



THE INCISAL EDGE

LETTER FROM THE EDITOR <2>
WORDS FROM THE PRESIDENT <2>
AHEC ROTATION <4>
RSO SPOTLIGHT: SNDA <6>
ECUADOR SERVICE TRIP <7>
DENTAL JOKES <9>
LASDA OFFICERS <10>



LETTER FROM THE EDITOR

Hi everyone! Welcome to the 2018 summer *Insisal Edge*. I am really looking forward to this next year as the newsletter chair. I hope to keep ULSD informed on some of the incredible things that LASDA, our classmates, and professors are up to throughout the year.

I want to give a huge thanks to everyone that contributed to this newsletter. I truly could not have completed it without you. If you find yourself inspired to write or photograph for the fall or spring issues please contact me at lkfrye01@louisville.edu. I would love to hear your ideas!

Happy reading!



LURA FRYE '20

WORDS FROM THE PRESIDENT: AN INTRODUCTION TO PHASES

The "phases" of dental treatment are by now second nature to those of us who have been enrolled at ULSD for more than a year. We can recite this mantra as if we were born separating our lives into one umbrella category or the other. If you have never heard these phrases or their application to dentistry, do not fret—they will soon become ingrained in your mind for years to come. While the Treatment Planning course teaches us the most obvious applications of Phase I and Phase II, these principles can also be applied to the trials and tribulations we must face in our lives as dental students.

Phase I: Disease Control and Elimination. I'd like to equate Phase I of treatment planning to the first two years of dental school. Throughout these years, the majority of our credit hours are spent learning the basic sciences in a capacity that many of us have never had to endure.

D1 and D2 years are when we are truly put to the test to find out just how much stress we can tolerate before combusting. It is during this time that it is of the utmost importance to maintain composure, keep some "control" of your mental state (eat balanced meals, maintain a regular sleep schedule, call your mom) and try to keep up with rigors of dental school.

There were many times during my first two years of dental school where I felt that I was certainly surviving, but definitely not thriving. Having now overcome Oral Pathology, successfully challenged NBDE Part I, and completed a countless number of preclinical lab projects, I can say from personal experience that it is possible to make it through Phase I of dental school. This brings us to the next step, Phase II.

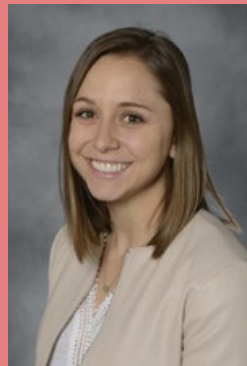
CONTINUED ON PAGE 3

WORDS FROM THE PRESIDENT: AN INTRODUCTION TO PHASES

Phase II: Restoration of Form, Function, and Esthetics. Dental school Phase II begins the moment we step into clinic. While there are still didactic courses to complete as well as plenty of stressors that go along with treating patients, beginning this next stage of our lives as dental students (for me, at least) has been a great reminder of why I endured the hardships of Phase I. My classmates and I have reached the chapter of our lives as dental students where we can finally see our two years of hard work come to fruition in the form of a patient sitting in our operator. This is the point where we are able to restore some normalcy back into our routines, function as a contributing member of society, and finally feel that all of the preclinical knowledge and skills we practiced were applicable to something.

My message to you all is this: no matter how messy things may get, never lose sight of Phase II. Dental school can really get you down. It can be mentally, emotionally, and physically draining, but we must always remember that there is an end goal of three sweet letters to tack onto our name—DMD. While we all will encounter struggles along the way, there will always be a reprieve to look towards. There will be moments where the only thing on your mind is that Gross Anatomy test next week or wondering how on earth you are going to finish your clinical requirements on time, but don't let this consume your entire being. Do practice GPA control and stay in the library or the lab past midnight. Once that task is over, however, return the function back to your life. Stop tiptoeing over your laundry, get some exercise, find and use your hairbrush. Restore the form, function, and esthetics back to your life.

Finally, I encourage you to turn to ASDA for help throughout your dental school journey. Being a member of the American Student Dental Association, and of our local Louisville chapter, LASDA, has innumerable benefits pertaining to our careers, rights, and overall well-being as dental students. With initiatives such as one that focuses on the five pillars of wellness – emotional, physical, intellectual, occupational, and environmental – involvement in ASDA offers both immediate and lasting gain. ASDA can introduce you to networking opportunities on both the regional and national levels through attendance at conferences, as well as advocating for the rights of dentists and dental students. On a local level, LASDA organizes events such as dances, tailgates, lunch and learns, and wellness activities to promote camaraderie and the application of ASDA's mission throughout the halls of USLD. To any readers who have made it this far, I look forward to joining you in an exciting year of LASDA programming! Phase III: Join LASDA and reap the benefits.



STELLA PETROFF '20

AHEC ROTATION

AHEC rotation is probably one of the most anticipated four weeks during the summer between third and fourth year. Most everyone was extremely excited to go to their respective rotation sites and experience the versatility of dentistry outside the walls of ULSD. Most people chose their locations and offices based on several factors and reasons-- the procedures the office specialized in, hometowns, and recommendations from upperclassmen. We were in the latter category and chose to go to Hazard, KY for our AHEC rotation.

The drive to Hazard, KY is about three hours from Louisville, KY. We had heard stories about Hazard and how small the town was, and as we drove closer into Hazard, we quickly realized that most of the people were right—there wasn't much besides the occasional fast food restaurant or store. While we drove around Hazard to become familiar with the area, we stopped by the office. The outside of the buildings wrote, "Primary Care Center of Eastern Kentucky."



Primary Care Center of Eastern Kentucky was the clinic that we called home for the next four weeks. PCCEK, for short, was a facility that housed medical, pharmaceutical, and of course, dental services. The heart of the dental office at PCCEK were the three dentists, Dr. Greg Baker, Dr. Elmer Gabbard, and Dr. Ellie Campbell, and several dental assistants, hygienists and receptionists. The office was a well-oiled machine. Everyone in the office was so welcoming, helpful and knowledgeable, and all of them genuinely wanted my classmate and me to learn as much as we can before heading back to ULSD. And we were not short on dental experience at PCCEK.

CONTINUED ON PAGE 5



AHEC ROTATION

The beauty of PCCEK was that there were three different dentists that had come from different backgrounds and dental educations. Their overall philosophy to care for their patients and their oral health were the same, but they harbored different approaches and methods to handle the different cases their patients presented. This opportunity allowed my classmate and me to learn various ways to treat the patients at PCCEK. The dental assistants were also very efficient which allowed us and the dentists use our time effectively to treat patients well.

My time at PCCEK was amazing and exceeded my expectations. Although Hazard was a quaint and quiet town, I had gained confidence, improved my speed, and increased my dental skills during my time at PCCEK. Every AHEC dental office offers something valuable to students during their four weeks there. As underclassmen, I urge you to talk with the fourth-year dental students and ask about their experience. The four weeks that you spend outside of ULSD is a valuable time that can become a foundation on your dental career.

ESTHER LEE '19



UL | SNDA

2018
NATIONAL CONVENTION
ORLANDO, FLORIDA

STUDENT NATIONAL DENTAL ASSOCIATION



5 RANDOM FACTS LEARNED FROM NATIONAL CONVENTION

I LEARN TO BE A STUDENT. HOW TO BETTER MANAGE YOUR WEALTH AND MONEY. LEARN HOW TO TRADE AND MAKE LONG TERM INVESTMENTS. ALWAYS PREPARE FOR A WORST CASE SCENARIO WHEN IT COMES TO MONEY.



2 GPR/AEGD: LOOK FOR ONE THAT HAS A STRONG COMPONENT IN A SPECIALTY YOU LIKE, (LIKE A GPR THAT HAS AN ORAL SURGERY COMPONENT) DON'T FOCUS TOO MUCH ON YOUR CLASS RANK. MANY PROGRAMS LOOK AT YOU WHOLISTICALLY AS A STUDENT.



3 HAVE A GOOD 5 YEAR PLAN. ALWAYS CONTINUE TO HONE SKILLS AND LEARN WHAT YOU CAN. GET A GREAT MENTOR. TAKES ABOUT 2-3 YEARS BEFORE YOU SEE PROFICIENCY OUT OF SCHOOL.

4 HAVE A GOOD 5 YEAR PLAN. ALWAYS CONTINUE TO HONE SKILLS AND LEARN WHAT YOU CAN. GET A GREAT MENTOR. TAKES ABOUT 2-3 YEARS BEFORE YOU SEE THE PROFICIENCY.

5 EVER HEARD OF LOCUM DENTISTRY? BASICALLY, YOU FILL IN AS A PROVIDER WHERE NEEDED FOR A SHORT OR LONG PERIOD OF TIME. YOU GAIN THE OPPORTUNITY TO LEARN DIFFERENT STYLES OF PRACTICE AND A VARIETY OF OFFICE MANAGEMENT SYSTEMS.

SERVICE IN EQUADOR

Where to begin...the service trip to Ecuador was an experience I will never forget. I know most people say that about exotic trips/vacations, but this was beyond some ordinary relaxation-seeking getaway.

For an overview, we flew out of Louisville to Miami, then to Guayaquil, Ecuador. From there, we stayed overnight at a hotel and left for the town Cuenca the next morning—it was about a 4-5 hour bus ride through the Andes Mountains. On our way, we stopped at a restaurant in the mountains that was supposedly known for their fish that they farm on site (probably the best meal I've ever had). After passing over the crest of the mountain range, we eventually arrived in Cuenca, Ecuador, and that is where we stayed throughout the trip.



SERVICE IN EQUADOR

Every morning we would drive about 30-45 minutes to the town of Azogues to work in the clinic all day. We would get there around 8 in the morning and leave around 4 in the afternoon. The clinic was a dome-structured building that seemed to function as a recreational facility. We were graciously provided lunch by our local partners each day. The atmosphere of the clinic was incredible; we had people from many different fields of healthcare including physical therapy, optometry, medical, pharmacy (I hope I'm not forgetting anything). Another amazing aspect was there was a department known as "Cardiology." Due to this trip being mainly faith-based, the cardiology section was for people who needed and/or wanted spiritual guidance—dealing with matters of the heart (very clever if you ask me). Outside of our clinic time, every morning and night we would have dedicated time to sing and lead/listen to devotionals from those of us who would volunteer. Aside from being in clinic, we visited local restaurants, beautiful cathedrals, historic ruins, the local clinic, the market in Cuenca, and an elementary school in Azogues to spend time with children.

The best aspect of the trip was being around people—peers and the people of Ecuador. Since everyone is down there for the same reason, it brings you closer than you would think. From traveling together to eating breakfast/dinner together every day, it was such a fun experience to be around those willing to serve. The Ecuadorians who came to the clinic were even better. They were so kind and gracious when it came to being treated. It touched so many of us how far some people would travel and how long they would wait.

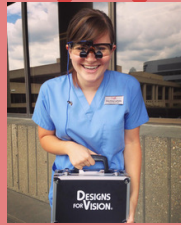
I could say much more, but I want to be as succinct as possible. Throughout your time in dental school, nothing (in my humble opinion) will enhance your clinical and interpersonal skill as much as a mission/service learning trip.

STEPHEN STOTTS '20



DENTAL JOKES

"Will my extra sensitive toothpaste be upset if I use a different one?"
-Courtney LaHatte Blakenship D3



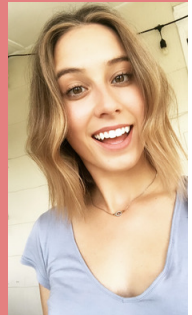
"What is a dentist's favorite time?"
"Tooth hurt!"
- Alana Paolasini D2 & Kati Hornbuckle D3



"What's a dentist's least favorite kind of soda?"
"Treponema denticola."
- Liz Presley D4



"What did the dentist say when he couldn't get good isolation?"
"Dam it!"
-Maddie Heine D3



"What did the Navy seal have below his lower premolar?"
"A seamentoma"
-Kevin Tran, D3



"What did the dentist say to the judge?"
" YOU cant handle the tooth!"
- Bridgit Morris D4



Whats a scientist's favorite gum?"
"Ex-spearmint!"
- Emily Ann Galloway D3



President

Stella Petroff

Pre-dental

Allison James

Vice President

Haley Doose

Website

Celina Burchett

Secretary

Darius Sanford

Social Media

Jossen Gastelum & Kara Hancock

Treasurer

Monal Patel

Social

Katelyn Fleming & William Bane & Andrew Griebel

Legislative Liaison

Monali Haldankar

Wellness

Cristina Cardwell & Kimia Mirzadeh

Membership Chair

Cassidy Cornett & Clay Jackson

D2 Class Rep

Joseph Day

Community Service

Kaci Turner & Laura Spence

D3 Class Rep

Kati Hornbuckle

Student Engagement

Niti Patel & Sara Jane Hubbard

D4 Class Rep

Hannah Jackson

Title page photo by: Monica Lee