

the COMPOSITE



LECOM School of Dental Medicine ASDA Newsletter

Winter 2015-16

Eric Ho ('17) observes Oral and Maxillofacial surgeon residents at a teaching hospital performing an esophageal endoscopy.



finding your niche through externships

STUDENTS SOUND OFF ON EXTERNSHIPS, HOW TO GET THEM, AND IF THEY'RE WORTH IT



by Alexander Lodge ('17)

Have you ever considered specializing? Consider pursuing an externship! With today's increasing competition, applicants must find more ways to stand out. Not only can externship experiences boost your CV, but they may also help you see the dental world from a new perspective. If you're willing to plan ahead and show some initiative, an externship is completely within your reach.

Although each program is unique, their duration is generally a week long. Each program has a significant amount of hands-on time with patients, planning and managing complex cases with the help of experienced specialists. Large universities tend to have established programs, especially if they are associated with a teaching hospital or longstanding dental school. However, these experiences do not

just fall into your lap. "I sought out the opportunities to extern for various specialties," said Joelle Stanger ('17). "I researched programs I was interested in, sent in some applications, and had a phone interview."

Most students I spoke with saw their externships as a means to entering a specialty program, but many also reported intangible benefits. Joelle participated in a week-long Oral Maxillofacial Surgery (OMFS) externship at Vanderbilt. "I feel like the experiences I gained were greater than I had imagined. I was able to participate and be more hands-on." Joelle eagerly recalled how she did the down fracture of a LeFort I fracture case.

Externships can indeed be enriching for dental students in unexpected ways, boosting confidence and competence for new and experienced students alike. Joelle found her two externships in OMFS and Periodontology especially valuable as a third year student in the clinical setting. Joelle concluded, "They enriched my understanding of the specialties and gave me perspective that I couldn't have received without it."

There are some logistical hurdles that all students should consider before jumping in. For example, malpractice insurance is critically im-

(cont. on pg. 3)

- 2 | LETTERS
- 4 | CALENDAR
- 4 | DINNER & DENTISTRY
- 5 | LOCAL ASDA
- 6 | LOUPES
- 7 | FACULTY Q&A:
DR. FELSENFELD
- 8 | OFF-SITE CLINICS
- 10 | BOARDS PREP
- 11 | FACULTY Q&A:
DR. YOON
- 12 | NATIONAL ASDA
- 13 | ASDA PERKS
- 14 | HEALTHY LIVING
- 16 | FUN AND GAMES

INSIDE
this ISSUE

letter FROM THE editor

Welcome to the Winter issue of The Composite! A big thank you to the Composite committee and everyone else who contributed content because we couldn't exist without you. Special thanks to our layout and design editor Tisa Kang ('17) who worked extra hard to infuse beauty and function to our paper and just make it all work.

Being a new school comes with challenges, so in this issue, we wanted explore some topics that we thought our students might want to know more about: speciality externships, the outreach clinics, how to do well on board examinations and more. This year is an important landmark in the LECOM-SDM history because as a dental school, this is the first time we've had students populating all four grades. This is also the inaugural year of the Defuniak and Erie outreach clinics, and our newsletter's first official issue in print. As a newsletter, ASDA chapter, and community, we are constantly going through firsts together, and I am proud of us and how much we've grown.

We hope you enjoy this issue. Please check the ASDA website (<http://www.lecomasda.com/>) for back issues of the Composite too! Happy new year and may this semester be as exciting as the last.

Sincerely,
Christine Vu ('17)
Editor-in-Chief



The Composite team is all smiles. Back row: Dylan McKnight, Katherine Sage, Chase Liska, Sandy Wolf. Front row: Michelle Ho, Christine Vu, Tisa Kang, Tory Li. (Not pictured: Melinda Anderson.)

Hey ASDA!

Your ASDA committee members have a lot of great events planned for you this year. Each month ASDA has a Dinner and Dentistry where members interact with leading companies among other dental professionals. Of course a delicious dinner is provided afterwards! Throughout the year ASDA members will have the opportunity to participate in community service projects including events such as: Youth Tooth, Wisdom Tooth, FLA Mission of Mercy, Give Kids a Smile, Day of Hope, and more!

ASDA social committee has planned events including the Amalgames, the Interdisciplinary Sports Competition, a "bridging the gap social" with the faculty, and more! Our pre-dental committee is currently planning another successful pre-dental day, in addition to a pre-dental mentor/mentee partnership with UCF and USF.

Legislative events this year will include an ADPAC drive, Dentist Day on the Hill, and National Student Lobby Day. Ethics committee will be putting on a panel in which members will be able to listen to faculty opinions on common ethical situations that arise in dentistry. Our fundraising committee is working on innovative ways for ASDA to raise money to be able to put on all of these awesome events. As always, our publicity committee and Composite committee are working diligently to keep our members informed and involved in ASDA throughout the year. Thanks for all of your hard work, everyone!

Desiree McMillen ('17)
President



(Externships cont.)

portant to secure before any potential patient interactions. At LECOM-SDM, the school's policy only covers us for work we do in the clinic, under the direct supervision of a faculty member. "That's where Medical Protective and being an ASDA member comes in hand," reported Evan Busby (16'), who has three externships under his belt. "They sent me the application which I filled out that day. Then I had my \$3,000,000 plan coverage in the mail four weeks later."

Travel costs and lodging will also likely be your responsibility. To save money, consider doing an externship in a location where you could stay with a friend or family member. Absences are not well-received despite educational merit behind an externship; however, you do not have to let a mandatory attendance policy keep you from an extracurricular opportunity. As year round schedules become more common, programs are beginning to accommodate by working closely with students break schedule. For some, this situation may be in their favor. Many programs are understaffed during the holidays, and the increased incidence of emergencies makes externing during that period especially practical for eager dental students. Evan Busby ('16) reported being busy at NOVA on his birthday during Christmas break. "I got to assist in a LeFort I osteotomy and bilateral sagittal split osteotomy that day.

I GOT TO ASSIST IN A LEFORT I OSTEOTOMY AND BILATERAL SAGITTAL SPLIT OSTEOTOMY THAT DAY.



What a way to bring in the New Year!"

Most programs want some sort of indicator that you are an able student. Thus far, the general consensus is that the pass/fail grading system does not place students at a disadvantage. Most programs ask for a letter of recommendation from the dean regarding your academic standing. Others require a letter from the faculty specialist. Building a good rapport with the various LECOM-SDM faculty and specialists is critical to having your abilities adequately showcased to a program recruiter.

Whether you already know you want to specialize or are in need of a real world perspective before deciding, an externship can only enhance your ability to make the right decision for you. "Externships are great because you experience a multitude of complex patients that are out of the scope of treatment for the typical dental student. The hands-on training I received was a true confidence booster when it came to managing and treating patients again at LECOM," said Evan. "You'll return on such a high."

A great way to learn if a particular externship opportunity is right for you is to contact someone who has already been through the program. Information regarding program specifics can be found on student doctor messageboards, blog sites, and from the school directly.



Illustration by Christine Vu

As student dentists on the cusp of our professional careers, it is imperative that we stay informed and up to date about the various avenues we may pursue after dental school including private practice, residency programs, public health, corporate dentistry, and research. The Dinner and Dentistry (D&D) committee works to provide us with a variety of experiences that will ultimately shape us into well-informed individuals.

Given the rigor of dental school, it is easy to get preoccupied or discouraged by different aspects of dentistry. At such times, it is advantageous to seek guidance from professionals who not only know what we are going through, but have succeeded in areas we are unfamiliar with. Overall, this organization has a positive impact on developing well-informed, future dental health care professionals.

Highlighting a recent D&D speaker, Dr. David Rice from Ignite DDS gave us insight into starting and sustaining a successful, lucrative business. Many new dentists trying to make a career choice choose a career they soon find it not well-suited for them. As Dr. Rice explained to us, those of his friends who went into corporate practice as op-



Students welcomed a panel of dentists from the Florida Dental Association during a Dinner & Dentistry panel hosted by ASDA LECOM. Topics discussed include the pros and cons of specializing, corporate vs. private practice, and much more about life after dental school.

dinner&dentistry

ASDA EVENT SPOTLIGHT

by Nancy Singh '18

posed to an associateship, ended up with much less professional and financial success. Beginning in a corporate practice according to Dr. Rice, delays your learning as you only complete the cases you are given. Although, when you are an associate, the owner of the practice will take a lot of the cool procedures too.

One company that spoke with us during a D&D event is Medical Protective. They give many discounts to students and offer plans to help students as they transition from school to private practice. If we want to attempt new and challenging cases, we must protect ourselves first from malpractice and financial ruin.

Dinner and Dentistry creates a professional environment where students are free to engage speakers in conversation, foster healthy discussions, and learn from other students

who can prevent us from befalling the same mistakes they succumbed to. In the recent past, time spent with representatives from Crest, Aspen Dental, Heartland, and Waterpik introduced us to new products and technologies used in the field and provided us with a perspective on corporate dentistry. We hope you'll join us for our next events!

UPCOMING D&D
 03/09- MEDPRO
 03/23 - WATERPIK
 4/06 - DR. DAVID RICE

CALENDAR

JANUARY

22ND-23RD – HOUSE OF DELEGATES MEETING
 27TH- GREAT EXPRESSIONS D&D

FEBRUARY

2ND- DENTIST DAY ON THE HILL
 10TH- D1s ORAL B D&D

MARCH

2ND-5TH- ASDA ANNUAL SESSION (DALLAS, TX)
 23RD- WATERPIK D&D

APRIL

11TH-12TH- NATIONAL DENTAL STUDENT LOBBY DAY

what's up, (student) doc?

A HIGHLIGHT REEL OF PAST LECOM ASDA EVENTS



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1. Group of D1s spend the day volunteering at the annual Dentistry from the Heart event in Orlando, FL. 2. Jamie Bruno ('18), Austin Belknap ('18), and Joelle Stanger ('17) pose with future young dentists at a community service outreach event at BD Gullett Elementary for STEM night. 3. Emma Hughes ('19) shows a pre-dental student the way to pack amalgam during the ASDA Pre-Dental Open House Event. 4. Turkey decoration adorns the LECOM cafeteria during Thanksgiving week. 5. During the ASDA Pre-Dental Open House, Samantha Hirt ('18) demonstrates how to prepare a composite prep to the pre-dental hopefuls. 6. Students who attended the FDA-sponsored Dinner and Dentistry Event gather around for a delicious meal after the "What to expect when you're expecting to graduate" panel. 7. D2 students get ready to demonstrate proper oral hygiene instructions to kids.

SCOOP on LOUPES

► by *Dylan McKnight '18*



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Developing clinical skills necessary to meet the standard of care is a process that requires a sharp eye for knowing what is clinically acceptable and what is not. As student doctors, we have a responsibility to our patients and ourselves to provide the best possible care. That being said, I strongly suggest students to consider purchasing loupes, whether it be a \$75 pair or a \$2500 pair. If you are still on the fence, many felt that the addition of a head light alone greatly enhanced their learning process. LED head lights mounted to safety glasses can be purchased at a reasonable cost. Flip-ups are an excellent option for those with who do not currently wear prescription lenses, and they are overall more versatile and can offer savings of \$100 on average.

When comparing optic quality, remember that while each company has different selling points, for the most part, the quality is the same. I was told by one rep that many competing companies utilize the same manufacturer for their optics. On the flip side, the main differences tended to be in categories such as comfort and esthetics. A majority of my class chose the Lumadent loupe and light combination followed by Surgitel, then Orascoptic. This was attributed to satisfaction with quality and cost. Of those surveyed, most order a magnification of 3.0x-3.5x. Some students who ordered 2.5x said that they would opt to increase magnification within their trial period. The last bit of advice is to do your homework before contacting the sales reps and don't be afraid to negotiate. Below are some anonymous student answers for the pros and cons of loupe company. We recommend you to go to the loupes fair sponsored by ASDA in April to try for yourself which one you like!

1. LUMADENT:

Pros: "Best price for high quality optics and light"
 Cons: "The flip-up frames and optics could be lighter"
 Cost: \$500-\$1000

2. ORASCOPTIC:

Pros: "High quality" and "Good titanium frames"
 Cons: "Higher cost with the combination of light and loupes"
 Cost: \$1000-\$2000

3. SURGITEL:

Pros: "Lightweight and comfortable frames with large clear view"
 Cons: "More expensive" and "The frames could be made more durable"
 Cost: \$1500-\$2000

4. Q-OPTICS:

Pros: "Like the variety of styles they carry"
 Cons: "Nosepiece can get uncomfortable during lengthy procedures" and "Different view through the magnifier"
 Cost: \$1500-\$2500

5. DESIGNS FOR VISION:

Pros: "Good quality with higher magnification" and "Sturdy and stylish frames"
 Cons: "Depth of field is average with some peripheral blurring"
 Cost: \$925-\$2000

6. GENERIC BRAND FOUND ON AMAZON:

Pros: "Very affordable and came quickly after purchasing" and "Helpful to have before permanent pair or as backup"
 Cons: "Took a bit to get used to and the screws became loose over time"
 Cost: \$60-\$100

All data and quotes gathered anonymously from current D2 dental students.

dr. joel felsenfeld

DR. FELSENFELD, UNIVERSITY OF MICHIGAN ALUMNI, STRIVES TO KEEP THE SIM LAB FUN WITH WITTY JOKES, SPORTS TRIVIA, AND OF COURSE, ROCKING MUSIC.



4. DO YOU HAVE ANY POST-GRADUATE DENTAL EXPERIENCES THAT YOU'D LIKE TO SHARE?

I did a two-year paid externship, two days a week, at the Center for Special Needs and Geriatric Dentistry of Michigan. This center unfortunately, is no longer in operation. I learned to work in nursing homes, do home visits, and work in hospitals. It was a great experience, which also got me into working at the University of Michigan in 1988-1990 at their geriatric program.

5. I HEAR YOU HAVE A YOUTUBE CHANNEL. TELL US ABOUT THAT.

I've been in a lot of bands, but I've played in a band since 1980. My most successful band was called Dogs of War. We started playing in 1983 and consisted of five professional students: 2 dentists, 1 architecture student, 1 business student, and 1 engineering student. It was a very progressive heavy hard metal rock band.

Aside from teaching, it was the most fun I ever had. But it was also very hard work. We actually got an agent and started doing concerts in the Detroit area. We played at the Silver Bird bar, where I once won a battle of the bands. A lot of up and coming bands played there. I also played in new wave bands and top 40's bands.

6. WHAT ADVICE WOULD YOU GIVE TO A YOUNG NEW DENTIST?

First of all, be a sponge [while still] in dental school. When we ask you to jump, don't just say "how high?" say "how many feet and where?" Don't have an attitude. Get ahead, stay ahead!

And I think every dental student should have a post-grad year in AEGD or GPR. In my

eyes, I felt recently graduated students were totally unprepared for dentistry. I think an AEGD or GPR should be mandatory for all students, and that it would be more beneficial to do it at a location that is not your predoctoral school.

Then try to pick out a niche you want to practice in. Compare

▶ *Interviewed by Katherine Sage ('18)*

1. HOW LONG WERE YOU IN PRIVATE PRACTICE?

From July '85 to July '13. Almost exactly to the day. The first patient I ever had for prophylaxis was Steve Weiner, and he was the last patient I ever saw. Steve Weiner was my roommate.

2. WHAT MADE YOU SWITCH FROM PRIVATE PRACTICE TO DENTAL EDUCATION?

I taught from 2002-2007 at U of M part-time and taught in attending in GPR and directed a four-year geriatric dentistry rotation. I taught one day a week for five years. In 2004, I built my state of the art practice and couldn't even take a day off because my practice had gotten so big. I continued to build up my practice for the next ten years. I said, 'when I'm ready to retire I want to teach full-time in a GPR program'. I loved hospital dentistry and thought it was very challenging and exciting.

3. WHY LECOM?

I told my wife I never wanted to wear gloves or hats again and wanted to teach in Florida. I sent a blind email to all three dental schools with my credentials, telling them I would love to work in a GPR program. Dr. Romer told me [LECOM was new and didn't have a GPR program] but I think here was the best decision I ever made. I love being a part of creating something. It has not always been easy and is a work in progress, but the team here is symbiotic to produce something that will create the best dentists.

“THE KEY TO SUCCESS [IS TO] LIKE WHAT YOU'RE DOING AND BE COMFORTABLE IN YOUR ZONE.”

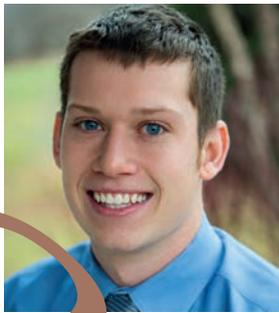
(cont. on pg. 15)

You can pay \$4 to ride the elevator or simply walk up the stairs of the Port Erie Bicentennial Tower in order to get a great view across the bay to Presque Isle.

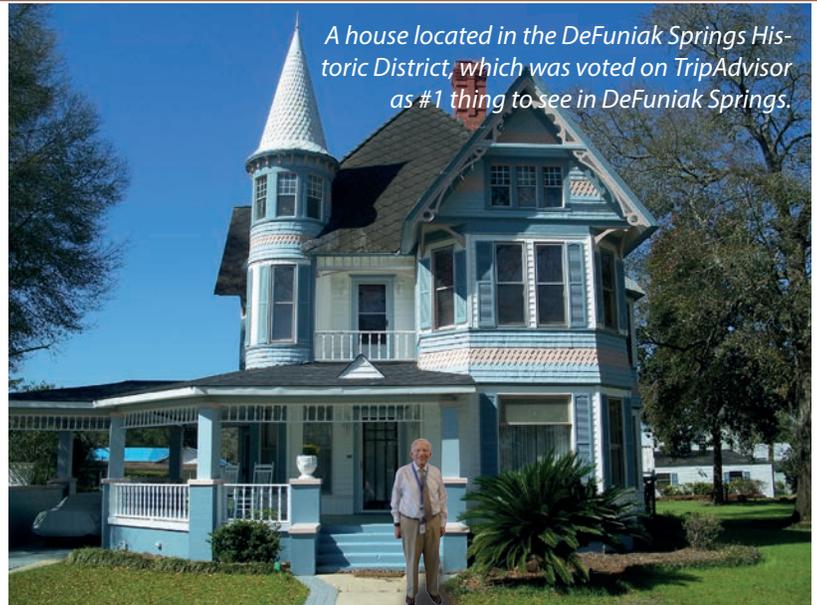
reaching out to defuniak & erie

STUDENTS DISCUSS THE 4TH YEAR OFF-SITE CLINICS

► by Mitesh Patel ('17) and Chase Liska ('18)



Since LECOM-SDM opened its doors in 2012, the outreach clinics located in DeFuniak Springs, FL and Erie, PA have been under construction. There was much speculation surrounding the different locations, and the LECOM-SDM graduating class of 2016 are the first in our school to leave Bradenton to experience these new facilities. For those students eagerly waiting to hear information about the outreach clinics, their testimonials are invaluable. In order to shed some light, we contacted several D4 students with questions about the experiences with patients, clinical faculty, living accommodations, and the number of procedures completed at each of the two



A house located in the DeFuniak Springs Historic District, which was voted on TripAdvisor as #1 thing to see in DeFuniak Springs.

clinics.

From the Erie, PA clinic, Nick Mabardi and Kayla Macri expressed their excitement for choosing this location and about becoming fourth year students. "The biggest difference between your 3rd and 4th year I have noticed is that there is less hand-holding. The preceptors expect us to figure things out on our own first and to make important clinical decisions without their help. Of course, they are always there to still check over work or answer questions you may have. They are there to help us build the confidence we will need when we are out on our own," says Kayla.

THE BIGGEST DIFFERENCE BETWEEN 3RD AND 4TH YEAR [...] IS THAT THERE IS LESS HAND-HOLDING.



Student doctors and kindergartners are all smiles after an oral health presentation in DeFuniak Springs, FL.

Nick agrees, saying, “The preceptors understand we are going to be practicing dentists in 7-8 months and therefore trust us with more responsibility.”

In DeFuniak Springs, FL, both Kaycee Wilcox and Jenna Pascoli were asked what types of procedures they have completed during their time there. “I’ve done a wide variety of

surgical extractions, complicated restorative treatments, and removable partial dentures.” said Jenna.

“We have several full time general dentists along with specialists who rotate in and out. They are also in the process of hiring more preceptors too,” explained Kaycee.

Of those surveyed, all seemed to be happy

with their clinic choices. When asked what advice they would give D3’s about to move in a few months, Kayla mentioned “I would recommend planning out where you want to live and what furniture you actually will need. I brought all of my furniture with me which I wish I had not of done; it was costly to move and I don’t even use most of it.”

“The move will be a change but it’s not too bad,” Nick added.

“I haven’t really had any second thoughts about the location. It’s a nice change of pace,” said Kayla. “In regards to my shift, I would strongly consider shift selection if you plan on traveling a lot during your 4th year for weddings, etc. If you do, keep in mind that being in the afternoon shift means that you are in clinic until 7pm on Friday evenings and the last flights are usually around 7 or earlier out of Erie, which is a very small airport,” said Kayla.

Overall, it seems as if everyone was content with their decision on their clinic locations. The [D2] class of 2018 recently took an interest survey about the two outreach clinics, and the results were similar to previous years with 90% of respondents choosing location and the votes being roughly split down the middle between the two clinics. Kayla concluded that students should try to get as much experience as possible in their last year of school. “Most of us have been working on what we will be doing [after graduation]. Time seems to be flying this year!”



D4’s in Erie, PA enthusiastically educate a child about the importance of good oral hygiene.



all on board

ASDA MEMBERS DISCUSS THEIR EXPERIENCE STUDYING FOR THE NATIONAL BOARDS, NBDE PART I AND PART II

by *Tory Li ('17)* and *Billy Buis ('17)*

The National Boards Dental Examination is a two part examinations required for licensure in the United States. It includes topics on basic sciences and clinical dental and tests students' knowledge based on their training at respective schools.

We have compiled a short interview series with a few LECOM dental students to help you prepare for the NBDE part I and part II exams. They have shared their experience and personal advice to study for these exams. Please view this information as a supplement to your preparation. Passing results are not guaranteed.

FRANK LAGA ('16)

Class '16, Army HPSP 2nd Lieutenant



According to Frank, "there is no methodology of where to start." He prepared for NBDE part II for 5 weeks after he moved to Erie, PA. He mostly used Dental Decks for the extensive detail it provided and found that First Aid and Mosby's were not as helpful.

He also highly recommends the Dental Board Mastery app for easy access and great information. He liked the ease of using the app during clinical downtime, but on weekends he focused on Decks.

JOSEPH DIMINICK ('16)

Seton Hill Orthodontics Resident



Joseph studied for NBDE part II in November of his D4 year. His schedule was to study 4 hours a day, 7 days a week, for 5 weeks.

He mostly used Mosby's Board Review and the Dental Board Mastery App. From the dental decks, he specifically reviewed endo, prosth, perio and surgery.

His advice for preparation is to not "memorize small facts that are unlikely to be tested on, and focus more on broad concepts."

JAMES AKMAKJIAN ('17)

Kaplan MCAT/DAT/PCAT/OAT Tutor



James recommends to start reviewing for NBDE part I during D1 year. He mainly used Dental Decks and Released Practice Exams from ASDA and felt prepared after 10 weeks.

He elected to go with N. Kornell's space learner module from UCLA's department of Psychology (2009), which reported that although space learner reduced one's performance during the learning process, it actually enhanced long-term retention with greater success when compared to mass-learning.

JENNIFER QUIST ('17)

ASDA District 5 Trustee



Jenny bought a lot of resources for NBDE part but really only used Dental Decks extensively. She used the 14 day study schedule and reviewed for two weeks after.

She said she never felt fully prepared. However, she was confident in her strengths and knew she was solid on those which gave her the confidence to pass.

Her advice is that "it's impossible to know everything. Make sure you are confident in dental anatomy!"

dr. thomas yoon

DR. YOON, THE YOUNGEST FACULTY AT SCHOOL, IS A DEDICATED TEACHER AND NATURAL FUNNY GUY WHO LEADS SEVERAL STUDENT RESEARCH PROJECTS, MAKES POWERPOINTS FOR FUN, AND LIKES TO PLAY CLASH OF CLANS.

► *Interviewed by Katherine Sage ('18)*



Dr. Yoon reviews a patient's x-rays with Samantha Casey ('17) to evaluate the patient's periodontal condition.

1. WHAT INSPIRED YOU TO SWITCH FROM PRIVATE PRACTICE TO DENTAL EDUCATION?

I always knew I wanted to be in dental education, but I didn't know when. Before I started education, I saw trends in private practice that highlighted our very competitive and money-oriented societies. If you don't have a full understanding of business, you can get overwhelmed which may affect your ability to practice effectively. If your focus is your rent payment, you may treatment plan aggressively even though an inexpensive option may suit the patient's needs better.

I love my job because I enjoy working with students. It is very exciting to take a fresh, young and eager individual and teach them to be one of my colleagues.

I spent ten years in private practice. I felt some relief from selling my practice in the sense that the paperwork was all settled. However, I was not fully comfortable with it. We have a saying in periodontics, "Once a perio patient, always a perio patient." I had one of the largest periodontics practices, and it was hard to leave my patients and referring dentists. The situation is very bittersweet but I am moving forward in life.

“NO MATTER WHAT [...], YOU ALWAYS HAVE SOMETHING TO LEARN.”

2. WHAT'S YOUR CURRENT RESEARCH PROJECT WITH LE-COM DENTAL STUDENTS?

Currently, I'm working on three projects with students. My first project involves dental implants. We compare different implant companies on the basis of their surface characteristics, impurities, etc. The second involves CT scans and creating a 3D image without cutting the patient. The last project is new and still in the works—a literature review.

3. HOW DO YOU BALANCE WORK OBLIGATIONS WITH FAMILY?

We had a saying in high school where you would pick three words to describe where your life. Now pick two of those things. For me, those three things are: work, sleep and family. So naturally, I do not sleep a lot. My wife and I always say we won't sleep the first couple of years while I am developing the course. We can sleep when we are older. My wife and children are in Orlando currently. It

is hard for me not to see my children, especially my daughter Samantha, who is daddy's little girl.

(cont. on pg. 15)

► *By Jenny Quist '17*

Management of a local ASDA chapter can be quite the task. Local leaders are required to communicate and portray the overall opinions and desires of all their members. Now imagine the governance of an organization 22,000 members strong....How does ASDA do it?!

ASDA's bylaws, statements on policy, and resolutions allow for complete organization of the association. These active, dynamic documents encompass all that is involved with the management of that which is the American Student Dental Association.

Policy: What in the world is that? It's "a legitimate purpose (source: Urban Dictionary)." Every organization has some form of policy in place in order to run a successful operation.

Why should I care? ASDA policy is the foundation on which national ASDA leaders stand to protect us as students and as future dentists. ASDA policy describes the overall viewpoint of its 22,000 members. It is the job of national leaders to present your opinions and beliefs.

What is interim policy? Interim policy comes into existence when the Board of Trustees votes to pass a new policy—it is temporary. While the members of the board are elected to their positions to represent the views of their district members, their



Students from dental schools across the nation having a blast at the District 5 meeting in Boston, MA. This year's theme was dressing up like your favorite superhero.

ASDA policy, WTF (where's the fun?!)

EXPLAINING POLICY AND HOW ASDA CAN WORK FOR YOU

committee member, etc.) to seek advice on the change. Then, submit your policy change to Resolutions@asdanet.org. From here, your policy resolution will be assigned to a refer-

decisions are not final. Any interim policy must be approved by the House of Delegates, which consists of two voting members from each of the 65 dental schools. For an example, you can read ASDA's current Interim L-1 Policy on Licensure Reform at asdanet.org.

What if I don't agree?

You can write a resolution to be brought to the House of Delegates. ASDA is in charge of voicing your opinion. If you don't agree with what policy states, you can take action to make a difference!

So how do you do it?

Should you find a policy that you disagree with, begin drafting a resolution (directions at asdanet.org). You can contact any ASDA leader (trustee, executive leader (trustee, executive

committee member, etc.) to seek advice on the change. Then, submit your policy change to Resolutions@asdanet.org. From here, your policy resolution will be assigned to a reference committee and voted upon by the House of Delegates at Annual Session 2016 in Dallas, TX.

While ASDA policy is not defined as the law of dentistry, we wish it could be! Policy is set in place because it is believed that dentistry has a need for change surrounding specific topics. We can make that change.

Interested in being a part of National ASDA? Reach out to the current District 5 Trustee, LECOM's very own Jennifer Quist (jennifer.quist@dmd.lecom.edu) with any questions.

ASDA PERKS

EXPLORING DENTISTRY THROUGH ASDA RESOURCES

► by *Michelle Ho ('17)*

At one time or another we have all heard the saying that, in dental biz, the dentistry itself is the easy part. Whether dropping a box on a class II preparation or designing an RPD, we seek comfort in knowing that with time and proper training from faculty, we will succeed. What is actually difficult about dentistry is everything else.

Which business model suits you? Will you pursue employment in a corporate dental office, will you become an associate, will you start your own, or buy practice? Are you specializing or pursuing a hospital-based GPR? How will you handle your ever-growing student

loan debt? What about the threat of mid-level providers on our profession? These are questions we should be thinking about on a daily basis, but often times, they get pushed to the side. For the most part, we learn the skills necessary to be a competent clinician as well as an informed doctor in school. However, there are certain things that we must learn on our own or through experience, such as the current technologies, how to run a business, and the politics of dentistry. But where can students go to learn more about these topics?

A large majority of our students are ASDA members, but most people are not aware of all the resources ASDA offers to its members. If you

need to learn more about any of the aforementioned topics, take advantage of the huge range of ASDA resources that covers all these topics and more.

Print Publications

- ASDA News - a monthly publication covering the latest dental news pertinent to dental students
- Mouth - ASDA's quarterly magazine that revolves around a theme with each issue

Online Resources

- Advocacy Brief - ASDA's monthly e-newsletter regarding the political realm of dentistry at state and federal levels
- Word of Mouth - ASDA's monthly e-newsletter covering topics to complement
- The Leader Update
- Mouthing Off - Blog
- www.asdanet.org - The official website for the American Student Dental Association
- A central hub to direct you to the resources you're looking for, including:
 - » a Debt 101 Guide
 - » a Networking 101 Guide
 - » CV/Resume Tips
 - » Electronic versions of all ASDA publications

sudoku

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healthy living

INSPIRING HEALTH, PROFESSIONALISM, ETHICS,
AUTONOMY, & SUCCESS

► *By Dylan McKnight ('18)*

As future dentists, we are professionals. Professionals possess a tireless work ethic and a strong, unwavering mind. As dental students, we have an obligation to learn professionalism and present the very best of ourselves at all times. However, the high intensity and novelty of the dental lifestyle makes bringing our “A” game understandably difficult at times. As health professionals, we should utilize our working knowledge of the human body and strive to live a balanced lifestyle. This means nourishing ourselves with proper nutrition, sleep, and physical activity. Physical fitness is important, and I want to specifically talk about how long distance running may be the missing element to your success and well-being as a student.

Skeptical? Let me explain. Running not only enhances physical health, but also provides significant psychological benefits as well. All-American swim team champion and second year LECOM-SDM student Aaron Merski explains, “I began running a few times a week once I started dental school. It allows me to clear my mind, gives me energy, and keeps me in shape.”

Marathon runner Jenny Clarke ('18) said, “Not only is it a great stress reliever, I found it was a great way to get outside and explore a new city. Academically, running motivates me to stick to a schedule and prevents me from procrastinating on school work.” You may have heard the saying, running requires 90% mental power and 10% physical.

Our minds are pushed to new limits daily. If stressors are not identified and eradicated in an appropriate manner, professional judgement may be clouded. Running

offers a means of mental decompression and calibration. As a non-runner, you may wonder how this happens. Upon starting your run, it is likely that you will experience feelings of dread, fatigue, and negative thoughts. Realize that this is normal. Your untrained mind is innately wired to deviate from stress. To rid this feeling of dread, imagine burning off each negative thought as energy. As endorphins are released, your mind will become clear, confident, and relaxed. Congratulations you made it over the “runner’s wall” and have established a

ponents all of the sudden we perceive the challenge as not so great afterall. In running, it is important to set multiple goals or checkpoints at key intervals throughout the run. Every time one is met, your speed will naturally increase. Strive to keep a constant and relaxed pace between each checkpoint. If done correctly, your brain will reward your body with bursts of motivation and energy each time one is met. Added satisfaction is gained from passing people that started the race too quickly. However, it is important to note that when you hit a point of true

fatigue, do not give up or walk. Instead reduce speed and respiratory rate until a comfortable breathing pattern is achieved. Remember positive energy goes a long way. If all else fails, utilize the fake it till you make it phenomenon. Cracking a big cheezy smile has been shown to give you just the boost you need to finish strong.

In sum, besides running for emotional or health purposes, there are a multitude of reasons that running can benefit your life

including aspects such as: competition, camaraderie, charity, or just for fun. Whether an experienced runner or new to the idea, don’t hesitate to reach out and learn about ways to get involved with running in our community. The Manasota Track Club is a great resource that organizes runs all over town throughout the year.

Upcoming races:

Sarasota Music Half Marathon – February 7th, 2016

Run Through the Groves 5K – March 5th, 2016

Have a healthy habit you want to share? Contact Dylan Mcknight ('18) at Dylan.Mcknight@dmd.lecom.edu

“**RUNNING OFFERS A MEANS OF MENTAL DECOMPRESSION AND CALIBRATION.**”

baseline pace.

In essence, becoming a good distance runner is achieved through proper mental preparation, planning, and conditioning. Before running, it is important to have a general idea of the distance and time you want complete. This helps establish a pace so that energy and water resources can be rationed accordingly. Every experienced runner knows that fighting for the lead spot right out of the gate is a sure way to burn out and loose. Instead, conserve energy for the first half of the race and mentally prepare to give it your all the second half.

How do you finish stronger in the second half? By utilizing the brain’s natural reward system. At first, running an entire race seems overwhelming. However, by breaking the task down into smaller com-

(Felsenfeld cont.)

this to a car. Do you want to practice Maserati dentistry, Cadillac dentistry, Ford dentistry, or used Pinto dentistry? Decide where you want to go and what particular parts of dentistry you want to focus on. To be proficient at every phase is impossible. Do an associateship for a few years to find out what you want to do you and what you don't want to do, though I had both terrible and fair experiences [doing associateships].

7. IS THERE ANYTHING YOU WOULD LIKE TO ADD THAT YOU FEEL IS INTERESTING ABOUT YOURSELF?

Everything I do here and every decision I make are to give you (the students) the most up to date evidence-based information, so you can learn what you need to know. My purpose here is to make you the best dentists possible. I don't want to show you I'm the greatest dentist, I want you to know what you need to be successful.

Music is my refuge from the real world. I am very dedicated to my two sons and we all have a fantastic relationship. I am married to the most wonderful person you could ever be married to because she is a very warm, compassionate, and thoughtful person.

Successful vs. unsuccessful dentists---the key to success starts with being happy; I think you have to like what you're doing and be comfortable in your zone. You need to respect your patients and your staff. Never fire anyone. On my staff, we worked as a team!



FIND the FACULTY

READ ALL THE ARTICLES AND LOOK AT THE PHOTOS CAREFULLY... CAN YOU FIND DR. MORETSKY??? FIRST STUDENT TO FIND HIM AND EMAIL US WHAT PAGE HE'S ON GETS A \$5 GIFTCARD TO STARBUCKS!

(Yoon cont.)

4. WHY DID YOU CHOOSE TO SPECIALIZE IN PERIODONTOLOGY?

While I was walking to my last exam in dental school, I stopped and thought, "I hate composites, crowns, and dentures, and cannot shade match to save my life. I am in the wrong field. I can't do this." I freaked out and called my father.

I told him I wanted to go to medical school. He said, I'll make you a deal, you finish out dental school and don't give up and I will pay for medical school. I did my oral surgery rotation and wanted to do a GPR at St. Louis and study for the MCAT. In my GPR I studied under Dr. Mark Beehner, an oral surgeon, the nicest guy. There I did hip fractures, jaw lacerations, even saw an axe in someone's head!

After this experience I knew there was no turning back to general dentistry. I wanted to do an internship with UF focusing on TMJ. I did an internship and came to a crossroads. I loved surgery but I wanted to have a family. I called my father and he said "You made it. Do whatever you want to do going forward with your life." The UF periodontics program had one resident drop out to go to North Carolina. [Friends] suggested I join the program.

5. WHAT ARE YOUR HOBBIES ON THE WEEKEND?

I like making powerpoint presentations. There is a famous lecturer from Korea who really got me interested in making them.

The lecturer told me that you put a certain degree of pride in your lectures. For those who lecture, these powerpoints are not images. These powerpoints are devices to teach people what we know. When people tune you out, you have not done your job as an educator. When I started I had no material to start on, and I am building from the ground up. I go home each night and make 2-3 hours worth of powerpoints. I also enjoy playing Clash of Clans and League of Legends.

6. WHAT'S YOUR MOST MEMORABLE DOCTOR-PATIENT INTERACTION?

While I was an oral surgery intern, the nurse called and said "you've got a live one!" The man presented to me with a head wrap. Once removed, I saw his entire ear was hanging only by the anterior cartilage. I tried to get neurosurgery and ENT clearance to buy myself a little time, but both were busy. I tried to get into an OR but that did not pan out either. The man started crying and said I am getting married in two weeks, I really hope I have an ear. It took about three hours to suture the ear together, but we got it done. I admitted the patient and at rounds the chief said I did a good job. During the evening rounds, his fiancée and mother actually showed up with an amazing amount of home cooked southern food for me.

7. WHAT ADVICE WILL YOU GIVE TO A YOUNG DENTIST STARTING HIS/HER CAREER?

Two things: 1) Always remember that no matter what you do in practice, we are treating PEOPLE. Whatever decision you make will impact their lives whether you think it will or not. Always practice as you would on your own family—a good quality fundamental rule to practice by. 2) No matter what stage you are at, you always have something to learn--in Korean you refer to doctor as a teacher because you are always learning.

acknowledgements

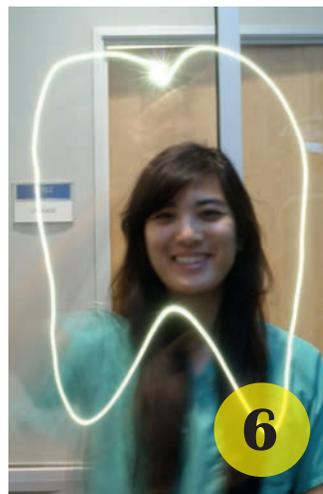
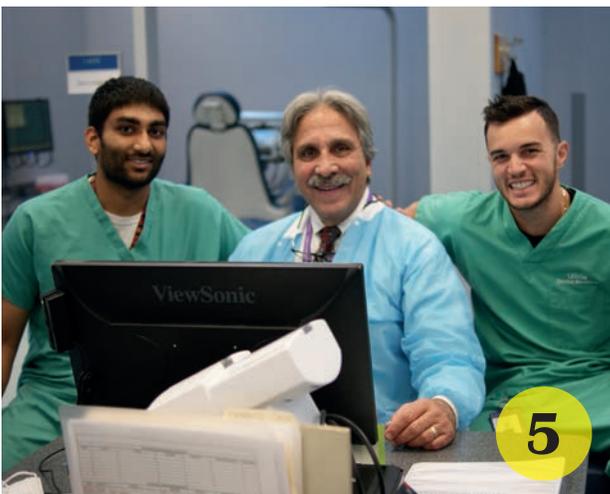
Over 200 cumulative hours were put into this issue of the Composite! It wouldn't have been possible without the hard work of all our contributors. We appreciate all our writers and photographers who worked with us this issue. We appreciate your hard work!

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All layouts by Tisa Kang and Christine Vu.

Interested in submitting something or becoming a part of the newsletter team? Email Tory Li (xiao.li@dmd.lecom.edu) for more details.



great TO BE A lecom student ITS A DAY

A PEEK INTO AN AVERAGE DAY AT LECOM SDM

1. Alex Shafiey ('17) calling patients and filling up his appointment book. 2. Triad sculptures by Ernest Wong ('19). D1s spent their first semester in school getting a feel for their new materials in simulation clinic. 3. Rodney Kryzhanovskiy ('19) and Sandy Wolf ('19) are excited for their first patient experience as D1's. Students at LECOM-SDM are tasked with fabricating complete dentures during their second semester of freshman year. Each paper bag they are holding contains all the necessary materials for the completion of a single complete denture. 4. D2's cheesin' with Dr. Luisa-Ward after PBL. Students spend the first two years learning basic sciences through Problem Based Learning in groups of 10, led by

a facilitator. 5. Vick Patel ('17) and Michael Jauch ('17) gather around their preceptor Dr. Lipton to discuss patients' x-rays. 6. Christine Vu ('17) having fun during off hours in clinic. 7. Heesub Jang ('18) and Shannon Marie ('18) posing for selfies in the simulation clinic. Students often come to lab after hours to practice procedures.