes**

### **TEN TIPS FOR ESRTHQUAKE SAFETY**

#### **When You Feel An Earthquake**

- 1) Earthquake! Protect yourself first.
  - Protect yourself first. Be careful and wait until the quake is over.

#### **Right After An Earthquake**

- 2) Keep calm. Check all fire sources. Put out fire quickly.
  - If you were using any sources of fire or heat, turn them off when the shaking calms down.
  - If a fire starts, put it out quickly and calmly.
- 3) Panic can hurt you.
  - Be careful of fallen furniture and broken glass.
- 4) Make sure you have a way out: open doors and windows.
  - Secure an exit for escape when the shaking stops.
- 5) Don't rush out in a panic. Watch out for falling objects.
  - Watch out for falling objects such as roof tiles, broken glass, and signs.
- 6) Keep away from gateposts and walls.
  - If you feel an earthquake outside, stay away from concrete walls and other objects which may fall over.

#### **After An Earthquake**

- 7) Get the right information. Take the right action.
  - Get accurate information from radio, television, fire stations, local authorities, etc.
- 8) Make sure your family and neighbors are safe.
  - After you confirm your family's safety, check if your neighbors are all right.
- 9) Work together on rescue and first aid.
  - Work with your neighbors to free victims from under debris or fallen furniture and to give first aid.
- 10) Make sure electricity and gas are off before evacuation.
  - Turn off circuit breakers and the gas at the main before you evacuate.



## ❖ Survival Japanese

### Survival Japanese

October 18, 2013

#### Part A: Survival Japanese Some Useful Expressions In Japanese

##### 1) Very Basic Words:

Mizu	Water
Toire	Toilet/Restroom
Okane	Money
Tasukete !!/Herupu !!	Help !!
Kooban	The Police Box

### Survival Japanese

#### 2) Greeting

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### Survival Japanese

#### 5) At a Kombini (Convenience Store) (like Family Mart, Seven Eleven, etc.)

C: Kore, onegai shimasu.	I'd like to have this.
W: Shoochi itashimasita.	Certainly.
C: Anoo, <u>buta-niku</u> wa haitte-imasu ka?	Well, does (this) contain <u>poke</u> ?
W: Daijoubu desu yo.	It's OK.
Buta-niku-wa haitte-imasen yo.	No poke is in it.

### Survival Japanese

#### 6) Other Useful Expressions

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b) Kore-wa ikura desu ka.	How much is this?
c) Ima nanji desu ka.	What time is it now?
d) Eki wa doko desu ka.	Where is the station?
e) Nihongo wa wakarimasen.	I don't understand Japanese.
f) Moo ichido itte-kudasai.	Please say it again.
g) Chotto matte-kudasai.	Just a minute please.
h) Onegai shimasu.	Please (do it)/Please (help me).
i) Kore, kudasai/onegai shimasu.	I'll take this. (At a shop)
j) Shituree shimasu.	Excuse me/I'm leaving.

# Survival Japanese

## Part B: Transportations (JR & Subways)

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Soobu-sen (Sobu Line): Yellow-colored trains

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### Subway (Tokyo Metro): Two Lines

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Name of the Station: **Shin-Ochanomizu** (New Ochanomizu)

新御茶ノ水 (Shin-Ocha-no-mizu)

Chiyoda-sen (**Chiyoda Line**): Trains with a green stripe in center



# Acknowledgement

*Foremost, we, 10 Vietnamese students and 2 teachers participating TMDU exchange program in October 2013, would like to express our utmost gratitude to Dean Prof. Junji Tagami, Prof. Yoko Kawaguchi, other Professors, teachers, staffs and Student Association of TMDU for their heartfelt support and very successful organization of this program. Their guidances and these wonderful experiences in TMDU will be our motivations both in dental study, career and in life that we as Vietnamese dental professionals should contribute our best to serve our university and our people, and to the world.*

*Besides TMDU leaders and staffs, we are particularly grateful to Japanese government and MEXT for their continuous support to Vietnam University UMP by giving scholarships to our Vietnamese team to participate to the Inter-university Exchange Program in October 2013.*

*Our most sincere thanks also go to the Vietnam Faculty Dean Ngo Thi Quynh Lan, the Board of Student Office, the Board of International office, the Department of Basic Dentistry, the Department of Orthodontics and all other Departments at the Faculty of Odonto-Stomatolgy for offering us the opportunity, encouragement, rearrangement of student's study schedule, and for their kind supports before, during and after our trip to TMDU 2013 Fall.*

*Also we would like to thank the former Vice Dean Dr. Huynh Anh Lan and teaching staffs of Faculty of Odonto-Stomatology for their insights to our reports at TMDU and this book.*

*Last but not the least, we would like to express our special appreciation to Vietnamese TMDU Alumni, TMDU PhD students and to our respective families.*

