



VCU

VIRGINIA COMMONWEALTH UNIVERSITY

School of Dentistry

the probe

VIRGINIA COMMONWEALTH UNIVERSITY
SCHOOL OF DENTISTRY NEWSLETTER

VOLUME 7, ISSUE 1
SUMMER 2013

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Welcome Class of 2017

Sindhu Jujavarapu, D2016

Remember how badly you wanted this? You dragged your feet to dreaded Orgo lab, missed out on a few crucial hours of sleep to cram in a few extra hours of studying, successfully tackled the lengthy application process, and now you're here! So as you've probably already (well-deservingly) heard a hundred times, let me be the hundred and first person to say, "Congratulations; you made it!"



Getting into dental school is such a rewarding experience. The feeling of opening your acceptance letter puts you on Cloud 9. Days later, you walk around with a smile on your face, even though you can't remember why you're smiling. During your first week of orientation, I witnessed your excitement and happiness first-hand. I heard about opening your Christmas presents full of lab materials in Woolwine, cutting into your first tooth in DentSim, and getting your first great big whiff of your newly dissected cadaver in Gross Anatomy. This excitement and uncertainty of dental school never gets old. You are always learning something new or getting to experience something for the first time.

For some of you, this excitement may also come with challenges. Sometime during your first year, you may ask yourself, "What did I sign up for?" It's true. No one ever told you about the sleep you miss out on, the need for additional brain storage to cram more facts in, or why your hands sometimes don't behave the way you want them to. The most important thing to remember is you will survive; there are too many upperclassmen that want to take you under their wing and too many professors that would love to see you succeed. Remember to always take advantage of those around you: your own classmates, the upperclassmen or faculty members. Don't wait until you're struggling to dig yourself into a deeper

hole; be proactive about your learning here.

In dental school, you are also going to have so many great opportunities, stories to share, and exciting experiences. Get involved with organizations and clubs, participate in community service activities, or expand your interest in research...whatever you want to do to make VCU feel like your home for the next four years.

There are going to be some great times, frustrating experiences, lots of fun adventures and many hard days, but always remember how badly you wanted this. My best advice to you is to take time to actually enjoy learning. Dental school is a time to embrace your nerdiness and the best part? With a room full of other nerds, there will be no one to judge you!

Lucky (20)13

Kristin Coffield, D2016

For some of you, this marks the beginning of the beginning: a four-year expedition whose end seems so far away. For some of you, the start of the 2013-2014 clinic defines a four-year path that started what may feel like a few months ago. The rest of us? We're somewhere in between. As I think about where many of us have been and where many of us still have to go, I can't help but quote the wise man Dr. Gilbert Button, "The days are long, but the years are short." Of course we all look forward to the day when we can place those three magical letters behind our last name, but I encourage all of you to savor this experience right now. Take advantage of the opportunities around you. Join the clubs. Read the articles. Attend the lunch and learns. Indulge in your education. Allow yourself to obtain new perspectives by meeting upper and lower classmen as well as the faculty. Think big picture. The more information you absorb both within and outside the classroom, the better prepared you are to handle what occurs beyond Perkinson's, Lyons' and Wood's walls. Remember that you were handpicked from thousands of applicants and are the continuation of an honorable lineage. Whether you have 240 or 1,337 days left, embrace your journey.



Calendar of Events

September 21	Delta Dental Miles for Smiles 5K	Richmond, VA
September 19-22	VDA Governance Meeting	Hot Springs, VA
October 5-6	Grundy Mission Of Mercy Project	Grundy, VA
Oct. 30-Nov. 3	ADA Annual Session	New Orleans, LA
November 2-4	ASDA National Leadership Conference	Chicago, IL
November 8-9	VAGD 25th Annual Colonial Conference	Charlottesville, VA

A New Year – A New Beginning

David C. Sarrett, DMD, MS, Dean VCU School of Dentistry

It is my pleasure and privilege to welcome all students and residents to a new academic year at the VCU School of Dentistry. Each year, the May to August time period is a very busy one for us with many required academic year-end and new academic year processes such as annual reports to the university, budget and finance reviews, and academic program reviews. This part



David C. Sarrett,
DMD, MS, Dean

of the year is also a wonderful time for the school because we graduate students and residents and then soon after matriculate our newest learners. Congratulations to the 32 dental hygiene graduates, the 110 dental graduates, and the 22 dental residents who recently completed their training. We are very proud of our graduates, and as both dean and a faculty member, watching successful students complete their training at VCU is a real joy. As we congratulate these outstanding students, we also welcome 24, 98, and 25 new dental hygiene students, dental students, and dental residents, respectively.

A few weeks ago the entire leadership of VCU met for two days to chart the future of the university and set priorities for upcoming year. This meeting included all the deans and vice presidents of the university and other key unit leaders. VCU's priorities align with the university's four themes of the strategic plan known as the Quest for Distinction's. The four themes are listed below. Note that I have highlighted in bold type the words that describe the priorities in which I believe the school of dentistry community is, or should, be engaged.

The Quest for Distinction and University Level Initiative (ULIs) were set over the past three years. The last strategic plan for the School of Dentistry was created in 2008 and it is time to refresh the school's plan. During this past year, a planning process was completed and a new plan created which is now being finalized. Like the VCU ULIs, the new School of Dentistry Strategic Plan includes areas of priority for the next few years. Just like people, an organization can do anything it wants to do, but it cannot do everything it wants to do, and just like people, organizations need to be looking ahead, preparing for changes. Leading organizations are distinguished by their resiliency and ability to adapt to change. Pursuit of our vision will be no different. Our vision calls for national and international recognition as a dental school of excellence. This will require alignment of all stake holder groups and our resources. I am confident we have the people in place to move us forward. Please share my excitement at what the future holds for VCU School of Dentistry. It must prioritize for the moment but recognize that priorities must be revisited from time to time and redefined based on changes in the environment. We must travel together on this journey. The new **School of Dentistry Strategic Plan** includes three visions or themes that focus on the key missions of the school. You can see the connections with the Quest for Distinction.



- **THEME 1:** Become a leader among **national research universities** in providing all students with **high quality learning**/living experiences focused on **inquiry, discovery and innovation** in a **global environment**
- **THEME 2:** Attain pre-eminence as an urban, public research university by making contributions in **research, scholarship**, creative expression and **clinical practice** to advance knowledge and **enhance the quality of life**
- **THEME 3:** Achieve national recognition as a fully-integrated research university with a **commitment to human health**
- **THEME 4:** Become a national model **for community engagement** and **regional impact**

The university will focus on these five priorities (University Level Initiatives) over the next few years to promote the Quest themes.

- Enhance academic quality and student success
- Attract, retain and support faculty and staff
- Contribute to the economic, cultural and civic vitality of the region and the world
- Advance the discovery of new knowledge, creative expression and innovation
- Be responsible stewards of resources

1. *In an atmosphere of rigor, respect and support, the VCU School of Dentistry is recognized nationally and Internationally for graduating excellent dental professionals prepared to collaborate with other health care professionals in a climate of rapid and dramatic changes and possibilities affecting the future of the dental profession.*
2. *Through collaboration, rigorous investigation and publication, the VCU School of Dentistry is known for its contributions in research and scholarship that advance dental practice and oral health.*
3. *Through excellence in patient care and leadership in service and outreach, the VCU School of Dentistry is a premier resource for oral health care in the community, region and state.*

The year-long planning process and setting of priorities was accomplished by the work of dedicated individuals who served on the broadly representative strategic planning committee. I wish to recognize and thank the committee members for their service.

Former Delegate Franklin Hall and member of the School of Dentistry Advisory Board
Dr. Michael Healy, Senior Associate Dean for Student Services and Institutional Effectiveness
Dr. Michael McMunn, Private practitioner and member of the School of Dentistry Advisory Board
Dr. Terry Dickinson, Executive Director of the Virginia Dental Association
Dr. Kirk Norbo, President of the Virginia Dental Association
Ms. Kim Isringhausen, Chair of the Department of Oral Health Promotion & Community Outreach
Ms. Margaret Poland, Academic Staff Member, Office of Research
Dr. Todd Kitten, Associate Professor, Department of Oral & Craniofacial Molecular Biology
Ms. Freda Pickle, Clinical Staff Member, Patient Advocate
Dr. Thomas Waldrop, Program Director Advanced Dental Education in Periodontics and Member Board of Directors of Dentistry@VCU
Ms. Mary Catherine McGinn, Vice President, DDS Class of 2014
Dr. Peter Antinopoulos, Assistant Professor in the Department of General Dentistry and General Practice Group Leader
Ms. Meredith Baines, Director of Curriculum Advancement
Mr. John White, DDS Class of 2015

My last comment on strategic planning is really a call for ideas. Conversations will take place with individual department chairs and leaders on how best to move forward with the plan implementation.

Please submit your suggestions for a name and logo design for the School of Dentistry Strategic Plan. A requirement would be that the name and logo would need to harmonize with the VCU Quest for Distinction.

Best wishes to all for great "New" academic year!

Dr. Certosimo Named Recipient of ASDA's Advocate Award

Each spring, the American Student Dental Association contacts each chapter's elected delegates to nominate an administrator or faculty member to receive the prestigious Advocate Award. ASDA's Advocate Award recognizes these individuals for their commitment to dental students and organized dentistry.

In order to be nominated for this award, recipients must support the efforts of the local ASDA chapter, demonstrate a long-term commitment to organized dentistry, promote the ideals of organized dentistry, and provide leadership and direction to both ASDA chapter leaders and members. If eligible, recipients must also maintain a membership in the ADA.

In April 2013, the SGC/ASDA Executive Committee unanimously nominated Dr. Alfred J. Certosimo, Chair



of the Department of General Practice, for this award. Dr. Certosimo shows unending support for students by demonstrating a desire to see them succeed, both in and out of the classroom. Dr. Certosimo encourages students to challenge themselves clinically and to get involved with the profession. His involvement with the Virginia Dental Association, American Dental Association, Academy of General Dentistry, and the American Board of General Dentistry is an inspiration to student leaders and provides an outstanding example of dental leadership.

We are so appreciative of all Dr. Certosimo has done over the past year to support our own efforts, and we are proud to name him as VCU ASDA's 2013 Advocate Award recipient.

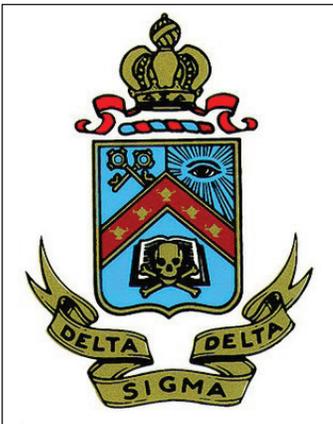


DSD members at this summer's Special Olympics.

Delta Sigma Delta at the Special Olympics

Louis Formica, D2015

On June 8th, 2013, the brothers and sisters of the Delta Sigma Delta Fraternity gathered to lend a helping hand to the Special Olympics at the University of Richmond. Athletes met with student dentists at the Special Smiles area for oral exams, hygiene instructions, and custom mouth guards fabricated chair side. Created in 1997, The Special Smiles program has been an integral part of the Special Olympics Healthy Athletes initiative which promotes health awareness to the athletes and their families. Showcasing the ideals of team spirit, Special Smiles worked closely with the Missions of Mercy Project, which concurrently offered free dental treatment to visitors and athletes. Over the course of the day, DSD and the Special Smiles program saw over 250 people. We look forward to working with the Special Olympics and its athletes again next year. Until then, keep smiling!



Nicholas Diaz, D2015, examines a participant's teeth.



MUSC and VCU dental students are all smiles while helping in Jamaica.



Christian Dental Society Serves Jamaica

Tommy Duong, D2016 and Lisa Doan, D2016

This past July, I was given the opportunity to partake in a mission trip in Jamaica for a week with the Christian Dental Society. I had never visited Jamaica, but I always imagined it being a beautiful tropical island with sunshine and beautiful beaches that went for miles. It was just as enchanting as I envisioned with so much more to offer than I ever realized.

When I look back at D1 year, I learned so much from our science courses and clinical skills classes, but I still felt inexperienced with patients. This was one of the main reasons why I went on the Jamaica mission trip; I wanted to gain clinical familiarity and thus become a better practitioner. Accompanied by 12 other pre-docs from VCU, as well as other students from the Medical University of South Carolina, pre-dental students, and other dentists (mostly VCU grads), we spent four full days serving the people of Jamaica at the Hopewell Helping Hands Dental Clinic. We obtained practical experience with cleanings, extractions, endodontic procedures, restorations, and suturing techniques.

Working in pairs of twos, we saw nearly 500 patients ages 6 and up over the duration of the week. As tired as I got throughout the day I always had the motivation to push forward up until the last patient. The Jamaicans' smiling faces when we finished were our motivation, despite the fact they had waited hours. In fact, some patients would walk miles and reach the clinic at 5 in the morning just to wait for us to arrive at 10am. Every morning we had crowds standing outside in the heat; the numbers only grew each day.

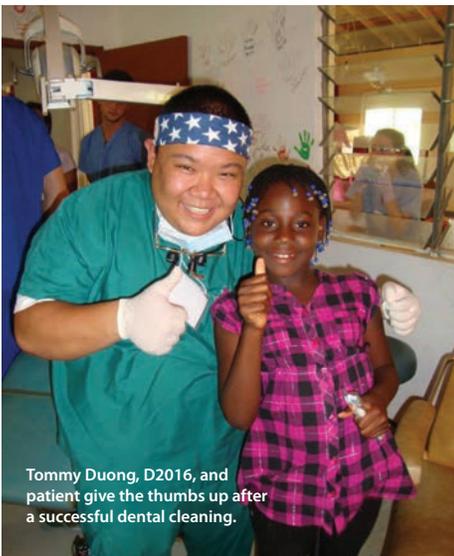
One of my many memorable moments in Jamaica occurred my first day in clinic. It was 7pm, and I was beat. My feet and back hurt from practicing stand-up dentistry, and I was just mentally drained. I sat and pondered if I should start cleaning up, but I summoned



The Helping Hand clinic.



Lisa Doan, D2016, makes a friend after teaching him how to brush.



Tommy Duong, D2016, and patient give the thumbs up after a successful dental cleaning.

the energy to grab the last patient. It was a 17-year-old girl that had stood outside since 8am just to get a simple cleaning. When I was done she hugged and thanked me. She explained she was about to go home and come back the next morning to wait again. I had not realized up until that point how much good we were doing for the people of Jamaica who do not have access to healthcare year round.

Sure giving injections and working on extractions were great, but simply having the ability to help the Jamaican people was the best thing about the journey. They were so welcoming and appreciative of our aid. Needless to say, this trip made my summer. I look forward to returning to Hopewell and hopefully bringing more classmates and VCU SOD hands with me in the future.

Dental Student Debt: The New Ball and Chain

Ethan Puryear, D2014



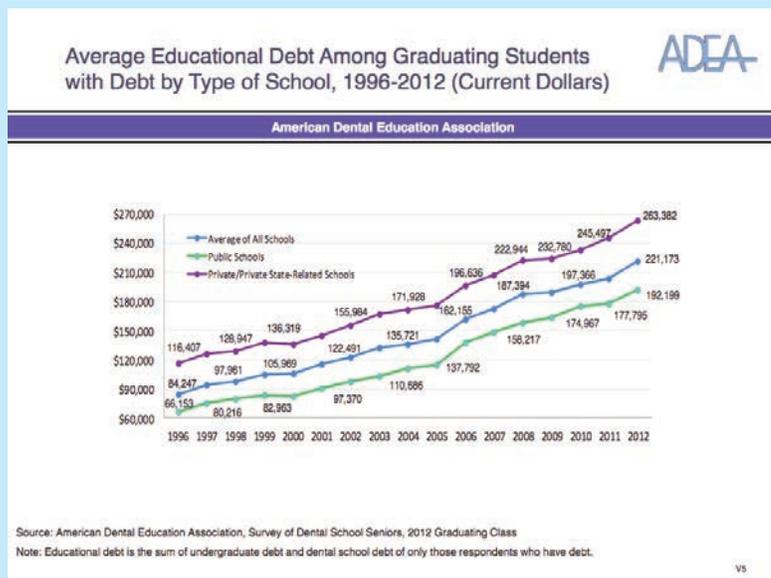
It is no secret that today's dental students are, on average, graduating with massive amounts of debt. Unless you are on a public health or military scholarship you are probably using student loans to pay for dental school. The vast majority of dental students take out federal Stafford and Grad Plus loans to pay their way through dental school. These loans are easy to acquire and have had fixed interest rates.

We are in uncharted territory when it comes to the cost of a dental education. ADEA reports that the average cost of dental school has nearly doubled since 2000, rising far faster than inflation. An average dental student can now expect to graduate with \$221,000 in student loans. This number may be significantly higher, even reaching \$400,000, if the student is out of state or attending a private institution. Furthermore, interest rates for student loans has been at 6.8% for Federal Stafford loans and 7.9% for Grad PLUS loans which is higher than some credit cards. While we are fortunate to have a system that offers an opportunity to borrow money to pay for dental school, high interest rates mean that a prolonged payment plan requires paying tens if not hundreds of thousands of dollars in interest.

Rising student debt is a top priority for ASDA. At the 2013 National Lobby Day fifty-two ASDA chapters scheduled more than 200 appointments with lawmakers and staff, where students specifically lobbied on behalf of Congressman Tom Petri's (R-WI) student debt reduction bill: the Earnings Contingent Education Loans (ExCEL) Act.* This bill proposes a restructuring of student loan interest rates to a market-based structure set by the 10-year Treasury rate.

In August, legislation passed that tied student interest rates to the market value but also added a capped maximum interest rate. The effects were felt immediately as loans for the 2013/2014 school year were lowered for federal Stafford loans and Grad PLUS loans to 5.41% and 6.41% respectively. Over a 20+-year repayment plan these lower interest rates will significantly lower the amount of interest owed on massive student loans such as the ones dental students are facing. While the cost of a dental school is still rising, lower interest rates are certainly beneficial to students and a step in the right direction for managing the cost of our education.

* www.asdanet.org/debt.aspx



American Association of Women Dentists (“AAWD”)

Christina Franklin, D2014

VCU is excited to welcome one of the newest additions to its community: the American Association of Women Dentists. We are focused on creating an environment for women to learn more about life out in the real world. Tired of box lunches? Don't worry, we have you covered with potluck style lunch and learns featuring faculty and outside practitioners speaking about their experiences in private practice, corporate dentistry and advanced education. Watch your inbox for alerts about upcoming events, and yes men are welcome as well!



Because Ortho's Boring, Kids are Annoying, and Who Wants to Scale Teeth for a Living?

Charlie Boxx, D2014

For those interested in pursuing Oral and Maxillofacial Surgery (“OMFS”), or even if you just want more exposure to the surgical/medical side of dentistry, the Osteotomes is a student-led organization that focuses on allowing interested students gain more exposure to the specialty of oral surgery. The club meets 3-4 times a semester, and the labs range from year to year. In the past, club members have had the opportunity to start IVs on each other, get advanced suture training from OMFS residents, learn how to properly intubate a patient (with practice on manikins), hear influential local oral surgeons speak, and a number of other oral surgery focused activities. The club is constantly changing and is always open to setting up new labs to meet members' certain interests.



Another aspect of the club that was just recently established is the Mentor Program. If you think you might be interested in OMFS, the club has created a program that matches members up with an individual OMFS faculty member. This faculty member will then be a great resource for you and will be happy to meet with you, answer questions, and even take you with them to the OR occasionally to observe their cases.

Lastly, the club also serves as a resource for those that are trying to figure out what they need to do to improve their chances of getting into a residency program. The Osteotomes meet annually to discuss what you should do each year, tips on how to study for the new required NBME board, and externships that people have enjoyed and would recommend to others.

The Osteotomes are always looking for new members, so feel free to come out to our next meeting (an email is usually sent out a couple weeks prior to any labs). Lastly if you have any questions about the club, feel free to contact me. My email address is boxxcd@vcu.edu.

Student National Dental Association

Brandy Edmonds, D2016

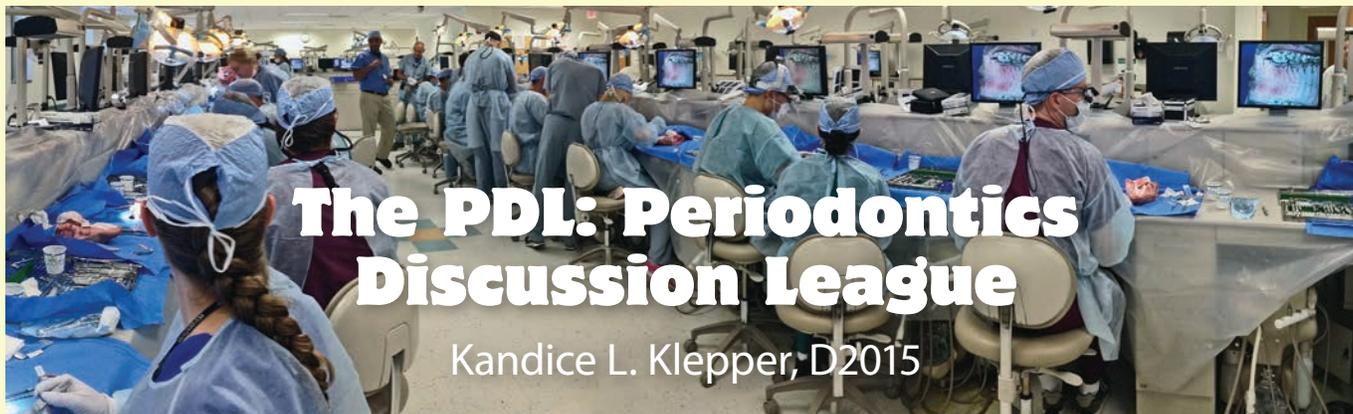
The Student National Dental Association, SNDA, is an organization devoted to the recruitment and advancement of under-represented minority populations in the field of dentistry. Within VCU, we provide a sense of community for our members as well as academic support to ensure their success. In many ways, we are a family; we support our members to the best of our ability from the first gross anatomy test until the final board exam. We also strive to promote an excellent learning environment for all students at VCU by providing support in pre-doc laboratories and on the clinic floor when possible. Nationally, SNDA provides scholarships, education and mentoring through its parent organization, the National Dental Association, NDA.

SNDA at VCU participates heavily in the Richmond community. We work with The National Food Bank, Hands on Greater Richmond, and local elementary schools. A couple of our major programs include the Impressions Program and the Oral Cancer Walk. The Impressions program invites minority students to VCU for a day; the students have an

opportunity to participate mock interviews, receive information on admissions, utilize DentSim, chat with dental students and make impressions on each other. In April, the Oral Cancer Walk is a great event in which students and members of the community come together to raise awareness of oral cancer. This event donates proceeds to the Massey Cancer Center for oral cancer research. We have raised thousands of dollars over the past years.

SNDA at VCU is looking forward to another year of service, student support and progression of under represented minorities in dentistry. Dental students and dental hygiene students of any background are welcome in SNDA. Under the current leadership of Ms. Dilmarsy Pena (D2014) and excellent faculty guidance from Dr. Susie Goolsby, we intend to further our growth and success.





The PDL: Periodontics Discussion League

Kandice L. Klepper, D2015

On behalf of the officers of the Periodontics Discussion League (PDL), we are excited to announce the founding of a periodontics student interest group at VCU! The goal of the organization is to promote interest and exploration within the specialty of periodontics through various events and community service opportunities. In May 2013, we hosted our first meeting where we discussed our plans for the 2013-2014 school year as well as elected officers.



We will be hosting a variety of events including literature reviews the residents, lunch-n-learns with guest speakers, "Getting into Perio Residency" panel discussion, and opportunities to visit private practices and participate in community service events. This past July, Dr. Waldrop invited members of the PDL to participate in the pig surgery lab, which focused on various suturing methods, connective tissue grafting, flap techniques and crown lengthening. Eight of our mem-

bers were able to attend the event alongside the current Perio, Endo, and AEGD residents.

The American Academy of Periodontics is sponsoring our next meeting, **Thursday, September 12th around 5pm**, (dinner will be provided and more details to come). Dr. Chris Richardson, a local Periodontist and VCU faculty, will be giving a presentation about the specialty and will entertain any questions. If you are interested in learning more about the PDL, becoming a member, or have any questions please contact our officers at VCUPerioClub@vcu.edu.



TOP TO BOTTOM: Students listen intently to faculty instruction during the lab; PDL members with Dr. Waldrop at the first pig surgery lab; Connective tissue graft with continuous sling suture; Osseous resection-crown lengthening.

The Pathfinders

Aaron Wildung, D2015

We are the Pathfinders, lovers of all that is Endodontic. Our goal is to provide intellectual stimulation... and of course, free lunch (yes, there is such a thing, especially for you)! This year, we will have a workshop on finding those dreaded MB2's as well as have endo faculty and resi-

dent discussions on how to deal with calcified canals, applying to a residency, and new technology within endodontics. Our first meeting will be in the next few weeks, so keep your eyes peeled for one of our emails. Whether you want to specialize or just learn something more in-depth, get your fix with the Pathfinders Lunch and Learns and Hands on Fun!



Psi Omega: The Bros are Back and Better than Ever

Elise Hartmann, D2015

The brothers of Psi Omega enjoyed soaking up the sun this summer but are back and gearing up for a busy and successful year at dental school. We have enjoyed meeting the first-year class and look forward to welcoming our new members, a selection we hope will continue to maintain our work and play hard mentality.

The summer brought some solid memories with a weekend getaway at Smith Mountain Lake. We bonded over wakeboarding, bronzing and late-night debates.

Later in the summer, Psi Omega hosted its first annual pong tournament, which brought out dozens of brothers and guests to celebrate the beginning of the school year. The tournament was a stellar beginning to a new tradition. Students, residents, friends, friends of friends, and friends of friends of friends all gathered to enjoy the beginning of the year before our schedules become pure chaos (especially for the D2s). Although the summer is ending, the fun will not.

We have big plans for this year including a beach weekend, formal, Nascar, Alumni Oyster Roast, and floats down the James.

Additionally, we are excited to continue working with CARITAS to promote oral health care as well as introduce new community service projects. This year we will collaborate with Habitat for Humanity and the Blue Sky Fund, a program that organizes outdoor activities and educational experiences for inner-city youth. From all the brochachos of Psi Omega, welcome to a new glorious year at the school of your dreams. Remember to keep calm and bro on.



Brothers of Psi-Omega enjoyed victory on the kickball field this summer.



The Psi-O ladies pose before the Winter Ball!



Grant Steadman, Carson Rutledge, Elise Hartmann and Stephen Haupt get ready for white coat ceremony.

Have Questions about Dental Issues? Here are the Answers.

Andrew Vo, D2015

ASDA Engage makes getting involved in legislation easy. As dental students, it is hard for us to understand the issues affecting the future of dentistry. This new resource filters through the piles of bills going through Congress and displays the ones pertaining to dentistry. Each bill is simplified in a paragraph along with ASDA's stance on it. True to its name, ASDA Engage also allows you to take action. After clicking on the "take action" button and filling out personal information, the site automates a pre-written letter that you can send electronically. The site goes further to find your representative based on the information you provide. Go to cqrcengage.com/asda/ to get engaged today!

Engage
American Student Dental Association



"You do What?!?" Life as an Endodontic Resident

Matthew Detar, DDS, Endo Resident 2014

Life as an endodontic resident is an exciting place to be. Like all other things, we have our share of good days and bad days. There is plenty of hard work, sacrifice, coffee, and late nights. We certainly have enough literature to read, names to memorize, and procedures to complete; however, what makes what we do so much more enjoyable is the interactions we have with the patients, fellow residents, students, and faculty here. We revel in successful treatment outcomes and patients actually happy to have had root canal therapy. We get to travel to national meetings and conferences, network with residents from across the U.S. and give back through mission work. Now, don't get me wrong; we adore those MB2s, middle mesials, and calcified canals. I mean who wouldn't love that?? Really, though, that is only a small part of what we do here.

I wish I could count the number of times patients, friends or family have asked me, "Are you really doing root canals for the rest of your life?" I guess people seem to think I may be somewhat crazy to be pursuing a career in Endodontics. And maybe there is a little truth to that "insanity" talk, but it's not because of the root canals. To me, specializing in endodontics means taking on challenges, furthering the field as a specialty, and providing quality treatment

for the patients who invest their care in us. With current advances in local anesthesia, rotary endodontics, irrigation systems, microscopic surgery, regeneration, and cone beam technology amongst others, we have been able to significantly improve the diagnosis and treatment procedures we provide to our patients. Painful endodontic treatment is a thing of the past. Here at VCU, we have the opportunity to be involved with these advances on a daily basis; we are truly changing patients' perspective on the entire root canal experience.

In addition to the clinical care provided, we are continually immersed in a comprehensive learning environment. Starting this fall, monthly conferences will be held with both the pediatric and periodontic residents. This will allow a greater exchange of knowledge and ideas on many of the current topics within and across our specialties. These multi-disciplinary conferences are ideal for developing working relationships and treatment strategies for future patients within the school. Within the endodontic community, the annual American Association of Endodontists ("AAE") conferences have taken us to Hawaii this past spring and Las Vegas this coming fall for didactic courses and research presentations. These AAE meetings are both educational and a time to network

and socialize with others in the community. The AAE also hosts an annual all-resident conference. This year it brought us to the University of Iowa, home of Hawkeyes football, cornfields, and apparently really good Pork sliders (random tourist fact!). It was a great time to interact and connect with fellow residents from across the U.S. and abroad. Included in all of the travel has also been the opportunity to deliver endodontic care outside of the dental school. Both the Wise MOM projects and Martinsville clinical rotations have been great opportunities for Endo residents to give back to the VA community.

So while the residency may seem like only textbook reading and root canal procedures, there is much more to the Endo program. The years spent here have been rewarding to my co-residents and me and will allow us to go out into the private practice world with a wealth of knowledge and experience behind us. Although we may seem a little crazy, stop by our end of the woods anytime you want, and you may just start thinking we aren't so crazy after all!





Let's Talk Sugar

Sheila Daniels, D2015

When a patient hears, "Limit your sugar intake," they are most likely thinking to themselves that they should stop buying items from the candy aisle at Walmart – Smarties, Starbursts, RingPops – that sort of thing. But sugar comes from so many other dietary items – even healthy ones – so



let's take a moment to educate ourselves about the unconventional places this food group (because unfortunately it's unofficially becoming one...) can lurk. Perhaps you'll even start to look at your own diet with a tad more scrutiny.

Yogurt – On its own this is an excellent source of calcium and if you purchase Greek yogurt it's also high in protein (Chobani and Fage have the highest amounts). BUT the amount of sugar in fruit-on-the-bottom varieties is sky-high – probably because you need to add a lot of sugar to preserve the fruit and stabilize it on the shelf. Instead of purchasing yogurt with the fruit mixed in already, why not buy plain or vanilla and chop up your own fruits and add them, swirl in honey, or add chopped nuts (pecans are my favorite). It's actually more affordable, too, since you're not buying something pre-packaged.

Granola Bars/Energy Bars – The rumors that these are candy bars on steroids are true. Oftentimes the first ingredient listed is some sort of sugar. Try making your own – it's actually really simple and you can make them any flavor you like. If you don't have time to do that, look for brands that use things like dates or honey for sweetness.

Breakfast Cereals – FruitLoops and Cinnamon Toast Crunch obviously have a lot of sugar (just look at the bottom of the bag when you're done with it and you'll see proof), but here I'm talking about pre-packaged oatmeal. This stuff is loaded with additional sugar – how else do you think they make all those crazy flavors taste so real? Opt for steel cut oats (these are less processed than the regular kind) and flavor them yourself with cinnamon, nutmeg, dried fruits, or chopped banana. P.S.: Instead of water, use milk to make your oatmeal super creamy.

Juice – Most list water as the first ingredient and corn syrup as the second. But if you love you some juice, try diluting it 1/3 with water to maintain flavor but lessen the sugar content.

Coffee and Iced Tea – So many people need their daily caffeine but oftentimes that also comes with a few Splenda packets or teaspoons of Sugar in the Raw. Multiply this by however many times you drink coffee or tea and you've got almost 500 extra calories added to your daily diet.

Salad Dressing – What?! Yes, it's true. Many salad dressings, especially the low-fat type add a lot of extra sugar to maintain flavor. Make your own vinaigrette instead by vigorously mixing together olive oil, lemon juice, a little Dijon mustard, and a pinch of salt and pepper.

Tomato Sauce – A pinch of sugar does add depth to tomato sauce, but jarred sauce goes way overboard in order to maintain freshness and who knows what else - I have yet to figure it out, personally. See below for a quick and easy recipe to make your own sauce – it's even freezable!

Wheat Bread – The processed kind especially, and for the same reasons as aforementioned: preservatives and flavor. Just check the nutrition label and be on the lookout for words like: fructose, sucrose, maltose...we've all taken chemistry so you get the point.

Dried Fruit – Fruit in general has a lot of sugar but dried fruit has additional sugar added. Crazy, right? You'd think dried fruit would be more concentrated in sugar, but actually companies coat it in extra before packaging.

Frozen Dinners – Why frozen peas and mashed potatoes need a little sweetness is beyond me, but in fact it's the low-fat/low-sodium dinners which as the worst. Oftentimes they swap out salt for sugar, so be on the look-out.



The best way to control the sugar in your diet is to start making things from scratch. This way YOU control the amount of what is being used. Tomato Sauce, for example, is super simple to make. Here's a recipe you can use to make lasagna, eggplant Parmesan, or even use it on top of a homemade pizza.

What You Need:

- 2, 15 oz. cans of crushed tomatoes
- 1 cup water
- ½ tsp. red pepper flakes
- ¼ tsp. salt
- ½ tsp. pepper
- ¼ tsp. sugar
- ¼ dried oregano
- 4 cloves garlic, finely chopped
- ½ cup chopped onion

What You Do:

In a saucepan over medium high heat, fry the onion and garlic in about ½ Tablespoon of olive oil until the onion is translucent. Start frying the onion before the garlic to make sure the latter doesn't burn – that'll make the sauce taste bitter. Add the 2 cans of crushed tomatoes, water, and all the spices. Lower the heat to medium low, cover the saucepan, and simmer the sauce for at least one hour. Check the sauce to see if it's getting too thick and reduced. If it is, add a little more water. You can simmer this as long as you like but an hour should do it. If you want to spice up the sauce, add ½ cup vodka before you simmer it. You can also finish it with about 1/3 cup heavy cream or half-and-half to smoothen it out and help the sauce linger on your tongue. Let it cool and then blend it in your blender or with an emersion blender. Freeze or refrigerate and use as needed on whatever you want.

Missions of Mercy

Kristopher Norbo, D2014

Throughout the year, the Virginia Dental Association works in conjunction with the VCU School of Dentistry to organize Missions of Mercy trips in Virginia. Terry Dickenson of the Virginia Dental Association founded the Missions of Mercy ("MOM") in 1999. These mission projects are held in schools, arenas, and outdoor fairgrounds. Our last project in Wise, Virginia marks a milestone for the MOM projects, because we treated our 50,000 patient since the founding of the organization.



The purpose of these projects is to treat patients who reside in underserved areas of Virginia and are in need of dental care. That is why the Virginia Dental Association has partnered with the VCU School of Dentistry to provide dental care to this patient population. As patients arrive, they register and every patient is triaged by volunteer dentists. Once patients move through this triage, they are then informed of their needed treatment and are then allowed to receive a cleaning, extractions, or restorations. We attempt to limit patients to one of these procedures to ensure that every patient has at least one needed service addressed.

Student obligations range from extractions and restorations to sterilization and maintaining garbage and are not allowed to perform any procedures that they have not been formerly trained in school. Often first and second year dental students are paired with third and fourth year students, assisting them with extractions and restorative dentistry. Pre-dental students are also encouraged to participate. A large amount of the student population applies for the projects, but only a fraction of the students are selected to participate. Attending these projects is voluntary, but it is one of the most influential experiences within the dental school. Students understand their role and are there to serve the patients.

Patients do not always understand that they are receiving dental care from dental students and not dentists. Therefore, the American Dental Association's Code of Ethics is expected to be upheld by both dental students and dentists at all times during the projects. Beneficence is emphasized before each and every project. Patients should be treated the same as those who receive treatment at the dental school. Veracity is essential for these projects as experience varies amongst dental students. Students may be asked by a dentist or other volunteers to perform a certain procedure, but it is up to the individual to vocalize his or her level of training. The elder dentist may not know the experience of the student. The ADA defines nonmaleficence as "knowing one's own limitations and when to refer to a specialist or other professional, and knowing when and under what circumstances delegation of patient care to auxiliaries is appropriate." The experienced dentists responsible for triaging patients will document in the patient note whether a dental student, dentist, or oral surgeon performs their extractions. Patient autonomy can be challenging due to the heavily populated and open working area, but they are understanding of the working conditions and grateful for any work they receive.

There is a unique sense of camaraderie that is established between the dentists, students, and patients. Patients are the primary concern of these projects and as all of the volunteers have this common goal, the projects are rewarding for all participants. It is a life changing experience and the excitement continues with each project.



Dental Hygiene: A Glimpse of our Journey

Ana Mayoral, DH2014

On behalf of the entire Dental Hygiene class of 2014, I would like to welcome all incoming students to the Dental and Dental Hygiene programs. You are about to embark on an incredible journey. Although my classmates and I have only traveled halfway down the path that will ultimately lead to the completion of our degrees, I am amazed at all we have accomplished in the past year.

It wasn't long into our first semester that we began seeing patients. This was initially done with two students per patient, which offered reassurance as we learned the basics of our future profession. By January, we saw patients on our own, providing us an opportunity to take a large step forward in our education. As a self-governing profession, we participated in Rally Day where dental hygienists across the state convened at the State Capital to meet legislators and see how our activism has a positive outcome for the citizens of Virginia and our profession. Shortly after that, we participated in the White Coat Ceremony, during which we recited the Dental Hygiene Oath. This was a highlight of our first year, as it marked our entrance into the Dental Hygiene profession.

Our education didn't stop at the end of the spring semester. In June, a few of my classmates and I got the opportunity to travel to Boston, where we attended the 2013 ADHA Annual Session. Not

only did we participate in a variety of classes and exhibits, but also celebrated as the event marked the 100th Anniversary of the Dental Hygienist profession.

Over the next two semesters, we begin our external rotations. This will not only provide us with an opportunity to advance our skills within the art and science of dental hygiene but will also give us a chance to directly impact the oral health of the local community. I look forward to the lessons we will learn, because they will help us promote high standards of oral care not only during our time at VCU, but into our individual careers as registered dental hygienists.



WHAT'D YOU DO THIS SUMMER?



1. Cary Berdy, D2016, and wife, Lane, overlook the scenery in Positano, Italy.
2. Patrick Ruck, D2014, pauses to pose while climbing "Blood, Sweat and Chalk" in Franklin, WV.
3. Russell Wilson, the Seahawks quarterback and Richmond native, still makes time for his dentists: Dr. Robert Steadman and Grant Steadman, D2015.
4. Holly Todd, D2016, visits with children from Ekisa Children's Home in Jinja, Uganda.
5. Philip Ruffner, D2015 catches the big one, an 8-pound channel catfish, at the Stanovick farm.
6. While the sun sets in Porto, Portugal, Phu Cai, D2016, and girlfriend, Kristina Luong enjoy wine tasting on the Douro river.



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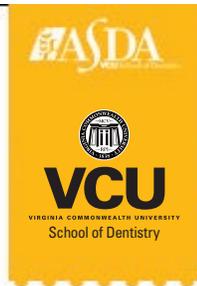
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*****OR outside the Crocket Lounge during Lunch
Tuesday and Thursday****

All proceeds benefit the [Missions of Mercy Project](#).
A Virginia Dental Association- program that brings
free dental care to rural and underserved
communities in Virginia. Supplies for the M.O.M.
projects are provided by generous donations.
Please contact mom5krace@gmail.com for more
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Please submit story ideas, questions, comments or concerns to Kristin Coffield at coffieldkm@vcu.edu.

Design and layout by Jason Sullivan, cargocollective.com/jasonsullivan.