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Boys & Girls Club: The Cavity Free Zone

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Editor in Chief:
Evan Brown (D2)

Cavity Free Zone (CFZ) is a joint-program between Boys & Girls Clubs of America and Crest brand toothpaste. This program aims to brighten every one's smile by providing education and dental care appliances and allow members of the Boys and Girls clubs to access to dental professionals.

Last year, UCSF American Student Dental Association (ASDA) provided volunteer services through the CFZ program at the Excelsior clubhouse. This year we are excited to expand our services to another location, Visitation clubhouse. This afterschool program consists of 4 sessions with one hour per session.

Our patients are mainly kids from low-income families, who often received inadequate dental care.

I remember sitting in my interviews for dental school. I would talk about how I loved working with my hands and helping other people. I remember being blissfully unaware of the fact that every other applicant was saying that exact same thing. Was it just a pickup line for dental schools? I don't think so.

I think that a majority of us have the genuine desire to work in a profession that allows us to help others. As dentists, one of the most direct and influential avenues of service and leadership is through our participation in legislature. Policy is what shapes the future of dentistry, and our communication with elected officials will ensure that we properly represent our

Each CFZ session begins with an oral hygiene instruction including brushing and flossing techniques. In addition, we provide fun activities such as plaque-controlled games, art-crafts,



Sachee Parikh (D3), Nhan Dang (D2), Helen Choi (D2).

and tooth-fairy boxes. UCSF student dentists are able to reach out the underserved community of San Francisco by devoting

their time to educate and promote the awareness of oral health. Our hope is that after our services in the CFZ program, the members of Boys and Girls clubs will not only learn dental hygiene techniques but also have better understanding of dental-care

benefits. Our UCSF ASDA would like to thank all volunteers for their time and dedication. We strongly believe that the unique experiences with the CFZ program will enhance their interests in serving local communities and strengthen their skills in the field of dentistry.

-Nhan Dang (D2), ASDASF Community Outreach Co-Chair

ASDA Policy & Legislation: Easier Than Pulling Teeth!

legislature. Policy is what shapes the future of dentistry, and our communication with elected officials will ensure that we properly represent ourselves and our patients. It turns out that political participation is much easier than you might think. There are basically two steps:

Step 1) Educate yourself about current issues in dentistry. The ADA, ADEA, CDA, and regional dental associations all have webpage's dedicated to policy and advocacy. If you type ".org" behind any of the organizations above, you'll find links to current hot topics that will help you determine where you stand. You can also visit www.asdaucsf.com to learn more

about our participation in dental advocacy.

Step 2) Contact your representatives. Our current state senators for San Francisco are Leland Yee and Mark Leno, and our assembly members are Fiona Ma and Tom Ammiano. All can be reached through their websites, or more directly through events such as National or State Lobby Day. While many of our opportunities for service will develop over time, this one is knocking. We can make a difference now, and in so doing establish a habit of speaking up for our communities that will last us through our careers.

-Joe Eliason (D1), ASDASF Legislative Committee Member

UCSF Vendor Policy: How Will It Affect You?

In July 2008, the University of California instituted a blanket Vendor Policy affecting UC campuses state-wide. The policy essentially puts a lock on several vendor activities that were previously common practice. Vendors were often invited to campuses to present information to students concerning their companies and its products. Sessions like these were considered extremely useful by students in health professional programs such as our own.

As dental students, we learn about biomaterials in theory, along with their evolution over the last several decades; however, so many companies make these products that it is difficult to cover every single material and its application during our four years at UCSF. Having vendors speak about the various products available was a great advantage as it increased our breadth of knowledge and substantially enhanced the concept of patient-centered care.

At the UCSF School of Dentistry, certain vendors usually came to campus for brief lectures, while others would allow students to try

their equipment in order to gain a better understanding of how they work. The Vendor policy no longer allows gifts from vendors, and this applies to more than a free lunch. Vendors are no longer allowed to hand out items such as pens, clips, toothbrushes, or pamphlets that they were previously allowed to give at events such as ASDA's Exhibitor's Day.

Upon closer inspection of the Vendor Policy, it does allow for vendors to give presentations as long as they are unbiased, meaning the speaker does not include anything that would tie their presentation to the company that they work for. However, UCSF now operates with a much stricter vendor policy than the blanket UC-policy. Vendors are essentially prohibited from coming to campus for activities such as Lunch-and-Learns, regardless of their intent and willingness

to give unbiased presentations.

The goal of the policy is noble - it hopes to abolish favoritism (or the appearance of thereof) among faculty, administration, and students in any deal-

ings. Nonetheless, the repercussions of this policy are huge; one student states, "It makes no sense to not allow vendors at all. As it is, I'm on the lowest rung of the ladder when I graduate, and not knowing anything about the different products used in different offices doesn't help the situation."

Another student expresses concern about how this might reflect on the school: "I decided to come to UCSF based on the high standards it holds and reputation it carries. When I get hired and the person I work for realizes I have no clue what I'm doing with the stuff they use in their office, it doesn't inspire much confidence

in me as a UCSF graduate."

The policy does allow for vendors to donate unrestricted funds as long as it is done through a school department. In this case, PRDS faculty can contact vendor representatives to speak about their products during class; yet, there is so much material to cover that it is difficult to use this avenue to increase the exposure students get to various products. While it is understandable why this policy was instituted, the consequences seem to be extensive. Upon speaking with faculty and administration, it seems far-fetched at this point to expect amendments to be made to the current policy; however, we can only hope that its deleterious effects on patient-centered care will eventually be noticed and the policy will be altered.

-Sachee Parikh (D3), ASDASF Vice-President

"When I get hired and the person I work for realizes I have no clue what I'm doing with the stuff they use in their office, it doesn't inspire much confidence in me as a UCSF graduate."

ASDA Takes Westwood, Los Angeles! District 11 Meeting, January 2010

Not since John Wooden and Lew Alicindor (Kareem Abdul Jabbar) had the Bruins riding a 47-game winning streak in 1968 has such excitement surrounded a weekend event in January on UCLA's picturesque campus. Okay, that might be a stretch, but last month's first annual District 11 ASDA meeting on the campus of UCLA was at least as exciting as that "Undie-run" they do every year down there (Yea we learned that is not just a myth).

Orchestrated primarily by District 11 Trustee, Andrew Read-Fuller, ASDA members from each school in California met to discuss the strengths, difficulties, goals, and ASDA in the state of California. ASDA is organized into districts to allow better communication and support between

chapters who face similar concerns based on geographic and often economic similarities. District 11 is made up of chapters from UCLA, UOP, UCSF, USC, Loma Linda, and the newest ASDA chapter at Western. As a body of organized dental students trying to accomplish a single mission, it is important that ASDA chapters meet together often to discuss what is working well at various schools, what needs to be improved, and what is on the horizon for student dentists.

The conference was short, only a day and a half, but full of information, discussion, and networking opportunities. Discussions highlighted issues surrounding current licensure exams, the inception of dental therapist programs to address the lack of access to

care, loan repayment options through National Health Service Corps and other state-funded operations, and the issue of mandating a one year residency (PGY-1) to dental licensure requirements.

Ideas were also exchanged through small group breakout sessions addressed issues such as membership benefits, lobby-day, forming a strong political discussion within chapters, and the need to establish strong ethical and professional expectations as a platform for ASDA at each of California's dental schools.

D3 Sahil Patel, UCSF student and first-time national meeting participant said, "I was very impressed with the organization and tone of the conference. I always knew ASDA was an organization created by)

by students for the benefit of dental students, but to see it in action was really great. The leaders seem to have their finger on the pulse of the students. They know what is important to them and work really hard to fight for that."

Like Sahil, this author was very pleased with the conference. It was a great way for more ASDA members to get a feel for what is going on at the state and national level of ASDA and to see how much work really goes into making the world a better place for dental students. If you are interested in getting more involved with ASDA, don't hesitate to talk to any ASDASF leader!

-Jimmy Winterton (D2), ASDASF Business Chair

The Real Ram Vaderhobli, DDS

Many thanks to **Dr. Vaderhobli** for taking the time to have this interview with ASDASF! We hope you enjoy learning more about him as much as we enjoyed interviewing him!

Please tell us about yourself and where did you attend dental school?

"Grew up in Bangalore, India, and lived there for 23 years. After completing high school, I attended R.V. Dental School in Bangalore, India, and graduated in 1999. I practiced for two years and then I realized I needed to learn clinical aspect of dental materials."

After you graduated from dental school, where did you practice or what did you do? And when did you come to the USA and UCSF?

"I practiced with the chair of the Endo Dept. who had his private office. Not to mention my other extra curricular activities!!! I came to the US in 2001, and to UCSF IN 2007!"

Why did you choose dentistry?

"I wanted to put smiles back in people!"

What is your favorite aspect of dentistry?

"When patients do not show up for their appointments.. lol ...No, actually it is more aesthetic dentistry and now developing a real



good liking for the use of lasers during crown preps!...if we ever get there...."

If you were any dental restoration, which would you be?

"I would be a PRR because they are minimally invasive, easy on the tooth, and stick and bond really well."

If you were an animal, what kind would you be and why?

"An elephant- because they only eat veggies and are large like me."

If you weren't a dentist, what would you be doing instead?

"I would have been a drummer for a heavy metal band. lol ..on the

other hand being an actor is worth a second career."

In your spare time, what do you do for fun?

"I creep up behind slow moving cars and scare the hell out of them on my bike..like pretending that I am going to crash into them... lol ... how I wish... No, actually I belong to a bikers' gang RAT (oh really ...wow!) that is 'Riders Association of Triumph' and go on bike rides with my wife."

Do you have a family?

"Just my wife for now!"

Where do you see yourself in 20 years?

"Doing prophies and POE checks....lol"

Who would win if you arm wrestled...

-Arnold Schwarzenegger?

"It would be a tie."

-Randolph Cross (D3)?

"Randy really....IS THIS THE BEST YOUR CLASS CAN OFFER?...LOL...kidding..."

What is your favorite food (in case we need to lure you

in for extra stamps or "swipes")?

"Lentil curry with Naan!.. Don't worry about the lures..I am still waiting for my card to be returned back!"

Lastly, do you have any tips for success for...

-D1s: "World War 3 could take place and you 'd be clueless... don't worry."

-D2s: "Stare at faculty through your bur block and pretend that they are in jail!.. good stress buster!"

-D3s: "That you can know nothing and still ace a test!"

-IDP 3's: "Treatment planning takes twice as much time as all your classes put together."

-D4s and ID4's: "A farewell is necessary before we can meet again, and meeting again, is certain for those who are friends."

Is there anything else you would like to share with us?

"I love the challenges that I am faced with whether explaining about the never heard of C-factor in adhesion or getting your riders permit in motorcycles. It's just amazing as to how much warmth there is in this place. I do hope you will never forget this place and come back to teach after you graduate...as you all know I love you all."

-Emerald Nguyen (D3), ASDASF President



UCSF students, Emerald Nguyen (D3), Jimmy Winterton (D2), Michael Le (D3), and Sahil Patel (D3) met with other California dental students at the First Annual District 11 Meeting.

Give Kids a Smile Day at UCSF

Providing access to dental care for young children in the San Francisco bay area is an urgent and ongoing health problem in our community. On February 6, 2010, as part of the nationwide Give Kids a Smile (GKAS) event hosted by the ADA, hundreds of children in the Bay Area were able to visit a dentist. There were many participants this year: **116 dental student volunteers, 30 pre-dental student volunteers, 20 sponsors, and 20 faculty volunteers.** All joined together to provide fluoride varnish to **136 children** and place **256 sealants** total in a day!

Alice Hsieh (D3), one of this year's GKAS coordinator and three-year participant, gives her thoughts about the 2010 event in this interview.

What was the highlight of GKAS 2010 for you? What did you enjoy about it most this year?
After being a part of GKAS for



Alice Hsieh (D3) and Thanh Tran (D4)

the past several years, I was in a larger role this year. This allowed me to be able to watch everyone come together as a big family to help the community. This year, I was able to interact with the parents after their children received treatment. Receiving positive feedback on how helpful this event was to the children makes the months of preparation worth-

while.

How has the GKAS event affected your views on dentistry?

The outreach and awareness program is part of the national Give Kids a Smile initiative sponsored by the ADA during the month of February. Nationwide, an estimated 50,000 dental professionals will volunteer and provide free service for over 320,000 children at 2,000 sites throughout the country. While dental students are often caught up with busy schedules, Give Kids a Smile gives us an opportunity to give back to the community. It reminded me of the meaning of appreciation and helping the underserved community.

In what ways do the children (patients) benefit from this event?

This may have been the first time for many children to visit the dentist. We provided face painting, games, and a balloon man for the children. We hoped to make their first dental experience more

enjoyable. Not only did we provide preventive treatments, but we also gave out referral information for urgent care. This event helped many children who come from families who cannot afford dental treatment, and increased parents' awareness of their children's oral health.

In what ways do other students and faculty benefit from this event?

Student volunteers were able to obtain experience in treating pediatric patients. Learning patient management and clinical skills from faculty and pediatric residents was a great experience. This is especially true for most of the second year students, as it was their first experience treating a patient besides their classmates.

-Johanna Chung (D2) ASDASF Outreach Co-Chair

ASDA Specialty Guides

are on sale at the Online Store at
www.asdanet.org

Member Price: \$35

Non-Member Price: \$45

ASDASF MEMBERS:

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ASDASF Members **Harneet Grewal (IDP3)** and **Elizabeth Ubaldo (D3)** volunteer at the Excelsior Boys & Girls Club Cavity Free Zone.

To Beard or Not to Beard?



Every year, when the days get shorter and the nights get colder, we, as dudes, take comfort knowing that our beards will protect us. Whether it's the mountain man beard, the dirty south chops, or the fabled neck beard, our furry defense withstands those icy gusts that routinely pillage Parnassus. In an attempt to validate our decision to grow our facial hair, we routinely find comfort in joining such beard clubs as "Facial Hair February" which conveniently wraps right into "Mustache March." As a reward for dedication to our beards, one often times finds themselves wordlessly accepted into the growing society of gentlemen who have beards. This bond often manifests itself in ways ranging from a nod at the bar from the beard-fused-leather vest biker dude, to the nod in the hallway from the distinguished grey bearded professional.

Needless to say there is no incorrect way to grow a beard. While some take pride in their dense-packed beard, others look longingly at those with the ability to grow the perfect fu-manchu. You are not judged on your genetic ability, but rather, only on your dedication to the growth. So get on out there, and don't be scared. With your acceptance into this not-so-secret society, there will no longer be reason for you to reach for your pepper-spray when you pass bearded men on the street.

- Garrett Porteous (D2), Treasurer



Busy ASDASF D1's find time to volunteer, too! Justine Fong (D1), Johanna Chung (D2), Jeff Lee (D1), Mandy Siu (D1)



ASDASF made sure the D1s (and D2-D4s) didn't forget to eat breakfast during Finals week!

First Year of Dental School: The Never-Ending Roller Coaster Ride

When I went home for winter break after first quarter, the first thing many of my friends and family said to me was, "Wow, Jeff...you lost some weight! I want to go on the dental school diet." At first, I laughed for a good five minutes before replying with, "Dental school is a great way to lose some weight". After pondering and recalling what exactly happened fall quarter, the only suitable way to describe my experience was like "a never-ending roller coaster ride".

I remember clearly going through several phases of having fun and partying with my classmates, while also staying in anatomy lab dissecting a cadaver sometimes until 3am, and going to my friend's house to wax-up a premolar that took me 8 hours. Even through all these challenges that my classmates and I have had to go through, I feel that it has been a great learning experience for many of us.

Dental school has definitely taught me that despite your background prior to dental school, whether you were top of your class, or the most sociable person in your school, or known for something really interesting, we all start off from ground-zero and build our way up. We are each a talented individual with unique personalities. We use each other's strengths to help build up our own.

Though we may sometimes become frustrated by school, it is definitely reassuring to many of us that we can approach each other

and lend a helping hand. Personally, I recall one instance when I was completely lost and one of my classmates was willing to take time out of her busy schedule to teach me some topics in scientific methods. If it wasn't for that person, I may have not been able to continue with winter quarter.

Since the start of first quarter, we D1s have also developed new traditions to help get us through school. For example, on classmates' birthdays, one of our classmates (who most of us affectionately consider the class mom) brings cupcakes to class and we light a candle and sing Happy Birthday together to the birthday person. Our class also has a group of people that go to San Tung for Chinese food almost every Friday for lunch. As the new quarter progresses, I hope that we can develop more innovative traditions that will make our journey through dental school even more memorable.

Different situations in dental school makes the experience seem like a constant tug-of-war, or as I like to put it, "a never-ending roller coaster ride". Although some may not see this experience as pleasant, I think that deep down, once we all graduate, we will look back at first quarter and say, "That was one hell of a ride!"

-Jeff Lee (D1), ASDASF D1 Representative

ASDASF in Pictures



Eleven UCSF students braved the storms and attended ASDA National Dental Student Lobby Day in Washington, DC, this February.



ASDASF ♥ its members!



Yuki Liu (D2) teaches kids how to brush their teeth properly at the Boys & Girls Club!



Dental students enjoying their lunch while learning more about the opportunities offered by Indian Health Services!

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Sahil Patel (D3), Brandon Gire (D3), and Emerald Nguyen (D3) with ASDASF's Faculty Advisor, Dr. Susan Hyde.

PAST & UPCOMING EVENTS:

April 16, 2010
ASDASF Student Expo Day

March 17-21, 2010
ASDA's 40th Annual Session, Baltimore, MD

February 22, 2010
Finding your First Dental Job

February 19, 2010
DI Lunch and Learn: What are you doing this summer?

February 12, 2010
CDA&ASDA: Student Loan Repayment Grant LnL

February 11, 2010
Malpractice Education LnL

February 8-9, 2010
ASDA National Lobby Day, Washington D.C.

February 3, 2010
ADA Success Seminar's for D2's

January 26, 2010
ASDA ADEA PRDS Tutorial

January 23, 2010
ADA Success: Professional Preview for D4s

January 14, 2010
Boys & Girls Club Volunteer Orientation for Cavity Free Zone

For the most updated list of events, check out our website at

www.asdaUCSF.com

It's NEVER too late to become an ASDASF member!

Sign up at www.asdanet.org or contact Stephanie.Phan@ucsf.edu