



Dr. Sudhir Varma, MDS, MFDSRCPS, FAHE, FLD
Assistant Professor
Clinical Sciences Department
College of Dentistry
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Academic Background

MFDS RCPS (Glasgow) University of Glasgow.
FAHE, Cardiff University, UK
FLD, University of Genoa, Italy
MDS, Mangalore University.
BDS, Mangalore University.

Professional Certifications

Dubai Health Authority-Specialist Periodontist, 2020, Dubai.
Ministry of Health-Specialist Periodontist, 2020, Ajman University Medical Center, Ajman.

Professional Memberships

Academy of Laser Dentistry,
American Academy of Periodontology,
British Society of Periodontology,
Emirates Medical Association,
European Society of Periodontology,
Indian Dental Association,

WORK EXPERIENCE

Work Experience

Clinical Assistant Professor, Ajman University (September, 2020 - 2021), Ajman, United Arab Emirates. Clinical Assistant Professor
Clinical Assistant Professor, University of Science and Technology of Fujairah (February, 2019 - August, 2020), Fujairah, United Arab Emirates. Clinical Assistant Professor
Clinical Assistant Professor, Ajman University of science and technology (January, 2014 - January, 2019), Fujairah, United Arab Emirates. Ajman University of science and technology

Clinical Instructor, Ajman University of science and technology (October, 2010 - January, 2014), Ajman, United Arab Emirates. Clinical Instructor

Consulting Experience

2018: Mohammed rafi dental clinic
2016: Mohammed rafi dental clinic
2015: Mohamed rafi dental clinic
2015: Dr Nasser clinic
2004 – 2014: Dr Nasser clinic
2001 – 2003: modern polyclinic

TEACHING

Courses Taught:

Preclinical Periodontics- Currently teaching 2nd semester
Periodontics Module- Currently teaching Masters in Endodontics Program
Masters in Restorative dentistry Program

Clinical Periodontics-Taught
Microbiology-Taught
Lasers in Dentistry-Taught
English for special purposes-Taught

Teaching Activities

Distance Learning

2020 - *Course Instructor.*

Student Assign-Students Advised (UG)

2021 - *Advisor.* 40 students.

Student Assign-Supervised Research (UG)

2020 - *Principal Investigator.* 9 students.

2019 - *Principal Investigator.* 9 students.

2018 - *Principal Investigator.* 9 students.

2017 - *Principal Investigator.* 9 students.

2015 - *Principal Investigator.* 9 students.

2014 - *Principal Investigator.* 9 students.

Student Assign-Supervised Thesis (UG Seniors)

2016 - *Principal Investigator.* 9 students.

Executive or Professional Education

2020 - Clinical Periodontics.
2019 - Preclinical Periodontics.

INTELLECTUAL CONTRIBUTIONS

Intellectual Contributions Grid

Category	DBS	CTP	LPS	Total
Articles in Refereed Journals		31		31
Articles-in-Progress (All)		2		2
Publications of Non-refereed or Invited Papers		2		2
Creative Activities (Juried)		1		1
Other Research, Refereed and Publicly Available		1		1

Refereed Articles

Samuel, S., Kuduruthullah, S., Khair, A., Al Shayeb, M., El Kaseh, A., et al. (2021). Impact of pain, psychological-distress, SARS-CoV2 fear on adults' OHRQOL during COVID-19 pandemic. *Saudi Journal of Biological Sciences*, 28 (1), 492-494, doi: org/10.1016/j.sjbs.2020.10.033.

Thomas, B., **Varma, S.**, Prasad, R., Al Shayeb, M., Khair, A., et al. (2021). Assessment of the Antioxidant Levels in Sera of Periodontitis patients with or without Diabetes Mellitus. *Research Journal of Pharmacy and Technology*, 14 (2), 1025-1032, doi: 10.5958/0974-360X.2021.00183.9.

Ramesh, A., **Varma, S.**, Ramamurthy, S., Al Shayeb, M., Shahwan, M., et al. (2021). Role of sToll-like receptors 2 and 4 in stage 2 periodontitis patients with and without type 2 diabetes: A Randomized clinical control trial. *Research Journal of Pharmacy and Technology*, 14 (1), 397-404, doi: 10.5958/0974-360X.2021.00072.X.

Varma, S. R., Al saegh, M., elsubeihi, E., mathew, A., & mageet, a. (2021). Clinical Findings and Management of a Rare Case of Multivariate Type of Dentinal Dysplasia: A Case Report. *Journal of International Dental and Medical Research*, 13 (4), 1548-1553.

Amjad, M., **Varma, S. R.**, Altaie, A., & zhu, s. (2021). Human cytomegalovirus is present in the odontogenic epithelium of ameloblastoma. *Journal of Oral Microbiology*, 13 (1874699), doi: 10.1080/20002297.2021.1874699.

Nambiar, M., **Varma, S. R.**, Jaber, M., Sreelatha, S. V., & Thomas, B. (2021). Mycotic infections – mucormycosis and oral candidiasis associated with Covid-19: a significant and challenging association. *Journal of Oral Microbiology*, 13, 1-5, doi: https://doi.org/10.1080/20002297.2021.1967699.

Abu Fanas, S., brigi, c., **Varma, S. R.**, Desai, V., & Senok, A. (in press, 2021). The prevalence of novel periodontal pathogens and bacterial complexes in stage II generalized periodontitis based on 16S rRNA next generation sequencing. *Journal of Applied Oral Science*, 1 (16), 29:e20200787, doi: http://dx.doi.org/10.1590/1678-7757-2020-0787.

Rajan, s., kuduruthullah, s., khair, m., alshayeb, M., & elkaseh, A. (2021). Dental pain, parental SARS-CoV-2 fear and distress on quality of life of 2 to 6 year-old children during COVID-19. *International Journal of Paediatric Dentistry (2020)*, 1-6, doi: DOI: 10.1111/ipd.12757.

Mageet, A., & **Varma, S. R.** (in press, 2021). Implementation of Antibiotic Guidelines in a Dental Teaching Hospital in Sudan. *Research Journal of Pharmacy and Technology*.

Nambiar, M., **Varma, S. R.**, & Damdoum, M. (2021). Post-Covid alliance-mucormycosis, a fatal sequel to the pandemic in India. *Saudi Journal of Biological Sciences*, doi: https://doi.org/10.1016/j.sjbs.2021.07.004.

rajan, s., mathew, M., suresh, s., **varma, s. r.**, & elsubeihi, e. (in press, 2021). paediatric dental emergency management and parental treatment preferences during covid-19 pandemic as compared to 2019. *Saudi Journal of Biological Sciences*.

- shahwan, M., Hassan, N., Alkhouljah, S., Jairoun, A., & Zyoud, S. (2020). Diabetes and the COVID-19 Pandemic: What Should the Diabetes Patients Know? *Pharmaceutical sciences*, 26 (1), S87-S90, doi: 10.34172/PS.2020.75.
- Mathew, A., sadiq, r., ergieg, s., alshayeb, M., & abuhijleh, e. (2020). Pre –treatment implant CBCT analysis of anterior mental loop length, lingual concavity and inclination of alveolar ridge in the mandible – A UAE study. *Indian Journal of Forensic Medicine & Toxicology*, 14 (4), 4180-88.
- Ramesh, A., **Varma, S. R.**, Ramamurthy, S., alshayeb, M., & shahwan, M. (in press, 2020). Role of sToll-like Receptors 2 and 4 in stage 2 periodontitis patients with and without type 2 Diabetes: A Randomized clinical control Trial. *Research Journal of Pharmacy and Technology*, 14 (1), 397-404.
- Varma, S. R.**, Jaber, M., abufanas, s., desai, v., & thomas, s. (2020). Pathogen reduction technology: A novel possibility for inactivation of bloodproducts used in oral and periodontal surgeries. *Journal of International Society of Preventive and Community Dentistry*, 10 (6), 713-718, doi: 10.4103/jispcd.JISPCD_327_20.
- Varma, S. R.**, Narayanan, J., Abuhijleh, E., Hadi, A., & Jaber, M. (2020). Application of lasers in refractory periodontitis: A review. *Journal of International Society of Preventive and Community Dentistry*, 10 (4), 384-393, doi: 10.4103/jispcd.JISPCD_241_20.
- Varma, S. R.**, jaber, M., abufanas, s., Desai, V., & Mustapha, A. (2020). Effect of Hyaluronic Acid in Modifying Tensile Strength of Nonabsorbable Suture Materials: An In Vitro Study. *Journal of International Society of Preventive and Community Dentistry*, 10 (1), 16-20, doi: 10.4103/jispcd.JISPCD_343_19.
- Samuel, S., Kuduruthullah, S., Khair, A., Al Shayeb, M., El Kaseh, A., et al. (2020). Dental pain, parental SARS-CoV-2 fear and distress on quality of life of 2 to 6 year-old children during COVID-19. *International Journal of Paediatric Dentistry*, 1-6, doi: 10.1111/ipd.12757.
- Varma, Dr. Sudhir**, Jaber, M., & Al saegh, M. (2020). Comprehensive oral cancer care protocols during COVID-19 in an institutional setting. *Oral Diseases*, doi: doi.org/10.1111/odi.13627.
- jaber, M., elmasmari, H., abufanas, s., **Varma, s. r.**, & Alameen, E.M (in press, 2020). Extraosseous Dentinogenic Ghost Cell Tumors (EDGCT): a Case Report and Review of the Literature. *Journal of International Dental and Medical Research*.
- Varma, Dr. Sudhir R.** (2020). Masks and respirators, selection criteria for periodontal therapy: Challenges for a periodontist during COVID-19. *Journal of International Oral Health*.
- ergieg, S., **Varma, S. R.**, Thomas, S., Abufanas, S., & Mathew, A. (2020). The Mean Overjet in Libyan Children and the Relationship between Increased Overjet and Incisors Trauma. *Indian Journal of Dental Research*, doi: 10.4103/ijdr.IJDR_361_19.
- Varma, S. R.**, thomas, s., radiadeh, a., ergieg, s., & fayez, e. (2019). The impact of background music in reducing stress during preclinical dental labs. *Journal of International Society of Preventive and Community Dentistry*, 9 (1), 77-82, doi: 10.4103/jispcd.JISPCD_258_18.
- mathew, a., natarajan, p., menon, p., radiadeh, a., & **varma, s. r.** (2019). An In-vitro study on circadian rhythm on aggressive periodontitis and its correlation with clinical parameters using ECLIA method. *Journal of Contemporary Dental Practice*, 20 (4), 482-488, doi: PMID: 31308281.
- abuhijleh, e., hadi, a., qawadi, m., abdulrida, e., & radaideh, a. (2019). Mandibular Gonial Angle Measurement as a Predictor of Gender-A Digital Panoramic Study. *The Open Dentistry Journal*, 13, 399-404, doi: 10.2174/1874210601913010399.
- Varma, S. R.**, Jaber, M., abufanas, s., thomas, s., & abuhijleh, r. (2019). The effect of herbal solutions on the tensile strengths of absorbable sutures: An In-vitro study. *Journal of International Oral Health*, 11 (3), 148-152, doi: 10.4103/jioh.jioh_79_19.
- Varma, S. R.**, thomas, b., ramesh, a., kumari, S., & S, s. (2019). Estimation of Sialic acid and IL10 levels in stage 1 and stage 2 periodontitis patients. *International Journal of Dentistry*, doi: <https://doi.org/10.1155/2019/2917124>.

Varma, S. R., alshayeb, m., elkaseh, a., kuduruthullah, s., & ashekhi, a. (2018). Effectiveness of low level laser therapy in the management of temporomandibular Joint disorders. *World journal of dentistry*, 9 (4), 316-20.

Varma, S. R., thomas, b., ramesh, a., ergieg, s., & abufanas, s. (2018). Effect of Hyaluronic Acid Added to Suture Material and its Relationship with Bacterial Colonization: An In vitro Study. *Journal of International Society of Preventive and Community Dentistry*, 8 (5), 391-95, doi: 10.4103/jispcd.JISPCD_222_18.

Varma, S. R., sharief, h., sirafi, a., abufanas, s., & desai, v. (2018). The antiplaque efficacy of two herbal based toothpastes: A clinical intervention. *Journal of International Society of Preventive and Community Dentistry*, 8 (1), 21-27, doi: 10.4103/jispcd.JISPCD_411_17.

Non-Refereed Articles

Ray, B., Ramesh, G., & **Varma, S. R.** (2021). Effects of Telmisartan, an AT1 receptor antagonist, on mitochondria-specific genes expression in a mouse MPTP model of Parkinsonism. *Frontiers in Bioscience-Landmark*, 8, 262-271, doi: 10.52586/4942].

Varma, Dr. Sudhir R. (2021). Immunomodulatory Expression of Cathelicidins Peptides in Pulp Inflammation and Regeneration: An Update. *Current Issues in Molecular Biology*, 43 (1), 116-126, doi: <https://doi.org/10.3390/cimb43010010>.

Grants

Non-competitive

2021: desai, v., shetty, r., **varma, s. r.**, & shetty, s., Microscan Evaluation of Bacterial Contamination of the Manual Case History Files and Electronic Devices Used by Students During Dental Treatment, Co-Investigator, DGSR-Ajman University.

Creative Activities

International

2019: Performance: short listed for- *Lancet wakley prize*. Lancet. Curated by: Lancet.

Working Papers

Varma, S. R., Thomas, B., & kumari, S. (2021). "Role of CRP and adipokinin in MI patients after 72 hrs," targeted for Journal of Dentistry.

Varma, S. R., amjed, M., Ramamurthy, s., natarajan, p., & khurshid, z. (2021). "COVID-19 and other similar respiratory diseases, a challenge for the general dentist and an update on emergency preparedness and management: a review.," targeted for Journal of Investigative and Clinical Dentistry.

Other Research

2021: **Varma, S. R.**, Amjad, M., & Natarajan, P., *Covid vaccine updates in UAE*.

SERVICE

Service to the Institution

College Assignments

Chair:

2020-2021: Assessment & Continuous Improvement Committee

2021-2022: Currently

Member:

2020-2021: College Research Committee

2021-2022: Currently

2020-2021: Center for medical and bio-allied health sciences research

2021-2022: Currently

Service to the Profession**Reviewer - Article / Manuscript**

2021: Oral Diseases (International). Was Appointed reviewer for an article pertaining to Covid-19-Q1-A*

2021: International journal of dentistry (International).

2021: International journal of general medicine (International). Nominated as a reviewer for International journal of general medicine, A Q1-A* journal

2021: JPIS (International).

2021: JAOR (International).

2021: JIOH (International).

2020: JISPCD (International).

Service to the Community**Member of a Committee**

2015- Till Present: school health program

Other Community Service Activities

2018 – Till Present: school health program

Positions Held in Civic Organizations

1997: Rotary club

Professional Development**Assurance of Learning - Professional Development**

2021: Post graduate certificate in Medical education-Cardiff University.

Professional Seminars / Workshops

2021: CAPP- Extractions and suturing techniques.

2020: Basic Life support.

2019: Workshop on dental hygiene and diseases.

2019: Incision designs and suturing techniques for the periodontal and implant patient.

2019: Soft tissue grafts in Implantology.

2018: Interactive workshop on CBCT.

2018: Advanced life support.

2017: Basic Life support.

2017: ECG and Pharmacology.

2017: Er: YAG, Cr: YSGG Lasers in dentistry.

2016: Soft tissue Augmentation techniques.

2015: Lasers in Oncology and PAD Hands on Workshop.

2015: Lasers in Periodontology and Implant ology.

2014: Implantology Basic to Advanced course.

2013 – 2014: Twisted file rotary endodontics.

2013: Implantology course Basic to Advanced.

Honors/Awards

Award

2021: Fellowship in Higher Education, Higher Academy of Medical Education-UK.

2021: Post-graduate certificate in Medical Education, Cardiff University.

2021: MFDS RCPS (Glasgow), Royal college of Physicians and Surgeons of Glasgow.

Honor

2016: Fellowship in Laser dentistry, University of Genoa.

2014: Fellowship in laser dentistry, Standard proficiency, Academy of Laser dentistry, Orlando, USA.

Miscellaneous

2020 - Chair- ACIC

2020 - Research Coordinator-Dental College-CMBHSR

2020 - Member-Infection Control

2020 - College Research Committee