



LETTER FROM THE EDITOR

MEGAN KARST, '22

Welcome to the Fall edition of the Incisal Edge!

I hope you enjoy this recap of the Fall 2019 semester, and I look forward to what is to come in the Spring semester!

This LASDA publication is all about sharing our mutual experiences and gained knowledge throughout dental school. If you have any ideas or stories to share, please email me at mrkars01@louisville.edu.

Thank you to all those who contributed to this newsletter - you are very appreciated by us all!

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WORDS FROM THE PRESIDENT

Hello, ULSD!

I am so excited to be addressing you all so that I may show my gratitude for the rewarding experience you all have given me during my term of office. Upon election in March, I was unaware of the amount of work that my team and I had ahead of us in the coming year. Now, months later, it truly brings a smile to my face to reflect on all that we have accomplished in just nine months (and the amount of fun we have had while doing so). The 2019-2020 LASDA Officer Board is filled with stellar talent and zeal that is most impressive. I hope that you all as students have reaped the benefit of your membership and continue to invest in our organization so that we continue to create positive, student-initiated change here at ULSD.



My wish for you all is to develop this semester as a professional, practitioner, and above all else, human being. D1s and D2s, continue to study hard but don't forget to cut yourself some slack. D4s, you all will be very missed upon your graduation. Thank you all for all that you have done to acclimate my classmates and myself to clinic. And as for my D3s, let's keep rocking stuff out and not wish any more time away. We've only got a year and a half left! Lastly, thank you to all faculty and staff who have supported our ambitions this year. It has been an honor to serve you all as your Student Body President and I cannot wait to tie up our board's loose ends as our terms come to a close in a few months. I appreciate each and every one of you all and am looking forward to another fantastic semester of learning and fun.

Yours in Leadership,

Alex Stewart
Class of 2021

WELLNESS WEEK RECAP

KATI HORNBUCKLE, '20

Wellness week went off without (too many) hitches this year. The week started with a Tuesday run club to Donisi in Old Louisville. Participants were famished upon arriving to the pizza parlor after their 3 mile stint! Upon arrival, they enjoyed a free slice of pizza with a beverage purchase of their choice.

On Wednesday, Hana Reed's mother, the lovely Dr. Debbie Reed, led us through her expertise of physical therapy to teach us the importance of stretching and strengthening exercises. It was a full house for Dr. Reed, as we enjoyed bending and pulling our muscles into health! She recommended doing these stretches as often as possible- whether that be between patients or while waiting on notes & codes to be approved.

Thursday, we had Koru with Dr. Brueckner (a mindfulness goddess and one of the most brilliant minds here at UofL)! We finished off the week with a Saturday morning 10 am buddy workout at Derby City Crossfit! Jossen Gastelum, D4, was seen lightly crying on the floor and claiming he had an arrhythmia. Fortunately for us, Jossen is alive and well, albeit not as "yolked" as he could be, but still handsome, nonetheless! We look forward to our spring wellness week. Stay tuned for more information after Christmas break!



WELCOME, CLASS OF 2023!

The ULSD Family is excited for you to be here, and we wish you the best of luck!



Photography by Sam Moss

OLDER AND WISER: D2 ADVICE TO D1S

"Don't compare your work to others; the beauty in the art of dentistry is that everyone views things from different perspectives, so embrace your style! Other work may look better to you, but they might be thinking the same about yours."

Mallory Hunt

"Stop stressing and go grab a beer with your friends."

Clark Currier

"Don't be afraid to try new study methods! Flashcards, study groups, drawing stuff out - whatever. The way you've studied previously may not be sufficient for classes like anatomy. Oh, and study more than you think you need to."

Jillian Richardson

PROPHY CUP 2019

BY JAKE FOOKS, '22

This August, our chapter held the first annual Propy Cup, a golf tournament designed to help our members kick off the school year in a fun way. With the help of our sponsors we were able to give our members several prizes, including box tickets to Downs After Dark at Churchill downs, and a rented out bowling lane at a speakeasy in Louisville's new Omni Hotel. After the event at Shawnee Golf Course, we held a reception for our golfers in the clubhouse where they were able to learn about post-graduation work opportunities and enjoy some homemade barbecue.

Many LASDA officers were involved in making the event a success. Rupika Narain and Hana Reed handled the check-ins in the morning, Mitali Chitre and Collin Wietfeldt drove a beverage cart around the course to keep our golfers hydrated, and Sam Moss and Kavya Balaji handled the event photography.

Because of the increased scale of the event, we added an online shop to our website to handle orders from golfers and donors, which helped us to collect roughly \$5,000. Most importantly, everyone involved seemed to have a fantastic time at the event. We are very excited for the future of the Propy Cup and hope you'll join us next year for round two!



LASDA Fundraising Chair, Jake Fooks ('22) with Longest Drive winner, Gee Mensah ('21)



Rupika Narain and Hana Reed ('21) enjoying the tournament



Putting is a favorite part of the game for Scotland native, Fraser Murphy ('22)

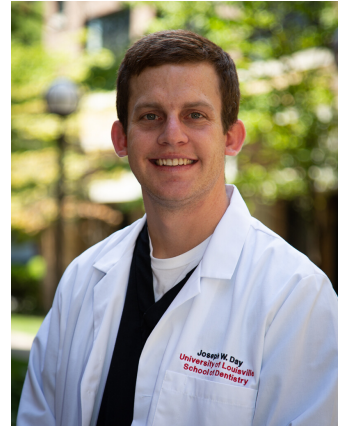


D4 teammates Jeremy Dock, Ricardo Ulrich, Jordan Annis, and Paul Spradlin

CLINICAL "EMERGENCY"

JOSEPH DAY, '21

There I was sitting in my cube watching the clock tick by, 9:05...9:06. I peek at my schedule and stare at the big black X as it appears on the screen over my patient's name. Another no show. The clock continues to change, 9:10...9:11. I sit and wonder why I was so excited and set up the cube for my new patient only to be stood up again. 9:14....9:15, suddenly my scheduler hollers my name, "Joe, are you ready?"



"Ready? My patient cancelled," I thought.

I quickly glance back at my schedule and there in a bright red box sits an emergency patient. The box reads, "74-year-old male, crown fell off." I frantically gather my thoughts and run to the window to collect what I need for the appointment. Once I am set up, the patient comes back, and I can immediately tell he's not happy. Storming into the cube, red in the face, he slams the crown down with brute force in front of me and says, "I want to see a doctor right now! This crown has only been on for 2 weeks and it popped off while I was eating a piece of toast! I don't know what type of cement you use here, but it doesn't work!"

I try to stay calm as beads of sweat start to form on my forehead. I sit the patient down and sympathize for a minute. "I'm so sorry this crown fell off sir. I promise we are going to take good care of you here," I said.

I then follow up with some questions to better understand what is going on: "When did the crown come off? Which tooth was it, can you point to it? Is the tooth in any pain right now?" I questioned.

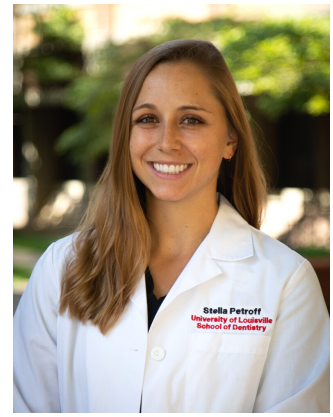
After calming him down to a normal talking voice and pale skin tone, I was able to review his medical history and record his vitals. We then spoke with faculty about the issue. It turns out the crown wasn't even placed at the school and, feeling ashamed, the gentleman very kindly apologized. It was a somewhat simple fix after that: clean off the tooth and the inside of the crown, seat the crown, adjust the occlusion, and recement the crown. The patient left happy and was very appreciative of our treatment.

Why do I share this story? Is it to illustrate how excellent of a dentist I am? Maybe it was to show off my emergency management skills? Was it to make all the D1's and D2's nervous for clinic? The truth is, I am still nervous in clinic all the time and I am nowhere near being an exceptional dentist. I share this story because I think it is a good illustration of what you might experience in clinic yourself. I can guarantee that patients will not show and that at some point an emergency patient will be assigned to you. I can also guarantee that, occasionally, patients will come into the school and they will not be happy!

What can you do about it? Be prepared every day, do your best to act confident, try to be patient and understanding, and listen to the patients. This is what makes dental students great practitioners up in clinic. Patients want to be treated nicely and professionally, even if they are not so pleasant themselves!

EXPLORING OUR STRENGTHS: APPLYING PERSONALITY TO LEADERSHIP

STELLA PETROFF, '20



Analytical. Futuristic. Strategic. Consistent. Disciplined. These are my strengths. In the words of pop idol Britney Spears, dental students in Louisville are officially “stronger than yesterday” after learning about their strengths and how to apply them as effective leaders at Louisville ASDA’s first ever Leadership Summit held over the summer.

After months of brainstorming and planning, Chapter President Alex Stewart and the rest of the LASDA Executive Board hosted the successful event that will have a lasting impact on the 49 students who attended. The day-long free event allowed students to learn about their strengths and how to tailor them to be effective leaders.

“I noticed that there was a disconnect between the people who knew about the value of personality tests versus [those] who had never heard of them, and I wanted to fill that gap,” Stewart says. “A lot of my personal and professional growth began with critically thinking about who I was, and these personality tests spark that sort of thought.”



Supported by donations from various sponsors, LASDA provided each student with a CliftonStrengths Assessment code to complete before attending the summit. This 45-minute online personality test generates a report that pinpoints the test taker’s top five strengths out of 34 possible themes. The report goes into detail on the meaning of your top five strengths, with insight such as characteristics that make you stand out. Generating our strengths report, however, was just the beginning of a content-packed day.

It began with coffee and breakfast as we listened to Kathy Meyer, the student leadership coordinator at the University of Louisville. Meyer simplified the CliftonStrengths themes to

align with the categories of the popular True Colors personality assessment, which is a system that uses four different colors (orange, gold, green and blue) to recognize personality types and characteristics.

We broke into groups based on the color we matched with to discuss our traits with like-minded people. Each of the four groups presented to the room the characteristics they most strongly identified with, broke down their typical communication style and gave advice to others on how to manage a successful working relationship with an individual from their color group.

A second activity helped us delve into the 34 CliftonStrengths themes. We were able to relate to other students who have the same strengths as us and discuss how we use them in our daily interactions. We also conversed with students who feel that they relate the least to one of our strengths and perhaps want to understand the trait better. A key takeaway from the morning’s activities was that we must focus on the things we are good at rather than fretting about our weaknesses.

The rest of the day consisted of lectures that tied in our previous discussion on personal strengths via their application to interpersonal and interprofessional relationships.

From a practice management standpoint, we were given guidelines on how to better understand others and ourselves. We were equipped with the foundation to identify traits of a certain “color” in an individual and given tips



Left: Lecturers included Dean Bradley, pictured far left with the group.

Below: After small group discussions, students presented their strengths to the room.

to properly converse with them, such as outlining the details of a proposed treatment plan to an analytical “green” individual versus cutting straight to the point when talking with an action-oriented “orange.” This knowledge will be beneficial in our future careers as we work with a team in a dental office, as well as in guiding difficult conversations with patients.

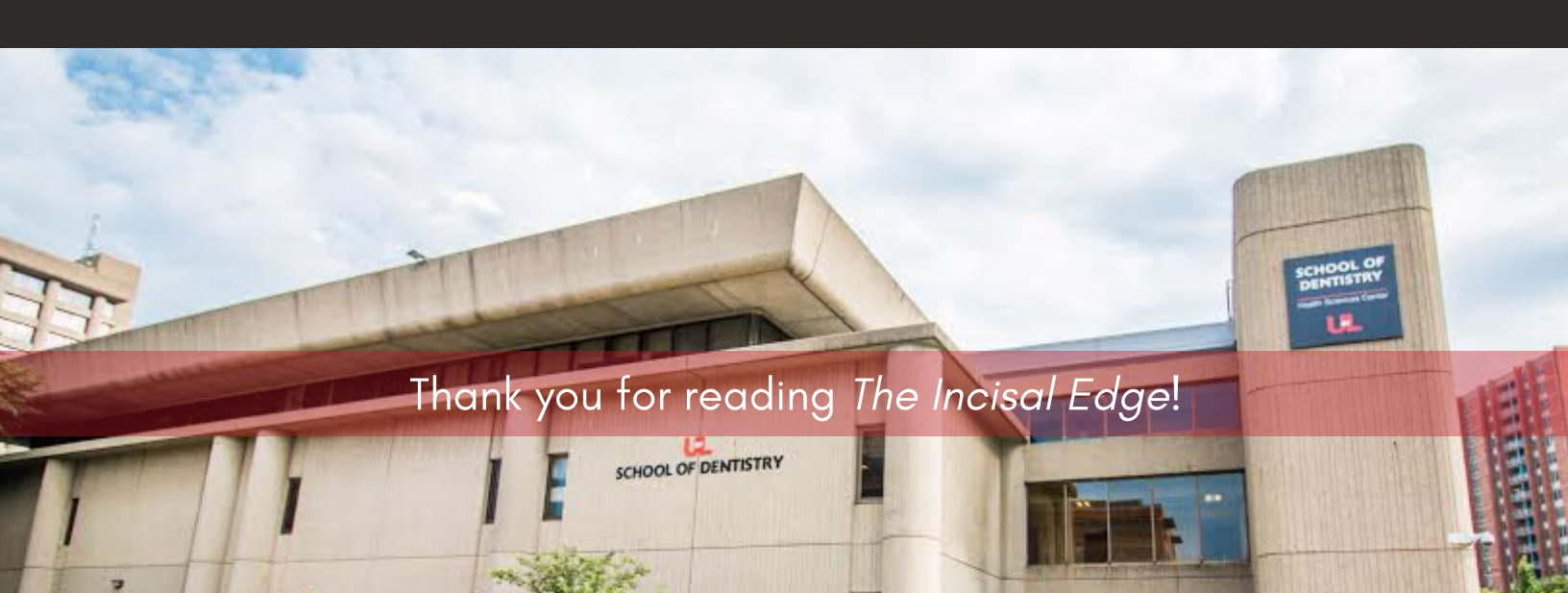
From a leadership standpoint, our discussions centered upon using our skill sets to effectively work with a team, manage our time and form connections. One topic we learned about was intentional listening. As dentists, we must be effective listeners in order to show compassion, uncover a patient’s story and efficiently use our time.

The day ended with a rooftop social, and we all were equipped with a newfound understanding of ourselves and our strengths after an event that exceeded expectations. Student Jake Fooks, Louisville '22, stated, “I walked away from this event feeling like I had studied myself on a much deeper level than I had in the past. I found myself talking to friends and family about what I learned throughout the remainder of the weekend, and that’s how I know it was a successful learning experience.”

“I’ve already noticed people refining [their] skills and [applying] tools such as active listening and asking the right questions,” Stewart says. “I have further inspiration to make all students at ULSD aware of what they can do when they take a look inward and how much it can benefit the care they give.”



This article originally appeared in the October 2019 issue of Contour, a publication of the American Student Dental Association.



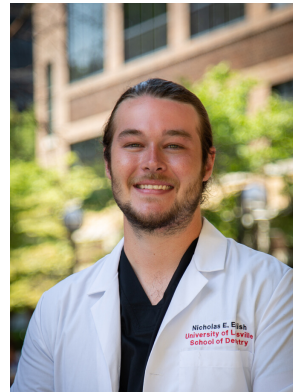
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Interested in writing an article for *The Incisal Edge?*

Contact Megan Karst at mrkars01@louisville.edu



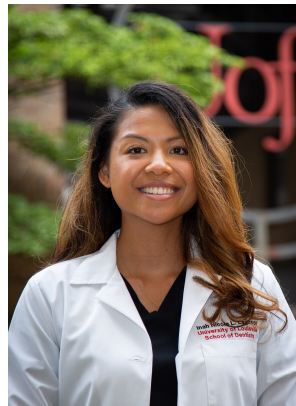
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President



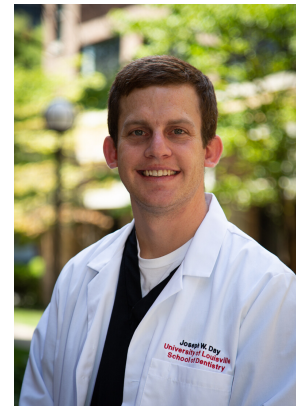
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