



MARQUETTE
Impressions

WINTER 2017 ASDA NEWSLETTER



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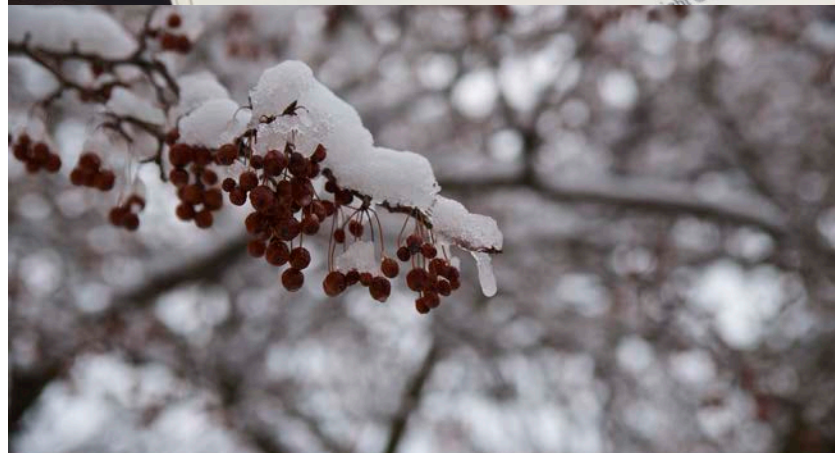
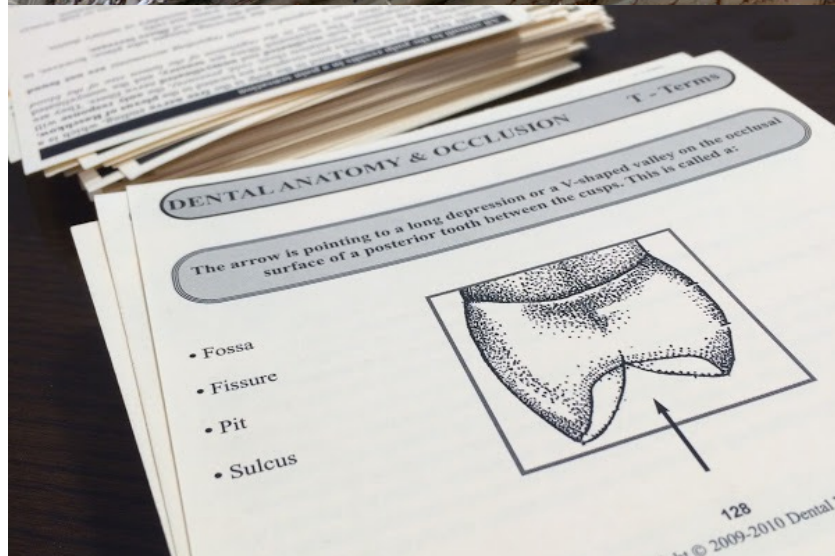
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NETWORKING & CONTINUING EDUCATION EVENT

New dentists (out of school 10 years or less), along with third and fourth year Marquette University School of Dentistry students are invited to an evening of networking and continuing education. Two American Dental Association Success programs will be presented.

These programs are designed to help young dental professionals and students prepare for and successfully navigate their careers – good choices now, great dentists later!

The evening begins with a networking social that includes appetizers and a cash bar, followed by a two-topic presentation, *“Practice Management for All Dentists”* and *“Managing Debt and Wealth”*, by ADA Success Program speaker and Wisconsin Dental Association member **Dr. Tanner J. McKenna, DDS, FAGD**. The evening will conclude with questions, answers and more networking.

> **Practice Management for All Dentists**

- Basic practice management principles
- Attracting patients to your practice
- Leadership skills for the dental office

> **Managing Debt and Wealth**

- Basic financial principles for long-term success
- A budget template for dental students and new graduates
- Strategies to reduce debt and manage wealth



SPEAKER:

TANNER J. McKENNA, DDS, FAGD

Dr. Tanner McKenna is a Wisconsin Dental Association and Greater Dane Dental Society member. He is also active in the Madison Dental Progress Forum.

A native of Madison, Wis., Dr. McKenna graduated from the University of Minnesota School of Dentistry. He began his professional career by serving with the U. S. Navy Dental Corps, completing his General Practice Residency at the Naval Hospital in Great Lakes, Ill. He is a partner in West Prairie Dental - a two-dentist practice - in Sun Prairie, Wis.

Dr. McKenna is an alumnus of the prestigious Pankey Institute for Advanced Dental Studies and the Misch Implant Institute and a fellow of the International Congress of Oral Implantology.

CE Credits: 1 non-clinical

What:

**Networking
CE**
*Practice Management for All Dentists and
Managing Debt and Wealth*

When:

Thursday, March 30, 2017
6 - 7 p.m. Networking, appetizers and cash bar
7 - 8:15 p.m. ADA Success Programs
8:15 - 9 p.m. Q&A and more networking

Where:

Delafield Brewhaus
3832 Hillside Drive
Delafield, Wis. 53018

Cost:

\$15 for MUSOD D3 & D4 students (\$20 at door)
\$25 for WDA members (\$30 at door)
\$40 for nonmembers (\$45 at door)

Registration opens Dec. 1, 2016 online at WDA.org or contact WDA Continuing Education and Membership Specialist Susan John (414-755-4118 or sjohn@wda.org).

Cancellation/Refund Policy

There is a \$10 cancellation fee up to 48 hours before the event; after that, full registration fee is forfeited. Refund checks will be mailed after April 3, 2017. Credit card cancellations will be credited to the account to which they were charged.

Sponsored by:



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Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 8/1/2015 to 7/31/2019. Provider ID#219281

Editor's Note

WINSTON FENG,
'18, Editor In Chief

As Dental students sometime we feel small and insignificant. We rely on our doctors at this stage in our training. No matter how competent one may feel about our work, in the school system we still need to operate under the authority and license of our fellow doctors. Shout out to all the wonderful clinic doctors and hygienist who put their license on the line so that we may be able to receive a world-class education! Since we have yet to earn the DR in front our names we do not have the authority to modify our preps as we please, decide if we would like our patient to be on a 3mo or 6mo recall or determine if our alginate impressions are good enough to pour up. This is a humbling and frustrating experience. It is easy to get caught up and feel like what we think and do does not make much of an impact but I am here to remind you that collectively we do make a huge difference. This issue celebrates the impact we make and what you can do to continue to be a positive force in our community.

As individuals we make a difference in each others lives everyday. Our diverse ethnic backgrounds and experiences provide us with an environment in which we can learn from each other. It is important to celebrate diversity in our



student population that we often take for granted in this day and age.

As a student population we also have the chance to make a difference in our profession. Advocating helps protect our profession so that dentistry continues to make it up there on the list top jobs in America.

As a school our mission statement focuses heavily on service and I think that we live up to that mission everyday. Providing care for the underserved population gives us insight into the daily struggles people face. Each time we sit in that dental chair we have the chance to offer a listening ear, provide meaningful dental education, and provide care that patients cannot get anywhere else.

So go out there and make your

Impression **on the world.**



Director of Diversity and Inclusion

Amber May, the newly appointed Director of Diversity and Inclusion has been described as warm, welcoming, and witty by many of the students that know her. I personally became acquainted with Ms. May during my application process to the School of Dentistry and my experience in the Pre-Enrollment Support Program over this past summer. Her insight and kindness has been an immeasurable asset to my first year at Marquette. Her experience working with students is vast, as she spent many years as a resident director at her alma mater in Indiana and as an instructor and mentor at Temple University, working with underrepresented and first-generation students. With her new role at the dental school, she explains her ambition for

*Getting to Know
Amber May*

ARRITA MALLORY, '20

cultivating an inclusive, professional environment for all students, as well as her personal mission.

I often get asked the question, "What do you do here? What is the Office of Diversity and Inclusion?" As a Director, I have the privilege of leading the charge to celebrate the attributes about ourselves that make us unique. Think about when you wrote your personal statement to get into dental school. At some point, you wanted to be unique enough to stand out from the crowd.

"My office is the space that wants to highlight, celebrate, and share your unique story. Your race, gender identification, religion, and socioeconomic status often serve as the foundation of who you are. I find that there is great value in connecting with people who share a similar foundation. I personally believe that something remarkable happens when we find connectedness

and similarities with people we never thought we would. My office has been charged with leading the clinic in reaching cultural competency. This will aid each and every one of you in this ever-changing society. We would like to equip you with the confidence to work with and alongside anyone that you encounter. I am also on the admissions committee with Brian Trecek. I have the opportunity to help hand pick students who are diverse and value inclusion. This is vital to aid in the challenging health disparities that exist. I am willing to do the research and present it to you, invite speakers and experts in topics that will enlighten us all, and plan events that allow us to engage socially. This is what I need from you: an open mind, a curious spirit, the willingness to engage in our events, and the courage to include someone who is different than you. This office cannot accomplish its goals without you. We want to meet you, support you, advocate (and share our snacks) with all of you succeeding in dental school is a group effort."

UNCONVENTIONAL DATE IDEAS

Shaina Zhao, '20

Need some inspiration to impress that new beau? Or trying to spice up date night? Well no worries because ASDA has got you covered! Check out some of the date ideas below to put a fresh twist on some 'normal' dates:

I

Grocery Mission for Dinner

Don't just go on a bland dinner date! Instead, each person pick out a few ingredients from the grocery store without communicating with each other (you can go to the store together!) and make dinner from what you guys picked out. You'll be able to get to know each other better and have a fun time. Shout out to Katey Kreh of the D1 class for the inspiration!

2

Picnic in the Moonlight

Try picnicking in the moonlight. Make it extra romantic by lighting candles and enjoying the stars after!

3

Wine Tasting

Rather than the ever-common bar and talk date. Opt for a more low key, elegant date. Try a wine tasting course to comfortably talk with your date and possibly find your new favorite beverage.

4

Arcade Date

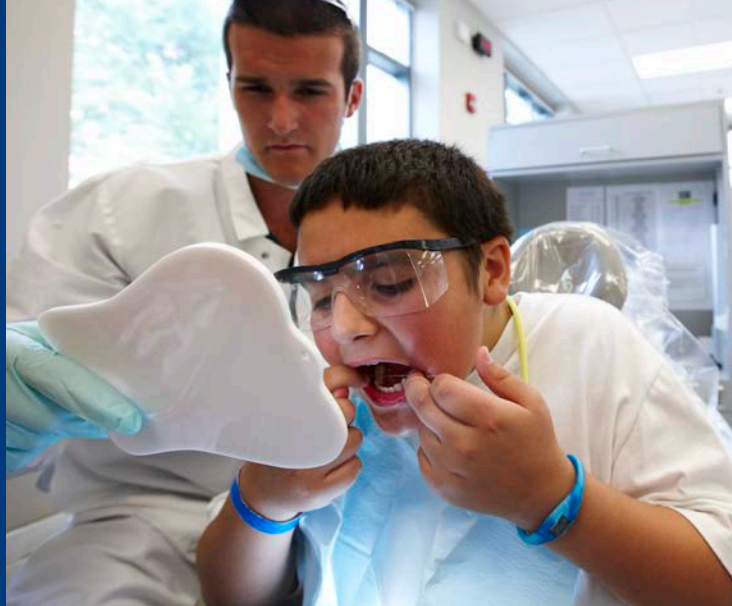
Let loose some flirtatious competitiveness as you challenge each other to see who has the most wit and skill!

DO I NEED TO FLOSS?

Media's Influence

ON DENTISTRY

Winston Feng, '18



2016 was a crazy year for Americans. Our media was flooded with events that we would never imagine to happen. Obama visits Cuba and opens the door to, Cubs win the World Series, certain presidential candidate was elected into office and flossing was proved to be a fallacy. It may seem silly and to compare these historic events to flossing but I think it was a pretty big deal for dentists and dental students alike.

The media framed dentists as liars, misinformed healthcare providers who have been pulling this elaborate prank on society for decades. Headlines such as : “ Flossing has no proven benefits”, “Feeling Guilty about flossing? Maybe there is no need” plagued the internet for weeks. For a moment there we lost our credibility. It was a period of time where I received messages from friends and family telling me how they would never floss again. I tried my best not to lose my cool and started sifting through my brain for a good answer. The knowledge gained from Perio. Friday and the subsequent perio classes did not help. I just kept thinking about scaling and root planning and GTR. An uneasy realization that I did not have any solid scientific evidence to cite to defend our profession started to set in. It was time to do my homework on flossing so I scoured the Internet and PubMed for the FACTS.

The bases of the attack on flossing was an article from Associated press stating that *“A review of 12 randomized controlled trials published in The Cochrane Database of Systematic Reviews in 2011 found only “very unreliable” evidence that flossing might reduce plaque after one and three months”*

The article does seem convincing and almost got me to stop flossing as well. It was when I dug a little deeper that I saw that there were some flaws to the anti-flossing argument. They kept stating that the evidence backing up flossing was low however in the articles there was no evidence that the patients were actually flossing correctly.

Here are some points you can do to tell your patients so they keep flossing:

1) People have a tendency to over exaggerate how often they are flossing when speaking with their dentist. So it is most likely that the flossing habits were over reported and people in the study were not actually flossing the adequate amount.

A . American Academy of Periodontology. **More than a quarter of U.S. adults are dishonest with dentists about how often they floss their teeth.** 2015. Accessed August 2, 2016.

2) It is proven that biofilms between teeth causes caries and inflammation. Anything you do to disturb that film will help prevent disease.

3) You must floss like a boss for flossing to work. Remember the tooth hugging method! If done correctly flossing does work.

a. A systematic review by Hujuel PP Etal. Showed a statistically significant reduction in interproximal caries. In patients that had regular (5 days per week) professional flossing.



Q&A *With* **Dr. Geoffrey Thompson**

What is an accomplishment that you are most proud of?

Personally, I am most proud of my 9 marathons and particularly finishing the 2008 Boston Marathon.

Professionally, I am most proud of my Board Certification status. It is the ultimate achievement to be evaluated by and certified by the most respected professionals in my profession. A close second would be my work developing a lightweight, ballistically protective face-mask for Combat Soldiers.

If you could switch your job with anyone else, whose job would you want?

To be honest with you, I think I have the best job in the world. Where else can you be surrounded by remarkably talented faculty and staff? I have terrific residents who are always pushing the envelope with their ideas, while providing great

care and service. It gives me a tremendous amount of satisfaction watching a plan come to fruition and to see the smiles on our patient's faces. I also enjoy watching my residents develop into something really special over the course of their training.

Of the many places you have lived in your life, which is your favorite?

Although Germany was my best experience, my favorite place to live was El Paso, Texas (Fort Bliss). 363 days of sunshine a year. I was a newly minted prosthodontist and it was great fun to use my skills and knowledge to help put Soldiers in good stead. I love authentic Mexican food, and there was plenty in El Paso. The Rocky Mountains petered-out in El Paso and so we lived on a not so high mountain that was on the western side. Sunsets were amazing almost every night.

I was also stationed at Ft. Benning, Georgia; Kirchgons, Germany; Ft. Campbell, Kentucky; Washington, D.C.; and San Antonio, Texas.

What lead you to come teach at MUSoD?

Several things occurred which brought me to Marquette. Foremost was my organization, the United States Army Dental and Trauma Research Detachment, at Great Lakes, Illinois, was being relocated to Fort Sam Houston, in San Antonio, Texas. I had spent 12 years at Great Lakes and my family and I had come to love the place we lived in (Libertyville, Illinois). So instead of moving with the organization, I retired after 27 years of service. During my time in Dental Research, I came to know Dr.'s David Berzins, Andrew Dentino, and Gerald Ziebert, and we worked on some research projects together. Dr. Ziebert had me speak to the graduate prosthodontic residents on several occasions while I was still in the Army and I was always made to feel welcome here. For a long time, I wanted to be an educator, Marquette was looking for a prosthodontic program director, and so naturally I made my pitch.

Why did you decide to become a prosthodontist?

My dental school, Emory University, had a very strong prosthodontic curriculum headed by some of the leaders in the field of prosthodontics at that time. In preparation for 3rd year clinic, we restored an entire dentoform with cast metal and metal-ceramic restorations during our preclinical lab. Most of us got quite good at preparing, waxing, casting, and finishing restorations. I always enjoyed prosthodontics in dental school and afterwards. At the time I joined the Army, it usually took about 7 years to be accepted into a specialty program. You had to catch the Commander's eye as he would be the person writing a letter of recommendation on my behalf. It was extremely competitive to be accepted into a residency program. Some of my Commanders were kind enough to allow me a "pros day" during my work week and I think my interest and my work helped make a convincing argument.

What was your best experience in the Army? What about the worst?

I joined the Army while the Cold War was ongoing and so we had a lot of troops stationed in Europe. Following my AEGD at Ft. Benning, Georgia, I was assigned to C Company, 501st Combat Support, 1st Brigade, 3rd Armored Division in Kirchgoens, Germany. That assignment rocked. Being young, employed, and stationed in Europe definitely was a highlight. I drove on the autobahn at 140 mph for several hours, learned to ski in the Alps, visited a dozen countries, and got to know some of the culture and history. I was there for 39 months!

My worst assignment was my last one. Following the Cold War and our 2 wars in Iraq there was a process called the Base Realignment and Closure (BRAC) which was an attempt to consolidate military resources, ultimately to save taxpayer dollars. The U.S. Army Dental and Trauma Research Detachment was relocated from Washington, D.C. to Great Lakes during the BRAC of 1995. Only 7 members of the organization made the trip to Great Lakes from Washington, D.C. We literally had to rebuild the organization from the ground up and become relevant again. In a second round of BRAC's, we were slated to go to San Antonio, Texas after only 14 years at Great Lakes. It was my job as the Commander to disassemble my organization and prepare it for moving.

What was your favorite job you got to do in the Army?

The Army was great because there are a lot of other things that you can do besides dentistry. I jumped out of 5 aircrafts with a parachute, rappelled from helicopters, ran on the Fort Campbell Dental Activity running team and flew in the General's plane to meets, spent 3 weeks in Panama at Jungle School, et cetera. Life is about experiences and for me dentistry has allowed me to have those. The most favorite job was not really an Army job at all. I competed for and was selected to get a Master's degree in Dental Biomaterials at the University of Alabama, Birmingham. I really, really like education.

City on a Hill



Kyle Hresko, '18

City on a Hill (COAH) is a non-profit organization that aspires to provide physical, mental, and spiritual health care to the underserved of Milwaukee. With its headquarters located in a retired hospital at 2224 W. Kilbourn Avenue, COAH provides a support system for those lacking stability in life. This organization is driven by its mission to *"serve the poor as an expression of faith" operating with the goal to "save the children, reach the parents, [and] change the city."* Thus, COAH aspires to change the lives of everyone it encounters by promoting a positive outlook on life and supplying individuals with the intangible tools necessary to overcome generational poverty."

On the second Saturday of every month, COAH holds a health and wellness clinic which includes physical exams, pharmaceuticals, physical therapy, vision and diabetic screenings, foot care, and emotional/mental

support for its visitors. Several years ago, Marquette dental students began participating in this clinic by hosting an oral hygiene information booth, providing OHI, dental hygiene supplies, and also helping people understand the dental insurance they may have. Due to a desire to establish lasting and tangible change, a pilot program was started that invited COAH visitors to be screened every month at Marquette's Community Dental Clinic (CDC) on West Capitol Drive.

At this appointment, selected individuals are enrolled into the Marquette dental patient database and subsequently guided towards comprehensive dental care. The City on a Hill dental screening program is open to all people who are interested and ready to help themselves, whether they have dental insurance or not. Although this program is inclusive to the uninsured, one goal is to ultimately have all participants acquire insurance; and the school administration has been very supportive of our objective to establish oral health for all willing participants.

For the uninsured, direct restorations, extractions, non-surgical perio therapy, interim dentures, and hygiene needs can all be completed at no charge to the patient. The result is an immense positive impact on the lives of those we touch.

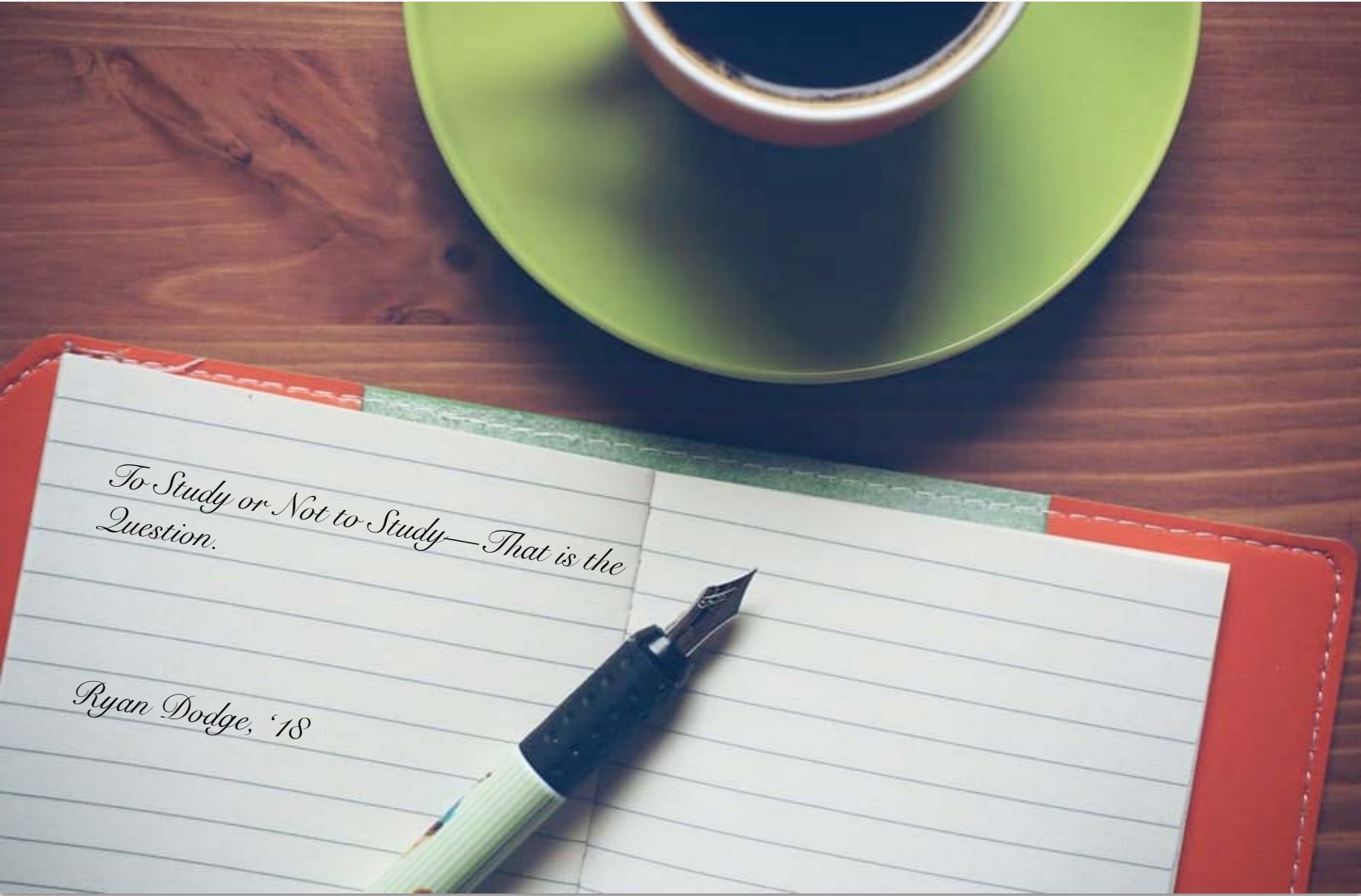
Because this project is grounded in community service, volunteerism is essential. This vital roll is fulfilled by fellow dental students who join the current ASDA-Community Outreach Chair, Sara Mogensen, and me on Saturday visits to City on a Hill. The level of student interest in volunteering for this program has been inspirational, and it motivates me to continue working hard to improve our program. My role as a student leader is to coordinate our bimonthly events. I recruit volunteers and serve as a liaison between COAH, the student body, and CDC-North. I also attempt to manage smaller components of the preparation in order to lighten the workload for Dr. Abena, our faculty advisor and sponsor, who takes care of the financial aspects of executing our screening program and subsequent therapy.

It has truly taken a team effort to get this program off the ground. Dr. Abena, Dr. Stover, and Sean Pierce (MUSoD Class of 2016) first developed the concept, but since then, a dynamic relationship between City on a Hill, Dr. Abena and his team at CDC-North, the Marquette University School of Dentistry Administration, and compassionate dental students has allowed this program to survive and now thrive. It has been a pleasure to work alongside so many willing individuals to make this unique opportunity to serve a reality. And although all the aforementioned parties have been critical to making this program successful, none has been more instrumental than Dr. Albert Abena, whose hard work and

dedication make this program successful. I am still baffled by the amount of time he gives, as well as his unconditional passion to give of himself for others. Ultimately, it is because of his commitment to Marquette's tradition of "cura personalis" that makes this COAH program possible.

COAH has not only created a unique opportunity to reach an underrepresented part of Milwaukee's population, but it also presents a unique learning opportunity for the students who volunteer. Our partnership with City on a Hill has allowed dental students to engage a subset of the population on a personal level and serves as a way to broaden each individual's perspective. In working with this demographic firsthand, we have the opportunity to apply and make sense of our extensive dental public health education. This opportunity allows for a learning experience for both the patient and the provider, continuing the open dialogue between two starkly different walks of life, while providing comprehensive dental care. And while the program's goal is to make a visible and lasting impact in a person lacking confidence and perhaps hope, my personal goal is for all participating parties to become more appreciative, understanding, and compassionate to those around them.





William Shakespeare was quoted as the first professional student to utter that famous phrase, and I think as students we can all relate to that age-old dilemma. When it comes to boards studying the answer is of course “to study.” However, many questions arise from that answer. How much should I

study, when should I study, what should I study, are just a few of the questions that plague every dental mind when boards come around. Well the focus of this short article is to give some recommendations for boards success, and

to quell those lingering part 1 boards fears.



First and foremost, disclaimer alert. I was not endorsed by any company, book, etc. to write this article. There that's out of the way. Now, the real first step is to pick a date. To do that head on over to the ADA website: <http://www.ada.org/en/jcnde/examinations/nbde-general-information>. There you will find all of the part 1 boards information you could ever need as well as a link to schedule your test. After the date is set it is time to make a plan. Studying for a boards exam is almost a part time job, and it requires committing a certain number of hours each week. After you've committed a set amount of time it's time to decide what to study. The programs I used for boards success were the NBDE part 1 dental decks, NBDE part 1 boards first aid book, a series of YouTube videos from a channel called "Pass the Dental Boards," a set of videos called "sketchy microbio," and of course (most importantly) old notes from class. Check them out

and use them for optimum boards success!

With all that information to study it might be tempting to study 24 hours a day for a full year to cover all of that material. However, my last bit of advice for you is to not overdo your studies. Now that doesn't mean don't study. What it means is don't over study. If you over study you'll inevitably burn out; thus, take some serious time to evaluate how much studying you can handle. I took two months and knew I couldn't handle anymore than that. I took the exam right at the two-month mark and had great success. So I urge you to find your own "study limit," take a look at the study materials I listed, and last but not least believe in yourself. You've taken a bajillion tests to get where you are, and you didn't become a dental student by being bad at tests. You have what it takes to do well so take a deep breath, let it out, and go crush that boards exam!



Tips on Balancing Dental School and Fitness

Collected by: Stephanie Zbin, '19

Kerri

MCGRAIL

Staying healthy and fit in dental school can be easy if you prepare ahead. Take a look at your schedule at the beginning of each week and plan out your workouts. Write down the time you plan on hitting the gym or heading out for a run in your planner, or make a mental note of it in your head. Another way to prepare ahead for a busy week is to fill your fridge and pantry with healthy groceries on Sunday. You can prepare snacks/meals a few days ahead of time so you always have a healthy meal to grab if you find yourself short on time. A few other tips to prioritize your health during dental school are to make sure you are getting enough sleep (so you have energy to workout!), walk anywhere you can, sign up for a race/athletic event, stay hydrated by drinking plenty of water, and find a workout partner to help keep you motivated!



Eat Well – this seems obvious, but you are the only one that controls what goes in to your body, and the food you eat is what fuels everything you do. You really do become what you eat, so strive to eliminate processed foods and sugar as much as possible. Limit alcohol (I know we are in Wisconsin, but that doesn't change the fact that alcohol has far reaching negative health effects). Eat plenty of veggies and healthy fats.

Meal Prep – an easy way to help eat well during the week is sitting down and preparing meals before the week gets too crazy. It's easier to make good health decisions when you aren't starving and if you already have a decent meal ready for you when you are ready to eat.

Exercise – every day (even if it's just for a little bit). The exercise does wonders for blood flow, neuroplasticity, and even mental health. Doing it every day makes it easy to turn it into a habit.

Get Quality Sleep – Find what sleep pattern works for you and stick with it. Most people tend to sleep in 1.5 hour cycles. So aim for 6, 7.5, or 9 hours of sleep. Keep in mind that it takes roughly 14 minutes for the

average person to fall asleep. Another tip is that going to the sleep around the same time every day makes it easier to fall asleep. Also, it's important to limit screen time as much as possible as it gets closer to bed time.

ASDA's Health and Wellness Committee will be putting a big emphasis on health education next semester, so you can expect plenty of evidence based tips and tricks to be coming your way. If you would like to get involved with Health and Wellness, please contact Adam Lysak at adam.lysak@marquette.edu.

Adam
LYSAK



"Find a gym buddy and make fitness a fun adventure!"



Brandon THORPE

Dental school can take a toll on our health and wellness. We are time-crunched, with an endless number of lab project deadlines and exams. This can often make exercise an afterthought and cause a decline in our fitness level. With a few tweaks to our mindsets and some time management skills, we can all find a little bit of time every day for some type of exercise. Below are a few things that can help a time-crunched dental student.



- Find a workout buddy to keep you accountable
- Make a weekly workout schedule
- Going in to the gym with a plan can make your sessions more efficient
- Exercise can be fun! Find the type of exercise you like
- Set a goal for yourself (Sign up for a 5k, mud run, triathlon, or anything that gives you something to aim for)
- Manage your down time wisely (Limit the amount of wasted time in your day)
- Working out in the morning is a great way to start your day and will boost your mood and energy levels
- BE CONSISTENT

Monica FLOOD

Taking care of myself is one of my most important values and every day, even after a long day at school, I make time to exercise. I look forward to this time as it helps me not only physically, but mentally. If you are looking to become more active, I think that it is important to find an activity that you like. If you don't like running, try Zumba; if you don't like lifting, try biking. There are so many ways to be active, so don't be afraid to try something new or different. Personally, I usually swim, bike, run, lift, or do yoga. However, some days I feel like running quick intervals while others I feel like a long, calm swim. Each day, I do what I feel; I do not hold myself to a schedule (I think that we have enough pressure as it is). For me, this approach is sustainable.

I also recommend signing up for a race or event in order to officially challenge yourself. Not only does this allow you to accomplish self-goals, but the atmosphere and camaraderie is exciting, encouraging, and fun. Balancing an active lifestyle with dental school isn't as hard when you make it something you love.

Try new things, join different teams, and challenge yourself. It is fun!



Becoming a Patient at MuSoD

Sarah DeGrave, '20

In dental school, the progression from student to clinician occurs over many years and through many opportunities. At Marquette Dental School, an important experience that fuels this development begins in year one: the ability to interact with patients in the clinic. The community members who put their trust in us are vital to our growth as future dentists. Once seated in our chairs, we can begin to learn their individual stories about their families, their hobbies, and their dreams for the future. Each person also has a story about how he or she became a patient in the first place. In a recent interview, Dr. Hagner described the school's patient population and the journey people must take to become a patient at Marquette Dental School.

In the words of Dr. Hagner, "Diverse would be the best way to describe the patients at Marquette Dental School." Student practitioners treat all age groups, from toddlers to geriatrics. Some patients are over 100! These differences, as well as the racial, religious, and socio-economic make-up of the patient population, reflects the diverse population of the communities Marquette serves. For patients who have trouble receiving care elsewhere due to their insurance or limited economic resources, Marquette becomes their dental home.

Potential patients can obtain information about the dental school through a variety of sources. The State of Wisconsin Medicaid insurance agencies have contracts with the school and can serve as referrals. The school is also named in the list of "Free and Reduced Fee Dental Clinics" that is provided by local service agencies, such as Head Start. Additionally, the dental school attracts Marquette employees through the release of the "Benefits Enrollment Guide." Information about the school's resources are also available through a simple Internet search for the Marquette University School of Dentistry.



Once future patients connect with the school, they must meet certain criteria to begin receiving care. First and foremost, they must have dental needs that can be managed by student practitioners and a medical history that allows them to be treated in a non-hospital based outpatient facility.

They understand that student dentists, with the supervision of licensed dental faculty, will do the work. The patients must also provide a working contact number, schedule appointments on a regular basis, and sit for long periods of time during those appointments. Sometimes, the school admits patients whose needs are too complex to be seen in the pre-doctoral clinics. Those patients are then referred to the Advanced Care Clinic, the graduate specialty clinics, or the Faculty Practice.



Before treatment can begin, prospective patients must undergo a screening process. First, future patients must complete a medical history form and read and sign a HIPPA form. They must also review and sign an information form describing how the school operates and outlining the obligations for becoming a patient. Once patients can schedule a screening appointment. The purpose of the screening appointment is to review patients' medical histories and inquire more about why they wanted to receive treatment at the school. A brief examination is also completed.

From there, the supervising faculty will forms are complete, determine if the patient's needs can be accomplished in the pre-doctoral

clinic. If the patient is accepted, the faculty will explain more about the school and its expectations of the patient. Radiographs will be ordered, and the patient will be assigned a student to manage their continued care. Most of the school follows the system outlined above, but the processes at the Pediatric Clinic and Marquette's two Community Dental Clinic have their own systems for screening and accepting patients.

There are occasions when the school's schedules and procedures do not meet the needs or expectations of potential patients. Examples include an extended wait period for a screening appointment, no evening or weekend hours to accommodate patients' work schedules, and the length of time that it takes to have treatment completed at the school versus in private practice. In these cases, the patients, depending on their individual needs, may be the Wisconsin Dental Association website, the Medicaid patient assistance helpline, or a list of reduced fee or free dental clinics in the area.

Although most patients adhere to the school's guidelines, there are some that don't. In these cases, the school has the right to dismiss the patient. Some common reasons for dismissal include, disrespectful behavior towards students, faculty, or staff; multiple missed dental appointments; inability to schedule appointments in a timely manner so progress toward oral health can be made; failure to follow recommended treatment protocols; and inability to contact the patient.

Each person who sits in your chair has a story about how they became a patient at the school. Next time, ask him or her to tell you that story. You'll be glad you did.

Local Eats

Regina Torres,'20

Looking for something to change up your routine? Whet your appetite at one of these local restaurants! Go ahead and try something new!

Kanpai Izakaya – *Milwaukee's Historic Third Ward*

Located in the Historic Third Ward, Kanpai Izakaya is a modern Japanese fusion gastropub that offers fresh and unique sushi rolls (try the Hawaiian Volcano roll...it's served flaming!) as well as a variety of small plates. Beautifully plated dishes as well as a sleek, stylish interior design make Kanpai the perfect place for a classy outing with friends or an impressive date night! Enjoy double happy hours every Monday through Thursday from 4:30 to 6:00 PM and 8:30 to 10:00 PM; in addition to drink deals, all food items are 15% off!



Le Rêve Patisserie & Café – *The Wauwatosa Village*

A taste of France in the Tosa Village, Le Rêve is a 2-story bistro offering breakfast, lunch, and dinner, a full bar, and a gorgeous array of pastries including the much-loved macaron. Just 15 minutes from Marquette's campus, this charming café is worth the trip. Whether it's a quick stop to satisfy your sweet tooth at the bakery or a four-course meal, Le Rêve is sure to delight.

Double B's BBQ – West Allis

A carnivore's paradise, Double B's is a locally owned BBQ joint with great food and a relaxed atmosphere. Located along Greenfield Avenue in the heart of West Allis, Double B's is just a short drive from Marquette's campus, so stop by for some of the best ribs, brisket, and smoked pork you'll find in the greater Milwaukee area! Every Wednesday, you can enjoy three free wings with any entrée or burger.

Blue's Egg – Milwaukee

If breakfast is your favorite meal of the day, Blue's Egg is the place for you! Blue's serves American breakfast and brunch every day from 7:00 AM to 2:00 PM. Serving creative spins on traditional dishes, Blue's is one of the most popular breakfast places in the area. They accept reservations for parties of 8 or more Monday through Friday, so if you're planning a weekend trip, get there early and expect a wait!

Wolf Peach – Milwaukee

Serving European-style comfort food made from fresh, locally grown ingredients, Wolf Peach is the place to go for good food and good service. Their wood-fired pizzas are always highly recommended by their frequent customers, and their many vegan, vegetarian, and gluten free options make it the perfect place to bring your trendy friend or your trendy self.



Dear Dr. Flossify...

Dear Dr. Flossify,

I've been feeling really overwhelmed lately. While I'm excited and feel lucky to be in dental school, it's difficult seeing how some of my peers breeze through classes or projects when I'm constantly struggling just to get by. It's really taking a toll on my confidence... What should I do?

Sincerely,
Nervous Navy

Hey Nervous Navy,

You are not alone in feeling overwhelmed and deflated. As pre-professionals, we represent the most competitive, driven, and high achieving students in America! Part of being a successful adult involves assessing your abilities compared to those of your peers. Sometimes, doing so can help us and push us to do our best. But it can also be counterproductive and harmful to your self-esteem.

This is when you need to remember that both in school and in life, you only have control over your own work. Remember, your classmates' success is not your failure, and neither is their failure your success. Focus on your own grades and your own projects. Don't make it your business to find out how someone else is performing.

Don't fall into the trap of thinking that someone else has it better than you, either. Everyone has his or her strengths and weaknesses. You all made it to dental school for a reason! If you're really struggling, the school offers so many resources (tutoring, counseling, etc.), and your classmates are one of them! Collaboration can really help you get through this crazy time called dental school. We're all in this together!

So keep working hard, do your personal best, and always be kind to yourself and others.

-Dr. Flossify

Mentor Program kicks off its 22nd year!

The 22nd annual Kick-off Dinner of the Wisconsin Dental Association, Marquette University School of Dentistry and Pierre Fauchard Academy Mentor Program was held on Sept. 26. Nearly 500 dentists and proteges gathered at MU's Alumni Union Hall, making the event the largest since the program began. The WDA wishes to thank 182 volunteer mentors who devote their time encouraging teaching and enriching the lives of the 344 students participating in the 2016-17 program!

The students enjoyed the generosity of cash and door prizes and they extend their thanks to the following donors:

Dr. Dennis Abere	Drs. William Cringe & Sara Quesnell/ Sunnyslope Dental Care	Dr. Tom Kielma	Dr. John R. Moser
Dr. Cheska Avery-Stafford	Dr. Paula Crum	Dr. Kevin King	Dr. Ned Murphy
Dr. Josephine Berman	Dr. Steven Fahsel	Dr. Thomas Kraus	Oral & Maxillofacial Surgery Associates of Waukesha
Drs. Blazek & Collingwood	Dr. Paul Feit / Dentistry by Design	Dr. Fred LaCourt / Generations Family Dental	Dr. Kevin Race
Drs. Tom Charapata & Christian Harteau	Dr. Jared Frisbee-Teel	Dr. Donale Lenhardt	Dr. Julio Rodriguez
Dr. Ed Chiera	Dr. Greg Furdek	Drs. Angela Luck & Bryan Gapson / Riverwalk Dentistry	Dr. Zak Rosen
Drs. Dennis Connor & Sara Klasinski	Forward Dental	Dr. Billy Mauthe	Dr. Dan Ross
Dr. Michael Connor	Dr. Glenn Gequillana	Dr. Timothy McNamara / Progressive Periodontics Dental Implants	Dr. Gene Shoemaker
Dr. James Conrardy	Dr. Colleen Greene	Dr. Jonathan Melk	Dr. Suzanne Tack
Dr. John Crawford	Dr. Paul G. Hagemann		Van Westen Orthodontics
Dr. Mark Crego	Dr. Pete Hehli		Wisconsin Dental Association
	Dr. Mohit Joshi		

This year's dinner speakers were WDA President-Elect **Dr. Ned Murphy** (Racine) and **Mr. Kyle Heskro** (Student - D4). Both spoke on the importance of the Mentor Program. Mr. Heskro explained how joining the mentor program and getting to know his mentor, **Dr. Cheska Avery-Stafford** (Milwaukee), has been one of the most rewarding decisions he has made in dental school. He said, "As a role model, her involvement with community service and organized dentistry, as well as her commitment to making a difference, sets a strong precedent that inspires me to contribute in a similar way once I am a dentist myself. Having the privilege of observing someone so closely as they positively implement change, aids me in how I define success. For me, I have witnessed firsthand that success is more than a solid paycheck, but rather, the ability to be a positive community influence and leader in the community. Dr. Avery-Stafford transcends the title of mentor and makes it so much more. For this reason, I consider her not just a mentor, but a true friend. So mentors and protege, reach out and make the most of this relationship. Find things you enjoy, find common ground and establish a genuine relationship. You will get so much

more out of your experience if you can make this extra effort."

Thanks go out to the Mentor Advisory Group, which plans the annual event and pairs students and mentors. Dr. Avery-Stafford and **Dr. Angela Lueck** (Milwaukee) serve as co-chairs. Others serving in the Advisory Group are Ms. Linda Gleason (MUSOD) and Ms. Susan John (WDA). Additional assistance is provided by Ms. Elizabeth Young and MUSOD Student Services Department and the WDA Communications Team.

This year's Mentor Program events include two continuing education courses and basketball game. The first event was held Nov 19 when **Dr. Raison Bose** (Milwaukee) presented "Proper Diagnosis Using Imaging in Endodontics." On Jan 14, 2017, mentors and their protege will cheer for the Marquette Golden Eagles as they take on De Paul at the BMO Harris Bradley Center. Another CE program, "Prosthetic and Surgical Implant Dentistry," will be offered by **Dr. Bradley DeGroot** on April 22. Both programs are limited to mentors and their protege and will take place at MUSOD in Room 194. Information about the Mentor Program can be obtained by contacting Susan John at 414-755-4118, 800-364-7646 or sjohn@wda.org.



YOU'VE BEEN GIVEN A VOICE... NOW USE IT!



Emma C. Roy '18

As I rode in the passenger's seat on my way to Wisconsin Dells on a foggy early morning in November, I thought excitedly about the weekend to come. On my way to the Wisconsin Dental Association's House of Delegates, I was looking forward to the discussions and debates that would impact the future of dentistry in Wisconsin. Last year I was fortunate to observe the House; this year I was an alternate delegate, and would get to vote – it's a pretty big privilege for a student to make decisions that affect so many Wisconsin dentists. Even more exciting this year was that several of the

resolutions on the table directly affected Marquette students. Little did my classmates sitting through a lecture on the clinical management of crossbites know that I (along with many other dentists and several other students) was about to write their future. Well at least two days of it. Here's what you should know about these two important resolutions:

Resolution 39-H 11/2016:

This resolution reinstates WDA Legislative Day as an annual event. Last year was the first year in many that D2 and D3 students did not travel to Madison to lobby for dental related legislature. In the past, all D2 and D3 students, as well as many dentists throughout the state, would converge on Madison for a day of learning about the issues, learning how to lobby, and meeting with state legislators to lobby for laws that directly impact dentists, students, and patients. Last year's Legislative Day was discontinued due to minimal member dentist participation and in efforts to decrease the WDA budget. After much discussion including

information from the WDA's Director of Government Services Matt Rossetto about the efficacy of students and dentists lobbying every year, the delegates voted to once again fund a Legislative Day every year. This means that dental students will be able to attend twice during their time at dental school! Here's where you (that means you, who are reading this) come in. Yes, you are required to attend; now you need to make the most of it. When else do you get the undivided attention of your legislator to explain issues that are near and dear to your heart, all while having done literally nothing to set up the meeting? The answer is never. So take advantage of this opportunity. Attend ASDA's Advocacy Academy in the days before Legislative Day to learn about the important issues and practice lobbying. Then come prepared on March 22 to let your voice be heard at the state capitol! This is also a great opportunity for *you* to provide some reverse mentoring to your mentor. Ask them to come with you, to work with you on behalf of dentists statewide. You've been given a voice, now is your time to use it!



Resolution 40-H 11/2016:

As you may have heard, the ADA and ASDA are combining our National Lobby Days to coincide with each other for the first time in 2017. This is the first time that both students and dentists will be speaking to senators and representatives together, collaborating to improve the future of our profession. This resolution increases the number of Wisconsin dentists who are funded to attend from two up to nine, along with the WDA Executive Director and the Director of Government Services. This is an amazing opportunity for the delegations from Marquette ASDA and the WDA's to work together. Our voice is stronger together, and

having both students and licensed dentists speaking on issues makes those issues all the more impactful. These delegations will be fighting for *your* rights in Washington D.C. – helping you with student loans, increasing access to care, and improving the dental profession. Be sure to get involved with ASDA's Legislative Team and apply for National Lobby Day if you want to be a part of this great event.

Have you noticed a recurring theme in these resolutions? Advocacy is *important!* It is so important that the delegation of dentists and students voted to spend thousands of dollars to support it. How can you also become an advocate for your

profession? Get involved! Get involved with organized dentistry both during school and after. Be sure to come prepared to Legislative Day. Take an active role in recruiting your mentor dentist to attend with you. Work with Marquette ASDA's Legislative Team. Above all, remember to use your voice. You were given one, the WDA House of Delegates increased your opportunities to use it, now go, make a difference with it!



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