



THE INCISAL EDGE

UNIVERSITY OF LOUISVILLE SCHOOL OF DENTISTRY
AMERICAN STUDENT DENTAL ASSOCIATION NEWSLETTER

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FROM OUR OWN DISTRICT 7 TRUSTEE

written by Sean Aiken '18

My involvement with the American Student Dental Association began, unknowingly, my first day of dental school four long years ago. At the time, the current ASDA chapter here at Louisville welcomed us to campus and explained the role of organized dentistry for us as students. The individuals in that room were impressive, sharp, and informed... and I remember wondering if I would ever be able to carry myself the way that they did. My first year I served on ASDA as our class vice-president, the next year I was elected community service chair, and in my third year I served as our legislative liaison in an exciting time for politics both in the United States and in dentistry. Unbeknownst to me, then president Erin Fraundorf (ULSD '16) had put my name in to represent District 7, which includes all of the dental schools in Indiana, Illinois, Kentucky and Wisconsin, at the American Dental Association meeting in Denver in October 2016. It was at that meeting that I got to see firsthand the benefits of student involvement on a larger scale.

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The dentists from around the country were truly interested in our thoughts, opinions, and stances on things from requirements for general anesthesia monitoring during dental surgeries to advancements in licensure reform for dental students. I felt very much like I did that first day of dental school in that I was in awe of what organized dentistry means to our profession and our patients. It was then that I knew I wanted to run for a position on the Board of Trustees. The next several months were spent preparing speeches, talking with past national leaders, and informing myself on the issues that face our profession.

Finally, it was time to stand in front of the students from our district at our annual session and explain why I was best suited to represent them at the national level. After speeches, rapid fire questions and answers, and various other discussion with district members, the results were released and I was fortunate to have earned a spot on the Board for the 2017-2018 year. Sitting in on the first board meeting, I couldn't have been more humbled to share a room with the other

trustees and our national presidents and vice-presidents. Hailing from all corners of the country, the other members of the board were awe inspiring. As trustee, it is my responsibility to make sure that the 624 students from our district to be heard and to be informed. Managing this dynamic is the biggest challenge as it means keeping up with each of the 7 chapters in our district and their needs, while also relaying the ASDA positions at the national level and keeping our students abreast on the biggest issues and advancements in our profession. We are charged with organizing a district meeting and providing leadership training, which will be held this year in the wonderful city of Louisville, Kentucky. Some things we are really trying to focus on this year are developing ASDA's strategic plan for the next 3 years, licensure reform and universal portability, addressing access to care issues for our patients, advocacy on Capitol Hill and tackling the student debt crisis for us dental students. I am proud to represent our district and especially the University of Louisville on the national level and am looking forward to what the rest of the year brings!

LETTER FROM THE EDITOR

written by Esther Lee '19

Welcome to the summer issue of the Incisal Edge! As your LASDA newsletter editor for the the upcoming year, I am truly excited and looking forward to the continuing development and improvement of the newsletter.

Our goal is to create a platform for writers to share their knowledge, thoughts, and experiences related to dentistry and to inform our readers on the varying topics. And so if you would like to contribute your writing and/or photography talents towards the newsletter, please contact eclee002@louisville.edu.

Lastly, thank you for the writers and photographers of this issue! I hope you enjoy their work!





WORDS FROM THE PRESIDENT

written by Carissa Smardo '18

Welcome to the 2017-2018 school year! I am very excited to be your LASDA president this year. With that being said...

Fourth years – We have been through everything together. We are a family, and I hope this year we can work hard and play hard so that we can make the best of our last year together. It will fly by quicker than we realize.

Third years – Congratulations on starting clinic! You have no idea how much you will learn in the next year. Since we are combing D3 and D4's into our clinic groups, don't be hesitant to ask D4's in your group any questions you may have. I speak for my whole class when I say we want to help each and every one of you make the transition to clinic easier.

Second years – You are about to start one of the most rigorous years of dental school but don't get discouraged as you'll use everything you learn in class this year during 3rd and 4th year clinic. Make sure you don't get bogged down, and remember the light at the end of the tunnel is starting clinic in just one year!

First years – Welcome to ULSD! You are about to meet 120 people that will become your family for the next four years. I know everyone is excited to start learning and begin their dental career. One thing I'd encourage everyone to get involved in is LASDA.

LASDA is the local chapter of the American Student Dental Association and also functions as UofL's dental student government. We provide many events at ULSD ranging from the vendor fair to school dances. We also send students to district and national conferences every semester, which are great opportunities to broaden your network beyond Louisville. Our organization does so much to advocate for the student body including issues, such as licensure reform and student debt.

This year, LASDA's newest initiative is the Wellness Program. National ASDA is working hard to promote the five dimensions of wellness, which include emotional, physical, intellectual, occupational, and environmental wellness. This is the first year we will have wellness chairs who will be working hard to organize the first annual "Wellness Week" which will include events such as fitness classes, speakers, and information for students which includes many opportunities that are in the Louisville area to improve wellness, both physically and mentally. Lastly, every student is encouraged and welcomed to become involved in LASDA. I hope each and every one of you will take advantage of the many opportunities LASDA has to offer both at ULSD and nationally. I'm looking forward to a great year!



Carissa Smardo is part of the 2018 class at the University of Louisville School of Dentistry. She shows her dedication for LASDA by currently serving as president for the 2017-2018 years and served as LASDA treasurer for the 2016-2017 years.



PROFESSOR SPOTLIGHT: DR. DAVID MADDY

Hi! First tell me a little about yourself.

I went to undergrad and dental school at UofL. My brother (Dr. Patrick Maddy) was already here, a year ahead of me. After graduating, my wife and I moved down to Florida. We lived there for 31 years. I was an associate dentist for 3 years and then started my business. I focused more on complex and advanced restorative cases. I went on a mission trip with a buddy in 1996 that changed my life. It became a yearly commitment since, and even invited Dr. Daughtery on my second year.

What are your roles at ULSD?

I worked in the TMD clinic with Dr. Esposito. I became involved and focused with orofacial pain at the school due to the extensive training I had as a restorative dentist. I also manage international outreach as Director of International Outreach and Service Learning. We have three trips that I oversee throughout the year. And we also have an exchange program.

Which countries have you been for your service trips?

I personally take the spring trips but oversee the other two with other faculty in conjunction with the undergraduate department. I help with organizing them, packing equipment, finding donation, helping in the selection process, and talking to students. And so, over the years, I've been in ten countries including Peru, Ukraine, Dominican Republic, Haiti, Venezuela, Ecuador and Honduras.

What do you enjoy most about the service trips you coordinate?

Having the opportunity to help train next generation to give. By taking students on these service trips, I am exposing them to other places that need health-care providers.

What would like to tell students who are interested in service trips?

I would encourage anyone to step up and do it. Places that we take people to are safe. We are with national partners that live in the area that know the area and take care of us while we're there. Seeing other cultures is good to expand your mind. We have an obligation to society to those who have no opportunity to take care of themselves. It's our sense of duty. These trips are designed for students. And once you see the process, they'll have a better idea to duplicate that.





This year, Louisville ASDA had the pleasure of taking 16 great leaders to the National ASDA Annual Session. For those of you who may not know, Annual Session is a huge deal for the ASDA. During this conference, resolutions are passed and the national executive committee, speaker of the house, and district trustees are elected.

So, how does this effect you as a student? Last year, the L-1 Policy was passed at Annual which acted as a major stepping stone for the foundation of “The White Paper”. “The White Paper” is an official documented resolution that calls for action regarding the current licensure process for dental students to be changed to one or more of three different testing faculties, including an OSCE, portfolio based exam, and/or Manikin-based kinesthetic assessment. This resolution will allow for us to make great strides towards ending the unethical live-patient based exam, as it currently stands.

Additionally, resolutions have been discussed and passed relating to Midlevel providers, wellness initiatives, and the advancement of ASDA. All of the resolutions discussed are affected by the drive and hard work of our elected leaders. The two delegates of each dental school vote for a national president and two vice presidents who will lead ASDA to be the greatest success that it can be. These delegates are the elected leaders that, you, the members at large, elect to represent your chapter at the national level. The students who apply and are invited to attend provide their opinions on who the elected leaders should be prior to the delegates submitting their votes.

Congratulations to our very own Sean Aiken for being appointed as our district trustee for the new term. If you would like to view the resolutions that were discussed this year, visit asdanet.org for more information.

written by Brooke Shelton '18
photograph by Darius Sanford '20

ASDA ANNUAL SESSION STUDENT EXPERIENCE





ASDA ANNUAL SESSION STUDENT EXPERIENCE (pt. 2)

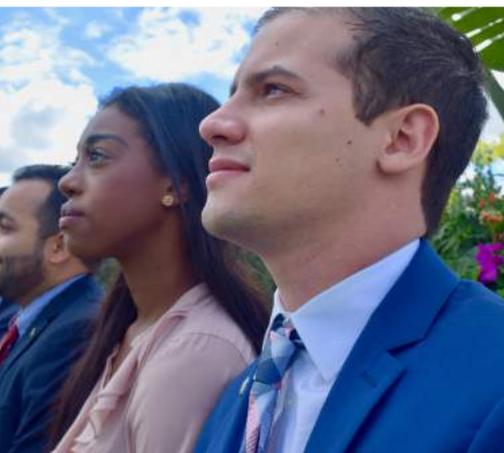
written by Monali Haldenkar '19

Being actively involved in your future and the future of your profession is vital. We should all be involved locally in class or nationally at meetings, and be part of the discussion that affects your future. When I attended ASDA Annual Session last year in Dallas, it was a great experience to meet individuals from all over the country who are all excited to be part of our profession and be actively involved.

Experiencing so many dental students in business attire in one place was truly a sight to see. Everyone already has something in common so asking “what year are you?” wasn’t a strange question to ask and a weirdly normal conversation starter. During one of the lunches after a speaker, we were put at tables with random students who weren’t from our district, but we quickly found some common ground and couldn’t stop cracking jokes. I think the best thing I took away from the experience was that in our profession, I learned that you need to be able to talk with anyone even if they aren’t necessarily good at carrying a conversation (especially at a conference).

One great part about the annual session was the breakout sessions that ASDA members and established dentists organized. There was a lot of useful (truthful) advice given that put things into perspective and made me want to be a better provider for patients. One of the sessions we talked about was “how to better represent the students at our own school.” I love organized representation so it was very interesting to see how other schools operate their ASDA chapters. Many people at UofL don’t realize how unique it is that we are not only the ASDA chapter but also the student government for our dental school. We shared new ideas with other chapters in terms of organization and events. Overall, the socialization was the highlight of the trip, both with other LASDA members who attended and the other school’s ASDA members. I highly recommend applying for anything that will allow you to mingle with students from other schools, and so you can appreciate what we have here, bring new initiatives, and meet new people.

photography by Darius Sanford '20





10 REASONS TO TRAVEL DURING DENTAL SCHOOL

written and photography by Monica Lee '19

1. BANG FOR YOUR BUCK:

As dental students, traveling might be the last thing on your mind due to loans, but an adventure doesn't necessarily need to be extravagant. Taking a small road trip or even going on a hike still makes for a great outing. Plus, you can always scout for special deals if you plan on flying. It's what you personally make out of it, not the cash.

2. LIGHT AT THE END OF THE TUNNEL:

From studying to working in lab, dental school consumes our everyday lives. When you have that next amazing trip to look forward to, it keeps you motivated as you excitedly mark down the days on your calendar. The end is near!

3. CHERISH YOUR CONNECTIONS:

Whether you're embarking on a solo journey or with other loved ones, you will strengthen those relationships or even create brand new ones!

4. FEED YOUR MIND:

Wherever your travels may take you, soak up that new environment whether it is through history, art, cuisine, language, nature, or something about yourself. Your brain might appreciate learning about something other than the anatomy of the first molar.

5. PUSH YOUR BOUNDARIES:

Traveling gives you the opportunity to step out of your comfort zone – In a good way! You've always wanted to cliff dive or learn how to surf, right? Well, what's stopping you?

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continued from pg. 7 "10 Reasons to Travel during Dental School"

6. OPEN YOUR OUTLOOK:

Sometimes it can be difficult to step out of our daily environments. Traveling pushes you to interact with new people and reaffirms that our world really is diverse. Take this time to expand your perspective by carrying conversations with someone that is different from you and bring those thoughts when interacting with your patients!

7. FOOD FOR THOUGHT:

Literally, food. Whether you decide to dine in at an upscale restaurant or at a local joint, there's bound to be some satisfying food coma that follows. Maybe you can even finally try that crazy dish you saw on Instagram (You will never know if you love it until you try!)

8. FIND INSPIRATION:

As you immerse yourself in a new environment, its liveliness can spark ideas, hobbies, and ambitions for your next big plan in life.

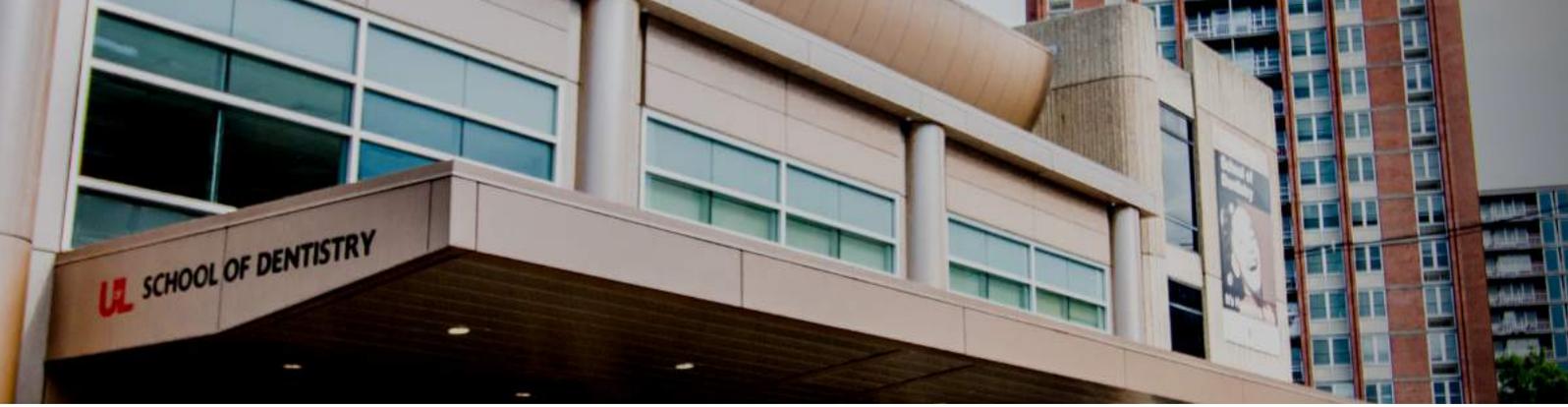
9. THE CLOCK IS TICKING:

We are busy individuals in a bustling world, but you have the most time to explore during your dental school breaks. After graduation, you're more unlikely to have as much time off, so take advantage of it!

10. CREATE MEMORIES:

When you sit down with your grandchildren and start off with, "When I was young, I (insert amazing story here)," how awesome would it be that you had your best adventures during dental school? So, what's going to be yours?





IF YOU COULD PRACTICE DENTISTRY ANYWHERE, WHERE WOULD IT BE?

written and photography by Garrett Barry '20



"I would practice in Trevor City right by Lake Michigan. It's great because you get the beach in the summer, skiing in the winter and there are a ton of cool breweries and wineries all over the place." - Benjamin Hicks '20



"If I could practice anywhere I would probably choose a big city like LA, Miami, or even Dallas because it would give me the opportunity to work with so many different kinds of patients- plus who doesn't like a little bit of sunshine every day?" - Jossen Gastelum '20

"I would love to practice in Switzerland! There is just so much to do there, I could go hiking in the mountains or just hang out."- Jun Park '20



"My dream practice is in the ocean (under water) because I wouldn't have to fix my hair ever again and all of my patients would be mer-people who accept me as an honorary mermaid and allow me to stay in their castle." - Kati Hornbuckle '20



"That's obvious! I would be a personal dentist for the Kardashians so I could eat KFC on their private plane, cry about diamonds with Kim, scoff at Scott Disick, and possibly get a free #Kylie Jenner lip kit." -Maddie Phillips '20



"I would want to practice in Denmark. It seems like a really cool place and I like the culture there." -Jake Garrison '20



BON APPÉTIT! BANANA BREAD RECIPE

written by Kimia Mirzadeh '19

Growing up one my most favorite smells was the smell of my mom's fresh banana bread. I'd come home from school to the sweet, mouth-watering aroma, and eager for a slice. From the start my mother taught me two things when it came to dessert: 1. If you think your fruit will go bad soon, bake it into something 2. Dessert doesn't have to be loaded with butter and sugar to taste good. To this day, when I have too many ripe bananas and the need for some comfort away from home, I refer to the recipe my mom wrote out for me. We live busy lives these days and this recipe is perfect: easy to make and ingredients that you usually already have in your pantry.

The ingredients are as follows for two loaves of banana bread:

1. 3 ripe bananas (4 if small)
2. 2 large eggs
3. $\frac{3}{4}$ cups of sugar
4. $\frac{1}{2}$ cup of canola oil
5. Teaspoon of vanilla extract
6. 2.5 cups of all-purpose flour (can use part whole wheat but I think all whole wheat takes away some flavor)
7. 1.5 teaspoons of baking soda
8. Dash of cinnamon
9. Dash of nutmeg
10. Small pinch of salt

OPTIONAL ingredients- Ok so if you're my mom you would include $\frac{3}{4}$ cup of chopped walnuts and a cup of raisins or craisins , BUT if you're me (and feel a false sense of security because you're young and are not worried about your teeth since you live in the dental school) you add a cup of semi-sweet chocolate chips.

Note: if you choose to add raisins, let them soak in hot water for a few minutes beforehand

DIRECTIONS:

1. Preheat the oven to 350 degrees F
2. Spray the loaf pans with non-stick spray or grease with some canola oil
3. Combine the dry ingredients: the flour, cinnamon, baking soda, nutmeg, and salt
4. In a separate bowl, mash the bananas, add the eggs, sugar, oil, and vanilla and mix till smooth
5. Pour the wet bowl contents into the dry bowl contents and mix till evened out, then add the chocolate chips in and mix
6. Pour into the pans and bake for 35-40 minutes

This is by far the dessert I bake the most because it never fails to lighten the mood. Having friends over? Bake banana bread. Got a bad grade? Bake banana bread.

Cold outside? Bake banana bread and sub some of the naners with pumpkin and add pumpkin spice seasoning. Dealing with a breakup? Bake banana bread with extra chocolate chips. On a diet? Don't add chocolate chips. It can be the answer to many of life's curveballs. I've tried all sorts of things with this recipe. I'm not saying it always turns out perfectly; somehow I've never managed to make it quite as good as my mom, but then again I don't think anyone can ;)

BON APÈTIT!

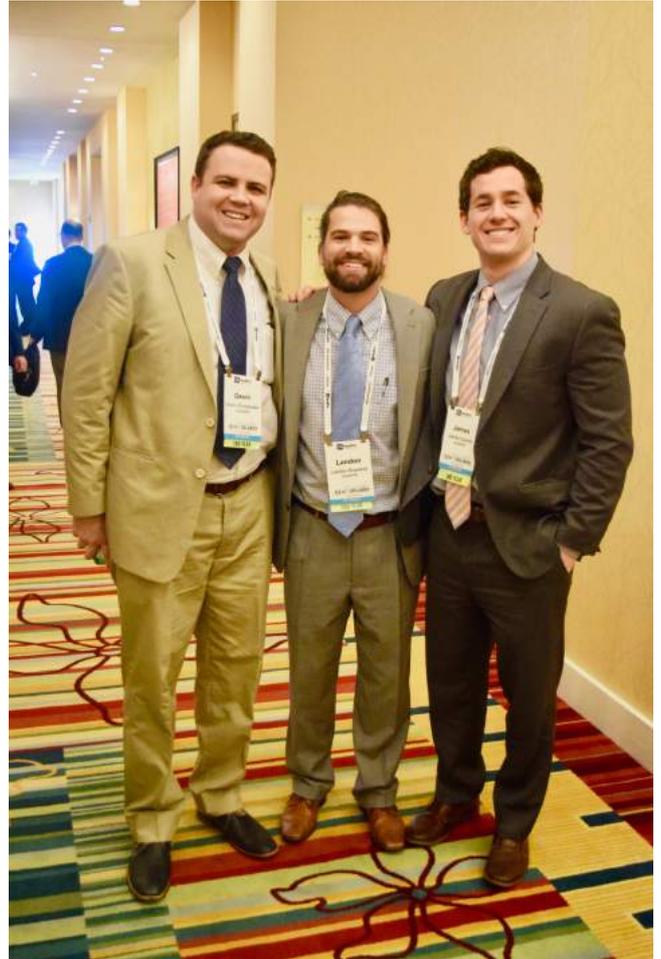
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LASDA MEMORIES

photography by Darius Sanford '20



UL SCHOOL OF DENTISTRY



THANK YOU FOR READING *THE INCISAL EDGE!*

WELCOME ULSD CLASS OF 2021!

ULSD'S OLD FASHIONED PICNIC

- JULY 23rd, 2017 (1PM-6PM)
- E.P. TOM SAWYER PARK
- (PLEASE CHECK EMAIL FOR MORE INFORMATION)

BUILDING PHOTOGRAPHY BY MONICA LEE '19

WANT TO GET INVOLVED WITH THE NEWSLETTER?

- CONTACT:
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