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The Global Burden of Oral Health: A Call for Integrated and Preventive Care

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Oral health, as defined by the World Health Organization (WHO), refers to the state of the mouth, teeth, and orofacial structures that enable individuals to perform essential functions such as eating, speaking, and breathing. It encompasses psychosocial dimensions like self-confidence, state of well-being, and the ability to socialize and work without pain, discomfort, or embarrassment. It varies over the life course from early childhood to old age. Oral health is integral to general health and essentially supports individuals in reaching their full potential, both socially and physically.

The WHO recognizes the holistic concept of oral health that encompasses physical, psychological, and social aspects, emphasizing the importance of maintaining a healthy mouth and orofacial structures for overall well-being of an individual.

Oral diseases are among the most common non-communicable diseases worldwide, affecting an estimated 3.5 billion people. These conditions range from dental caries, periodontal disease, tooth loss, and oro-dental trauma to oral cancer and congenital conditions like cleft lip and palate. Factors such as population growth and aging contribute to the rising burden of these diseases. With global life expectancy increasing, oral health challenges are becoming more widespread. Despite this, oral diseases are often overlooked in public health policies.

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Key Global Oral Health Statistics

The 2022 WHO Global Oral Health Status Report highlights the alarming prevalence of oral diseases. Nearly half of the world's population, or 45%, is affected. Untreated dental decay in permanent teeth is the most common condition, affecting 2.5 billion people, while 514 million children suffer from caries in their primary teeth. Severe periodontal disease impacts 1 billion adults, while complete tooth loss (edentulism) affects 350 million people, particularly those over 60 years of age. Oro-dental trauma is prevalent in 1 billion individuals, with 20% of cases occurring in children under 12 years of age.

Oral cancer is a significant concern, with 377,713 new cases reported in 2020 and 177,757 deaths attributed to it. Cleft lip and palate affect 1 in 1,000 to 1,500 births worldwide. A staggering 75% of individuals affected by oral diseases reside in low- and middle-income countries, where access to preventive and therapeutic oral health services is limited.



Dental caries



Periodontal disease



Teeth wear and partial edentulism



Cleft lip and palate

Prevention Across the Lifespan

Oral health can be effectively addressed through prevention at multiple levels, ranging from primordial to tertiary prevention. Primordial prevention aims to promote healthy habits such as proper diet and oral hygiene, preventing risk factors before they appear. Primary prevention involves the early implementation of measures like fluoride application to prevent dental caries. Secondary prevention focuses on interventions that halt disease progression, such as simple dental restorations, while tertiary prevention addresses rehabilitation through dental prosthetics, including bridges and implants.

Remarkably, over 95% of oral diseases can be prevented through interventions at the primordial, primary, and secondary levels. This highlights the importance of integrating oral health within primary health care frameworks, ensuring that prevention becomes a priority.

Oral Health in Sri Lanka

Sri Lanka faces significant oral health challenges and the burden of oral diseases is a key public health concern in the country. Among 5-year-olds, dental caries prevalence is 63.1%, with 96% of cases remaining untreated. Only 55.3% of 12-year-olds have healthy gums, and 11.3% of individuals aged 65-74 are edentulous. Oral cancer, particularly among men, represents 15% of all male cancers, with 6 new cases and 3 deaths reported daily. Shockingly, 70% of oral cancer cases are detected at advanced stages (III and IV).

Oral health-related behaviors in Sri Lanka reveal that only half of children and 73% of adults brush their teeth twice daily. On a positive note, 80% use fluoridated toothpaste.

However, dental visits remain largely problem-oriented, with fewer than 60% of individuals across various age groups visiting a dental clinic annually.

The Need for Integration and Global Action

Oral health remains a neglected component of general health despite its undeniable link to non-communicable diseases such as cardiovascular conditions and diabetes. The WHO has long advocated for the integration of oral care into primary healthcare services, particularly through a "common risk factor" approach, which targets modifiable behaviors like tobacco use, alcohol consumption, and poor diet.

The integration of oral health with general healthcare is crucial, as poor oral health can exacerbate chronic diseases. Teeth loss impacts nutrition and can have adverse effects on social interactions and mental well-being. Furthermore, integrated care—where dental and medical professionals collaborate—can identify early disease precursors, promoting a patient-centered approach that benefits overall health outcomes.

Conclusion: A Path Forward

Oral health should be regarded as an essential component of general health. Better integration of dental services into primary health care can lead to improved preventive care, heightened patient awareness, and expanded access to services, particularly for vulnerable populations. As the burden of oral diseases grows, especially in low- and middle-income countries, it is vital for global health policies to address this gap and emphasize oral disease prevention. This would not only improve quality of life but also reduce the long-term financial strain on healthcare systems.

With appropriate prevention strategies, education, and integration into primary care, the world can better address the silent epidemic of oral diseases, ensuring healthier and more productive populations worldwide.

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The Role of Emotional Intelligence in Enhancing Academic Success Among University Students

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Introduction

Emotional Intelligence (EI) also known as Emotional Quotient (EQ) is a key factor in understanding academic success among university students. Emotional intelligence was defined as "the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and actions"(Salovey & Mayer, 1990, p.189). Research has shown that EI, encompassing the ability to perceive, understand, and manage emotions, can impact academic performance (Gil-Olarte et al., 2006). This article briefly discusses why emotional intelligence is important, its' impact to academic success, and highlights the key factors that contribute to this relationship. It also outlines ways to improve undergraduate students' academic achievement by focusing on developing their EI.

Why is Emotional Intelligence Important?

There is several importance of EI. It encompasses skills such as self-awareness, self-regulation, motivation, empathy, and social skills (Brackett et al., 2011) which are crucial in navigating the complex demands of higher education. Students with higher EI not only better manage their stress and control their emotions, but also stay focused. All these finally will lead to improved their academic outcomes (Mohzan et al., 2013; Parker et al., 2004).

Previous research studies have shown a connection between EI and academic performance. Students with higher EI are often able to build strong interpersonal relationships, raising intellectual growth and contributing to higher academic achievement (Almadani et al., 2020). Emotionally skilled students can better control their emotions. This will help them to manage academic pressures and maintain a productive mindset.

How can Students Improve their Emotional Intelligence?

There are several ways of improving EI of students. By applying these approaches, students can strengthen their emotional intelligence and, as a result, improve their academic achievement and well-being. Few of them are mentioned below.

1. Self-awareness:

Self-awareness is key to making better decisions and managing stress. Regular reflection, such as mindfulness, can help students become more aware of their emotions, strengths, and weaknesses.

2. Empathy:

Practicing active listening and participating in group activities or volunteer work can help students develop empathy, enabling them to understand others' perspectives and work well in teams.

3. Stress management:

Learning stress management techniques like deep breathing, meditation, or cognitive reappraisal helps students handle academic pressure more effectively

4. Social skills:

Building interpersonal skills are important for academic and professional success. Engaging in group projects, student organizations, or role-playing exercises allows students to build social skills.

5. Training programs:

Participating in workshops or mentorship programs aimed at improving EI are important in enhancing both emotional skills and academic outcomes

How Teachers can Guide Students to Develop Emotional Intelligence

Teachers play a vital role in nurturing and developing emotional intelligence among students. They can create a classroom environment that fosters exchange of ideas of students, practice active listening and motivate students express diverse perspectives that will guide students to cultivate self-awareness, social skills, and emotional control. Teachers can incorporate some EI-based teaching strategies for their courses, such as role-playing, case studies, and group discussions. These activities will guide students and help them learn how to navigate emotional challenges and focus on their academic

success. Role-playing is another strategy that helps in improving social skills of students and thereby help in improving EI. As shown in a recent study (Lavanya et al., 2024), scenario-based roleplay is an effective method for teaching social skills such as communication skills and teamwork for students. These skills will lead to improving students understanding and managing their emotions. Case studies are also beneficial in fostering empathy and problem-solving skills, subsequently leading to improved EI among students (Lavanya et al., 2024).

Conclusion

In summary, emotional intelligence plays a vital role in the academic performance of undergraduate students. Enhancing EI through reflection, empathy, stress management, and social skills development can improve both academic outcomes and overall well-being. Teachers, too, have a pivotal role in fostering EI through supportive teaching strategies. Developing EI not only helps students excel academically but also equips them with essential life skills for personal and professional success.

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What is Advertising?

Marketing is a process of creatively communicating information about a product or service to potential buyers. Advertising is one of the popular marketing strategies that is used to promote products to customers aiming to establish new products as well-known trusted brands. We see different sorts of advertising starting from traditional methods like print media (bills, product labels, newspapers, magazines, billboards), radio and television, point of sale marketing and promotion around public places, to newer methods such as digital spaces (social and online media), livestreaming, advergames and web applications (1).

Among all goods that are for sale, food and beverage are essential commodities for daily life. With open market policies, consumers have access to a wide range of food and beverage products, with the same product being available under different brand names, creating an intense competition among manufactures to sell their branded product. This competition has led manufactures to heavily rely on advertising as a key marketing strategy, that will enable effective exchange of information between the food manufacturer, retailer and consumer (2). As a result, people are constantly exposed to food and beverage related communications in their daily lives around the clock.

Evidence shows that over the years, the food and beverage industry has increasingly promoted unhealthy products over healthier products through advertisements (3,4). Healthy food and beverages have essential nutrient components that are intended to provide the foundation for a healthy diet. However, these unhealthy products are calorie-dense, nutritionally poor, and high in sugar, fat and salt (HFSS) (5) and consumed more for pleasure than for health. Few examples for such food and beverages include biscuits, cakes, sweets, chocolates, sugar-sweetened beverages, fruit cordial, artificially sweetened drinks, fizzy soft drinks, processed and ultra processed food items, french fries/chips, fat spreads, ready-to-eat food, etc. The maximum amount that a child up to

11 years can consume per day from these HFSS food and beverage category is up to 1-2 servings and up to three servings for all older age groups (6).

Among the television advertisements in the USA, it was shown in a study that 98% of them are on unhealthy food and beverages (7). In a cross-country survey among nine countries on television advertisements, 67% were found to be on unhealthy food and beverages, with fast-food being the most frequently advertised product (8). Not only in TV advertisements, when it comes to outdoor advertising around schools, it was found that billboards, bus shelters and shop fronts constitute more advertisements on unhealthy beverages, and they are concentrated more within a 250 m radius to the schools (9,10).

Do Advertisements Always Share True Information?

The primary aim of advertising is to provide information about a product. However, the credibility of the information provided, and the technique used to convey the information can misinform or mislead consumers. When an advertisement contains false claims or scientifically proven incorrect information, given in a way that intentionally deceives its audience, it constitutes deceptive advertising (11). This misleading or misinformation can be broadly defined as deception in advertising. From the early 1970's onwards, several efforts have been made to define deceptive advertising across various contexts. Legal frameworks have been proposed by authorities like United States Federal States Commission and media regulatory authorities, which define deception as a deliberate act by the advertiser. Consumers can also be deceived by the use of verbal or non-verbal cues in advertisements to misinform/misguide. In Sri Lanka we have the Food Act, No 26, 1980 to protect consumers from false claims and misinformation from advertisements. This includes product package labelling as well.

With the advancement of digital platforms, misleading advertising has become even more prevalent. Research shows that almost half of the online advertisements represent deceptive practices, leading to emotional and financial damage to consumers who fall victim to such advertising (12). Advertisers use false or misleading information to boost their product sales.

Some customers are able to logically process this information, while most others may struggle to do so and are more likely to get deceived (13).

What Type of Customers can be Easily Deceived by Advertisements?

There is growing evidence that food and beverage advertisements increasingly target children (14). Children are major targets for advertising due to their independent spending power as well as their considerable influence on family purchasing decisions through pestering (15). A child is defined as any person under the age of 18 years (16). The food industry has been investing heavily in marketing unhealthy food and beverages to children (Sharma et al., 2010), in which advertising has become an effective tool (18).

In a study done by Prathapan and others in 2016 in Sri Lanka it was found that 90% of unhealthy food and beverage advertisements target children and it is significantly higher than that for adults. Further, in the study they described that the scientific claims and nutrition facts are also significantly high in child-focused advertisements than in adult-focused advertisements (19).

The aim of advertising is to popularize brands through major advertising campaigns. Brand preference is critically important in advertising targeted at children, as it is believed to precede purchase behaviour (20). When introduced early in life, a brand acts as one of the six key elements that drives the purchasing intent of a child, along with the enjoyment of eating or drinking the product, taste, peer-pressure, status of the food and packaging of the food (21). Therefore, by influencing a child early in life, companies can achieve brand recognition and brand preference, securing loyal customers for many successive years.

Advertisers use numerous advertising tactics to capture adolescents. These tactics provoke emotions, create social influences and induce cravings to purchase the specific brands. With advancements in technology and artificial intelligence, these advertisements can now be tailored to suit individual customers' moods and needs, making advertisements more interesting to its target audience (22).

Why Advertising Targeting Children is not Good?

Alongside with promoting the products, advertisements contribute to form food cultures and food norms. They not only promote unhealthy food and beverages but also encourage unhealthy eating habits like massive portion meals, frequent snacking in between meals and use of fizzy drinks with meals, etc.

In particular, targeting children through unhealthy food and beverage advertisements has further implications. Because of their underdeveloped neurocognitive skills, children

lack the capability to critically evaluate and understand the contents in advertisements. This makes them highly vulnerable to food marketing strategies. Also, the contents provide excessive entertainment to children, making it difficult for them to differentiate between advertising and entertainment. Consequently, a child's mind is forced to believe that there are no harmful consequences in following the message given in the advertisement. This will persuade children to make unhealthy food choices, unhealthy product requests and finally leads to unhealthy dietary intake (1).

The power that children have through continuous pestering and nagging to buy what they desire, thus influencing their parents is defined as pester power (23). This pester power is often driven by the advertisements they see and trigger a cascade of events in the family economy, since children are unaware of the economic constraints that their parents face. This often leads to family frustration, disputes and can even lead to emotional outbursts between parents and children (24,25).

Unhealthy food and beverage advertising influences children's dietary behaviour and food patterns (26). A systematic review and a meta-analysis showed that children exposed to unhealthy food advertising tend to take massive diets compared to other children (27). In addition, such children showed a higher risk of selecting the advertised foods or beverages. The evidence also showed that their intake of energy-dense, low-nutrition food and beverages was higher than in non-exposed children.

It is clear that the food and beverages that are advertised reflect a dietary model that would relate to increased risk of obesity. As shown in a study conducted in the USA, children who played advergames on unhealthy foods had an increased tendency to choose unhealthy snacks over the children who played advergames on healthy food (28).

It leads to the consumption of energy dense nutritionally poor meals from early life, making young children adopt unhealthy lifestyles, ultimately contributing to childhood obesity and to the accumulation of risk factors for non-communicable diseases (NCD) like diabetes mellitus and hypertension.

The advertisements appear to be a conditioned stimuli to trigger a craving for unhealthy food and beverages. Further, the more the children are exposed to unhealthy food commercials, the more they become responsive to the messages delivered (29). Following such situations, even a normal weight child, may opt for an obesogenic food

preference that is otherwise seen in either obese or overweight children's food preferences.

An imbalance in unhealthy food and beverage advertising practices exist across various parts of the world, where more advertisements and a higher proportion of unhealthy advertising are seen in populations with lower socioeconomic status (9).

These alarming trends should alert public health officials to the potential future long-term disease burden from NCDs.

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List of Activities of SLAAS Section A : August to December 2024

August 2024	
Date	Activity
10 th August 2024	A programme on 'Sexual Health and Prevention of Transmission of Sexually Transmitted/Blood Borne Infections in the Hospital Setting' was conducted in collaboration with the National Ayurvedha Teaching Hospital Borella for the staff of the hospital. The resource person was Dr.Nalaka Kulathunga, Senior Registrar in Venereology, Ministry of Health. Activity coordinators: Dr. Dushyanthi Jayawardene, Dr. Nirmala Senaratna and Dr. Jeewani Dahanayake
12 th August 2024	A program was conducted for three-wheeler drivers in collaboration with the All-Island Three-Wheeler Driver's Union and the Western Province Three-Wheeler Drivers and Owner's Co-Operative Society on 'Healthy lifestyles and sexual health'. The resource persons were Dr. Shreenika Welianage, Senior Lecturer, Department of Community Medicine, Faculty of Medicine, University Colombo, and Dr. Nalaka Kulathunga, Senior Registrar in Venereology, Ministry of Health. The programme was attended by 200 three-wheeler drivers. Activity coordinator: Dr. Dushyanthi Jayawardene
16 th August 2024	A webinar on "Using the Geographic Information Systems for Health Research; An Introduction" was held with Dr Supun Wijesinghe, Consultant Community Physician, Head of Family Health, Nutrition and Behaviour, Research Unit, Health Promotion Bureau, as the resource person. The webinar reached a full capacity of 100 participants. Activity coordinator: Dr. Dushyanthi Jayawardene
28 th August 2024	A programme on "Healthy ergonomics at the work setting" was conducted in collaboration with the Ministry of Agriculture at the Ministry of Agriculture premises at Battaramulla aiming at the Development Officers of the Ministry. Dr. KRM Chandrathilaka, Lecturer, Department of Allied Health, Faculty of Medicine, University Colombo, participated as the resource person. There were 50 participants. Activity coordinator: Dr. Chamari Kannangara
September 2024	
10 th September 2024	A programme on 'Sexual Health and Prevention of Transmission of Sexually Transmitted/Blood Borne Infections' was conducted in collaboration with the Faculty of Indigenous Medicine, University of Colombo, for BAMS and BUMS undergraduate Students. The resource person was Dr.Nalaka Kulathunga, Senior Registrar in Venereology, Ministry of Health. It was attended by 100 undergraduates. Activity coordinator: Dr. Jeewani Dahanayake
26 th of September 2024	A lunch time talk was conducted in collaboration with the National Ayurvedha Teaching Hospital Borella on "Product Package Labelling and Advertising Literacy" with Dr Aruni Gallage, Lecturer, Department of Community Medicine, Faculty of Medicine, University of Colombo as the resource person. It was attended by 50 doctors. Activity coordinator: Dr. Nirmala Senaratna and Dr. Dushyanthi Jayawardene
October 2024	
30 th October 2024	A webinar on "Artificial Intelligence Tools for Academics" was held with Prof. Pandula Siribaddana, specialist in digital health and Professor of Medical Education at the Postgraduate Institute of Medicine, University of Colombo, as the resource person. The activity was attended by 179 participants. Activity coordinator: Dr. Dushyanthi Jayawardene

November 2024

04 th November 2024	<p>A webinar was conducted on 'Preventing Leishmaniasis' with Dr. Hermali Silva, Consultant Parasitologist and Senior Lecturer, Faculty of Medicine, University of Colombo, as the resource person. There were 65 participants.</p> <p>Activity coordinator: Dr. Dushyanthi Jayawardene</p>
05 th November 2024	<p>A webinar on "Value for Money in Kidney Transplant Decision Making: An Economic Evaluation of Contemporary Practice" was held with Dr. Sameera Senanayake, Duke-NUS and Consultant Community Physician, as the resource person. There were 20 participants.</p> <p>Activity coordinator: Dr Dushyanthi Jayawardene</p>
08 th November 2024	<p>A webinar on "Randomized Clinical Trials" was conducted with Professor Upul Senarath, Chair Professor and Board-Certified Specialist in Community Medicine, Department of Community Medicine, Faculty of Medicine, University of Colombo, as the resource person. There were 120 Participants.</p> <p>Activity coordinator: Dr. Dushyanthi Jayawardene</p>
18 th November 2024	<p>A sexual and reproductive health education programme was conducted for students in grades 6- 11 at Kothalawala Maha Vidyalaya Kaduwela on November 18, 2024, with Dr. Kumudu Nanayakkara, Registrar in Community Medicine, Family Health Bureau, as the resource person.</p> <p>Activity coordinator: Dr. Dushyanthi Jayawardene</p>
26 th November 2024	<p>An awareness session on "Environmental Conservation through Reducing Plastic and Polythene" was held for the staff in the Agriculture Ministry with Dr. Yasaswi Walpita as the resource person. There were 50 participants.</p> <p>Activity coordinator: Dr Chamari Kannangara</p>

Events in August 2024

A Programme on 'Sexual Health and Prevention of Transmission of Sexually Transmitted/Blood Borne Infections in the Hospital Setting'



Health Education Programme for Three-Wheeler Drivers



Webinar on “Using the Geographic Information Systems for Health Research; An Introduction”

WEBINAR


Using Geographic Information Systems (GIS) for Health Research: An introduction


16th August 2024
(Friday)

8.30 PM

Join Now


Meeting ID: 892 7825 5430
Passcode: xT6Cw6

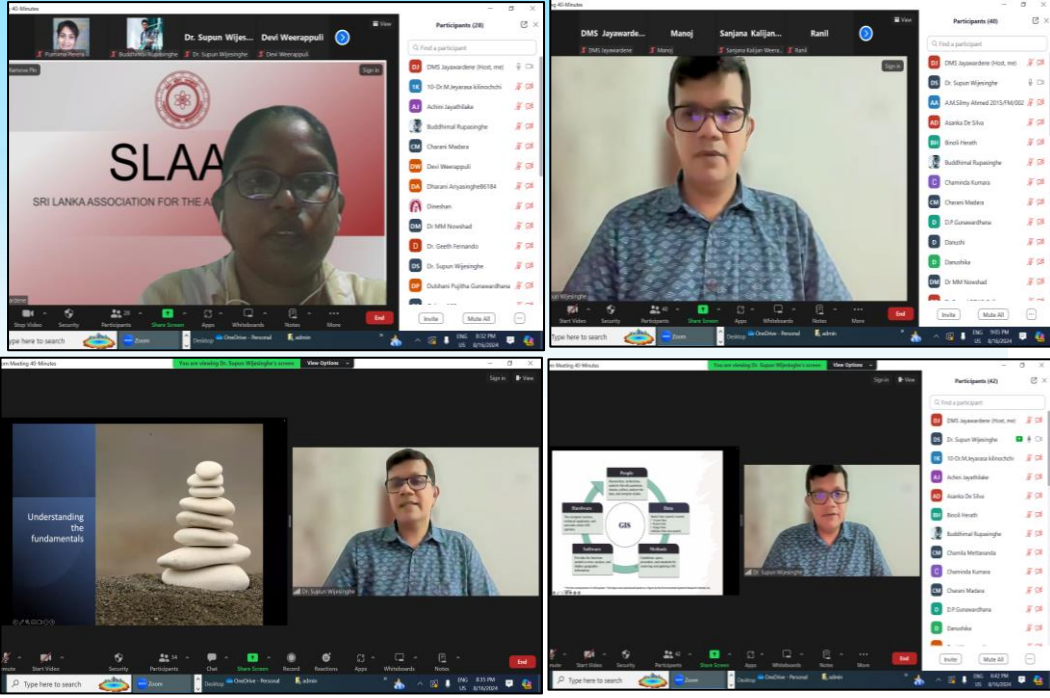




Dr. Supun Wijesinghe
MBBS MSc MD MPH MRSPH
Consultant Community Physician
Head of Family Health, Nutrition and Behavior Research Unit
Health Promotion Bureau

Organized by,
Sri Lanka Association for the Advancement of Science - Section A





Programme on “Healthy Ergonomics at the Work Setting”



Events in September 2024

Programme on ‘Sexual Health and Prevention of Transmission of Sexually Transmitted/Blood Borne Infections in the Hospital Setting’



Dr Malaka Kulatunge
Senior Registrar in Venereology
Post Graduate Institute of Medicine
University of Colombo

For BAMS, BUMS Undergraduates of
Faculty of Indigenous Medicine
University of Colombo



Date: Tuesday 10th September 2024
Time: 4.00 pm -5.00 pm
Venue: LT 02 Lecture Hall

SEXUAL HEALTH FOR YOUTH

Organized by
Sri Lanka Association for the Advancement of Science: Section A



Lunch Time Talk on “Product Package Labelling and Advertising Literacy”

LUNCH TIME TALK 6

**Product Package Labelling
and Advertising Literacy**

26th Sep 2024
(Thursday)

At Auditorium
National Ayurveda
Hospital

1 pm - 2 pm

Please bring an empty snack packet (small packet of biscuits, jujubes, ect) when you attend to make the session interactive



DR. ARUNI GALLAGE
LECTURER
DEPARTMENT OF COMMUNITY MEDICINE
FACULTY OF MEDICINE
UNIVERSITY OF COLOMBO

Moderators - Dr. S.M.D.N.P.Senarathna and Dr. J.M. Dahanayake



ORGANIZED BY,
BORELLA NATIONAL AYURVEDA HOSPITAL IN COLLABORATION
WITH THE SRI LANKA ASSOCIATION FOR THE ADVANCEMENT
OF SCIENCE - SECTION A



Events in October 2024

Webinar on "Artificial Intelligence Tools for Academics"



AI Tools for Academics

WEDNESDAY
30th OCTOBER, 2024

TIME
12.30 PM – 2 PM

PROF. PANDULA SIRIBADDANA
A SPECIALIST IN DIGITAL HEALTH
PROFESSOR IN MEDICAL EDUCATION
POSTGRADUATE INSTITUTE OF MEDICINE (PGIM)
UNIVERSITY OF COLOMBO

ORGANIZED BY,
THE SRI LANKA ASSOCIATION FOR THE ADVANCEMENT
OF SCIENCE - SECTION A



Events in November 2024

Webinar on " Value for Money in Kidney Transplant Decision Making: An Economic Evaluation of Contemporary Practice"



VALUE FOR MONEY IN KIDNEY TRANSPLANT DECISION MAKING: ECONOMIC EVALUATION OF CONTEMPORARY PRACTICES

TUESDAY
5th NOVEMBER, 2024

TIME
7 PM

DR. SAMEERA SENANAYAKE
PHD, MD, MSc, MBBS
HEALTH ECONOMIST
DUKE-NUS MEDICAL SCHOOL, SINGAPORE
QUEENSLAND UNIVERSITY OF TECHNOLOGY, BRISBANE

ORGANIZED BY,
THE SRI LANKA ASSOCIATION FOR THE ADVANCEMENT
OF SCIENCE - SECTION A

Webinar on “Randomized Clinical Trials”

A webinar on: Randomised Controlled Trials

Date: Friday 8th November 2024
Time: 8.30 pm

Resource person:



Prof. Upul Senarath
(MBBS, MSc, MD, PhD)

Chair Professor and Head,
Department of Community
Medicine,
Faculty of Medicine,
University of Colombo

Join Via

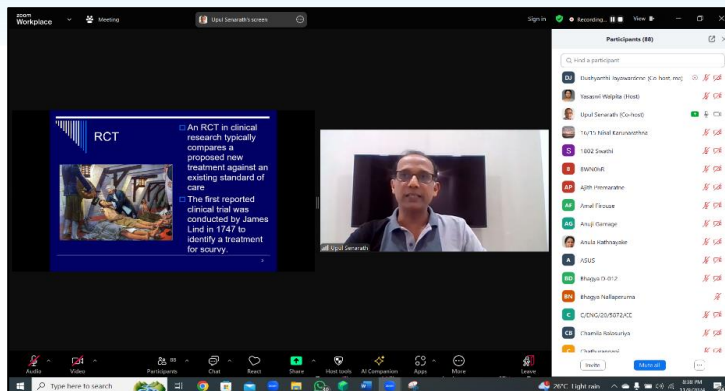
<https://learn.zoom.us/j/97066155971?pwd=PDQUxE5kNh4tXAnZ8vx4K6nkbHaAKo.1>

Meeting ID: 970 6615 5971
Passcode: IXFu+J7X

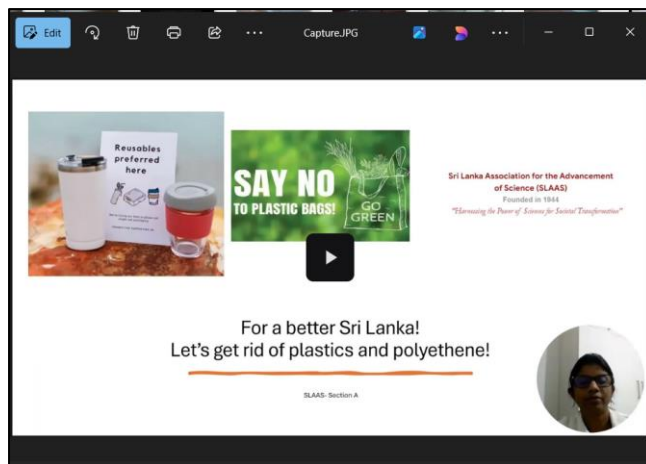
Organised by:



Sri Lanka Association for the Advancement of Science:
Section A



Programme on “Environmental Conservation through Reducing Plastic and Polythene”



Webinar on "Preventing Leishmaniasis"

WEBINAR



Prevention and Control of Leishmaniasis



DR. HERMAL SILVA
MD (HONS) (KURSKI), PHD (COLOMBO),
CTHE (COLOMBO), SEDA (UK)
SENIOR LECTURER
DEPARTMENT OF PARASITOLOGY
FACULTY OF MEDICINE
UNIVERSITY OF COLOMBO, SRI LANKA.

MONDAY
4th NOVEMBER, 2024

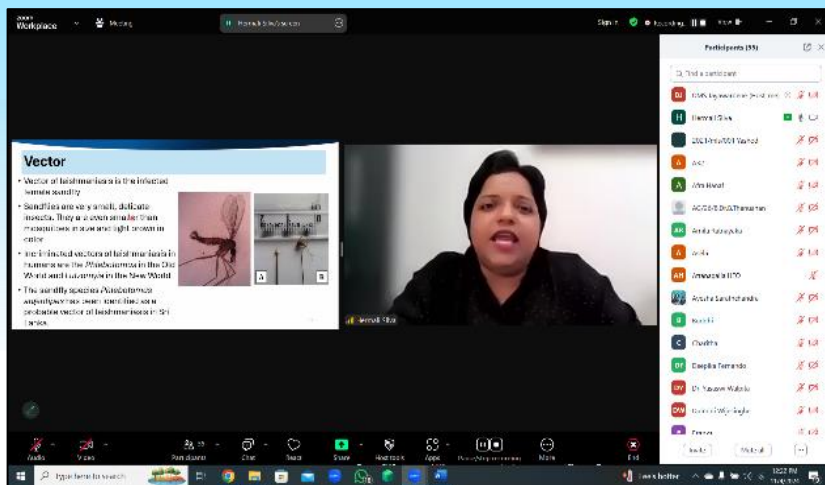
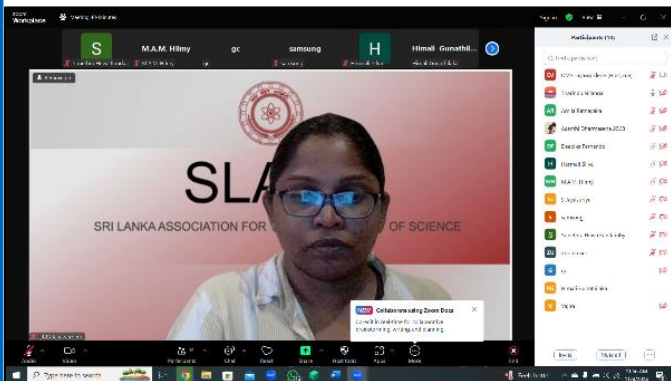
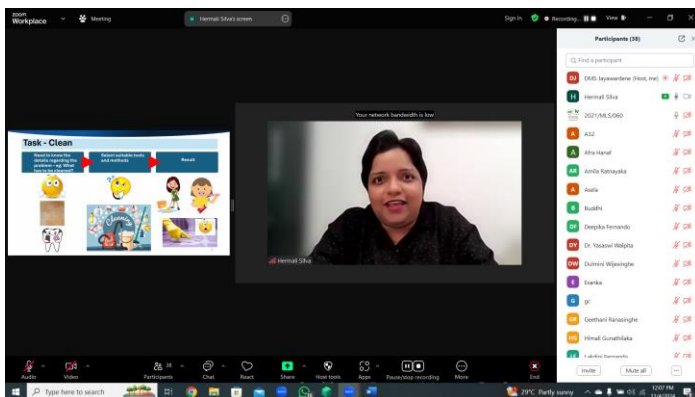
TIME
12 NOON



MEETING ID: 843 5544 4409
PASSCODE: ZQAQJU

[Join Now](#)

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SCIENCE - SECTION A

Highlights from the 80th Annual Sessions of SLAAS

Inauguration of the 80th Annual sessions of SLAAS

The inauguration of the 80th Annual Sessions of SLAAS was held at the Jasmine Hall BMICH on 8th December from 2-5 pm. Some pictures of Section A members at the inauguration are shown below.



GRC Life Time Award for Research

The GRC Life Time Award for Research was awarded to Professor Carukshi Arambepola, who is a section A member, as well as one of the past presidents of Section A.

Warm Congratulations to Prof Carukshi Arambepola from Section A!



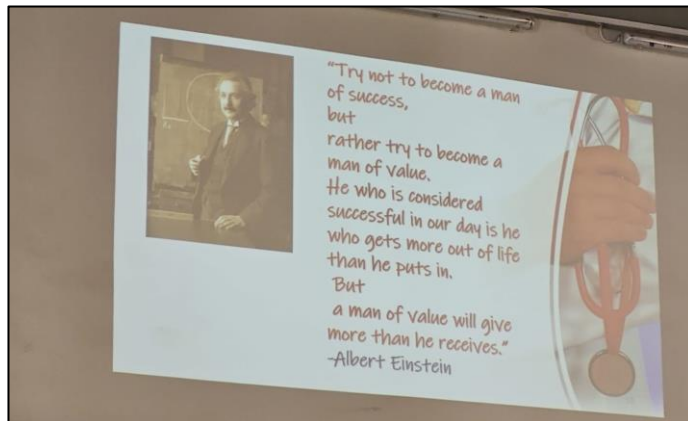
Business Meeting of SLAAS Section A

The Business meeting of Section A was held on Tuesday 10th December 2014 from 10.15 am – 11.15 am at the Zoology Seminar Room, Faculty of Science, University of Colombo in the presence of Section A Life Members.



Presidential Address Section A

The Presidential Address of Section A was delivered by Dr Dushyanthi Jayawardene Section A President for 2024 on the topic "The Religion of Science and the Moral Compass of Medicine" on 11th December at 1.15 pm at the Chemistry Lecture Theatre, University of Colombo.



SLAAS Section A - Scientific Sessions

Oral presentations

Section A Oral Presentation Sessions were held on Tuesday 10th December 2024 from 8.00-9.00 am and 3.30-4.00 pm at the Zoology Seminar Room, Faculty of Science, University of Colombo.

Detection of acute toxicity in dug well water from Anuradhapura and Polonnaruwa and its comparison to dug well water from Colombo district **By M.G. Thammitiyagodage, R. Karunakaran, A.B.M.G. Deshapriya, S. Corea D., Wanniarachchi**



Association of polymorphisms of ADH1B and CYP2E1, serum levels of IL-6 and oxidative stress, and correlates of alcohol use in Alcohol Use Disorders (AUD): A pilot interdisciplinary study in Sri Lanka

S. Rupasinghe, P. Ratnayake, I. Perera, M. Senanayake, D. Abeysinghe, M. Rajasuriya, and P. Udagama



Experimental design, development and standardization of an oral rehydration powder using herbal decoction

R.M.D. Jayathilaka, K.P.K.R. Karunagoda, and J.M. Dahanayake

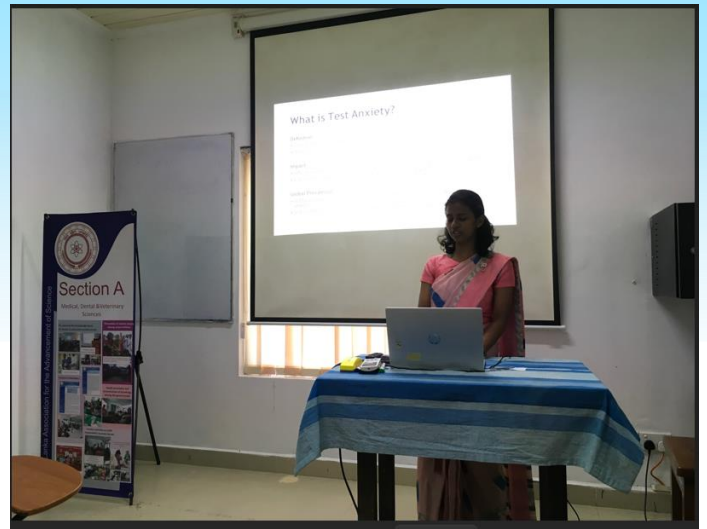


Sensitivity of the appetite assessment visual analog scale (VAS) as an appetite assessment tool for hospitalized patients with anorexia

K.D.L Rathnayaka, F.A.Z Firouse, A.M.N.T Adikari, and W.G.N Wijesinghe



Test anxiety, its associated factors and study habits of students of the faculty of science, at a selected university in Sri Lanka
S.M.S.K. Samarakoon, S.S. Gamage, P. Rika, D.M.S. Jayawardene



Musculoskeletal discomfort among urban bank workers – A cross sectional study
W. T. Oshadi, C. Pathmanathan, K.R.M. Chandrathilaka



Knowledge and attitudes regarding obstructive sleep apnoea (OSA) among bus drivers in the Kalutara district

A.G.V.A.K.Susantha,
D.M.S.Jayawardene

K.P.W.Sugandhi,

K.N.Sugandhi,

M.J.Surenraj



Master of Ceromnies-Morning Session Dr Amirthavarshini Rajaganesh



Master of Ceromnies-Afternoon Session Dr Jeevani Dahanayaka



Master of Timing-Morning & Afternoon Session Ms. Thakshila Adikari



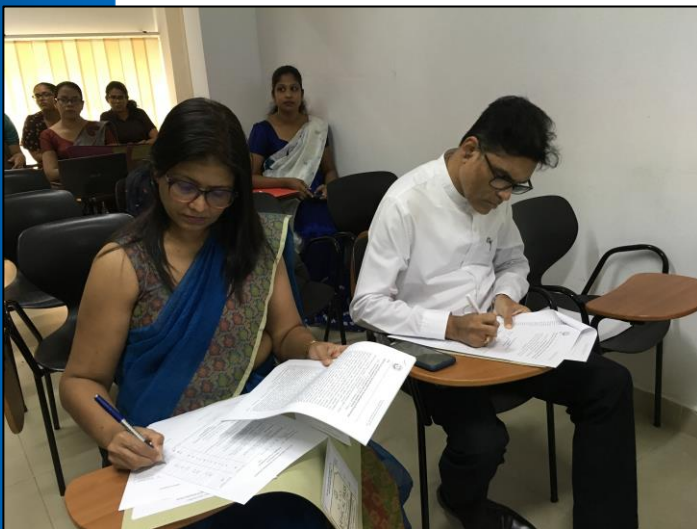
Chairperson -Morning Session
Dr Rasika Ekanayake



Chairperson -Afternoon Session
Dr Yasaswi Walpita



Judges -Morning Session
Dr Nilantha Ratnayake & Dr Chamari Kannangara



Judges -Afternoon Session
Dr Inoka Sandanayake & Dr Kaumadi Karunagoda



The Audience



*Our Deep and Sincere Appreciation to All the Following
Who Voluntarily Collaborated With Section A to Conduct
Various Activities in 2024...*

- Colombo Public Library, The Chief Librarian Mrs Waruni Gagabadaarachchi and All Library Staff
- The Sri Lanka Dental Association
- Siyatha TV
- The National Cancer Control Programme Sri Lanka
- National Ayurvedha Teaching Hospital Borella and Dr Jeevanie Thiranagamage, Chief Medical Officer (OPD), National Ayurvedha Teaching Hospital
- Dr Cinthuja Pathmanathan, Lecturer, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo and PhD Candidate, McGill University, Canada.
- Western Province (South) Traffic Police Division, Chief Inspector P.I. Ranasinghe, Chief Inspector, and Police Constable Wijerathne
- Faculty of Indigenous Medicine, University of Colombo and Prof Kamal Perera, Dean, Faculty of Indigenous Medicine, University of Colombo
- Ministry of Agriculture
- Department of Applied Nutrition, Wayamba University of Sri Lanka
- The National Science Foundation and Engineer Mahesh Dissanayake Head of Research and Technology Development & Innovation · National Science Foundation, Sri Lanka
- College of Dentistry and Stomatology of Sri Lanka
- General Research Committee, SLAAS
- All Island Three-Wheeler Driver's Union
- Western Province Three Wheeler Drivers and Owner's Co-Operative Society
- Mrs. D.N.S.K. Ranasinghe, Deputy Zonal Director of Education, (Education Administration), Zonal Education Office, Sri Jayawardenepura, Battaramulla
- Principal, Kothalawala Maha Vidyalaya Kaduwela

*Our Deep and Sincere Appreciation to All the Following
Who Voluntarily Reviewed Section A Abstracts in 2024...*

- Dr. Erandi Pathirana, Senior Lecturer, Department of Aquatic Bioresources, Faculty of Urban and Aquatic Bioresources, University of Sri Jayewardenepura
- Dr Kumudu Bandara, Senior Lecturer, Department of Aquatic Bioresources, Faculty of Urban and Aquatic Bioresources, University of Sri Jayewardenepura
- Dr Yasaswi Walpita, Senior Lecturer, Department of Community Medicine, Faculty of Medicine, University of Colombo
- Dr Nadeeka Chandraratne, Senior Lecturer, Department of Community Medicine, Faculty of Medicine, University of Colombo
- Dr Dushyanthi Jayawardene, Senior Lecturer, Department of Community Medicine, Faculty of Medicine, University of Colombo
- Dr Aruni Gallage, Lecturer, Department of Community Medicine, Faculty of Medicine, University of Colombo
- Dr. Nirmala Senaratne, Post Graduate Institute of Indigenous Medicine, University of Colombo
- Dr K.R. M. Chandrathilaka, Lecturer, Department of Allied Health, Faculty of Medicine, University of Colombo
- Dr Jeewani Dahanayaka, Senior Lecturer, Department of Dravyaguna Vignana, Faculty of Indigenous Medicine, University of Colombo
- Dr Rasika Ekanayake, Senior Lecturer in Oral Pathology, Faculty of Dental Sciences, University of Sri Jayewardenepura
- Dr. Amirthavarshini Rajaganesh, Senior Lecturer in Orthodontics , Faculty of Dental Sciences, University of Sri Jayewardenepura
- Dr Asha Wettasinghe, Senior Lecturer, Department of Allied health Sciences, Faculty of Medicine, University of Colombo
- Dr Nalaka Kulatunga, Senior Registrar, National STD/AIDS Control Campaign, Colombo
- Ms. A.M.N.T.Adikari, Senior Lecturer, Department of Applied Nutrition, Faculty of Livestock, Fisheries and Nutrition, Wayamba University of Sri Lanka

*Our Deep and Sincere Appreciation to All the Following
Resource Persons Who Voluntarily Supported Section A
Activities With Their Knowledge and Expertise in 2024...*



Dr Nilantha Ratnayake
Consult in Community
Dentistry
Institute of Oral Health
Maharagama



Dr Dulanjali Laxamana
National Cancer Control
Programme,
Sri Lanka



Dr. Thushani Dabrera
Consultant Community Physician
Focal Point for Leptospirosis
Prevention and Control,
Epidemiology Unit,
Colombo



Dr Lushanthi Kannangara
Consultant Physician in Elderly
Medicine, Dementia and
Delirium Lead,
Northampton General Hospital,
Northampton



Dr Asha Wettasinghe
Senior Lecturer,
Department of Allied health
Sciences,
Faculty of Medicine, University
of Colombo



Dr K.R.M. Chandrathilaka
Lecturer,
Department of Allied health
Sciences,
Faculty of Medicine, University
of Colombo



Dr Kaumadi Karunagoda
Consultant in Sthree Roga
Prasuthithantha and Senior
Lecturer,
Faculty of Indigenous Medicine
University of Colombo



Dr Pubudu Chulasiri
Consultant Community
Physician,
Anti Malaria Campaign,
Colombo



Dr Nalaka Kulatunga
Senior Registrar,
National STD/AIDS Control
Campaign, Colombo



Dr Rasika Ekanayake
Senior Lecturer in Oral Pathology
Faculty of Dental Sciences,
University of Sri
Jayewardenepura



Dr. Amirthavarshini Rajaganesh
Senior Lecturer in Orthodontics
Faculty of Dental Sciences,
University of Sri
Jayewardenepura



Dr. Jeevani Dahanayake
Senior Lecturer,
Department of Dravyaguna
Vignana
Faculty of Indigenous Medicine,
University of Colombo.



Dr. P. Sathyathas,
Teaching Associate,
Faculty of Health,
Queensland University of
Technology.



Prof. Wasantha Gunatunga,
Professor, Department of
Community Medicine,
Faculty of Medicine, University of
Colombo



Ms. T H R Samanmalee,
Lecturer in Social Work,
Department of Psychiatry,
Faculty of Medicine, University of
Colombo



Dr. Chandika Wickramaisnghe,
Veterinary Surgeon,
Crown Pet Animal Hospital,
Colombo 7.



Ms. Shilpa Samaratunge,
Founder of the Little Island
Sanctuary



Dr. Chamari Kannangara,
Deputy Director (Livestock
Planning),
Ministry of Livestock
Development, Govijana
Mandiraya, Battaramulla



Dr. Thusharika Dissanayaka,
Adjunct Research Associate
Department of Physiotherapy,
Monash University, and
Lecturer Torrens University,
Australia



Dr. Yasaswi Walpita,
Senior Lecturer,
Department of Community
Medicine
Faculty of Medicine, University
of Colombo



Dr. Dushyanthi Jayawardene,
Senior Lecturer,
Department of Community
Medicine
Faculty of Medicine, University
of Colombo



Dr. M.W.S.J Kumari,
Senior Lecturer and
Chairperson-Ethics Review
Committee-FIM,
Department of Basic principles,
Ayurveda Anatomy and
Physiology,
Faculty of Indigenous
Medicine, University of
Colombo



Dr. N.D Kodithuwakku,
Senior Lecturer, Department
of Ayurveda Pharmacology,
Pharmaceutics and
Community Medicine,
Faculty of Indigenous
Medicine, University of
Colombo



Dr. H.M.B.H. Denuwara,
Acting Consultant Community
Physician,
RDHS Office
Colombo



Dr. Inoka Sandanayake,
Scientific Officer of the
Research Division,
National Science Foundation
and Coordinator of the
Competitive Research Grant
Scheme of the
National Science Foundation,
Sri Lanka



Dr. Supun Wijesinghe,
Consultant Community
Physician
Head of Family Health,
Nutrition and Behaviour,
Research Unit,
Health Promotion Bureau



Dr. Shreenika Weligange,
Senior Lecturer,
Department of Community
Medicine
Faculty of Medicine, University
of Colombo



**Dr. Nadeeka Chandraratne,
Senior Lecturer,
Department of Community
Medicine
Faculty of Medicine, University
of Colombo**



**Prof. Carukshi Arambepola,
Professor,
Department of Community
Medicine,
Faculty of Medicine, University of
Colombo**



**Dr. Aruni Gallage,
Lecturer,
Department of Community
Medicine
Faculty of Medicine, University
of Colombo**



**Prof. Pandula Siribaddana,
Specialist in Digital Health,
Professor of Medical Education
Post Graduate Institute of
Medicine,
University of Colombo**



**Prof. Upul Senarath,
Chair Professor,
Department of Community
Medicine,
Faculty of Medicine, University of
Colombo**



**Dr. Sameera Senanayake,
Consultant Community Physician
Duke-National University of
Singapore**



**Dr. Hermali Silva,
Senior Lecturer
Department of Parasitology,
Faculty of Medicine,
University of Colombo**



**Dr. Kumudu Nanayakkara,
Registrar
in Community Medicine,
Family Health Bureau,**

Section A News

Farewell to Dr. Nirmala Senaratne

Dr Nirmala Senaratne, a very active committee member of Section A, left the island for her Post MD training after contributing much to Section A. Section A Committee is extremely grateful for all the services she provided throughout 2024 and wishes her all the very best.



Appreciating the Services of Dr. Dinithi Edirisinghe

All Section A Flyers for 2024 were designed by Dr Dinithi Edirisinghe on a voluntary basis. Her services were appreciated by the Section A committee.



**SLAAS Section A Committee – Final Moments Together....for
2024**



*Thankyou for All Your Support in 2024 and For Joining Hands
With Us to Harness The Power of Sciences for Societal
Transformation!*

*Wishing You Compliments of the Season and A Very Scientific
and Successful 2025!*

SLAAS, "Vidya Mandiraya", 120/10, Wijerama Road, Colombo 07, Sri Lanka.

+94-11-2688740, hqslaas@gmail.com