

# the probe

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## DEAN'S MESSAGE

# Why is research in the dental school important?

**When I began to learn operative dentistry** and dental materials in dental school, the enamel acid etch technique for bonding resin restorative materials to the tooth had recently become a standard technique. This was nearly twenty years after Michael Buonocore first described the use of phosphoric acid to increase adhesion of acrylic resins to enamel. Buonocore's research led first to dental sealants and later to bonded composite restorations. The technique I was taught was to coat all exposed dentin in the cavity preparation with a calcium hydroxide liner (Dycal) prior to using the liquid etchant. In fact, the prevailing thought was that application of the acid etchant penetrated the dentin and caused pulpal damage. Post-operative sensitivity following composite restorations was often attributed to acid damage to the pulp. As students, the faculty warned us to never get etchant on the dentin. About fifteen years later, John Kanca first reported using phosphoric acid to condition dentin to create adhesion to dentin. Kanca was widely criticized by the "old guard" of operative dentistry. Eventually, Kanca's method was seen as a breakthrough for creating adhesion to dentin. As students today, you cannot even imagine performing a composite restoration without the use of an acid conditioner on dentin, either using a gel etchant or some type of self-etching system.



David C. Sarrett, DMD,  
MS, Interim Dean

So what is my point? Well my point is today we accept as fact that acid conditioning of dentin is absolutely necessary to achieve dentin bonding which is exactly opposite of what my instructors taught me to do. What was thought to cause pulpal necrosis is now part of a scientifically proven treatment method. Seems odd! What are we teaching you today that will eventually be shown to be scientifically wrong and replaced by new ideas? Why does this happen? It happens because of research performed by people like Buonocore and Kanca who question the accepted science and practice. Most of the basic science in the development of dental adhesives has taken place in dental schools and dental research institutes. Faculty who are engaged in research question what they do and teach. The act of questioning the science and practice they were taught is what moves the curriculum forward for today's students.

VCU School of Dentistry has a long history of being a dental school with faculty engaged in research. The school has received continuous funding from the

National Institutes of Health (NIH) and other external agencies and foundations to carry out research for many years. Funding from the NIH is considered a benchmark for separating dental schools who are seriously engaged in research from those that are not. The research at VCU benefits our students because the faculty must stay up-to-date to perform research. For many individual students, being in a research dental school like VCU has provided them the opportunity to engage in research and question science and practice. One of Virginia's noted oral & maxillofacial surgeons, the Immediate Past President of the American Dental Association, Dr. Ronald Tankersley is often heard saying something along the line of "If dentistry loses its scientific basis, we will no longer remain a credible profession." Research and science is what separates dentistry and dental hygiene from being a trade. Next time, we will take a look at what is happening in dental education, new dental schools, and why this may threaten dentistry as a scientific profession.

1. Buonocore MG. Simple method of increasing the adhesion of acrylic filling materials to enamel surfaces. J Dent Res. 1955; 34:849-853.
2. Kanca J. A method for bonding to tooth structure using phosphoric acid as a dentine-enamel conditioner. Quintessence Int. 1991;22:285-290.

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## LETTER FROM THE EDITOR

**Dental school is hard!** Most dental students would agree with this statement. For those who are married, dental school also takes a toll on our spouses. I remember showing my wife my external rotation schedule for the year. Tears rolled down her cheeks as she said, “Why do they do this to you? Don’t they realize that you have a wife and children that also need you?”

Unfortunately, I feel at times the dental school doesn’t realize the hardships our demanding schedule has on our families (especially the external rotation schedule for D4s). Despite my frequent absences in the home, my wife is able to take care of three children, keep the house clean, and still have a meal prepared when I come home from a rotation. I can’t even take care of my three kids for four hours without calling my wife and saying, “You need to come home soon or else there will be no house left to come home to!”

It is with great excitement that I present to you the Fall 2010 Probe. What excites me more is that for the first time we will have an article written by the spouse of a dental student. Many of you know our fearless sgc/ASDA president, Barrett Peters, but do you know his wife? I have gotten to know Mary Katherine over the past few years, and I know that Barrett would not be who he is without this wonderful woman by his side.

I would like to thank all those who have written articles for The Probe. I hope you will enjoy reading them as much as I have. Finally, I would like to thank my wife, Rose, for being my strength during dental school.

Please enjoy the Fall 2010 edition of The Probe.

~ Rich Carlile, D2011



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## The Class of 2014

by Brady Wilde (D2014)

It’s been 14 weeks since the first day of orientation. Long days of lectures on school policy, mixed with introductions, “free” lunches, and an announcement that the class of 2014 would don the rumored khaki scrubs, soon ended as we found our way to the 10<sup>th</sup> floor of Sanger Hall. “Dental school boot camp” included 6 weeks of Dr. Meredith & Co. helping us get to know our cadavers. And we got to know them well. Brains and noses were filled with gross anatomy and welcomed the week of fall break to catch up on sleep and fresh air.

After fall break came the onslaught of courses and the new challenge of figuring out where to be and when. Back to long days of lectures that added Infection and Immunology, Periodontics, Evidence Based Dentistry, and Clinical Skills to the already in progress Dental Anatomy and Operative Dentistry. Carving teeth out of coconut-colored wax became a therapeutic relief from studying for some, an endless chore for others. DentSim presented its own frustrations and triumphs. Quizzes, practicals, and exams have become routine and the royal blue-clad class of 2014 is increasing in their professional acumen and collection of



photos of classmates sleeping.

So far, it’s been good. It’s been harder than my undergrad experience, but that was expected. After all, this *is* dental school. But even with the long hours of studying, I’m grateful to be a dental student. I see this year’s applicants touring the school during their interviews and realize that that was me one year ago. No offense 2011 applicants, but I’m pretty happy to not be you right now. But your acceptance letters will come and I’ll see you next August. Right now, I’m trying to take in as much as I can and appreciate it all. The few opportunities we’ve had as a D1 class to be in the clinic doing head and neck exams, taking vital signs, and chewing up disclosing tablets remind me that the quizzes, practicals, and exams of dental school are temporary. Participating in intramural sports and spending time with family and friends doing things like picking apples in Charlottesville, appreciating Patrick Henry at St. John’s Church, and eating at Buz and Ned’s have helped maintain balance in my life too. Though some days it doesn’t seem like it, these four years are going to fly by. And one day, I’ll be a practicing clinician with DDS after my name. That might be the enthusiasm of a naïve first year, with only 3 months under my belt. But still, I look forward to that day and plan on taking advantage of all of the days leading up to it.





## Update from ASDA's Central Regional Meeting, Chicago

by Alex Barton, D2 ASDA Representative, ASDA Member-at-Large

**This past August**, two of VCU's ASDA leaders traveled to ASDA's Central Regional meeting in Chicago, IL. For those of you who aren't familiar with ASDA's organization, ASDA is the nation's largest dental student organization and is composed of 3 different regions- Western, Central, and Eastern. Within these regions it is further divided into 11 districts. Our school is included in the Central Region and in District 4, which includes the Medical College of Georgia, the Medical University of South Carolina, University of Tennessee, Meharry Medical College, and the University of North Carolina at Chapel Hill. There are three other districts in our Central region that include schools ranging from The University of Puerto Rico to Marquette University in Wisconsin.

At the regional meetings that take place once a year in the fall, a few representatives from each of the schools in that region come together to discuss what has been going on at their schools. Representatives talk about any issues their schools or ASDA chapters have faced over the last year, the goals they are trying to achieve in the upcoming year, or anything pertinent like how their state's dental association freakishly got hit by lighting. At this meeting we had some amazing keynote speakers including Dr. Buck Conard who is a member of the Joint Commission on National Dental Examinations and Dr. Brian Kennedy who is a member of the ADA's Council on Dental Education and Licensure. During the Panel Discussion that Dr. Conard and Dr. Kennedy orchestrated, students were able to ask questions concerning the ongoing debate of the failure rate of NBDE Part II or any questions about regional certification board exams.

Though the information we obtained in the panel discussion was of upmost importance, I think the most valuable insight I got was from speaking to other ASDA leaders from

across the nation during small group discussions. During one of these small group sessions we got together with 8-10 other leaders from different schools to talk and share ideas for a couple of hours. Tables were divided according to topics of interest such as Fundraising, Membership, or Legislative. We were asked to sit at a table with a topic that we thought our school either needed to improve on or was an issue that our school did well and had information to contribute. Stephanie Vlahos, the other ASDA leader on the trip, sat at the Legislative table and talked about how well VCU and the VDA have fostered a relationship with one another and the logistics behind our really successful State Lobby Day. I sat at the Fundraising table and tried to get new ideas for our ASDA chapter, as well as tell other schools about how well our first Miles for Smiles 5k was coming along. One hilarious fundraiser that Nova Southeastern shared with me is their hugely popular "Rock, Paper, Scissors" tournament they have every year which benefits their Jamaica project and ASDA chapter.

Once we got out of our 7am-5pm meetings,

we were lucky enough to see a little bit of the city and had our fair share of Chicago's infamous hot dogs and deep dish Chicago-style pizza. However, as nerdy as we dental students are, we continued to talk about what is going on at our dental schools once the meetings commenced. During this time I found out that a third year student at the University of Tennessee put together a trip for a group of about 15 dental students to travel through Peru for a month this summer. During this time they not only traveled for leisure, but they also spent two of the weeks doing dental mission work with a dentist in Lima. Needless to say, out of everything at the meeting, my favorite thing was just learning about what other dental students are up to and what innovative ideas they are implementing at their schools to make it better.

So whether Stephanie and I were just eating pizza with the other leaders, or talking in a meeting on behalf of VCU about our successful State Lobby Day, we were sure to impress upon the other schools what an great institution the VCU School of Dentistry is. We meet amazing leaders with innovative ideas this and every time we go on one of these trips, and try to bring back as many ideas as possible to better our school. I hope that you'll consider going on one of our upcoming ASDA trips- whether it's ASDA's Annual Session in Anaheim, CA (March 2-6) or ASDA's National Student Lobby Day in DC (March 27-29). Either way, we'll be sure to keep you updated about our next ASDA trip!



# SNDA Oral Cancer Walk

by Nickie Hosseini D2012

Student National Dental Association (SNDA) is the student chapter of the National Dental Association (NDA). The purpose of this organization is to recruit under-represented populations into the field of dentistry and to participate in service projects, such as the Oral Cancer Walk. SNDA contributes in the community through helping deliver improved healthcare to the underserved, help sustain mentally healthy environments and educate dental students regarding social, moral, and ethical obligations.

One event which the VCU Chapter of the SNDA is particularly proud of its second Oral Cancer Walk, held on August 28, 2010, in an effort to raise awareness of oral cancer. Following the first Oral Cancer Walk in 2009, VCU SNDA has made every effort to expand on 2009's accomplishment. This year, SNDA's Oral Cancer Walk did in fact grow, and was a huge success. The walk was held, at William Byrd Park, with a total of about 70 participants. After a few words from our president, the walkers set out at 9 AM, and walked the 3 mile Byrd Park trail called the "vita course". The participants included VCU dental and dental hygiene stu-

dents, VCU undergraduate students, pre-dental students, local dentists from the Richmond area, and many other VCU dental school affiliates. VCU SNDA worked very hard in preparing for this event, and we truly appreciate the help from our supporters in the community. The members of SNDA and participants of the walk will donate \$3,500.00 from funds raised for Oral Cancer Research to the VCU Phillips Institute for Oral and Craniofacial Molecular Biology. Dr. Steven D. Lutz, a local dentist, has graciously offered to match this amount, which totals a donation of \$7000. This is a huge increase from last year's \$1,500.00 donation. In particular SNDA would like to recognize Dr. Lutz for his contribution to our event. Dr. Lutz was introduced to SNDA's Oral Cancer Walk last year at the Friends of Dentistry banquet, held by VCU School of Dentistry. Select VCU SNDA members were invited to present their donation to the VCU Phillips Institute for Oral and Craniofacial Molecular Biology. After hearing about our walk, Dr. Lutz so graciously decided to support us in our goal for raising awareness about oral cancer.

Due to the increase in participants, donors,

and supports, in addition to the monetary donation, we feel our goal of raising awareness of Oral Cancer was also met. VCU SNDA will proudly present this money to the VCU Phillips Institute for Oral and Craniofacial Molecular Biology. We have high hopes for next year's Oral Cancer Walk, and for this tradition to grow and continue on for years to come. A special thanks goes out to Dr. Lutz, Dr. Carolyn Booker, Ms. Cynthia Cheely, Benco Dental, Ashburn Children's Dentistry, Delta Dental, W. Baxter Perkinson Jr., and People's Family Dental Care, for their continued support.

VCU SNDA will stay busy this year planning our next event including the annual Impressions Program, held in Spring 2011 and other service and community events. We are currently supporting VCU's sponsorship of the Chick-fil-a Charity Dodgeball tournament, whose proceeds are going to the Special Olympics and to an effort to build schools in Niger, Africa. Our chapter officers include: Crystal Hayes (President), Ruth Molokwu (Vice president), Nickie Hosseini (Secretary), Tamasha Triplett (Treasurer), and Carlos Blackmon (Historian) with Faculty Advisor Dr. Carolyn Booker.



# Opportunity, Adventure, and Purpose: A Summer Internship with The Indian Health Service

by Latasha Turner D2012



This summer, I had the invaluable opportunity to experience an exceptional and rewarding internship through the Indian Health Service. My 1,300-mile trip from Richmond, VA landed me in the Oklahoma City suburb of El Reno, Oklahoma. El Reno lies 20 miles west of Oklahoma City and is a part of the Cheyenne – Arapaho Nation. The city is located at the intersection of two historic highways, nostalgic Route 66 and the Chisolm Trail (Highway 81), in the heart of the Canadian Valley.

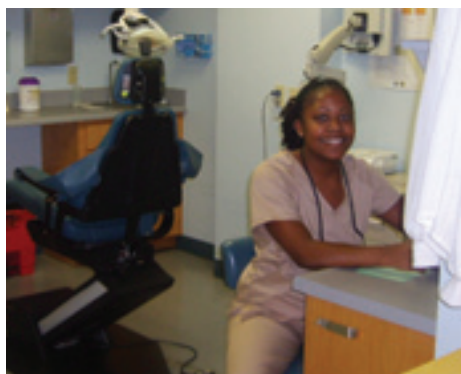
The El Reno Indian Health Center includes medical, dental, optometry, public health nursing, podiatry, pharmacy, pediatrics, and behavioral health services. The dental clinic's staff includes 2 dentists, 2 assistants and 1 dental hygienist position. The clinic provides emergency services, general dentistry, pediatrics, simple ex-

tractions, and non-complex endodontic therapy. While in El Reno, I had the opportunity to see a distinctive population with diverse and critical oral health needs. Some patient needs included quadrant scaling and root planing, multiple visits, extensive OHI sessions, and information on systemic diseases and nutritional habits. While assigned, I had an opportunity to see a patient with squamous cell carcinoma, calculus bridges, Class III mobility and shadow the dentist during some local anesthesia injections. Majority of the population seen in this clinic were diabetic, had high blood pressure, or both. Many had severe signs of bruxism and multiple missing teeth. Since I had spent the past 9 years as an Air Force dental technician, I was familiar with many of the policies and procedures in the clinic. So, I was able to help out in other areas of the clinic, as well. On my first day of reporting to the El Reno dental clinic, I helped the assistant with sterilization, radiology, assisting, and was soon able to answer questions from patients over the phone. The clinic is equipped with digital radiography, nitrous oxide, and a mini laboratory. Since my leaving, the clinic has begun renovations to include new up-to-date chairs.

Overall, this rewarding experience allowed me to grow both personally and professionally. The dentists and staff at the El Reno Indian Health Clinic were always welcoming and open to help. I was mentored by an experienced Com-

missioned Corps officer of 18 years, Dr. James Palerino, DDS who provided me with experiences and lessons that have built a foundation for my future in dentistry. He not only enlightened me in terms of the dental field and profession, but offered a wealth of information in reference to career avenues as a Commissioned Officer in the Public Health Service. He helped me to realize the importance of the dental hygienist as a member of the oral health care team. This internship allowed me to gain invaluable networking connections, mentors, and lasting relationships with professionals in dentistry.

Being a summer intern at the El Reno dental clinic allowed me to experience the rich Native American culture of the Cheyenne-Arapaho Nation. I had the opportunity to view the reservation, ate my first Indian taco, visited Bricktown, and enjoyed learning about the different native cultures. This experience has provided a great building block for my interest in public health. It was an amazing travel, clinical and cultural experience. Truly, the Indian Health Service's mission of opportunity, adventure, and purpose was evident in the daily activities of my internship at the El Reno Indian Health Clinic and in Oklahoma this summer.





D1 CoRec Flag Football team after a playoff win



Some of the members and new initiates of Delta Sigma Delta at its Fall initiation on October 23.



(L to R) Geoff Schreiber, Lauren Bowersox, and Zach Aberth at the D2013 White Coat Ceremony.



(L to R) Anna Gruzynska, Jamie Clark, and Lindsey North are ready for clinic after the D2013 White Coat Ceremony.



Senior dental hygiene students, Latasha Turner and Katie Cox, providing a dental exam and oral cancer screening at the Salvation Army



Senior dental hygiene student, Alex Rumanes, and junior dental hygiene student, Charlene Gluck, provide a dental exam at the Salvation Army.



2nd year dental students (L to R) Bobby Amos, Neha Patel, and Justin Hughes gather with other finishers for the Miles for Smiles awards ceremony where over 60 gift cards and prizes were given away.



One dental hygiene senior, Heather Herrera, and one dental hygiene junior, Kendall Lanasa, were selected to attend the Virginia Dental Hygienist Association's Professional Development Workshop in October 2010. Here they are pictured with the President of VDHA, the Immediate Past President of VDHA, and the President Elect of VDHA.





Nacho!!!! The Dalling Family dressed up as the cast from Nacho Libre.



D1 CoRec Volleyball team after winning the championship game



Thomas Rawcliffe and Jeff Yelle taking one expensive nap!



VCU dental student volunteers on Miles for Smiles Race Day (L to R) Sara Stires, Katelyn Boone (VCU Nursing student), Lindsey North, Will Moore, Jason Schoener, Jamie Clark, Susan Dickerson, Graham Forbes.



SADHA, the VCU Student Chapter of the American Dental Hygiene Association, provided dental screenings, oral cancer screenings, and oral hygiene education to the members of the Richmond Chapter of the Salvation Army.



Smiling the whole way, Dr. Masters and Dr. Turner run in the Miles for Smiles 5k Oct. 2, 2010.



(L to R) Elvi Barcoma, Jen Lysenko, and Alex Barton from the D2013 pose at the Friends of Dental Education Dinner on Oct. 29th at the VMFA. Barcoma and Lysenko performed a duet at the dinner.



Senior dental hygiene student, Heather Herrera, providing oral hygiene education on proper brushing and flossing techniques during the SADHA's visit at the Salvation Army.

# ADA's 151<sup>st</sup> Annual Session House of Delegates

by Stephanie Vlahos

**This October I had the privilege** to attend the ADA's 151<sup>st</sup> Annual Session House of Delegates in Orlando as one of ten ASDA Delegates representing the interest of dental students across the nation. Made up of 473 member delegates chosen by the 53 constituent societies, the five federal dental services and the American Student Dental Association; the ADA House of Delegates speaks for more than 157,000 dentist members of the Association and for the dental profession in the United States. It is the supreme authority of the ADA and governs the Association by developing policy on major dental issues. Each year the House convenes at Annual Session to vote on numerous resolutions deciding where the future of dentistry will go and the candidates who will lead us there.

The first House of Delegates meeting started off with a report from the ADA President Dr. Tankersley, an oral and maxillofacial surgeon from Newport News, Virginia. He addressed the House with his perspective on our legacy, today's profession, today's ADA, the past year, and our future. His words were both powerful and inspiring to me, a first time delegate and a dental student. He put the experience of being a delegate in perspective when he stated,

*"We represent a profession that performs irreversible procedures on fellow human beings on a regular basis. Our standards must be higher than those with less daunting responsibilities. That's our legacy of the past and should be our aspiration for the future."*

*The ADA House of Delegates is the supreme authoritative body of the Association. Our future reputation, credibility, and relevance are your responsibility. You will determine whether we surrender to current cultural trends...or sustain traditional values and best practices. Like those dental leaders in the 1950's who determined our legacy, you will determine the legacy for future generations. It's an honor to be in this House of Delegates. But, it's also an incredible responsibility."*

During the week the ASDA delegation caucused and discussed each of the resolutions and where they fell in line with ASDA policy. Many resolutions related directly to dental students ranging from issues on licensure to funding from State Association for student events. Resolution 42RC initiates a Request for Proposals (RFP) from all communities of interest in the US, including dental students, to develop a portfolio-style national exam with third-party evaluation. It will be exciting to see where this new development may go. Another resolution particularly import to ASDA this year was our own resolution 31B based on ASDA's B-8 pol-

icy, which states that dental students participating in dental outreach programs shall only perform procedures for which they are adequately trained, and that no irreversible dental procedure should be performed by anyone other than licensed dentists, or properly trained and supervised dental students. Many State Associations had already shown their support for the resolution and it passed by an overwhelming majority in the ADA House of Delegates!

Throughout the four House of Delegates sessions numerous other resolutions were debated, reworded, and decided upon. Topics included budget; dental benefits, practice, and health; membership and planning; dental education and science related matters; legal, legislative, and public affairs; and dental workforce. With the fear of non-dentist providers looming, the big issue this year was dental workforce. Would the ADA continue to hold tight to its current policy against non-dentist providers or change the existing policy thereby opening the door for a new member of the dental team? ASDA

spoke on this issue, promoting our C-1 policy and was very well received. The house was obviously very interested in hearing what students thought about the future of our profession. The debate was heated and emotional at times but in the end it was definite that the dentist should remain as the sole provider of irreversible /surgical dental procedures.

Another item of business during Annual session is electing a new president-elect and vice-president. This year there were four candidates running for president-elect: Dr. William Calnon from New York, Dr. Dennis Manning from Illinois, Dr. Mary Krempasky Smith from Washington, and Dr. Russell Webb from California. There were two candidates running for vice-president: Dr. Patricia Blanton from Texas and Dr. Lee Jess from Minnesota. The ASDA delegation had the opportunity to meet each of the presidential and vice-presidential candidates and ask questions relating to dental students and the profession. Each candidate brought something slightly different to the table but all declared they were against non-dentist providers. It was evident that all candidates were exceedingly qualified but in the end Dr. Calnon won the final ballot for president-elect. "You have given me a wonderful gift, and that is your confidence in me," Dr. Calnon told the delegates after election results were disclosed. "I thank you for that, and I will not let you down." He will serve as president-elect this year until







he is installed as president in 2011 at Annual Session in Las Vegas. Dr. Blanton was elected as second vice president and she will become first vice-president in 2011, as well. Also re-elected during the Orlando meeting was House Speaker Dr. J. Thomas Soliday from Maryland. As Annual Session came to a close Dr. Raymond F. Gist of Grand Blanc, Michigan was installed as the ADA's 147th president during the final session of the House. Dr. Gist is the first African-American to hold the ADA's highest elective office.

The ADA's House of Delegates is truly organized dentistry at its finest. In school we are taught how to practice dentistry but this experience really opened my eyes to why dentistry is such a unique and excellent profession. Dentistry remains to be the only autonomous health profession because of the power within the ADA to develop and maintain standards for the dental profession. Without the ADA, we would be a trade, not a self-regulating profession. Therefore, I encourage all of you to continue to be members of the ADA upon graduation, regardless of what type of dentist you decide to be. The ADA represents: general practitioners, specialists, public health dentists, professors, researchers, those working in industry, and those in uniform. This is why the ADA has such a strong voice and influence on the public and legislatures. Furthermore, I challenge you all, not only to remain as members of the ADA but to become involved in organized dentistry. After all we are the future of the profession, and no one else is better suited to decide where we want our future profession to go than us.

# The Journey Together

by Mary Katherine T. Peters

I'll never forget when my husband, Barrett (D4), uttered the words, "I want to be a dentist." We had been married for two years and we were living in Charlottesville, Virginia. After having lived in DC for several years, we had moved to Charlottesville to seek the beauty of the mountains and a slower pace of life. Barrett was working as an orthopedic sales representative and I was working in development. Neither of us knew at that time that those words would be the catalyst for a whole new journey.

My father always said, "when you love what you do you never work a day of your life." This was a great motivating force for our journey. However, when Barrett and I began discussing the pursuit of dental school we initially had a lot of fear. What will need to be completed to get into school? Will we get in? How will our marriage be affected? Can we financially manage the process? We certainly had more questions than answers. It is times like this that you wish you could see down the road and have the peace of mind that it will all work out. Unfortunately, that is generally never the case when you pursue big dreams. The fear is there, the questions are there and the road is unclear. However, this is when we are called to discover our best self. The fire inside us that pushes through those fears and questions, and forges us ahead to fully discover our hearts.

I dare say had we known how difficult the path was before us or the sacrifices we would make, we may have never embraced the dream. Although we had 100% support from our family and friends, we had to deal with some naysayers. Random people would comment on the length of the process and how many couples don't make it though this journey. Side note – who in the world would say something like that to a young couple pursuing their

dreams? Although these people were out there and they felt compelled to share their thoughts or opinions with us, Barrett and I continued the pursuit.

One thing was true. It was not easy and it did involve sacrifice. The greatest sacrifice being time apart from each other. However, this challenge forced us to learn how to stay connected and how to continue to "do life" together even though our day to day looked so different. This skill is coming in very handy now that we have a 4-month-old.

As I look back over the dental school process I realize that this journey brought out the very best in our marriage. I watched my husband come alive as he discovered what he was created to do. It brings me great joy to think that Barrett will be able to use his gifts every day to help people and that he will be fulfilled in this calling. He too will be able to say, as my father did, "when you love what you do you never work a day of your life."

Was it worth it? Absolutely.

One last thought – I will be happy to see the *maroons* (scrubs) go.



**Clinical Tip » by Dr. Michael Dishman »** I don't know how many of you have experienced cold sensitivity following the placement of new amalgam restorations. It is very annoying and, if not anticipated, a considerable deterrent for patients returning to the dentist. This little technique was discussed during Operative Dentistry lectures but was not usually carried out in the laboratory. If you want to significantly cut down on this phenomenon, be sure to seal the dentin prior to placing your restoration. That is, following the placement of your pulp cap (Dycal) and/or liner (Vitrebond), complete your 15-20 second etch, one minute Conesepis application, Optibond Solo application with one or two coats, and complete with a 20 second light cure. At that point you will have sealed the dentin and stabilized the fluid flow in the dentinal tubules. Then place your amalgam restoration. Good post operative instructions including warning of temperature sensitivity is always prudent. However, watch your incidence of cold sensitivity go down!



# Miles for Smiles Raises Money, Awareness of Missions of Mercy Projects

by Rachel Barone D2012

**On the crisp morning of October 2,** the first annual Miles for Smiles 5K was held in Joseph Bryan Park. The event, which raises money for the Mission of Mercy Projects, had more than 120 runners of all ages and skill levels participating.

The Miles for Smiles 5K is the pet project of D4 Jason Schoener. For the last year and a half, Schoener has been working toward making the dream of a non-profit roadrace aiding in access to dental care a reality. The Mission of Mercy (MOM) projects, run by both the VDA and efforts from Dr. Brooks at VCU, were a perfect cause, and the Miles for Smiles 5K was a great forum to raise awareness about the MOM projects and access to care issues across the commonwealth of Virginia.

“Organizing the road race was a ton of work, but well worth it,” said Schoener. “I started talking with the City of Richmond in August 2009 to get a permit to host the event and Sportsbackers to get advice for event planning. I couldn’t have done the race without the help of many other dental student volunteers. Everyone helped me plan most of the event in about 3 months.”

In February 2010, Schoener was able to secure the course and date for the event. He held an interest meeting at the school and found a group of like-minded students to work toward making the event come to fruition. The group literally started from the ground up, creating a logo and certifying the racecourse. Publicity and marketing efforts were also a large part of making the event a success. The 5K had both national sponsors, such as Mizuno and Delta

Dental, and local sponsors, such as RoadRunner Running Store and the dental office of Drs. Schroeder, Stenger, Cole and Gupta, interested in providing contributions ranging from monetary donations to running shoes to gift cards.

“We put up posters around the MCV campus, in local gyms, and in stores in Carytown,” said D2 and co-race coordinator Lindsey North. “We also had a banner on the VCU School of Dentistry website. We wanted to get a good base of runners from the dental school and MCV, but next year we would like to expand our efforts and try to work with SportsBackers or the Richmond Running Club to promote the event.”

In June 2010, a summer thunderstorm struck the VDA building, causing a fire and destroying thousands of dollars worth of supplies and equipment for the MOM projects stored in the building. As a result, the need was greater than ever to raise money for the MOM project, and the Miles for Smiles 5K was able to highlight the increased need for support of the MOM projects.

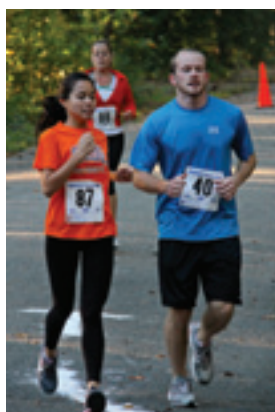
“MOM projects do so much for Virginians,” Schoener said. “It was easy to stay moti-

vated in planning the race because we all knew it would have such a great impact. I saw other dental school’s fundraisers at the 2009 ASDA annual session in Louisville and thought a road race is a great yearly event that will raise money for the MOM projects.”

Race day went well: the weather was cool, and volunteers and local law enforcement had arrived early to man the course. The top overall finisher was Adam Ostot of Williamsburg, VA, with a time of 15:57. The event had runners from as far as New Jersey and Michigan come in for the event, as well as a lot of local Richmonders participating.

“I am proud to be a part of Miles for Smiles, a gathering of runners, non-runners, expectant mothers running for two, young and old, who met and refused to let the loss of the VDA building and MOM project supplies slow down our effort to provide dental care throughout this state,” D3 and Miles for Smiles participant Steven Lutz said.

Overall, the event went very well for its first year. In total, \$8,462.67 was raised. All proceeds from the race went to the MOM project, allowing them to purchase necessary supplies and enabling them to continue providing free dental care to thousands of Virginians a year. The Miles for Smiles 5K will be held again in 2011.





# HOT OR NOT

Anesthesia

PFM Bridge

Post Gross

Alcohol Torch

Nitrous Oxide

Digital Radiographs

Smurf Blue Scrubs

Regisil Light Body Impression

Fall Break

Core-Build Up

White Coat Ceremony

Parasthesia

Calculus Bridge

Pre-Gross

Endo Ice

Oxygen

Dip Tanks

Tan See-through Scrubs

Lead Based Polysulfide Impression

Practical the day after Fall Break

Fractured Core Build Up

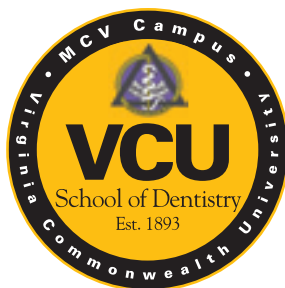
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