

CURRICULUM VITA

Personal Data

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Professional appointments

2020-2024

Chairman, Scientific Council of Restorative Dentistry (SBRD), Saudi Commission for Health Specialty.

2020-present

Member, Executive Council of Training and Education, Saudi Commission for Health Specialty.

2017-2019

Member, Saudi Dental Professional Council, Saudi Commission for Health Specialty.

2013-2019

Chairman, Local training committee, Saudi Board in Advanced Restorative Dentistry (SBRD), Western Region.

2014-2017

Chairman, Restorative Dentistry Department, Faculty of Dentistry, King Abdulaziz University.

2012-2014

Head of Operative Dentistry Division, Faculty of Dentistry, King Abdulaziz University.

2013-2017

Program Director, Saudi Board in Advanced Restorative Dentistry (SBARD),
Faculty of Dentistry, King Abdulaziz University.

2012-2016

Director of Continuing Education Unit, Faculty of Dentistry, King Abdulaziz
University.

Educational and Clinical Attainment

Bachelor of Dental Science

B.D.S. (Bachelor in Dental Medicine & Surgery) (1998), KAU, Saudi Arabia

Clinical training in Restorative & Esthetics Dentistry

(2003-2004), Goldman School of Dental Medicine, Boston, USA

Certificate of Specialization in Cariology and Restorative Dentistry

(2008), University of Gothenburg, Sweden

Master of Science in Cariology (MSc)

(2008), University of Gothenburg, Sweden

Diploma in Prosthetic Implant Dentistry

(2009), Orebro, Sweden

Doctor of Philosophy in Cariology (PhD)

(2010), University of Gothenburg, Sweden

Effective Personal Productivity certificate

(2011), by Leadership Management International INC. (LMI), Waco, Texas.

Effective Strategic Leadership certificate

(2011), by Leadership Management International INC. (LMI), Waco, Texas.

Effective Motivational Leadership certificate

(2012), by Leadership Management International INC. (LMI), Waco, Texas.

Effective Personal Leadership certificate

(2012), by Leadership Management International INC. (LMI), Waco, Texas.

Master in Health Professions Education (MHPE)

(2021), King Abdulaziz University in collaboration with University of Illinois at
Chicago, United States.

Research Activity

- Saliva research:
Studying salivary factors in relation to dental caries.
- Nanotechnology and home bleaching: Randomized clinical trial over 6 months.
- Standardizing shear bond strength measurement by controlling the cross-head configuration, speed and cross section of the sample. The aim is to improve bond strength measurements and facilitate comparison between different adhesive systems or between variety of substrates (Enamel, Dentin, Ceramics etc.), Boston University, USA.
- Caries Risk Assessment in Adults with Several Dental Restorations
- Caries Risk Assessment in pregnant women, in collaboration with University of Gothenburg, Sweden.
- Drug addiction and dental caries.
- Contact tightness among new composite materials (Bulk fill) in class II restorations, using different matrix systems, in-vitro and clinical trial.
- Management, discoloration and restoration of endodontically treated teeth.
- Management of white spot lesions using resin infiltration technique.

Publications

1- Periodontal health and its relationship with salivary factors among different age groups in a Saudi population.
Farsi N, Al Amoudi N, Farsi J, Bokhary S, Sonbul H.
Oral Health Prev Dent 2008;6(2):147-54.

2- Risk profile of adults with several dental restorations using the Cariogram model.
Sonbul H, Al-Otaibi M, Birkhed D.
Acta Odontol Scand 2008;66:351-57.

3- Risk profile and quality of dental restorations: a cross-sectional study.
Sonbul H, Birkhed D.
Acta Odontol Scand 2010;68:122-28.

- 4- The preventive effect of a modified fluoride toothpaste technique on approximal caries in adults with high caries prevalence: a 2 -year clinical trial.
Sonbul H, Birkhed D. *Swed Dent J* 2010;34:9-16.
- 5- Evaluation of the caries profile and caries risk in adults with endodontically treated teeth.
Merdad K, Sonbul H, Gholman M, Reit C, Birkhed D.
Oral Surg Oral Med Oral Pathol Oral Radiol Endod. 2010 Aug;110(2):264-69.
- 6- Caries Susceptibility of Endodontically versus Nonendodontically Treated Teeth.
Merdad K, Sonbul H, Bukhary S, Reit C, Birkhed D.
J Endod. 2011 Feb;37(2):139-42.
- 7- The effect of a modified fluoride toothpaste technique on buccal enamel caries in adults with high caries prevalence: a 2 -year clinical trial.
Sonbul H, Merdad k, Birkhed D.
Community Dental Health 2011;28(4):292-96.
- 8- Dental clinics as potent sources for screening undiagnosed diabetes and pre-diabetes.
AlGhamdi AS, Merdad K, Sonbul H, Bukhari SM, Elias WY.
Am J Med Sci. 2013 Apr;345(4):331-4.
- 9- The Influence of Pregnancy on Sweet Taste Perception and Plaque Acidogenicity.
Sonbul H, Ashi H, Aljahdali E, Campus G, Lingstrom P
Maternity and Child health J. 2017;2:1037-1046.
- 10- Consensus statement of the Makkah symposium on the prevention of dental caries: Common goals to prevent dental caries in Saudi Arabia.
Abdullah R. AlShammery, Abdullah Al-Dosari, Adel Al-Rusayes, Asim Al-Ansari, Hassan Halawany, Helal Sonbul, Mishari AIO, Sharat Pani
Saudi J Oral Sci. 2017;4:62-6.
- 11- Proximal Contact Tightness of Class II Bulk-Fill Composite Resin Restorations: An in Vitro Study.
Hassan El-Shamy, Helal Sonbul, Najlaa Alturkestani, Abeer Tashkandi, Bas Ac Loomans, Christof Dörfer, Wafa El-Badrawy.
Dental Material J. 2019;38:96-100.
- 12- Effect of Ferrule Height and Distribution on the Fracture Resistance of Endodontically Treated Premolars.
M Zahran, D Abderbwih, H Mandourah, SB Afif, D Sabbahi, K Merdad, H Sonbul.
Nigerian J of clinical practice. 2021;24:505-510.

13- Treatment concepts for restorations of endodontically treated teeth: Survey of dentists in Jeddah city, Saudi Arabia.

M Zahran, M El-Madhoun, S Redwan, K Merdad, H Sonbul, D Sabbahi.
Saudi Endodontic J. 2021;11:154-161.

14- Bionanocomposites in Caries Prevention and Treatment: A Systematic Review.

B Abuzenada, H Sonbul.

J of Pharm and Bioallied Sci. 2022(accepted).

15- Enhancing bond stability: impact of adhesive thinning on resin-dentin bonded interface.

M. M. Abu-nawareg, H.M. Nassar, H.M. Sonbul.

Eur Rev Med Pharmacol Sci. 2024;27:9628-9638.

Patent Publications

1- Gingival Retractor Instrument, F. Fatiny, M. Wahbi, H. Sonbul, M. Ghulman, T. Alsaif, Patent application publication, Pub. No.:2018/0064513 A1, United States, 2018.

2- Composite Restoration Roller, F. Fatiny, T. Alhazzazi, H. Sonbul, United states patent, Pat. No. US10,327,865 B2, United States, 2019.

3- Dental Restoration Scalpel, F. Fatiny, H. Sonbul, T. Alhazzazi, United states patent, Pat. No. US11,154,380 B2, United States, 2021.

4- Method for contouring a Dental restoration, F. Fatiny, H. Sonbul, T. Alhazzazi, United states patent, Pat. No. US11,219,504 B2, United States, 2022.

Scientific presentations

- 88th General session& Exhibition of the IADR, The effect of a modified fluoride toothpaste technique on buccal enamel caries in adults with high caries prevalence: a 2 -year clinical trial.
- Scientific meeting organized by Saudi Dental Society, The Ultimate success in Esthetic Dentistry.
- 9th Annual symposium, University of Dammam, Saudi Arabia, Ultimate success in Esthetic Porcelain Veneers.

- Scientific meeting organized by Saudi Dental Society, Madinah, Treatment planning in Esthetic Dentistry.
- Scientific presentation at King Abdulaziz National Guard, Jeddah, Adhesive Dentistry: Tips and tricks for successful outcome.
- The 10th Makkah International Dental Conference & the 9th Gulf Dental Association Conference, The Ultimate success in Esthetic Dentistry.
- The 4th international dental conference organized by Faculty of Dentistry, King Abdulaziz University, The art and science in restoring endodontically treated teeth: thinking out of the box.
- Scientific workshops at Riyadh Dental collage, Riyadh, Clinically applied cariology: a guide for daily practice.
- Scientific workshops at Saudi Commission for Health Specialty, Jeddah, A natural looking composite Restoration: contemporary approach.
- Scientific workshops at Saudi Commission for Health Specialty, Jeddah, Ergonomic in Dental Practice.
- Scientific workshop at Ministry of Health in Bahrain, Clinically applied cariology: a guide for daily practice (2018).
- The 2nd Saudi dental education conference organized by Riyadh Elm Univeristy, Riyadh, “Are we treating caries as a disease?”.
- During many Dental and Well-being events. Ergonomics in Dentistry: enhance your practice style.
- Several workshops titled “A natural looking composite restorations”
- The FDI World Dental Congress in Istanbul, Mangement of discolored anterior endodontically treated teeth: A conservative approach (2024).

Peer Review Involvement

- Community Dental Health Journal
- Clinical Oral Investigations
- Journal of Taibah University Medical Sciences
- Clinical and Experimental Dental Research

Professional Membership

- Scandinavian Academy of Esthetic Dentistry (SAED)
- Senior member in European Organization for Caries Research (ORCA)
- World Congress of Minimally Invasive Dentistry (WCMID)
- Saudi Society of Restorative Dentistry (SSRD)
- Saudi Dental Society (SDS)