

The Margin

ASDA's District 10
Bi-Annual Newsletter

Issue 2, Winter 2012



Up Coming Events

March 6-9, 2013	ASDA 43 rd Annual Session Atlanta, GA
April 15-16, 2013	National Dental Student Lobby Day Washington, DC
October 31 – November 5, 2013	ADA Annual Session New Orleans, La
November 15-17, 2013	2 nd Annual National Leadership Conference Chicago, IL

Weekend in the Windy City: The 1st Annual National Leadership Conference

Jaclyn Rivera '13, Emily Hobart '15 & Natalie Saldivar '15

Are you worried about what your practice will be like? Do you wonder if you will be able to manage an office, will you be a good boss, a successful practitioner and be able to communicate the key values of your practice? Well, turns out that pretty much every dental student is worried about all these things and ASDA's National Leadership Conference sought to address some of these concerns. Over 300 delegates from every dental school attended the 3-day November meeting in Chicago, IL. Five ASDA members represented Midwestern University at the very first National Leadership Conference in Chicago on November 2-4. Cara Copeland, April Dammann, Natalie Saldivar, Emily Hobart, and our very own Jaclyn Rivera—Chair of the ASDA National Council on Communications- gained a lot from their experience. The five Midwestern ASDA delegates heard from speakers such as the Immediate Past President of the American Dental Association, Dr. William Calnon, and motivational speaker Ryan Estis.

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Second Annual Super Sealant Saturday Recap By Kristie Partin '15

Thank you to all of you who volunteered your time to help make Super Sealant Saturday a successful event. Special thanks goes to the Delta Dental Foundation and Midwestern University Dental Faculty for providing their time and budget to make this event possible. (Continued next page...)



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They were also able to meet with ADPAC, the people who lobby for dentistry all over the country and representatives from Pacific Dental, a corporate dental office ownership corporation. The Primary District 10 Caucus was held during a session of NLC. At Caucus, delegates are able to talk with other ASDA leaders in their geographic region about information that pertains specifically to them. Topics included the District meeting (Feb 2013) in Las Vegas, which all of you are encouraged and invited to attend, and procedure for electing a new trustee and ASDA Executive Council at annual session in March.

National Leadership Participants had the unique opportunity to go to many informative leadership breakout sessions of their choice that were offered including “How Health Care Reform Affects You,” “Specialties, Residencies, and Career Options,” and “How to Run an Effective Meeting.” Brand-new was the fact that each of these break out sessions were considered for continuing education credit, which is a great opportunity to get ahead on those C.E. hours for free! There was also an Exhibit Fair with over fifty organizations that was another great opportunity to learn about the latest in products and services in dentistry, as well as networking with different individuals (the free goodies were a bonus as well!).

Another highlight of this trip was the opportunity to experience the great city of Chicago (including taking time out to find a statue of G.V. Black, the Father of Modern Dentistry). It was also nice to have the opportunity to meet ASDA members from other schools, not just those in District 10 (Washington, Oregon, Utah, Nevada, and Arizona), but all over the United States. We were able to talk to these students and learn about their dental schools and what their ASDA chapter does. This meeting really motivated all of the participants to get more involved with their ASDA chapters. All dental students should consider going to the National Leadership Conference next year—it was a great experience! GO ASDA!

...Continued from page 1 “Super Sealant”

Many of other Midwestern University clubs and organizations helped to provide educational entertainment to the children to further improve the success! We were able to help 167 school aged children protect the occlusal surfaces of their adult teeth from caries. It is important we protect these teeth as soon and as long as possible, something not all parents and guardians can afford.

The Second Annual Super Sealant Saturday was an accomplishment despite the few last minute changes typical for any novice event. Having the on-campus clubs and organizations volunteer their time by developing educational games left many of the children eager to stay outside and play, and keen to return after their dental procedure. Children were able to jump rope, hoola-hoop, and learn about the importance of staying active thanks to the Physical Therapy club. The D.O. based OBGYN club taught parents about safe pregnancy habits and lifestyle changes. The Dermatology club provided sunscreen and paper hats, and the Pediatric Dentistry Club gave out temporary tattoos and educated parents on baby bottle caries. Every child who checked-in was evaluated and treated in a timely fashion.

By having all of the students work in operatories on the third floor, we were able to check patients in, input them into axiUm, and complete the patient education on the second floor creating a smooth transition. Shorter wait times and punctual treatment meant few children were able to make use of the games provided on the third floor classroom. Parents of patients did not complain, as their children were quickly in and out of the clinic with a fresh set of sealants! Overall the event was a winner; we were able to screen all of the patients who showed up to the event, and treat all of the patients eligible for sealants. The parents were elated to have this service available, and grateful for your care and compassion toward their children. Thank you so much for your help!

So what’s in store for Give Kids a Smile on March 23rd, 2013 you may ask? We are hoping to improve on what we learned through the SSS event. We are anticipating online registration for parents in order to reduce or eliminate the time-intensive axiUm registration, a pre-recorded video for patient education, and supplies to be dispensed by Suite PAs based on the procedure performed. We will probably be assigning D4-D2 and D3-D1 pairs to work in shifts for GKAS. Screening and treatment will be done in the same chair, and Suites will not be broken into specialties. As with Super Sealant Saturday we will be hosting “Lunch and Learn” events as the date gets closer. And yes, lunch will be provided! ☺ We will be advertising earlier and to a broader audience, so keep an eye out for our flyer and help us get the word out! Can’t wait to see you there!



ASDA President Shares “Next Level Leadership” to Both Arizona Chapters

Onika Patel '14

“All future dentists can benefit from leadership development”, stressed ASDA President, Colleen Greene at the 3rd Annual ASDOH Student Leadership Retreat. Green presented her leadership experiences to nearly 100 students from ASDOH and Midwestern and inspired them to develop their own personal leadership. The day at ASDOH began with teambuilding exercises, and continued with breakout sessions from other student organizations in career development topics ranging from public health, loan repayment, dental ergonomics, legal aspects of associateship, and interview skills. One of the day’s highlights was the keynote address given by Greene. ASDA members listened closely as she explained that our very own, American Student Dental Association can be the path to leadership development via state dental societies, professional associations, as well as our very own communities and practices.

Becoming a national leader allows one to “directly impact the actions and direction of ASDA”. As students listened to Greene describe her path of leadership development they discovered she became a dentist to make a change. She faced the barriers to care in dentistry as a child, and promised to change the system. Today, one way she makes a difference is her role within ASDA. She began her ASDA career as Editor in Chief and served on various councils and workgroups. She also advocates by being a voting delegate in

the Massachusetts Dental Society and the ADA.

There are many reasons to get involved in ASDA not only locally, but nationally as well. Working with a board council allows students to build teamwork and problem solving skills, essential skills used daily as a dentist. Additionally a great benefit to being involved in ASDA is attending meetings all over the nation and networking with a range of other dental students. Greene boasts another benefit of local and national leadership is the ability to “get an insider perspective of organized dentistry and become familiar with issues facing the profession”. One of the greatest opportunities for students as leaders is truly self-development. Students can develop communication, management, and organizational skills, in addition to other crucial skills that can stay with them beyond dental school.

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The commitment to leadership can be a great benefit, as you can get as much out of it as you put into the role. As Greene quoted Sir Antony Jay, “The only real training for leadership... is leadership.” This quote truly resonated with the Arizona students in attendance at the Student Leadership Retreat as dentists are natural leaders whether they chose to be or not. A dentist’s responsibility as a health care provider is to be a positive role model for our community. Whether in a private practice, community health center, or even in academia, we are leaders. What better way to develop leadership skills than to get involved in organized dentistry and begin now? Your next steps can be within your own local chapter of the American Student Dental Association or even nationally!

For more information on involvement please visit www.asdanet.org or locally at www.asdohasda.org

Budgeting Life

Scott Chavez '14 UNLV

“Let me guess.., waterfall ahead, sharp rocks at the bottom, Bring it on!” Like the movie *Emperors New Grove*, many dental students face their entry into dental school with a similar optimism, “Four years, a spouse and children, and 300K in debt.... Bring it on!”

Most are aware that a financial budget is imperative, but few may see the importance of applying those same principles to everyday life. All of us have responsibilities on top of dental school, many with families, and without a life budget; life can get overwhelming very quick.

Financial budgets require foresight of income, planning its course in your life, setting and sticking to goals, adaptation, accountability, and building a reserve. The same principles apply to budgeting life. Adding on other responsibilities to Dental School such as maintaining relationships, caring for a family, and extra meetings can be quite overwhelming. It is possible, like it is financially, to get into life Debt. There have been times I have spent all my time studying and doing lab work with little time towards other aspects of life. I quickly found family, church, and other life-debt piling up. Likewise I have at times neglected my studies to spend extra time with family only to find that the next exam came too quickly. Everything in life turned into “emergencies” and either family or school went neglected. Like finances, it’s vital to keep a reserve in life by having a balance. Here are 6 principles I’m still learning which have helped me the most:

- 1) Figure out how YOU study. What helps you do your best with the least amount of time?
- 2) Do something every day. Rather than letting “debt” pile up and having to pay it off all at once, make payments so it’s not so overwhelming.



3) Do things as they come up. If you have lab work- do it that same day. When you get mail, go through it right then.

4) Keep your marriage and family alive. Take your spouse on a date each week. Be home for dinner – set a time for dinner each night, even if it’s a bit later.

5) Budget your time - make and stick to a usable schedule. Like making a financial budget, for life you must tell your time how it will be spent, by planning it out, or you will just look back to realize you have no idea where the time went. It’ll help you be more productive at home and school.

6) Plan, Set Goals, and Prioritize with regular review. Set Only 1-2 priorities each day and make sure those get done. Anything else is bonus or ok to leave for another day. Keep it simple and do-able. Goals must be specific, realistic, and measureable. They also must be written down.

Have fun and enjoy all you do. Overall, time goes quite fast so enjoy what you have and learn from it. We’ve all worked too hard to get here!

Like financial budgeting: by learning to adapt to new situations, prioritizing, planning and goal setting, and budgeting properly, you’ll end up finding your life with countless rich rewards in the end.

How Specialties Can Benefit The General Dentist

Sadaf Moghimi

Most of our waking hours, as dental students, are spent studying hoards of science material, practicing and perfecting procedures, or treating patients in clinic. Amidst this busy and undoubtedly stressful lifestyle it is hard to find time for much else, let alone think of future goals.

Nonetheless, there are those of us who aspire to enter GPR/AEGD programs or pursue further training in one of the nine specialty areas recognized by the American Dental Association. Incidentally, it might come as a surprise to those who plan to pursue a specialty that specialists are now, more than ever, traveling to and from multiple offices and working alongside general dentists. Even for the general dentist who has not been introduced to this idea, this news comes with tremendous advantages that would be beneficial to recognize and capitalize on once in private practice.

A great number of specialists are taking turns rotating through general practice offices around once a month to reap the many benefits available to them. These include, but are not limited to: a higher productivity level, greater exposure to cases and interaction with a wider clientele. The reciprocal case

Continued “Specialities”

is true when looking at why a general dentist may agree to host a specialist for a period of time. The general dentist will attain an ease of compliance for referrals, maintain difficult cases in-house and produce a greater income.

As dental students, our first glimpse into the resourceful interaction between specialists and general dentists comes in dental school. Almost all schools have faculty that comprise many, if not all, the specialty areas. Taking a moment to reflect on this truth immediately sheds light on the value of having these specialists alongside us in clinical cases. The student who is faced with a difficult treatment plan or patient gains a clearer direction when instructed or aided by a specialist. This extends into the real world of private practice where the eye of a trained specialist may be more tuned for particular cases.

On the whole, general dentists fear making referrals because of the possibility they will lose patients, but with this mutualistic relationship both sides make tremendous strides and ultimately improve the oral health of their patients. This final goal which we can all attest as being the reason we pursue this career should be enough to encourage any dental professional to further explore this growing idea. For students to recognize the value of this relationship early on is enormous, allowing a chance to implement it further down the line in private care.

Success at Roseman!

Nathan Hoffman '15

“I support ASDA, but if I have to choose between paying \$75 to be a member of ASDA or my kid playing basketball; my kid is playing basketball.” This statement made by one of our students exemplifies a challenge faced by all chapters without auto-enrollment. How to increase chapter membership when dental student’s budgets are maxed out? The argument my colleagues made is to include ASDA membership in the student fees assessed by the school. This solves the problem of having to pay \$75 out of your living expenses.

We were denied auto-enrollment last year despite nearly unanimous support from our inaugural class. However, thanks to the tireless efforts of our Associate Dean of Admissions and Student Services, Dr. William Harman, and our Chancellor, Dr. Mark Penn, I proudly announce that the Roseman ASDA chapter will officially be part of auto-enrollment starting fall of this year. This is a landmark achievement for our chapter and we intend to take full advantage of this opportunity.

ASDA is writhe with student support, leadership training, networking; the list goes on and on. But we can talk about this until we are blue in the face. The truth is, until a student becomes involved in ASDA they will not experience what current ASDA members already know; ASDA keeps dental students informed, is an advocate for our needs and prepares us for a career in dentistry. I am excited that auto-enrollment will remove this barrier and open ASDA to all of my Roseman colleagues. Organized dentistry is one of the aspects of dentistry that first attracted me to the profession. My wish is that through this policy

ASDA will enrich the lives of our chapter members in the ways it has enriched my own.

Library Family Resource Fair

Kelly Sayre '14

The intermittent rain showers didn’t stop families from pouring into the Beaverton City Library for the Family Resource Fair. Dental students set up an OHSU dental booth complete with child size toothbrushes, wild animal handheld floss aids, toothpaste, mouthwash and information on the pediatric dental clinic. Adult size preventive oral health instruments were also provided to those families in need. Additionally, students answered questions from parents and children, including one small boy who pointed to a stainless steel crown on a typodont and asked, “Why do you get silver teeth?” This teachable moment exemplifies what makes the fair an effective venue for dental outreach. What is more, interactive demonstrations on tooth brushing and flossing were provided. After practicing good brushing habits, the first young girl to visit the booth in morning

Vendor Fair at UNLV

By Amanda Steen '14

Free samples, papers being punched, excited conversations about the future; it's the best day of the semester--ASDA vendor fair! It's a day that every UNLV dental student looks forward to with excitement. ASDA provides a barbecue lunch, and vendors line the main hallway. It's a race to make it to every table to get each coveted hole punch before the raffle at the end of the day. The amount of information is endless--from various types of insurance to dental supplies to job opportunities after graduation. Any question you have can be answered! Then, as everything wraps up, there is a raffle for all ASDA members including prizes from vendors like iPads and dental curing lights and gift certificates of up to \$200 from our UNLV ASDA chapter. Never fail, vendor fair is always a great time and an awesome opportunity to learn more about dentistry and our futures.

Dental Day at the Capitol

By Karley Bedford '14



On February 27, 2013 dental professionals and dental students joined forces to take the Capitol by storm for Dental Day in Salem, Oregon. The event was organized by the Oregon Dental Association and supported by the Oregon Health and Sciences ASDA chapter. The Oregon Tooth Taxi attended the event and provided care for local children. Educational booths were set up for all visitors of the Capitol to view and ask questions about oral health. The day started out with an orientation regarding the current political issues that affect the dental profession and oral health care. This was followed by a lobbying training session to help teach how to be an effective advocate. Students paired up with dentists to meet with State Representatives face-to-face and discuss the current dental related bills going through the House and Senate.

Students took the lead on sharing the details about Senate Bill 2. The

bill establishes Scholars for a Healthy Oregon Initiative which proposes to provide free tuition and fees for certain students in health care disciplines in exchange for student commitment to work in underrepresented locations after graduation. This proposed bill addresses two major issues, the burden of high student loan debt and the need for dentists in rural areas. Both issues adversely affect the state by limiting the type of students who can enter dental school and by driving students to choose higher paying specialties rather than general dentistry. Students and dentists were met with support and interest from their state representatives. This was a great opportunity to build relationships with the people who make decisions regarding oral health care and our future profession. This is why it is so important for everyone to get involved and share their concerns, interests, and passion for the dental profession.

Yay for Grey!

Scott Howell '14

One of the best (and worst) parts about any ethical dilemma is figuring out how to handle that dilemma. One way of handling it may be just as valid as the complete opposite way of handling it. I often find myself seeing the pros and cons to both sides. Yay for grey is my personal ethics motto as I have difficulty saying something is completely right or wrong. When people approach me and tell me about how someone wronged them, quite often I sympathize with that person but look at the situation from the other person's point of view and may sympathize with them too. When I think I see a school code being violated I have to stop and ask myself, "Do I really understand what I just saw? Was this actually a violation of some ethical code or professional principle?". Jumping to conclusions without considering all the possibilities has gotten me into trouble before.

There are ways to make the grey zone a little brighter and find clarity when ethical dilemmas present themselves. First, avoid jumping to conclusions; take what you saw and keep it at that, a data point in a series of events of which you witnessed a small part of. Second, gather more data. Asking questions and finding out what data you don't have can allow you to better understand what you witnessed. Third, avoid gathering data from a third party who allegedly witnessed a dilemma. If you hear about some code being violated but have not witnessed it yourself it does no one any good if you take action. Tell the person who told you about the violation that if it truly happened then that person needs to do something about it. Lastly, take all the data you have gathered and make your decision. Will you address the dilemma? Is the dilemma not actually a dilemma but a misinterpretation of the events? By addressing this dilemma are you helping yourself, the people involved, others who may be potentially impacted? Taking action or not taking action will probably be the most difficult part but by being careful about how you approach dilemmas and being thorough in gathering data to understand what has occurred the decision to act or not act should become easier.



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