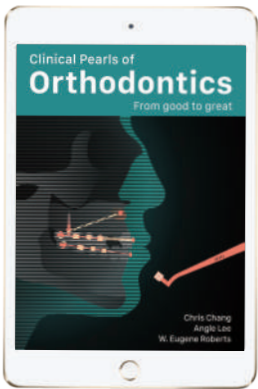


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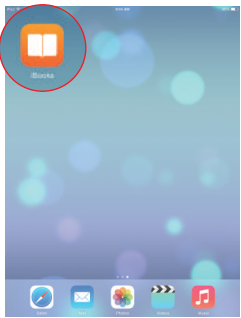
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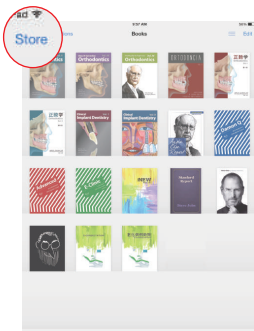
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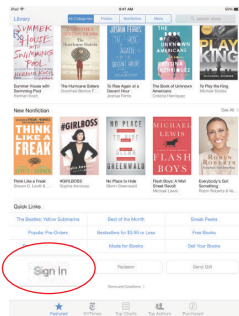
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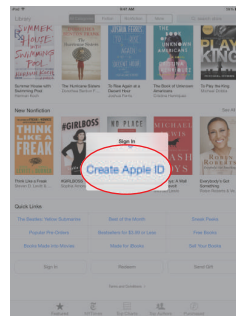
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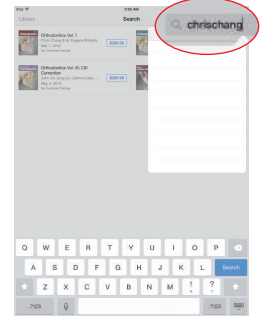
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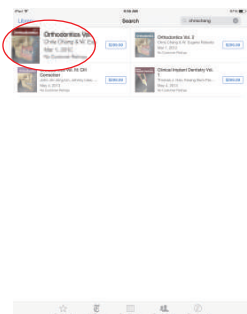
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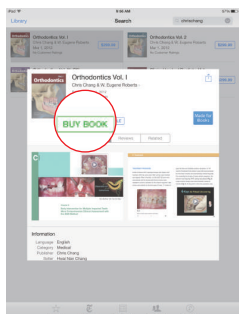
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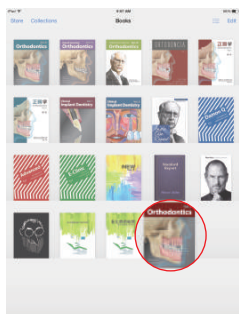
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My Journey of Orthodontic Education

Embarking on a journey of orthodontics has been a transformative experience, marked by a series of milestones that have shaped my career and passion for dental care.

From my initial focus on prosthodontics to becoming a dedicated orthodontist, my path has been driven by a desire to create beautiful smiles and enhance patients' quality of life. Each phase of my education has been pivotal, leading to profound shifts in my understanding and approach to orthodontics. The journey began with a foundational passion for dentistry, where I initially found joy in restoring teeth through prosthodontics as a specialized prosthodontist with a PhD from Tokyo Medical and Dental University in Japan. However, over long years of practice, as I delved deeper into the field, I experienced a need of a paradigm shift. I realized that the true essence of dental esthetics lies not only in restoring functionality but also in achieving proper alignment and harmony in the smile. This realization ignited my interest in orthodontics, where I could make a more significant impact on patients' overall dental health and self-esteem with minimally invasive and less destructive treatment.

To solidify my passion, I sought opportunities to expand my knowledge and skills in orthodontics. One of the most significant experiences was attending the Beethoven Damon and VISTA Workshop in Taiwan in May, 2017, where I had the privilege of learning from Dr. Chris Chang. His innovative techniques and insights into



■ **Fig. 1:**

Dr. Almutawa among fellow participants at the 2017 Beethoven Damon and VISTA Workshop

orthodontic practice opened my eyes to the dynamic possibilities within the field. The course was not just an educational experience; it was a pivotal moment that fueled my desire to specialize in orthodontics. I was fascinated not only by Dr. Chris Chang's philosophy in biomechanics but also by his presentation style and skills.

Unsurprisingly, I found out that the first workshop with Dr. Chris Chang was only a stop in my journey in orthodontics, which was followed by several trips to Beethoven and Newton's A for more training. In December 2017, I went back to Taiwan to attend the keynote workshop at Newton's A Education Center. As I progressed in my studies, I became particularly fascinated by the Damon system, a modern approach to orthodontics that emphasizes efficiency and patient comfort. In 2018, I attended the Beethoven Insignia Workshop, where I gained valuable insights into the latest technologies and techniques in orthodontic treatment. Through rigorous practice and dedication, I mastered different orthodontic

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techniques, which culminated in the publication of a case report of a Class III treatment with TADs, in the *Journal of Digital Orthodontics (JDO)* in 2019. The report highlighted the transformative power of Damon techniques and TADs in solving complex cases with nonsurgical approaches. This achievement not only solidified my understanding of the technique but also encouraged me to share my knowledge with peers and contribute to the ongoing dialogue in the orthodontic community.

Simultaneously, I recognized the growing trend of and demand for clear aligner techniques in orthodontics. Understanding the need for versatile treatment options, I immersed myself in learning about these innovative solutions. In December 2019, I attended a workshop on clear aligners and TADs for complex cases at the Beethoven iAOI (International Association of Orthodontists and Implantologists) symposium, which enhanced my knowledge and skills in managing intricate orthodontic scenarios and guiding me to master Invisalign, a leading clear aligner system that allowed me to offer my patients a discreet and effective orthodontic treatment option. My expertise in Invisalign further enabled me to become a speaker, sharing my experiences and insights with fellow orthodontists. In addition, I published another case report in *JDO* in 2022, showcasing successful treatment outcomes of a Class II with severe overjet treated non-surgically with clear aligners and TADs, reinforcing my commitment to advancing in the field.



Fig. 2:

Dr. Almutawa attended the Beethoven Insignia Workshop in 2018.



Fig. 3:

At the 2019 Beethoven iAOI symposium, Dr. Nawal received certification as a diplomate of the association. From left to right are Dr. Chris Chang, Dr. Kenji Ojima, Dr. Nawal Almutawa, and Dr. Bill Su.

The culmination of my learning and experience set the stage for another significant step in my career: entering the Specialized Orthodontic Master Program at the International Medical

College of the University of Duisburg-Essen in Germany in 2022 for two years. This decision was strongly influenced by Dr. Chris Chang, whose mentorship and guidance has been invaluable throughout my journey. The program provided me not only with advanced theoretical knowledge but also with practical skills that are essential for a successful career in orthodontics. Collaborating with experts in the field and engaging in hands-on training has further honed my abilities and deepened my understanding of patient care.

In conclusion, my journey in orthodontics education has been a remarkable evolution, characterized by milestones that reflect my dedication, passion, and commitment to excellence in dental care. From my initial interest



Fig. 4:
Dr. Almutawa completed the 2-year master program in Specialized Orthodontics in the International Medical College at the University of Duisburg-Essen, Germany in 2024.



Fig. 5:
Dr. Almutawa with fellow Beethoven doctors at the University of Duisburg-Essen for their thesis defense presentations.

in prosthodontics to mastering various orthodontic techniques, each experience has contributed to my growth as a clinician and educator. As I continue to advance in my career, I remain committed to enhancing the smiles and lives of my patients, driven by the knowledge and skills I have acquired along the way.



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