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

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A "MAGIC" HALLOWEEN FOR CHLOEY

By Sarah Brusko

When eleven-year-old Chloey Henry visited the aquarium, she discovered her love for sea turtles. Since then, she had dreamt of trick-or-treating on Halloween dressed as a mermaid riding a sea turtle. Chloey has Rett Syndrome, a rare neurologic developmental disorder that prevents her from speaking and requires her to use a wheelchair. Students in the General Dentistry Club, Special Care Interest Group, and Tooth Wigglers wanted to make Chloey's Halloween dream come true. They collaborated with the non -profit organization, Magic Wheelchair, to create one of the most epic costumes ever crafted.



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Sarah Brusko, D2019



all 2016

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Fourth year students, Travis Weimer and Hunter Simpson, created the design and managed the construction efforts. The costume created for Chloey included a life-size sea turtle made of foam and painted with realistic textures. She was given the royal treatment, adorned in a glamourous, brightly-colored wig, shimmering mermaid tail, and a custom tiara and bracelet set produced using 3-D printing. Travis' brother, Ryan Weimer, founded Magic Wheelchair, which was established to build awe-inspiring custom costumes for children in wheelchairs all over the country, at no cost to the families. The students put on a successful bake sale to cover some of the expenses for supplies. Remaining costs were covered by the thoughtful donations that are contributed to Magic Wheelchair from donors nationwide.

Family, friends, and neighbors gathered together Halloween weekend for the big reveal. Travis and Hunter assembled the costume and put on the finishing touches, including LED lights lining the underside of each fin and dazzling color-changing fiber optic lights that covered the surface of the shell. As Hunter put it, "This thing glows!" To the soundtrack of "Part of Your World" from Disney's *The Little Mermaid*, Chloey's aunt and sister accessorized her before revealing her to Mom and Dad. As they turned the corner, her parents were nearly brought to tears, stunned by how beautiful and happy their little girl looked. Chloey's mother commented, "Thank you so much! This means the world to us. You have no idea."

Thanks to the kindness and generosity of many of our students, a little girl had her *magic* moment. This project is a wonderful example of what we can accomplish by working together. It was a memorable day for all involved. We hope Chloey got lots of candy on Halloween as she made her way through the neighborhood with friends and family.

If you would like to contribute to help more kids have epic Halloween costumes, please consider supporting Magic Wheelchair at <u>www.magicwheelchair.org</u>



Runners Ready for Rainy Race

By Alyssa Franklin

If you're looking for a great way to step up in the community, the Down Syndrome Association of Greater Richmond (DSAGR) welcomes all volunteers and donations to support families and provide education to those affected by this condition.



Alyssa Franklin, D2017

On Saturday October 8th, the torrential downpour (thanks to Hurricane Matthew) didn't scare too many runners from participating in the Step UP for Down Syndrome 5K and Family Festival. Hundreds of people ran either a 5K or a 1 mile fun run to raise awareness about Down syndrome, and about 30 exhibitors set up booths with fun activities. The event coordinator for the DSAGR has a son with Down syndrome who visits VCU Pediatric dental students and residents for care, so she was thrilled when we asked to set up a VCU Dental Care booth. Dental student volunteers from the VCU Special Care Interest Group shared oral hygiene instructions and gave out dental goodie bags along with business cards. The dental patient Play-Do activity was a big hit with the kids, and several claimed they want to be dentists when they grow up!



ADEA SPOTLIGHT: GETTING TO KNOW DR. KING

By Kate Norbo, DDS 2018



This year the members of ADEA would like to recognize Dr. E. Davey King for his continued commitment to the education of our dental students. Dr. King splits his time between general practice groups as well as the AEGD clinic, where he has been a fulltime faculty member for the past ten years. Prior to this, Dr. King owned a private practice here in Richmond for 37 years and worked part-time at the school for 15 of those. We're glad that Dr. King's high school science fair projects got him hooked on dentistry because he truly makes the clinic a more enjoyable place for students and patients alike!

1) What year did you graduate from MCV? Were any other current faculty members here at the same time?

I graduated from here in 1976. There are actually 3 other full-time faculty who were in my class: Dr. Paul Wiley, Dr. Kyle Coble, and Dr. Jim Schroeder. Prior to coming back to VCU, Dr. Wiley had a career in the Navy, and his last tour of duty was at the White House as Bill Clinton's dentist. Kyle Coble had a private practice in Northern VA. Jim Schroeder had a practice here in Richmond.

2) Who was your favorite band in dental school?

The Temptations, Four Tops, and The Supremes. And they still are today!

3) You split your time between undergrad clinic and specialty clinic (AEGD). What's the best part about that?

I like splitting my time because it's totally different. When I go to undergrad GP I love to help students understand why they are performing certain procedures.

4) What was the best part of owning your own practice and/or being a dentist in general?

You were able to decide exactly what you want to do with your life. I didn't miss a single volleyball game my daughters played in! You have the freedom to do what you want to do.

5) If you could go back and be any specialty, what would it be?

I really do love general dentistry, but if I had to do it again I would probably do more prosth. But the nice thing as a general dentist is you truly get to do anything you want to. You also get to build relationships with your patients. I had three or four families with four generations of patients, and you don't get that in specialties.

6) What are your hobbies/what do you like to do in your free time?

Running, biking, hiking, skiing, golfing, and working out. I'm at the gym at 5 o'clock AM.

7) Any words of wisdom to the graduating class?

I'd like to share an old coaching quote, **"execute skills, results will follow"**. Go out and be true to what you were taught and the results will come. Don't get into any bad habits.



The Triple Threat Dental Practice Dr. James R. Schroeder

Definition: "Triple Threat" – noun; an individual who is expert or adept in three fields or skills, i.e., a football player skilled at running, passing, and kicking.

Reflecting on 35 years of experience in practice as I now engage with other practices with transitions and in business growth and development, sustaining a thriving practice involves change. A change that seems to evolve over time like our patients, the business and economic climate, and the industry we represent. The image that comes to mind is that multi-talented athlete that brings a high level of skills to the team running, passing and kicking all done with the ease and grace of the skilled athlete. I place this analogy before you as we look at the skills required in today's healthcare environment for the dental practice – and yes, once again I mention three, the TRIPLE THREAT: *Technical* skills, *Leadership*, and *Business*.



Upon graduation from dental school our focus has been directed toward acquiring our hand-eye coordination and technical skills and a base line for the basic sciences in understanding patient care. Placing the patient in the chair and doing the dentistry is our primary goal. The enormous paradigm shift is supporting the skills and knowledge that brings patient care-which includes the complete care of the patient – to a reality! Hence, the new requirement of a dental office is to be as adept as a "Triple Threat Athlete": an expert with the **Technical** skills, knowledge and skills for the **Business** side of the practice, and **Leadership**!

One of the most important things we can impart to our colleagues entering the profession as well as those currently practicing is that we must expand our toolbox. We must become adept in the business and the leadership of that business beyond our dental skills or seek out the required expertise. Most of us have an affinity toward two of the three required skill sets, but spend little time or energy on the areas that drain us. An honest self-assessment of our strengths is essential in order for us to come to the realization of recognizing "what we don't know" and where we need to grow or seek counsel. Seeking professional expertise in the area of business (legal, accounting, etc.) and leadership development is not optional in today's multifaceted business environment and the patients we serve.

One example getting everyone's attention is the recently posted state regulations and their expanding oversight. This not only needs your attention, but demands your leadership to ensure the compliance of all your staff. There are an increasing number of health care and business regulations that require our awareness to avoid legal consequences. An up-to-date office manual signed by the employee is mandatory. Without all team members onboard and being knowledgeable of your policy compliance with state and federal laws, you and your practice are exposed. Although these are all very important, the current financial climate has also changed drastically. Dental students leave school with an average debt of \$200,000. The complex intersection comes when a senior dentist seeking an exit strategy and wants to capture the value of his practice. For a successful transition to take place the skill set which includes leadership, business and dental expertise must be blended to allow for a win-win outcome.

The paradigm shift has taken place and the era of a 'Triple Threat' dental practice is not just being ushered into our profession, it's become a mandatory requirement for growth and success. It has also led to

models of practicing dentistry such as large group practices and corporate management offices. For those who don't want to embrace the leadership and business components required for a thriving practice, other options

are developing in the health care field. As I interface with practice transitions and coach dentists in building and growing their practices, in order to withstand the forces of change in multiple areas, I realize the set of skills necessary to navigate this journey is complex and multi-faceted.



The picture I am painting of a "Triple Threat" depicts the three critical areas the dentist must bring to the table:

TECHNICAL SKILLS

We are blessed with tremendous opportunities to expand and refine our dental skills through continuing education and study clubs beyond dental school. Our current graduates come to us with a limited skill base in need of mentoring and further development. General dentistry can be all you want it to be. Expanding and refining your skill set must be a lifelong pursuit to meet the expanding industry as new concepts are introduced and developed, and providing new services to the informed consumer. For the scope of this article I simply challenge you to do your self-assessment. Are my professional skills growing with the knowledge base of advancements that are taking place in our field?

LEADERSHIP

A. VISION – clarity, alignment and the ability to execute a plan

B. COMMUNICATION - skills that articulate patient needs and influence decisions towards positive health, while building a trusting relationship that leads to growth and referrals

C. *DEVELOPMENT* - with every student and dentist I work with I continue to emphasize the critical importance of professional growth and development. Hiring an employee is the beginning, the results will be highly dependent on your ability to develop and influence the individual to reach their full potential and serve your patients. The above does not happen by random chance. An intentional plan needs to be in place. So

many offices are undermined by a negative employee who is holding the power, as it goes unnoticed, while the dentist is busy performing their technical skills.

When I poll students I ask them "How many have taken a course on building trust"? There is no response. The human relationship and its development are not optional and must be woven into the vision for the practice. Dental schools are attempting to incorporate the humanistic component into the curriculum recognizing that it must be woven into the complex fabric of the new dentist. It has now become a standard for accreditation.

Teaching at VCU gives me a perspective of how we are preparing the student with rudimentary dental skills. However, the leadership and business skill sets at graduation are woefully short. The hope is that we are instilling the hunger and recognition to be a lifelong learner.

D. *MANAGEMENT* – of the business cannot be escaped if we hope to have a well-run office. I put this under the category of leadership. You can delegate responsibilities, but you must "inspect what you expect". I find ignoring the inspection often results in management abuse or abdication by the doctor. The tail ends up wagging the dog.

BUSINESS

Like leadership, we must start with self-assessment. If we are honest, we may discover there are areas where we lack a working knowledge or understanding and are crucial in order to advance or even grow the business.

Study clubs with open sharing of best business practices recognize that there may be a better way to develop office systems for efficiencies and they offer a host of other resources. These are all available for the person seeking continuous improvement and profitability. It's no secret (as I review office revenue statements) that insurance reimbursements are declining, resulting in extensive adjustments to your revenue stream. A systematic awareness of the revenue and expense columns requires your attention. A new face in the dental world is the appearance of the corporate structure along with other business models to leverage expenses. This external pressure demands more from the basic principles of our business and how it affects efficiencies. Every tool in our toolbox must be sharpened and tightened up in order to remain competitive. Everyone in the corporate world of dentistry knows the metrics for success which are measured daily. It ranges from very specific revenue streams to patient satisfaction surveys. Develop a working relationship with a savvy accountant so you are not in a position of saying "I wish I had known that!"

How do I strengthen my office to have the skills and expertise of a *Triple Threat* athlete? First, establish a planning time throughout the year of 2016, put it on the calendar and make this happen. Nothing changes or happens without the dedicated time to make it happen:

1. Start with a written assessment of the three areas discussed. Consider an outside consultant if this type of project is totally outside your wheelhouse. Each skill, Leadership, Business, and Technical, deserve your attention if you want to take your practice to the next level. Be vulnerable and select two or three colleagues to have a discussion in these areas. 2. You can do anything, but you cannot do everything. Select one area to research and develop a strategy to grow and then apply your knowledge. Do this over a 1-2 month period. Once you have a plan in place involve your team and get their input and feedback. This will help to get ownership and support from your team. Where appropriate seek professional counsel outside the dental profession. Today's world of technology and information are ideal for people who are lifelong learners and want to expand their skill set or knowledge base.

3. Change in all three areas is constant. The critical question is "How will you respond?" Change is not optional and growth is a choice.

Choose to grow into a 'Triple Threat' office.

DSD UPDATE

Christina Horton, DSD Secretary

The year is off to a great start for Delta Sigma Delta! This summer we provided screenings for the Special Smiles MOM Project at the Virginia Summer Olympic Games. We had hundreds of athletes come through and have their teeth examined. We made mouth guards for them, provided oral hygiene instructions, and sent them to the MOM project. Every year DSD has participated in this project and every year we love serving the athletes!

Delta Sigma Delta has also been busy recruiting new members. We are very proud of all of our new inductees, and we can't wait to celebrate with them at initiation! We've had several fun events this semester. Members went to a bowling alley and enjoyed an exciting night of bowling. For Halloween we held our annual Pumpkins and Pints event. We had a pumpkin carving contest and enjoyed refreshments in the beautiful fall weather.

The brothers of DSD have continued our tradition of tutoring the weekends before operative and fixed practicals. The D1s and D2s are doing great work – keep it up! We have also started volunteering at the Goochland Clinic on the weekends. It's been wonderful providing dental care alongside our fraternity family! Thank you to everyone who has participated with DSD so far this year. If you're interested in joining keep an eye out for our recruitment in the spring!



Current and past presidents Lesley Lambert and Najib Bouchebel at Special Smiles



PSI OMEGA UPDATE

Nitya Reddy, Psi Omega President

This semester Psi Omega has added a number of community service events for our members. CARITAS, the largest provider of homeless services in the Richmond area, helps to break cycles of homelessness and addiction so that people can live stable lives. In sharing the same beliefs, Psi Omega volunteers six times a semester to provide head and neck exams and dental screenings. Spending time with this community lead to a deeper desire to help these people achieve their goals. This lead to our first school-wide clothing drive led by our treasurer, Kelsey Greene. Many of these people had very little clothing and no options for job interviews. After being able to provide a woman with a last minute job interview outfit, we were inspired to make this something greater. We expanded the clothing drive to the entire medical campus and now provide clothing at every health screening event we attend to help participants fulfill their dreams.



Nitya Reddy, D2017

In addition, we have partnered with the Ronald McDonald House to make lunches for families whose children are in the hospital. This organization provides meals and lodging for families whose children are in the hospital. Finally, we sponsored a James River clean up in October. Many of our members take advantage of the James River so we wanted to give back and keep this area of Richmond clean. We hope to continue to this tradition of community service while maintaining our robust social calendar.



OKU NATIONAL DENTAL HONOR SOCIETY

Dr. Riki Gottlieb

OKU (Omicron Kappa Upsilon) National Dental Honor Society*



and a graduation honorary stole to wear during the SoD graduation ceremony. A junior student is selected as the Kramer award recipient, based on the performance principles listed above. The Kramer award is presented at the annual induction ceremony. The meaning of OKU is based on three words: conservation, teeth and health (SOTERIA is the Greek for conservation, ODOUS for teeth and HYGEIA for health).

Omicron Kappa Upsilon had its inception with the class of 1914 at Northwestern University Dental School. A committee submitted a petition which stated they were "desirous of organizing and funding a national honorary fraternity similar to other honorary fraternities now existing in the leading universities...but which shall consist of dental students exclusively; admission and membership to which shall be based upon scholarship and character as manifested by election by the faculty." Dr. Green Vardiman Black, Dean of that Dental School at the time, initiated this organization and announced the first ten chapters in the US, in 1921, with **Kappa chapter in the Medical College of Virginia School of Dentistry** being one of the ten. There are currently close to 60 active chapters in dental schools in the US, Canada and Puerto Rico. Currently, faculty members are also considered for membership in their local chapter, in addition to students.

VCU's OKU Kappa chapter offers annual scholarships and awards to students who excel in academics and/or research. For more information about OKU Dental Honor Society's Kappa chapter, feel free to contact any of the executive committee members listed below:

2016-2017 VCU OKU President - Dr. Sahingur 2016-2017 VCU OKU President Elect - Dr. Dahlke 2016-2017 VCU OKU Vice President - Dr. Uram-Tuculescu 2016-2017 VCU OKU Secretary/Treasurer - Dr. Gottlieb Immediate VCU OKU past president - Dr. Koertge

*Adapted from http://okusupreme.org/



D2016 OKU inductees at the annual banquet.

Ms. Alyssa Ricci, Kramer Award recipient, with Dr. Sahingur, OKU Kappa chapter president-elect, at the annual banquet.



A SYRIAN REFUGEE CAMP ACCOUNT By Heba Rashed

Leaving Thessaloniki early in the morning, during the car ride and then on the plane, I cried. I cried because I could leave, but the Syrian refugees were stuck. They were stuck in hot, overpopulated camps with poor sanitation, unfulfilling meals that left them malnourished, flies, and disease. They were free to get up and leave whenever they pleased. But where would they go? They had no money, no jobs, and no means to a better living situation. I've looked into so many empty and hopeless eyes, filled with despair, haunted by what they have seen. The bombing, the bullets, the bloodshed. These people, robbed of their homes, their families, and their dignity were the strongest and kindest people I had ever met. Some of them told me their stories with tears flowing down their cheeks, others with an air of sorrow. Many people were angry, wishing death rather than the humiliation and shame they faced.

My husband and I went on a mission trip this past summer where we volunteered with the Syrian American Medical Society in providing medical relief to Syrian refugees. We went as translators to assist non-Arabic speaking physicians in bridging the communication gap between doctor and patient. We also set up a side project where we provided preventative oral hygiene to the pediatric populations at the three camps where we volunteered. We taught the children the importance of brushing their teeth and how to brush properly. We applied fluoride varnish and gave them toothbrushes and toothpaste. So many of the children had badly decayed teeth. Despite their circumstances and what they had gone through, these kids were so resilient. They were just like any other kids, bickering over their spots in line, excited for their turn. Some of the children self-appointed themselves as our helpers. They kept the other children in an orderly line and gave each child an age and gender appropriate toothbrush after they received application of fluoride and oral hygiene instructions. They marked off each child we had seen with a happy face on their hand and reminding them not to eat or drink for 30 minutes. I couldn't help but notice some of these kids were so bright

and caught on so quickly. I also noticed they were bored. Many of them had stopped going to school while in Syria, afraid of the violence outside and the slaughtered bodies that lay on the streets in pools of blood. Only one of the three camps had an old shed that was used as a makeshift classroom taught by refugees that were teachers back home. The classroom had benches where the children sat and used stools as desks. There was a whiteboard where the teacher taught them English, Arabic, and math. The only supplies they had were pencils and paper from a small notebook. Regardless of the resources these children were determined to learn. I joined in on one of their classes and I taught them how to say tooth, teeth, and tongue in English. They absorbed every bit of it, copying the words down into their notebooks and repeating them incessantly. In return, they taught me an Arabic song about going to the dentist.

Many adults came up to us seeking help for their tooth aches. I felt helpless being unable to do nothing but ask them to seek a referral to a dentist from the physician on site that day. Being referred means waiting for weeks or even months on a long list waiting to be seen by a Greek dentist because of the lack of dental professionals at the camps. I will never forget the mouth of one man I saw, the majority of his teeth were all almost completely decayed. He complained to me of his pain, that he couldn't eat anything and had no access to soft food. I suggested a banana since I had seen bananas around at the camps. He said the bananas were rationed out to pregnant women and younger children. I told the man he needed to brush his teeth, although we both knew at that point brushing couldn't save his teeth. It would however help prevent further decay and improve his gingival health. He promised me that he would brush. The next day, he came up to me proudly holding his toothbrush showing me that he had brushed his teeth. That made my day.





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WHAT'S NEW IN THE ENDO DEPTARTMENT



The Endodontic Department continues to be a happening place. In July, we welcomed Dr. Mark Shachman as the new Director of Predoctoral Education. A graduate of the University of Medicine and Dentistry of New Jersey, he received his certificate in Endodontics from New York University College of Dentistry and was in

Dr. Clara Spatafore



private practice for twenty-three years in Florham Park, NJ. During that time, he taught part-time at Rutgers School of Dental Medicine and at Newark Beth Israel Medical Center as well as Morristown Medical Center general practice residency programs. Dr. Schachman is a Diplomate of The American Board of Endodontists, Fellow in the American College of Dentists, and Past President of the New Jersey Association of Endodontists and has held numerous positions within the American Association of Endodontists. He enjoys academia and is a welcome addition to the Department. He and his wife Laura and daughters Leah (16) and Danit (10) are finding Richmond to be a very welcoming place.

On what felt like the hottest day of the entire year, Sunday, August 28, the Department and their families enjoyed a picnic and a few highly competitive softball games captained by pitchers Ryan Brown and Dr. Myers. Dr. Spatafore cajoled us into a second rematch. All who attended agreed that it was a great bonding experience and we plan on enjoying other activities as the school year continues. An exercise incentive within the Department has been well received and some fun prizes have been awarded.

Midterms are behind us in all pre-doc endo courses and everyone did well, SIMS are progressing nicely and it will soon be time for the D-3 students to start seeing actual patients.

Our "Leave Policy" - a historical perspective

One person's opinion by James C. Burns, Oral Diagnostic Sciences



The VCU School of Dentistry's "Leave Policy" has evolved to its present day status over the last 45 years. Two previous deans had policies on opposite ends of the spectrum. One stated that there is **no leave** (zero, zip, nada) other than sick leave for which you had to supply a doctor's note as he believed that four years was barely enough time to graduate as a "competent entry level general dentist". Another dean felt that young adult students should be able to come and go as they please. "If a class was not worth attending then don't go." However, that was in an era of "requirements" which were necessary to complete in order to graduate and they were set high to encourage a large number of clinical experiences. As a third dean used to say "you learn dentistry by doing dentistry".

Attempting to find a common sense middle ground lead to a certain number of "annual leave days" much like that which your faculty lives under. In the early days, the policy had three subsets: a certain number of annual vacation/sick days; school "ordained" absences doing dentistry (MOM, Jamaica project, etc.); school "ordained" absence for professional dental meetings (ASDA, ADEA, etc.). The "ordained" absences were not charged against your annual/sick days but the administration was put in the position of deciding which activities were or were not "ordained". Over time a few students attended a myriad of "ordained" meetings significantly cutting down their clinical experiences and jeopardizing their graduation. Then by popular demand the policy exploded to roughly 15 subsets with numerical limits which included Externships, Teaching Assistantships, M.O.M. projects, Private Practice Preceptorships, IADR/AADR research meetings, state & national ADA/VDA/ASDA meetings, volunteer projects, post-graduate interviews, medical/dental appointments, sickness, family events, etc. It was a crazy system that often degenerated into a "cat and mouse game". Dr. Byrne did a survey of other schools and found that many schools had a policy of zero leave while others had a certain number of leave days to do with as each individual desired.

The overriding goal of all these schools is to educate their graduates and protect their future patients from harm. Schools have less than four years to accomplish that mission. Obvious, but unstated is the fact that while in school you are mentored and protected by trained academic dentists which is lost upon graduation.

The life lesson which you can learn NOW is that when you are in private practice with continuing overhead at your office you quickly will put limits on yourself as to which meetings/things/activities you attend after carefully measuring the benefit of 'being gone" versus the financial & lost time costs. Bottom line is that the current leave policy is fair and a valuable life lesson (see pages 17-19 of the Clinic Manual for specifics). As Dr. Archer is famous for saying" "you can do anything you want with your leave, you just can't do everything".

ASDA ACTIVITIES 2016

New Dentist Conference, Wintergreen



Below: 2016 ASDA Meetings







Below:: National Student Lobby Day





NOVA MOM Project	Mar. 10th
Peninsula MOM Project	Mar. 25th
National Student Lobby Day	Mar. 26th
Clinic and Research Day	April 6th
Final Exam Week	May 3rd
Commencement Ceremony	May 13th

Spring Semester Calendar

Martin Luther King Holiday	Jan. 16th
VDA Day On The Hill	Jan. 20th
VCU Give Kids a Smile Day	Feb. 3rd
ASDAS Annual Meeting	Feb. 22nd
White Coat Ceremony	Feb. 24th
Spring Break	Mar. 6th



Lauren Jones, D2017

I am honored to be your editor for the 2016-2017 school year! Questions, Comments, or Contributions? Joneslg2@vcu.edu



Virginia Commonwealth University

American Student Dental Association







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