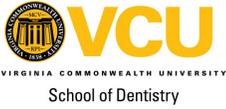


the probe

Volume 9, Issue 1



A look into the modern flossify of the VCU School of dentistry

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Owais Naeem, D2018 President



Take a deep breath. You made it. You conquered every hurdle to get here. You made it through piles of schoolwork, endless studying for exams, and countless shadowing hours. And while these struggles will not likely change any time soon, the most significant change comes in the people you are surrounding yourself with. Therein lies the true beauty of dental school.

You have joined a community 122 years strong. The folks that have walked these halls before you have created the foundation upon which you will build your future. You and your classmates will continue the tradition for the future generation, joining the legacy. You will create bonds with the people around you that will last a lifetime. Take advantage of the intelligence that surrounds you. Whether it's attending lunch and learns and getting your fill of free food, or joining a dental fraternity, take advantage of every opportunity you are presented with. These four years will fly by too quickly!

Two aspirational qualities are prevalent throughout our school: compassion and selflessness. These virtues will get you further in life than any notes or study guides we can pass down to you. Be kind to your teachers, be generous with your peers, and most importantly, be good to yourself. From extending a helping hand to smiling at

strangers down the hall, do what you can to keep this community strong and uplifted. As Mahatma Gandhi once said, "the best way to find yourself is to lose yourself in the service of others." This is precisely what Dentistry is all about.

Lastly, and most importantly, remember to have fun. Remember to take time for your family, friends, and other hobbies, and never let dental school consume you. One of my classmates told me a joke that has always stuck with me: 'What do you call someone who graduates at the bottom of his dental class? A dentist!' You've done all the hard work to get here, and while there is still much hard work ahead of you, at VCU you will have the support and the help necessary to get you to the finish line. Learn as much as you can and be the best you that you can be.

Take another deep breath. Enjoy the ride.



Dani Howell, D2017

Ways to get your dental news:

1. *ASDA News*: Monthly publication focusing on dental students and the applicable issues.
2. *Morning Huddle*: A daily email blast provided by the ASDA with alerts on dental news.
3. *ADA News*: A bimonthly publication including all pertinent happenings in dentistry. Featuring hot topics and news headlines, as well as, the goings on throughout the association.
4. *ADA New Dentist News*: A quarterly publication included with the ADA News for new dentists and dental students focusing on relevant issues.

Dentistry is a continually evolving profession. With changes constantly on the horizon, it is important to be aware of what is going on in the news. News involving dentistry is not always positive, sometimes dentistry isn't painted in the best light (Cecil the Lion, anyone?). However, we must continue to keep tabs on the news to see how our profession will be impacted.

America's dentist buying Capitol Hill home, launching private club

The American Dental Association joined six other groups in owning a building in Washington, DC to be used as a private club. Being literally steps from the Capitol and Congress office buildings, the "dentist house" offers space for meetings, receptions, and can even host the occasional overnight guests. While the ADA will continue to run their DC operations out of their current building, the addition of this house opens the opportunity for the American Dental Association grow influence and continue to be the voice to listen to on all issues concerning oral health.

Cecil the Lion

Huffington Post featured the headline "My Dentist Killed A Lion" and USA Today "Minnesota Dentist Allegedly Killed Cecil the Lion" among hundreds of others. Haven't heard this story? You are probably living under a rock, but essentially on a hunting trip the Dr. Walter Palmer killed a protected lion in Zimbabwe. Why is it relevant? Honestly, it has nothing to do with dentistry. But "dentist" was thrown in every single headline. This story illustrates that you are a member of the profession and every action can have an impact on this, be proud and do your best to keep the profession trusted.

10 reasons your dentist probably hates you too

Not hard-hitting news or professional journalism by any means, but this article has made a recent resurgence on the internet. Originally published in 2011, this article tries to tackle issues dentists and dental offices face such as finances, anxiety, and that one annoying patient with humor. While there are times this article might say exactly what we are thinking, but telling our patients we hate them probably does not do much for the name of the #1 profession.

Letter from the Editor

As my D1 year came to an end, I spent some time this summer (albeit, briefly, while I wasn't studying for NBDE Part 1) both reminiscing on the past and preparing for the whirlwind ahead that is D2 year. I thought about the many friends I've made, the wealth of knowledge I've stuffed into my brain, and I hoped my hands wouldn't forget how to hold an instrument. The stress, pre-practical jitters, and DentSim frustrations didn't even come to mind. Then I remembered my dad telling me his dental school years were among, if not the absolute best years of his life. While I might have thought he was crazy during finals week, I am beginning to understand.

Each year we are faced with new and just-as-scary challenges. D1s literally don't know anything about dentistry. That's scary. As D2s we see our first patient, and contrary to Woolwine beliefs, it is not okay if our Sof-Lex Disc cuts through our patient's lip. D3s enter into a whole different ballgame, where all the rules have changed. And finally, D4s prepare to be the rookies again. At least they'll be competent rookies, right?

Anyway, we conquer these challenges together. We put our heads down and get our work done well (hopefully the first time). In the thick of it, we support each other and try to remember not to take life so seriously. When we look back after each year, only the good memories should surface as they've done for me thus far and as they've done for my dad after all these years.

I am honored to be your new Editor of The Probe, and I hope you all enjoy this issue.



Claire Krueger, D2018

Join the fun: Volunteer throughout the school year with tEEETH talk Community Oral Health Education Workshops through aaPHD!

Contact Randi Wingate, Chandani Desai, or Erik Clarke for more information

Calendar of Events

Labor Day	September 7
Dental Ball	September 12
Awards Ceremony	September 15
VDA Meeting	September 17-20
Bike Week	September 21-25
Grundy Mom Project	October 3-4
ASDA National Leadership Conference	October 30 - November 1
ADA Annual Session	November 5-8
Thanksgiving	November 26
Final Exam Week	December 7-11

VCU Visits Japan

Dr. Garry L. Myers, DDS, VCU Department of Endodontics



At the invitation of the Japanese Endodontic Association (JEA), I left Richmond on July 7th headed for Tokyo to attend and speak at the 13th Joint Meeting of the Japanese Endodontic Association and the Korean Academy of Endodontists in Yokohama, Japan. This invitation was extended several months ago to the executive officers of the American Association of Endodontists and I was selected to go as the current AAE Vice President. The Japanese proved to be great hosts and provided me with not only great meals and a place to stay, but also the opportunity to see a little bit of their country. Officials at the J Morita company arranged a bullet train ride to the city of Kyoto to tour the manufacturing plant for many J Morita products while also seeing a few of the many Buddhist temples in the city of Kyoto. Back in Tokyo I was provided a glimpse of the history of Tokyo, old and new, as I was escorted around the city by the International Chair of the JEA, Dr. Masaru Kobayashi. Speaking at the JEA/KAE meeting proved to be a very rewarding experience as I was paired with Italian endodontist Dr. Arnaldo Castellucci on the first day of the meeting. While the audience was primarily composed of Japanese and Korean dentists, it was interesting to see them converse with one another in English as this was the one language common to both.

Many translators were available for the presentations themselves and while I gave my presentation in English, questions from the floor afterwards were typically in the native tongue of the person with the question. Thus I relied on an earpiece provided to me that piped in the translated version of the question. The topic I spoke on was “Root Resorption: an endodontic perspective” and it seemed to be well received with many questions asked later in the day. English has become a primary language of many international meetings and that benefitted me very well on this trip. Shortly after arriving in Japan, it was time to begin the journey back home to Richmond and then it was back to work in the endodontic department at VCU. While this trip seemed much too short, it was a great experience for myself sharing my dental expertise with some of my international colleagues while also experiencing some time in their country. Being back at VCU will now allow me the opportunity to share my experiences in Japan with residents and students alike over the coming years.



News from the Endodontic Department

We are starting the year with some new faces in the Endodontic department. Joining our department this year we have more wonderful residents. Dr. Cyrus Ardalan has been in private practice in New Orleans for the last five years. He and his wife are expecting their first child in just a few weeks. Dr. Husain Karashi comes from Creighton University and spent two years working back home in Kuwait. Dr. Eshwar Arasu is a recent graduate of the Harvard School of Dentistry and an avid fan of Michigan football. Dr. Riley Sturgill graduated from the Arizona School of Dentistry. She is a Tennessee native but she and her husband love living in Richmond.

As of July 1, Dr. Garry Myers assumed the position of Director of the Advanced Education Program in Endodontics. He looks forward to serving in this capacity. He is a great addition to our department.

New part time faculty includes Dr. Jim Heffernan and Dr. Tom DeMayo. Dr. Heffernan retired from his private practice just outside of Chicago. He spent several years in the Navy and is relocating to Richmond. Dr. Tom DeMayo graduated from Columbia University School of Dentistry. He served in the US Army and Navy for twenty years. Dr. DeMayo has been a member of the VDA Ethics Committee for the past five years.

Close to home, let us congratulate our Dr. Rick Archer. Dr. Archer is the recipient of the Professor of the Year Award 2014-2015 for Specialty Faculty. There will be a presentation at the VCU School of Dentistry Awards Ceremony this fall.

Also we would like to acknowledge our residents and staff who gave their talents to help people in need at the MOM project. Our thanks to Ryan Brown, Sarah Seckman, Dr. Packer, Dr. Sturgill, Dr. Ardalan, and Dr. Schroeder.



MOM Project in Wise, VA July 19, 2015



Drs. Riley Sturgill and Nick Schroeder at the MOM Project

Paying It Forward



Emily Johnson,
DH2016

Over the summer, nine dental hygiene students attended the MOM Project in Wise County Virginia along with VCU dental students, faculty and other dental volunteers. The project provided about 1,200 patients with free dental services over a three day period and leaves volunteers feeling humbled and overjoyed. While every patient seen leaves an impact on volunteer's hearts there are always one or two stories that stick with volunteers well past the project, and this year would be no exception.

One night after dinner the senior dental hygiene students were headed back to the dorms when their car got stuck on the muddy shoulder of the road while trying to find parking. After spending several minutes trying to push the car out without any success a man walking past stopped to see what the commotion was about, and offered a friendly hand of assistance. After assessing the situation, he realized they were in need of tow ropes to dislodge the vehicle from its current position. With his car being several miles away he hitched a ride from several UVA Wise students. He promptly returned and attached the tow ropes to the vehicle and successfully dislodged it. There were many thanks to express their extreme gratitude, but the man refused to take any sort of payment for his help. Before leaving they inquired about the benevolent strangers name and were informed it was Moses.

During all of the morning hustle and bustle to get set up for the long day ahead, they had almost forgotten about the events of the evening before. When one of the MOM project coordinators went to get the next patient, she was surprised to see Moses himself wait-

ing in line for a cleaning! It was at that moment we realized that our service in Wise had come full circle. Not only had we been helped out of a sticky situation by a complete stranger, but now we could return the favor and help improve his oral health as well as his home care. We were able to make sure he not only had a cleaning, but that when he returned on Sunday some of the restorative needs he so desperately needed could be addressed as well. We got to know him and his story and it is one that has forever changed us and our view on what we do at MOM projects. It truly is more than just providing education and dental care. It is about improving self-worth, confidence and in some cases giving patients a second chance. As thankful as he was for the services we were able to provide him, it's easy to say we will forever be in his debt for the lesson he taught us.



Back row: Katelyn Jones, Anna Rollins, Kayla Millner, Danielle Nogle
Bottom row: Moses, Emily Johnson



ODE TO WOOLWINE

By: Courtney Killough

Our love affair began on “Christmas in July”:

The day, as D1 students, we got boxes of dental supplies.

From that very day I knew our bond was unique,

And I knew that our time spent together would be quite the treat.

Your all-white walls were stark as could be,

Your fluorescent lights and speckled floors were just my cup of tea.

Your wall of skinny windows drew me in with natural light,

And, with a mix of liquid acrylic and body odor, you smelled just right.

Our first date together was spent carving wax,

It was about as riveting as TML’s stacks.

But please don’t tell Tompkins McCaw I just said that,

He’s jealous that I only visit him to eat lunch and nap.

Then came Operative, and I truly made a mess,

I dropped my box of wedges and lost burs in excess.

But you kept my spirits high with Pandora music blaring,

And never seemed to mind what socks, short or tall, I was wearing.

You saw me at my worst, nicking teeth and failing comps,

But you always kept things hot, *literally* hot like Louisiana swamps.

So hot that one day I was nearly tempted to call it quits,

But then Mikhail put in a work order and I decided to recommit.

It didn’t take long for me to realize that our union wasn’t cheap,

Life savings spent at Schein and Starbucks to avoid failing and to ward off sleep.

But by the end of D1 year we were madly in love,

And your favorite look of mine was scrubs, loupes, & gloves.

We also got to know each other’s friends...shoutout to Reggie and the crew!

I promise I’ll never again bother y’all for a molar typodont screw.

As our first year together drew to a close,

We never could have predicted how our D2 love would grow.

Absence truly made my heart grow fonder,

But I knew right where you’d be, 3rd floor Lyons, never one to wander.

Reuniting during D2 year, you surprised me with a treat,

Our relationship felt totally new – I had a new seat! (sorry Young...)

Then came Fixed, Removable, Endo – lab classes galore,

I spent more days and nights with you than were in the Hundred Years’ War.

But nothing compared to that Saturday morning we spent alone,
Prepping teeth, making provisionals, and polishing them with pumice stone.

At times things got crazy, if you want the honest truth,

Dr. Archer caught someone taking 27 radiographs of a little plastic tooth.

And while we’re on the topic of radiographs, D2s – here’s a tip,

Close out of MiPACS when you get in line or bring a darn good bargaining chip.

Some may look from the outside in and not understand our bond,

But just ask Nitya Reddy, of you – Sir Woolwine- she is quite fond.

The second year of our union was much more sweet than sour,

And school felt more like summer camp during our morning social hour.

I’m sad about our recent split and moving out of 47 Benchtop Boulevard,

But I know that we will one day reunite because old habits die hard.

I already miss your squeaky chairs that were impossible to lower,

And I wish our time together had passed a little slower.

You had a way, oh Woolwine, of making our class tighter,

You had a way, oh Woolwine, of making our days brighter.

Many laughs were shared within the confines of your embrace,

But what do I miss most? That’s easy...all of my best friends in one place.

To Woolwine’s next admirers: appreciate what you’ve got,

Here are my two cents and some extra food for thought:

At times things will get rocky and you’ll want to run away,

But instead head over to Einstein’s for a mid-lab parfait.

Club Woolwy, Camp Woolwine, whatever its name may be,

Enjoy the freedom of making mistakes and RETURN THE MASTER KEY!

With that I am signing off, it’s my final goodbye,

Woolwine, oh Woolwine, forever the apple of my eye...

Getting to know your ASDA Exec



Kristin Edwards, President

Hometown: Richmond, VA

Schools: UVA (wahoo wah)

What personality trait gets you in trouble? Dry humor-if you have to think about whether I'm serious or not, I'm attempting a joke.

What's your favorite part about ASDA? Where do I begin? If I have to choose one, it would be meeting and making relationships with more amazing people in dental school than I ever would have without ASDA.

Plans after graduation? Diving head first; private practice.



Anna Pitz, Vice President

Hometown: Nashville, TN

Schools: Wake Forest University

What personality trait gets you in trouble? My sarcasm, but I doubt that ever gets me in trouble.

What's your favorite part about ASDA? I love that it gives me a reason to get to know so many people inside and outside of our school, whether dental students or dentists. The relationships I've made are invaluable.

Plans after graduation? I'll be spending the next three years slaving away in Pros residency.



Dani Howell, President-Elect

Hometown: Suffolk, VA

Schools: Elon (Long Live Elon!!)

What personality trait gets you in trouble? I'm sassy. I don't normally mean to be, but my face speaks more than my mouth.

What's your favorite part about ASDA? I grew up seeing the importance of organized dentistry, that being said, the number one reason I got involved in ASDA was advocacy. However, now my favorite part is the networking- I love sharing ideas and making different connections among colleagues.



Madison Wallace, Treasurer

Hometown: Greensboro, NC

Schools: High Point University

What personality trait gets you in trouble? Honesty- sometimes too much so :)

What's your favorite part about ASDA? I would have to say the networking contacts that I have been able to make and developing professional relationships with fellow colleagues. Also, I really appreciate how much I have learned about organized dentistry thus far, as well as coming to the realization of how imperative it is that we get involved as early as possible.



Brittany Field, Secretary

Hometown: Chesterfield, VA

Schools: UVA!

What personality trait gets you in trouble? My sass, oops.

What's your favorite part about ASDA? Everything! If I had to pick something, I'd say networking. ASDA has given me the opportunity to meet wonderful dental students from other schools that I wouldn't have ever met otherwise! Since getting more involved with ASDA, I've learned how to network with not only the other students, but dentists and vendors as well.



Claire Krueger, Editor of The Probe

Hometown: St. Petersburg, FL

Schools: University of Florida

What personality trait gets you in trouble? My honesty. I say it like I see it.

What's your favorite part about ASDA? Having the means to learn more about all aspects of our future profession, and sharing stories with dental students from around the country.



Dado Kim, Webmaster

Hometown: South Korea

Schools: UVA

What personality trait gets you in trouble? I asked my friends and here are their responses: "My Asian-ness, my English, and my hyperactivity."

What's your favorite part about ASDA? I love the opportunity to meet many dental students and share our passion about dentistry. Learning about practice management, personal development that may not be offered in school is also cool. Also, definitely having fun!

Joanna Acosta, D2019



Growing up, I never feared going to any of my routine dental visits. I was curious and observant, always looking at people's mouths as they spoke to me. Perhaps it was a strange habit of mine, but I wondered why people's mouths were the way they were, why they differed from each person so greatly, and why some people hated the dentist in the first place. I initially thought, "You just have to brush your teeth every day, right?" I later realized that fact alone only scratched the surface. I was intrigued because in the end, teeth

told me a story. Each story varied from every single person in this world. A chipped tooth revealed the tale of an athlete, severe periodontal disease demonstrated a person who had begun the arduous task to quit smoking, and a full set of dentures might have indicated a cancer survivor. These tales inspired me to begin this journey I have undertaken—the amazing path towards becoming a dental health professional.

My undergraduate career began at Virginia Commonwealth University in 2008. Like most other pre-dental students, I shadowed dentists and actively participated in community outreach projects. The MOM project was one of those experiences that revved my enthusiasm for dentistry and healthcare in general. It sparked an indescribably incredible adrenaline rush. How could I feel *this good* just by helping people? I was eager for more. As I progressed into my graduate school education in Pittsburgh, PA, I experienced the MOM project on an even larger scale! I interned at the Catholic Charities Free Health Care Center where they served free medical, mental, and dental healthcare to the Pittsburgh community. I was amazed at the diligence of the workers and volunteers who ran such a monumental task of serving free healthcare to hundreds of people on a daily basis. I thought about what it truly meant to operate this kind of facility every single day. These were doctors from all over town, nurses and dental assistants who gave up some of their free time, and volunteers who wanted to give another hand. They were all there for

one reason. They showed these people in need through their actions the phrase every human craves, "I care about you and I am here to help." I am humbled at the thought of having been a part of this remarkable organization, and those memories will stay with me throughout dental school and my career.

Before entering dental school, another lasting vocation I experienced was during my time as a dental assistant. Patient interaction can be one of the most powerful engines to encourage you to keep going on even the longest days. I remember I met a patient named Sally whom I complimented her beautiful hair. She replied, "I had cancer. I kept my hair but I lost all my teeth." This response surprised me but it validated my belief that dental healthcare reached beyond alleviating tooth pain or fillings. It was a deeper meaning for both of us. Dentistry is life-changing because of these special moments. Now that I have achieved entrance into my first year of dental school, I reflect upon the lessons I have gathered from the people I met on this path. Patients have taught me not to overlook the little things and to appreciate tiny indulgences like being able to eat, talk, smile, and laugh. Healthcare workers and volunteers have demonstrated to me the role models of leadership in pioneering a harmonious and healthy community.

"What is your purpose?" I recently listened to a presentation that pondered what it means to become a dentist. Not the physical aspects of the job like creating restorations, crowns, and of the like, but instead the passion that drives these duties. The presenter described the qualities of the dentist that make them human, the ones that patients can relate to and give all their thanks in the world. My purpose is to be this human 'beacon of hope' as he called it, and to use my life as a resource for the greater good. It is a special responsibility that not everyone is able to say they can accept, but to those who do, their hearts are changed forever. I know mine has already, and it is merely the beginning of a wonderfully complex, emotional, and exciting dental career ahead. I am ready to accept these responsibilities.



The Artist's Way



Georgi Talmazov,
D2019

For a while I struggled with my artistic identity. All I really knew is that I wanted to create original work that captivated the audiences. Rather selfish, egocentric and as expected, devoid of *meaning*. I was more focused on trying to replicate the beauty that I saw in the work of others such that the true notion of creativity completely slipped over the top of my head. It took me years and quite a lot of inward reflection to come to my personal understanding of creative expression, which without a doubt is as subjective as it gets.

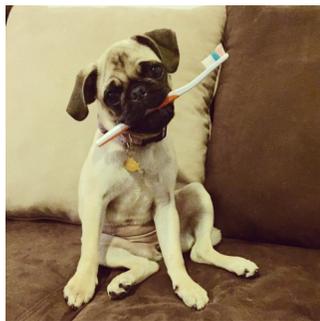
When someone tells us they are an artist what comes to mind? That he or she draws, paints, or they are a sculptor maybe; and with the advent of technology, photographic equipment has become more readily accessible, so maybe they're a photographer. That is what I imagine comes to mind for others as it has for me in the past. The association is almost always a visual one but it doesn't have to be. You don't have to do any of the things I have briefly listed above to be considered an artist. Think of a surgeon, bringing ailment to the ill with swift strokes of a knife; perhaps a chemist, as a scientist creating products with unique properties and diverse application from reactants we often have nothing more than empirical data devoid of concise theories (which are more ridden with exceptions than not - transition metal coordination orbital splitting and electron spin for example). It is not uncommon to describe someone as an artist in their respective field based on expertise, ie. the "art of healing." Nevertheless, as I devolved in the visual medium and later on in music, with a continued effort for turning art into science it occurred to me rather suddenly that art is neither a medium of expression nor a science, but more so a way of life, a methodology of thinking, and a capacity for open mindedness.

In requiem of the past, we create for the future: to better

"understand" ourselves, to build up and inspire others, and to spread our ideas. For me, **being an artist is synonymous with being an inventor; they are one and the same.** We all have the capacity to create because it is my understanding that, bluntly put, artists are thieves. We are thieves in the sense that we use our surroundings, our influences and understanding of the world to shape it because we are the products of not just our genes but our choices: be it a favorite song that reminds us of a memory, or a sporting activity that makes us feel happy; our choices continuously push us down a path which we learn from. I have a motto of mine I like to go back to every once in a while when I have a creative block: "My eyes are the scanner, my mind the [subjective] filter, and my hands the printer." I think it is self explanatory, we soak up with subjective perception the world around us, its problems, its ghastliness and beauty; the things we perceive as important, unique to each and every one of us, and we look for solutions. The solutions are unbounded and may include the expressionist for trying conveying awareness while the scientist will look for the explanation, and the inventor for the technology; all in the mean time not forgetting of others' support.

I mentioned that artists are thieves; it was a while back when I stumbled upon a book by Austin Kleon titled "Steal Like an Artist." In it, Kleon describes his vision of the evolution of art and I can find resemblance of his philosophical view on the topic with that of Isaac Newton who once said "If I have seen further than others, it is by standing upon the shoulders of giants." Then in sudden realization I understood that true originality is non-existent but rather we all influence the direction of culture, science, technology, and even beliefs based on shared past experiences and knowledge. **We are all artists!** Because through personal experiences and conscientiousness each and every one develops an intuition of being: like the painter with an unique choice of color or technique, or the scientist following a clue in *their* research, or the doctor developing a treatment plan based on *their* diagnosis.

Newest Additions to the Family





Improving Service Delivery through Culture

David Voth, D2018

As a non-traditional student I often compare my past experiences in the working world with my experiences in and around the dental profession. I am a late bloomer to say the least. I had two careers and a graduate degree under my belt before realizing that I needed more out of my time on earth. The desire to make a positive impact is something Dr. Burns calls his “Ripple Effect.” It’s the amount of lives he can touch, directly and through teaching, during his short time to contribute to the human race. Given that we all want to be dentists, I am assuming we share this desire to some degree, so we are at a great starting point to begin thinking about a unified culture. As I get deeper into my dental education and interact more with my colleagues around the school I am realizing how little exposure we all get to the importance of culture in an organization. I am not, by any means, saying we don’t have culture because we surely do. We all interact, learn and support each other to the best of our abilities during the intense process of earning a DDS degree. These interactions create a culture by default. However, I am suggesting there is room for exploration regarding how we connect our mindset as student clinicians with the organizational culture of VCU Dental School.

Our dental school is a wonderful world and a terrible world. Some days we love and some days we want to crawl back in bed and cry until the sun rises again. Such is the struggle of a high pressure professional education. The fact that we all feel that pressure speaks to our desire to provide top quality care to our patients using the knowledge we absorb on a daily basis. The patient care options at our school are amazing. Where else in the state can a dental patient receive care by more specialized, loving people than at VCU Dental School? I hear this sentiment echoed on a weekly basis by satisfied patients singing high praises about the dental team who cared for them during their morning or afternoon appointment. The question I ask is, “Could the promotion of an innovative and unified culture influence us to provide better patient care?”

During my MBA education, we read a lot of books on economics and finance. We also read a lot of books on the soft skills of business management such as leadership and setting core values within an organization. In my opinion, VCU Dental School can be viewed as a service organization. As providers, we are highly educated and highly glamorized customer service agents! One book that has had a huge impact on my approach to service organizations is a book titled, *Management Lessons from the Mayo Clinic*. The book illustrates the ways in which a complex service organization fosters a culture that exceeds customer’s (patients’) expectations while earning loyalty from employees/care providers alike. An excerpt that comes to mind reads, “Services are like performances and the providers are the performers. From the patient’s perspective the providers are the company. A careless or arrogant provider (i.e. dental student or dentist) means a careless or arrogant organization.” As dental providers we have a huge responsibility to our patients and to our organization because we truly are the face of VCU Dental School. We may as well be Dean Sarrett when we are giving post operative instructions or hygiene counseling to the patients in clinic. To the patient in the chair, our face and attitude is VCU Dental School. As is often the case, great responsibility comes paired with a great opportunity.

We have the ability to positively affect the value of our degree. By continuously improving our service delivery in the clinics and personalizing our education in a way that fosters mutual respect between the students and the administration, we control the destiny of our school and the brand equity forever locked into our degree. So the next time you walk into clinic, consider our brand and our values as an organization, and then give each of your patients the performance of your life.

Summertime Adventures



Laura Choque, D2019, after sand boarding in the desert surrounding La Huacachina, an oasis in Ica, Peru.



Quan Nguyen, D2017, in Silfra, Iceland diving between the North American and Eurasian continental plates.



Janice Chan, D2018, wine tasting at Castello di Amorosa, Napa Valley



CHAT

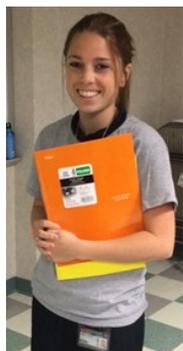
School Supplies Drive
August 10-28, 2015

A School-Wide Effort Worth Celebrating!

By: Lyubov Slashcheva and Frances Gouldin

Church Hill Activities and Tutoring has been engaging kids in Richmond's East End for over a decade to develop academic and life skills. The DDS Class of 2016 has supported this program for the past 4 years with a back-to-school school supplies drive. This year, the DDS Class of 2019 co-partnered in the initiative and students/faculty from the whole school are invited to join a workshop at the Church Hill Academy to share with high school students about opportunities for a career in dentistry as well as offer oral hygiene information. Please contact Frances Gouldin <gouldinf@mymail.vcu.edu> with interest in joining [this lunch-time workshop](#) on [September 8th](#) just several miles from the dental school!

We appreciate each of our generous donors and asked them, "Why did you contribute to this year's CHAT School Supplies Drive?"



"I love kids and was excited for the chance to support such a great organization."
-Chelsea Tolbert, D2019



"For the kiddos!"
-Amanda Toulme, D2019



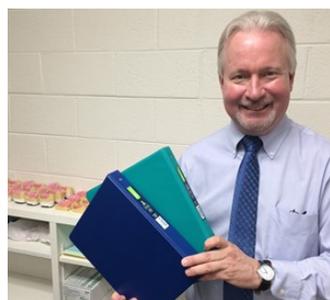
"I contribute every year to some school supplies drive: Kids need tools to be educated!"
-Ms. Cheryl Simms, GP1 PCC



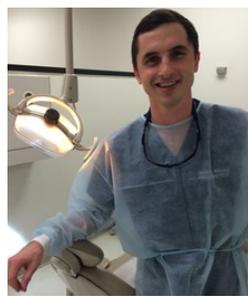
"I try to help whenever I can!"
-Ms. Angie Easley, Executive Assistant to the Senior Associate Dean



"It's a good way to give back to the community, and I'm glad our class could be involved."
-Sindhu Jujavarapu, D2016



"If children do not have the basic supplies needed for an education; then it is highly unlikely they will reach their full potential in life"
-Dr. Huband, Prosthodontic Faculty



"I wanted to help out those who can't afford a necessity that most of us don't even think about."
-Bryant Wooten, D2017

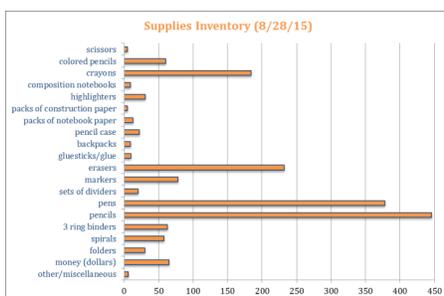


"I like children!"
-Dr. Covington, Clinical Faculty



"It doesn't matter where I am in my life; I can always contribute!"
-Travis Weimer, D2017

"To help other people learn."
-Vickas Agarwal, D2017



Special appreciation from the drive coordinators goes out to the Pediatric Dentistry Department for contributing a cart-full of boxes with supplies!
-Frances Gouldin, D2019
-Lyubov Slashcheva, D2016



Que Le, D2018

Each year it has been a tradition for DSD to volunteer at the Special Olympics Virginia's Summer Games. This year, Leslie Lambert went above and beyond in making this philanthropic event a success for all. The mission of the Special Olympics is to provide training and athletic competition for children and adults with intellectual disabilities. Our members not only cheered on the athletes during their big events, but also had the privilege in providing oral screenings, oral hygiene instructions, and mouth guards to each athlete. I personally had the pleasure of explaining oral hygiene care to the athletes and their guardians. From this experience, I learned the importance of patience and persistence as these athletes may lack the manual dexterity to even brush their teeth. We demonstrated brushing techniques on a puppet, and encouraged the athletes to show us how they would brush their teeth at home. Each individual then received a goodie bag that included a cute automatic toothbrush, floss, and sugarless gum. At DSD's final station, our members were able to create individualized mouth guards for each athlete. It was a very humbling and gratifying experience when the athletes, and often their caretakers too, would come give a hug and offer their most sincere thanks.



In August of 2012, I took a huge step forward in the journey to living my dream of becoming a dentist. As I started dental school, I felt accomplished reflecting on the five years I worked to get to that point. I was ready to roll up my sleeves, dig my hands into a cadaver, and work hard for four years. I was eager to learn throughout my predoctoral courses, but my passion was apparent when I began seeing my own patients in clinic my third year. I was able to put my skills to use, getting patients to a healthier state and out of pain. While I enjoyed my time in clinic, I wanted more outlets where I could serve patients.

One of the biggest draws I had to join Delta Sigma Delta was the opportunity they offered to attend the Charlottesville Free Clinic (CFC) on a bi-monthly basis. Every other Saturday, six DSD-affiliated dental students travel to the Charlottesville Free Clinic and provide direct patient care in the form of exams and extractions to about twelve scheduled patients. Offering my services at the CFC always reassures me that the tireless work I have put into dentistry has been worth it. I am thankful to DSD for providing me with numerous opportunities to serve others.



Tommy Duong, D2016



Christina Horton (D2017, SCIG President), Lyubov Slashcheva (D2016, SCIG PR/Membership)

September: Dr. Dahlke: "Treating Adults with Disabilities in the OR and Dental Office"

October: Dental bingo with residents at the Virginia Home

November: MUPiTs (Medically Underserved Population Initiative) Campaign with patient perspective on accessing dental care

Into its third year of vibrant existence, the **Special Care Interest Group** is excited to engage students in a series of learning, outreach, and social activities involving older adults and individuals with disabilities throughout the school year! Be sure to engage in these upcoming events!

Did you know that the Special Olympics World Games just adjourned in Los Angeles? Lyubov had the opportunity to join the global summit of students, residents, and clinicians discussing innovations in health and intellectual/developmental disability (IDD). With colleagues from University of Pittsburgh, she shared about VCU's involvement with the Special Smiles-MOM Project collaboration at the VA SO State Games. She brought back an opportunity for all to engage in Virtual Grand Round case discussions with expert clinicians in the IDD field. Seek more information at aadmd.org, where you can sign up for FREE student membership in the Academy for Developmental Medicine and Dentistry.



SO World Games awards



University of Pittsburgh and VCU poster presentation

Dental Hygiene Students Present at ADHA Annual Session



Emily Johnson, DH2016

This past summer five students from the dental hygiene class of 2016 were selected to present their research at the ADHA Annual Session in Nashville, Tennessee. Two research projects were presented: Antiseizure Medications, Cannabis and Their Oral Manifestations by Emily Johnson, Danielle Nogle and Anna Rollins as well as Spectrum Talk: How to Manage Patients with Autism by Jaclyn Cordero, Brooke McDaniel and Kristen Greene. The students submitted their research in March and were selected from a national pool of applicants to present among the top 150 research projects. Each research group presented to a panel of judges during the first round of presentations followed by the general public during the second round. Both groups scored well overall and represented Virginia Commonwealth University School of Dentistry on a national level.

While attending the conference students were able to attend lunch and learn with national ADHA officers, and participate in forums with other hygiene students across the nation to discuss research and varying parameters of dental hygienists scope of practice. The students who attended will be providing a lunch and learn session this semester to discuss the educational and personal impact the convention and the ADHA had on their practice of dental hygiene.



From left to right: Kristen Greene, Jaclyn Cordero, Anna Rollins, Ms. McGregor, Emily Johnson, Danielle Nogle

Instagram

PsiOmega
Ardent Brewery, RVA



128 Likes

Saying Psi-O-Nara to our amazing seniors at Ardent. Cheers to the Class of 2015 and to all of the great things that your futures hold! We will miss you guys! #D2015 #Psi-O-Nara #goodluck

PsiOmega
Smith Mountain Lake



160 Likes

Lake Weekend at Casa de Rutledge on Smith Mountain Lake. Great memories with some great friends. Fun, sun, boating, wakeboarding, and waterskiing are a great way to kick off the summer #SML #lakeweekend #takeusback

PsiOmega
River City Sports & Social Club



115 Likes

So proud of our all-star kickball team! We all know that you guys are the true champs of the River City Sports & Social Club Summer League. #dreamteam #orangeisthenewblack #grandslam #RCSSC

Next Post: Last semester was filled with some awesome service and social events. Psi Omega welcomes the Class of 2019 and encourages anyone interested in joining to jump in on the fun. We have some great events planned for this upcoming year, so do it for the insta and join Psi Omega!



Pedodontic Department Presents: Breaking Down Barriers to Prevent Early Childhood Caries

By Dr. Ethan Puryear

We are over halfway through the year 2015, the year made famous when Marty McFly landed his time machine on October 21, 2015 during the Back to the Future trilogy. While the writers of Back to the Future predicted several interesting technologies that have come to fruition such as Skype-like video conferencing, we are still working on flying cars and meals that heat up in just a few seconds. We also have technologies that movie writers and producers couldn't dream of in the 1980s such as the internet, cell phones and thefacebook.com.

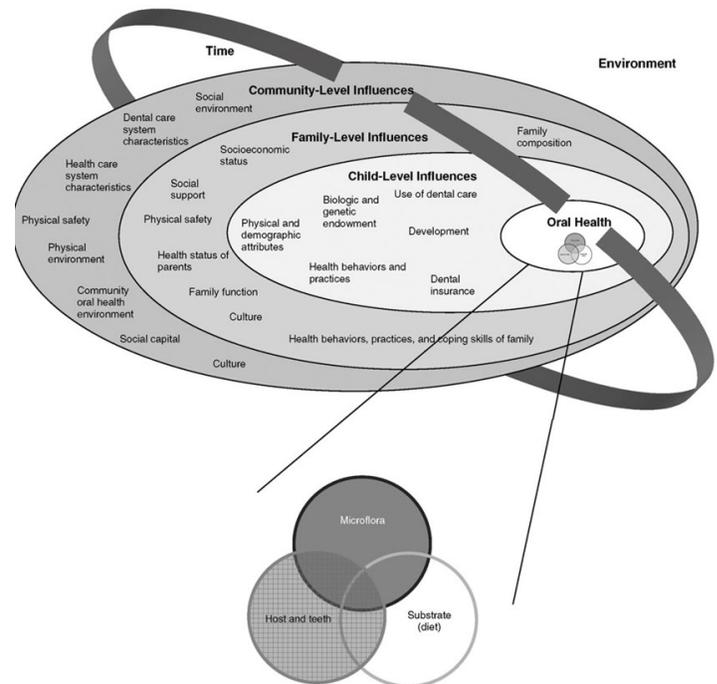
Another reality of 2015 is that dental caries continues to be the most common chronic disease of childhood. Unfortunately, despite impressive advances in materials and technology since the 1980s the rates of early childhood caries has increased. For children ages 2-5 years old, 70% of caries is found in only 8% of the population. That 8% experiencing the highest burden of dental decay is disproportionately represented by children of lower socioeconomic status¹.

It is increasingly believed that a child's oral health is influenced by a multidimensional series of factors including social factors at the child, family and community level - see diagram below. Some of these influences have been shown to affect overall physical health and may be implicated in oral health given the intricate relationship between overall health and oral health².

The Child Health Investment Partnership (CHIP) of Roanoke Valley is a private-public funded home visitation program that provides a variety of social services as well as health care education and coordination. Enrolled families are residents of Roanoke, Botetourt and Craig Counties whose income level is 185-200% of the poverty level. A variety of health care related services are offered including an oral health component designated as the Begin with a Grin program. Participants are between the ages of 6 months and 36 months old. Home visits are conducted by CHIP community health nurse and a pediatric nurse practitioner who provides the primary caregiver with anticipatory guidance regarding oral hygiene, nutrition and eliminating habits that are known to contribute to early childhood caries. The child also receives an application of fluoride varnish by the nurse. By visiting patients at a high risk of developing early childhood caries, providers are able to improve or eliminate barriers such as transportation³.

Twice annually VCU pediatric dental residents visit CHIP of Roanoke to provide dental screenings to children enrolled in Begin with a Grin. In addition to screenings, residents and faculty have conducted research investigating the outcomes of these in home visits. Previous studies have shown that CHIP enrolled children who participated in the Begin with a Grin program had significantly higher usage of Medicaid dental benefits compared with a Medicaid only cohort. Additionally, Medicaid enrolled CHIP participants were three times more likely to have at least one dental visit compared to Medicaid-only children. This study gives evidence that the in-home visitation program can introduce children

to a dental home and improve dental health literacy. Current studies seek to examine and identify what health and social determinants predict which children participated in Begin with a Grin compared to those children that did not participate⁴.

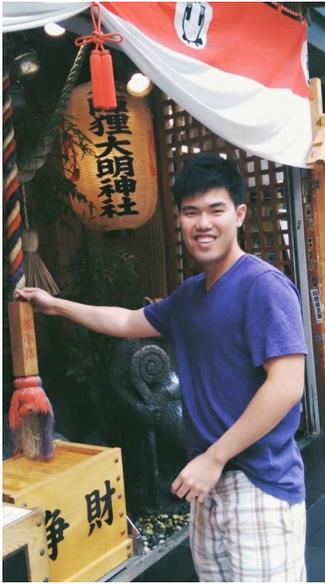


Despite advances in technology, rates of early childhood caries have risen in recent decades. Begin with a Grin provides a model for addressing dental caries in a way that prevents caries at an early age by eliminating barriers faced by individuals from lower socioeconomic backgrounds, a demographic that is particularly susceptible to early childhood caries.

Literature Cited

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Travel and Living: Tonkatsu in Japan



Chi Wei Liu, D2018

This summer I had the opportunity to visit Japan for two weeks. Whenever I travel, I strive to learn as much as possible about their culture. My goal is to experience and take part in the lives of the residents. Out of all aspects of living, their cuisine interests me the most. The Japanese cuisine consists of a big variety, from raw meat, fish and eggs to charcoal grilled “insert any food here”. Seriously, they grill anything from fish to vegetables to rice cakes mochi. Quick tip for travelers alike: select the restaurants without any translated advertisement to ensure its authenticity and avoid busloads of other tourists.

Every day I tried something new, and all dishes were mind-blowing. One of my favorite dishes was deep-fried, breaded pork cutlets, named “Tonkatsu 豚カツ” from a local restaurant in Biei, Hokkaido, Japan. This city is known for their lavender fields and live stock, so I assumed their Tonkatsu dishes would be their specialty... I was not disappointed. The pork cutlet was fried till golden and crispy. The chefs choose pork chops that were around 20~25% fat, so it was still extremely moist and tender inside. The Japanese curry sauce was silky and flowed like honey, and it tasted more sweet than spicy with a scent of apples. The sauce and Tonkatsu combined flawlessly when chewed and smoothly swallowed. The udon were boiled to perfection, and you know they’re cooked perfectly when they fling on your palate when bitten. I felt like the three components balanced and completed each other, making the meal extraordinary.

After returning from the trip and experimenting with the dish, these are some tips I came up with. The pork chops have to be marinated in teaspoons of rice wine, a couple slices of ginger, and salt and pepper to remove their pork-ish scent. Secondly, they have to be hammered down in an outward direction against the fibers into thin tenderized pork cutlets. Next, three layers of coating of egg mixture and flour to give them firm bodies. The final coating has to be fresh dried bread crumbs to ensure crunchiness. Finally, the temperature of oil and time fried has to

be closely monitored. I prefer frying the cutlets with medium heat for 5 minutes and finish off with high heat for 2 additional minutes. It all comes down to the thickness of the meat and personal preferences though. All those elements are essential to make a common friend pork steak into a Japanese chef-grade Tonkatsu delicacy.

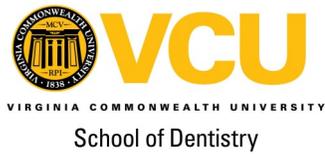


Photo taken: 日式炸猪排だいまる大丸咖喱烏龍麵, 北海道上川郡美瑛町

Within the two weeks of time, I experienced more than just the exciting city views and impressive dishes. Most importantly, I felt the Japanese people’s attitude of work. The Japanese citizens are truly unique in that aspect, described by the phrase 一生懸命 いっしょけんめい which basically means no matter what job they have, their ideal is to dedicate his or her entire life into mastering that one skill. Every person is a professional in his field, from culinary, agriculture, and technology to health and science. If you have the opportunity, I would highly recommend going to see it for yourself. It will be a valuable lesson that will change your outlook on work ethic for the better.



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American Student Dental Association



Please submit and stories, questions, comments, or concerns to Claire Krueger at kruegercl2@vcu.edu