In July, Marquette ASDA hosted pre-dental students from across the Midwest for a weekend of hands on learning and fun.

PHIL CRUM ’16

On July 18th and 19th, MARQUETTE ASDA welcomed 38 Pre-Dental students from all over the Midwest for its annual Pre-Dental Weekend. Friday morning began with guided tours of the dental school by current dental students. This allowed the students the chance to ask questions, while observing first hand how the dental school functions on a daily basis. The rest of the morning included presentations on organized dentistry and ASDA, as well as on affording dental school and loan repayment programs. Friday included a networking lunch, giving the students a chance to interact with our dental students and faculty. The afternoon session was all about helping the students with the dental school application process and incorporated a mock interview session. Groups of 4-5 students were paired with one dental student to go over actual Marquette interview questions and gain feedback on their answers. Friday night concluded with a social event at Riverfront Pizza. CONT. ON P. 7
A LETTER FROM THE PRESIDENT

Marquette ASDA President Daniel Gerdes ('16) tells us what being a part of ASDA means to him

My first involvement in ASDA came about when I attended a Pre-Dental weekend at Marquette that was hosted by ASDA. I loved the idea of being involved as part of a unified student voice and became a class rep my D1 year. I was also lucky enough to be part of the Marquette delegation at ASDA Annual Session in Atlanta where I truly caught the ASDA fever! Today, I am a D3 in the MUSoD Class of 2016 and the current Marquette ASDA President. I am originally from Verona, WI and completed my undergrad degree at UW-Madison (Go Badgers!). A random fact about myself? I am a huge fan of aviation and the airline industry.

My goals for #MarquetteASDA this year as president are to build on all that we achieved last year as ASDA’s Ideal Chapter, and to strive to continue finding fun, new, creative ways to better the dental school experience of all of our members at MUSoD. My favorite ASDA event I’ve been a part of is the Amazing Dental Race. This event was something truly unique to MUSoD that we created and executed as a chapter. I think that everybody who has had the chance to participate in it really enjoyed the experience and appreciated all the hard work and organization that went into it. The same can be said for a lot of #MarquetteASDA’s signature events that we are proud to put on every year. Just recently, the music video our members created surpassed over 40,000 views online and received national recognition!

Personally, ASDA has been an instrumental factor in preparing me to be a future dental professional. It has offered me the ability to better myself as a student, future leader, and advocate for the profession. It has also introduced me to the countless ways that organized dentistry can enhance your career and involvement in the field. If you haven’t already, come check us out and let #MarquetteASDA do the same for you!

Sincerely,

Daniel Gerdes
MUSoD Class of 2016
ASDA President
GRADUATE ADVICE

Wally Cantu (’14) shares his story and passes on a few words of advice to current students

It’s crazy to think that I am a full blown dentist after just graduating 4 months ago from dental school. Thinking back on my journey from the time leading up to dental school to the day of graduation, it amazes me how I got through it all. I moved across the country (Washington-Wisconsin) with a pregnant wife to a land of cheeseheads. I can remember when we had our first child; it was the 3rd week of dental school and I was at the hospital, while my classmates where practicing our first wax-up of tooth #9. Even though I felt behind at times, I ended up getting through it. My classmates would tell me they barely had time to take care of themselves and didn’t know how I would get through school with kids.

I have one important person to thank for the hard work behind the scenes when I was actually in school and that is my wife. She is the reason I believe I even made it to dental school and got through it all with two kids. I remember during the lunch hour I would be warming up some leftovers from last night and it was usually something very good that looked like it took time to prepare. My classmates would look at their lunch, and then look at mine and they would say “how do you have time to make all that stuff?” I would respond jokingly by saying “these are one of the many perks of being married!” I was very blessed to have a wife that was not only understanding, but also supportive from the first day. Even though dental school was hard, there was no better feeling than being bombarded with hugs and love from my wife and kids after a long day at school.

School was tough and it was meant to be tough; we needed to be prepared for “the real world.” Marquette does a great job exposing their students to the clinical aspect of dentistry early on. By the end of my 4th yr I felt very confident in restorative, crown and bridge, endo, surgical extractions, as well as some perio surgeries. Having these experiences not only helped broaden my clinical skills, but also helped my resume stand out in the search for an associate position.

“School was tough and it was meant to be tough; we needed to be prepared for the real world.”

My recommendation to dental students in school right now is to try and get exposed to as much dentistry as you can besides your daily appointments. Volunteer at different departments in your school such as the oral surgery, endodontic or pediatric department to build your confidence and experience in these disciplines. I would also recommend taking as many CE’s as you can now when you are considered a student, as it is less expensive and at times may even be free!

Graduation came quicker than I expected. Now that I’m out of dental school I am going through a real exciting time in my life. I was blessed to find a really great position in a practice with amazing staff and wonderful patients. The transition from dental school to the real world was pretty crazy. Of course, I had things that I needed to adapt to like juggling patients throughout the day and completing procedures quicker, but you learn these things quickly and with time. There were no more start and finish checks, which I do not miss, but you learn to trust yourself. When you are unsure about something, hopefully you have a colleague that you can ask or help bail you out when you are stuck. While I was getting the hang of dentistry outside of dental school we also welcomed our third child and purchased our first home.

After school you will be making 3-4 times more money than the average American. You made a big investment on yourself. It’s tempting to spend all your income on unnecessary things. My advice would be to make a budget and live within your means. Be smart with your choices. Pay off your student loans quickly so Sallie Mae does not think she can move in with you for the rest of your life.

DID YOU KNOW?

The Marquette Dental School was first founded in 1894 as the Dental Department of the Milwaukee Medical College. On Sept 26th, 1984, the dental department opened with 9 faculty members and 30 incoming freshmen. MUSoD is now home to over 350 students and many faculty members.
Student Profiles

MUSoD is full of fun, lively, and outgoing students. Meet a few of them here.

Where are you from?
I hail from Richland Center, WI where all the women are strong, all the men are good looking, and all the children are above average. Just kidding. But Frank Lloyd Wright was born there!

Your age (actual age you act?)
I’m 25 years old. I think I act like I’m about 25.

What do you like to do outside of class?
Bake, swim, bike, and have enthralling conversations about life and faith with a friend, or anyone, really.

Word of advice to underclassmen?
Dental school is a team sport! Offer your time and help to others, and gratefully and humbly accept it when it’s offered to you. And, try not to lose the big picture among the details.

What is your favorite place in the world?
Somewhere with beautiful mountains. Or anywhere where a journey is followed by a beautiful view.

Where can I find the best food in Milwaukee?
Bel Air Cantina Faculty member you most look up to.
There are many, but I choose Dr. Wielgos because of his ceaselessly joyful and encouraging spirit.

What have you gained from being active in ASDA?
I’ve so enjoyed meeting students I might not otherwise have known by working together on a project like the Amazing Dental Race. The relationships are what I appreciate the most.

Where are you from?
Las Vegas, NV – An interesting fact about my home town is that no one knows what happens in Vegas.

Your age (actual age you act?)
I am 27 years old.

What is your favorite thing about MUSoD?
My favorite thing about MUSoD is how early we get into clinic. We get the exposure very early during our first year which helps to correlate what we learn in the lecture halls to what we see and observe in the clinic.

What do you like to do outside of class?
I really like to explore different restaurants and places of interest around Milwaukee. If eating was a hobby, it would be my favorite one.

Where can I find the best food in Milwaukee?
In the Third Ward. Wicked Hop, Cafe Benelux, Water Buffalo, Irish Pub, Horny Goat, MKE Public Market, Screaming Tuna, Stack’d Burger, just to name a few.

Word of advice to underclassmen?
Never sell yourself short. You are better than you think you are. Success is preceded by hope, optimism, and drive. There’s no room for negativity or doubt when you have a dream.

What is your favorite Artist?
Justin Timberlake (no shame)

What is your favorite place in the world?
My favorite place in the world is my home back in Vegas. I cherish family very much and there’s really “no place like home.”

What have you gained from being active in ASDA?
I have gained so much from ASDA – friends, future colleagues and mentors, and the opportunity to serve. The leadership skills I’ve gained is all credited to being an active ASDA member.

Where are you from?
I’m from Plymouth, WI (an hour north of Milwaukee). We have 5 cheese factories in Plymouth, and a statue of a cow downtown.

Your age (actual age you act?)
I’m 21 - I think I act about my age?

Favorite boy band?
Backstreet Boys - I think I still have my cassette tape somewhere.

Best invention since sliced bread?
Coffee! Although I suppose that was invented before sliced bread. Then I’ll have to go with Pumpkin Spice Lattes - I’m obsessed.

What are you most looking forward to in the next few years?
I’m looking forward to getting to know and work with the students and faculty, getting to be in the clinic, doing community outreach programs, and participating in other service opportunities. Pretty much everything at this point.

Where can I find the best food in Milwaukee?
You can’t beat Kopps custard. Although I’m also a big fan of Cafe Benelux.

Who is the faculty member you most look up to?
I’ve met a lot of really wonderfully inspiring faculty so far, but one of the most inspiring is Dr. Abena.

He’s not only really helpful and entertaining in class, but also seems to care about all of us.
Where are you from? I’m from Naperville, Illinois. Naperville was founded a year before Chicago and has the #1 ranked public library in the US for a city of our size.

Your age (actual age you act?) I’m feeling 22.

What do you like to do outside of class? I like to workout and be active! I like to spend as much time outside as I can...we live in this beautiful world that we need to appreciate as much as we can!

Word of advice to underclassmen? Be humble. There’s no sense in believing that you can do everything perfectly the first time around. There will be a project, maybe a couple, that you redo multiple times and that is 100% okay. Realize that you are here to learn and every mistake and every redo brings you one step closer to being better.

What is your favorite place in the world? My favorite place in the world is Treasure Beach, Jamaica (where we go on our mission trips).

What is your favorite class? Fixed Prosthodontics

Word of advice to underclassmen? Don’t forget to make time for yourself and have a little non- school related fun!

What is your favorite boy band? N’Sync, definitely

What is your favorite place in the world? What is your dream vacation? Madison, WI. Backpacking Patagonia!

Where can I find the best food in Milwaukee? Brady Street- Thai, Chinese, Mexican, Italian, Middle Eastern, Japanese; basically everything you could ever want.

Faculty member you most look up to? Dr. Luepke. He has a great sense of humor and you can tell he loves his career.

What have you gained from being active in ASDA? I love ASDA! Especially the Sustainability Committee which has given me a place to use my undergrad minor- Environmental Studies.
THE FALL FITNESS CHALLENGE

Melanie Hoffman ’17

Starting on September 8, Marquette ASDA began a school-wide competition to determine the fittest, baddest, and most motivated class to stay fit and healthy. For three weeks, a “star board” was kept in the student lounge for all students, staff, faculty, and grad students to log their time spent sweating—at yoga, in the gym, running, biking, Cross Fit, team sports...if it involves sweating, it counts! There were three basic rules, “Have fun. Motivate others. Be honest.” The point system was simple, and it went as follows.

Students were to keep track of how they worked out, and for how long they did it. For each 30 minutes of certain activities, students earned a specific number of stars. For each 30 minutes of walking they did, they got one star. Two stars were earned for every 30 minutes of aerobic activity they did (running, biking, rollerblading, yoga, swimming, etc). For every 30 minutes of high intensity activity (high intensity interval training, Cross Fit, running race, etc), students earned 3 stars. And last but certainly not least, for every time they attended November Project, they got 4 stars. Then, they were to stop by the student lounge to put their stars next to their class!

The competition ended on September 26th at the close of clinic. At the end, the scores were as followed:

D1: 1,087  
D2: 921   
D3: 463   
D4: 452
Grad Students: 0  
Staff/Faculty: 59

Overall, this event was very well received among the school. It not only gave students the motivation to do other things except school, but students were able to form a camaraderie and motivate others by working out together. Students could also build friendships outside of school hours and there was absolutely no fee to participate.

The winner of the Fall Fitness Challenge would receive a free Smoothie Bar, complete with frozen fruit, yogurt, and protein!

From the day everyone received the email, excitement spread like wildfire. The Rec Center was filled with dental students working hard to get some stars for their class, people were chatting about their recent workouts, and motivating others to hit the gym, or attend November Project. Stars started stickin’ and before we knew it, more star stickers were ordered from Amazon (for a grand total of 3,483 stars)! As the weeks flew by, star numbers increased to the point where more space needed to be added to the scoreboard. The race was tight at first, but the D1s and D2s pulled away within the last half of the competition.

In addition to the competition and scoreboard located in the student lounge, the Health & Wellness Committee posted various workout ideas, recipes, and healthy living tips around the scoreboard in hopes that students would have some new non-dental related reading material because we all need a little of that in our lives!
PRE-DENTAL WEEKEND CONT. FROM COVER

Saturday morning provided the pre-dental students time to get their hands on some dental instruments in the Sim Lab. Students received a lecture from Dr. Santilli about occlusal cavity preparations and how to fill them with both amalgam and resin. With dental students, guiding them, the students used high-speed hand pieces to cut their very first preps! Students also had the chance to take impressions on manikins and pour up their own casts. Everyone had a great time, and for many, the sim lab activities reaffirmed the students’ desire to go to dental school. The weekend concluded with a great lunch from Rudy’s Mexican and a Q&A Session with a panel of dental students. This served as a final chance for the students to ask any questions they might have had. Finally, we gave the students a chance to join Marquette’s new Mentor program, which pairs a dental student with a pre-dental student. Thank you to all of the pre-dental students that joined us for this amazing weekend! We hope you enjoyed your time, and we are here to help you in your journey towards dental school!

TAKE ME OUT TO THE BALL GAME

A NIGHT AT THE BALL PARK WITH THE #MARQUETTEASDA SOCIAL COMMITTEE

KELLY CARNEY ‘17

Let’s just say...we know how to tailgate. What a better way to welcome the D1’s to Wisconsin than a true blue Brewer’s tailgate and baseball game!? 65 D1s attended and were accompanied by 10 Marquette ASDA Board members! The Social Committee organizes the D1 tailgate and baseball game every year to get new students acquainted with Brewers Baseball and show them what Miller Time is all about. ASDA board members mingled with the D1s and hopefully increased their excitement about getting involved in our chapter. ASDA provided the food and drinks for the event, and even though it was a rainy Friday afternoon, everyone had a great time!
THE AMAZING DENTAL RACE

Other than Bad Boys 2 being better than Bad Boys 1, the second movie or event usually doesn’t stack up to the first one. The MarquetteASDA Fundraising Committee knew that they were going to have to work harder and think above and beyond to make the Amazing Dental Race 2.0 as successful as the first one. And that’s exactly what they did! They gave the Amazing Dental Race a whole new look by replacing the SCVNGR app and using new locations in Milwaukee’s downtown. Registration opened up to everyone during the first week of school and within a few days 80 students were signed up.

With a whole new look and a new location, on September 6, 2014, MarquetteASDA held the Amazing Dental Race, starting at the Marquette University School of Dentistry. Team registration commenced at 10:45 AM, and teams were organized in the Sim Lab. To stagger the race times, teams were given a puzzle of a cereal box to put back together and a list of encrypted musical bands to solve. The first six teams to finish the “pre-race activity” not only were able to start the race sooner, but were given the opportunity to possess a “Plague.” The ADR Committee came up with “plagues” to use on other teams during the race such as “team hand holding until the next challenge” or hopping as a team to their next challenge. The teams were then given three clues that led them to a specific location where a MarquetteASDA leader was waiting with a challenge. One challenge, for example, was “junk in the trunk,” where 6 ping pong balls were loaded into an empty tissue box that was attached above each contestants gluteus maximus. By wiggling and jumping, the contestants shook all of the ping pong balls out of the tissue box in less than 20 seconds. After completing all the Marquette campus challenges, teams made their way to Downtown Milwaukee to the Third Ward where the next clues and challenges awaited their arrival. The ADR Committee chose places frequented by dental students and restaurants worth knowing. These strategically chosen locations introduced the first year students new to Milwaukee to places that might be great to go to after a long week of school. Winners were announced at McGillycuddy’s, a local pub. Members enjoyed drinks, food, and had the opportunity to hang and get to know each other. Congratulations to the “Willing Cepedas” on their first place finish! Get your team together for next year, ADR 3.0.

ABRAAM GIRGIS ’16
Highway Cleanup

The Sustainability Committee cleans up Milwaukee’s highways one piece of trash at a time

KYLE HRESKO ’17

On Saturday June 21st, our Marquette ASDA Sustainability Committee participated in its annual highway clean-up, on a mile stretch of highway 145 between Walnut street and 6th street, near downtown Milwaukee. We had a good turnout and got a lot cleaned up. It was definitely eye-opening to realize that we only cleaned the tip of the iceberg of the waste that can be found in this city. The day was an inspiring experience to find more ways to be eco-friendly to Brew City! Even more motivational were the ten or so cars that waved, honked and gave a thumbs up to us for taking our free time to clean-up a green space. One car stopped, backed up, and the driver got out to say thanks to us! It really made our time spent worthwhile.

A Walk in the Woods

JONELLE DOCTOR ’16

It’s a beautiful, crisp fall day. You’re venturing out into unknown woods, surrounded by the vibrant colors of autumn. The leaves form an endless curtain as they dance from the trees and gracefully float to the ground. Thank goodness for your guiding companions because otherwise the path is invisible. In this moment, you’re removed from modern society. There’s no hurry or stress; there’s only the beauty of the earth to discover. Last Sunday, #marquetteasda members enjoyed their very own “Walk in the Woods” through part of the Ice Age Trail, the Monches segment. The hike was guided by enthusiastic volunteers of the Ice Age Trail Alliance. On this 5 mile hike, ASDA members bonded with each other as well as other people from the community. After the hike, we explored the Monches Farm “Fall Open House”, consisting of local art, crafts, food, and music. The day was a wonderful, relaxing escape - helping us “sustain” through the busy life of dental school!
Marquette ASDA takes on SPEA Annual Session

ALLISON SCHUBERT ‘16

Student Professionalism and Ethics Association (SPEA) was founded in the mid-2000s by Mike Meru at USC Dental School. He noticed that there was no driving force from the students who would be entering the profession to continue to uphold the ethics and standards that make dentistry a profession, rather than a trade. What makes him one of the coolest people in my eyes is that on top of being a family man and an avidly involved orthodontist, he also is a surfer, split-boarder, and all-around adventurer. SPEA, with the collaboration of Dr. Mike Meru, brings ethical discussions into reality—not necessarily about the ethics of cheating on a test, but topics such as “how do you talk to your boss when you feel he is doing sub-standard work” or “how do you handle gossip in an office in a professional manner?” For this SPEA Annual Session, 70 students representing 38 dental schools watched, listened to, and discussed these topics with four speakers from diverse backgrounds who all had their own interesting stories to share with us.

The first presentation was from Dr. Guy Shampaine, a member of the Virginia Dental Board. As a member of this board, he helps decide whether dentists are allowed to keep their license. He stated that 3% of the licensees in Virginia take 80% of the funding from the dental board. Many of the dentists who come before him and the rest of the board are there because they failed to follow his number one rule— “The interests of the patient are primary and are superior to the interests of the dentist.”

Dr. Shampaine followed this with a discussion about a paper titled “Disciplinary Action by Medical Board and Prior Behavior in Medical School” which found that the only variable that predicted getting in trouble with the medical board was having an ethical problem in medical school. I believe that similar logic can be applied to dental students and dental practitioners because a majority of the medical doctors who had issues with the medical board were doctors in solo practices who did not have hospital privileges.

The afternoon of the first day of the conference was filled with a presentation from Dr. Ray Shelburne. Dr. Shelburne presented his cautionary tale about Medicaid/Medicare fraud. To summarize very briefly, he was arrested, his license revoked, and sentenced to 19 months in jail because he had fraudulently accepted over $17,000 from Medicaid/Medicare. He had no way to defend himself because he had no method with which to audit his charts to find these mistakes. His life story was compelling and emphasized the need for auditing systems in offices to check for mistakes.

The second day of the conference was more discussion based with presentations from Dr. Mike Meru and Dr. Chris Salierno. Dr. Meru presented several real life examples of ethical issues, including a case where he called his state board about a colleague, and Dr. Salierno walked us through an exercise in decision making and how most situations can be twisted with enough “what ifs” to blur the lines between what is “right” and what is “wrong.”

The two day SPEA conference was enlightening and informative at the same. The 70 students who gathered together to discuss ethics in dental school and on a larger scale were presented with excellent clinical situations and were able to work through questions that chapters are having. After attending the conference, I look forward to working with ASDA to develop a SPEA chapter at Marquette and to bring an environment of fun, relaxed conversation to the ethical discussions at Marquette!
What year did you begin at Marquette?
2010

Where did you grow up?
I grew up in Seoul, Korea. Seoul is like New York in US. Very busy and active city; Do you know ‘Gangnam Style’?

Tell us about your family
I have one wife and three kids, believing that ‘LOVE’ makes a house a home. My wife, Christine (more than 30 years old), majored in fashion design and art painting. She has had her exhibitions for a while. Dean (8 years old), Sean (6 years old) and Jean (3 years old) – they all are ‘vitamins’ to my life.

Where did you attend school?
I went to the dental school in Seoul Korea, which is Seoul National University School of Dentistry. Believe or not, it is the best dental school in Korea. Then I went to Baylor College of Dentistry, Dallas, Texas for my Prosthodontic training.

What is your favorite thing about MUSoD?
There are so many favorite things here; I like the lecture rooms and sim lab. I like the different scrub colors of each class. I like shortened clinic time in summer. Among them, the most favorite thing is to work with great PEOPLE. I love the MUSoD faculty and staff.

What do you like to do outside of school?
Favorite hobbies?
I spend most of time with my family. I LIKE to take walks with my kids and wife. I like swimming, skiing, and ice skating with them too.

What, in your opinion, is the best invention since sliced bread?
iPhone! It is NOT the invention though that changed my life a lot and I like the design.

Word of advice to students?
You all will be leaders in the future.

Favorite movie? Book? TV show?
I can’t watch any movies other than kid animations now (my kids don’t allow me to do that). My favorite kid movie is ‘Meet the Robinsons.’
My favorite book is ‘Leap Over a Wall Earthy Spirituality for Everyday Christians’
(by Eugene H. Peterson)

What is your favorite place in the world?
What is your dream vacation?
Library…hmmm...so quiet to sleep.... My dream vacation is Disney cruise with my family.

Where can I find the best food in Milwaukee?
My home and Stonebowl (Korean restaurant in downtown Milwaukee). I also like the seafood in Harbor House.

If you could have one dental related super power, what would it be?
I would like to have the super power to numb up without injection. Actually a needle scares me too.

What’s the craziest thing you’ve seen at the dental school?
In dental school restrooms, the toilet paper is too thin! It makes me so crazy and embarrassed!

If you weren’t a faculty member at the dental school, what would you do? I would become a faculty member in art school. Actually I wanted to be an architect in high school. Now I am designing tiny bridges in the mouth.

Who is a fellow faculty member you most admire?
I admire all tenured facultys who have more than 3 kids. I respect them as to how they managed their time with their kids.
With tooth decay being the single most common chronic childhood disease, it becomes exponentially important for children to establish a dental home at an early age. However, with that early age comes the challenge of overcoming a child’s anxiety in the dental chair. For pediatric patients with extensive dental needs combined with overpowering anxiety or special health care needs, hospital dentistry may be an appropriate solution to providing the most optimal dental care.

Dr. Hodgson, a pediatric dentist here at Marquette, started practicing hospital dentistry as a pediatric resident in 1991 and has been doing it ever since. In 2013, he saw a total of 26 children in the hospital and estimates that a total of 20 children will be seen this year through Marquette. The average age of the patients he sees in the operating room ranges from 3.5 to 4 years old. Dr. Hodgson stated, “the majority of the patients are seen in the hospital due to their young age, acute situational anxiety, and extensive restorative needs.” A smaller percentage of older children and adults are seen in the hospital setting due to special health care needs. The average cost for the last 33 hospital-based cases he had was about $2,750.00 per case.

Throughout his years here at Marquette, Dr. Hodgson has graciously introduced his passion and skills in hospital dentistry to Marquette dental students, giving them the unique opportunity to help treat children in the operating room at Children’s Hospital of Wisconsin. I feel very fortunate to have helped treat one of my own pediatric patients at the hospital with Dr. Hodgson this past fall. I could never have anticipated how meaningful the reality of this experience would be. Four years old and agonized by multiple toothaches, my patient had extreme anxiety when I first saw her in the clinic, refusing to open her mouth for an exam. After recognizing that a hospital intervention was necessary, I was eager to experience this environment. It was a powerful and emotional moment for me when I walked into the operating room and saw a tiny four year old, completely still and anesthetized on the operating table. Even more of a transition was doing dentistry on a completely motionless child, something that is unheard of in an outpatient dental office. Over a period of four hours, we were able to address all of her dental needs. I followed up with my patient a month after her hospital visit. Although she was very timid, she finally let me take a look in her mouth. This case showed me firsthand the significant influence that pain has on fear, especially in children. In addition, it revealed the powerful impact of hospital dentistry and its many advantages. I feel very privileged to have had this opportunity, and look forward to future experiences with hospital dentistry.

Alexis Belisle, a former Marquette dental student, has been lucky to be involved with four cases in the OR with Dr. Hodgson. “I think it is a great opportunity for both students who are interested in general dentistry as well as those who would like to specialize in pediatrics,” she stated. Alexis also said that the experiences in the OR have been a great introduction into the basics of treating children without worrying about the behavioral management of the child. A unique aspect of hospital dentistry, she explained, is that “you get to be part of the entire case, not just completing the dental procedures. You begin with the parents and child before surgery, observe the process of sedation and intubation with the anesthesiologists, and always end the case with the patient and family in the recovery room.”
This past summer, Alexis began her residency at Children’s Hospital in Milwaukee and stated, “I feel very fortunate that I have been able to do so much pediatric dentistry in a hospital setting and it makes me very excited for my future in pediatrics.”

Lacey Bowen, a fourth year dental student planning on specializing in pediatrics, has also had the opportunity to join Dr. Hodgson at Children’s Hospital to treat a young patient with Turner Syndrome and severe early childhood caries. She described her experience as invaluable and stated, “This experience exposed me not only to hospital dentistry, but also to a rare condition that I’ve only read about in textbooks. Besides the mere efficiency with which treatment can be completed on a patient under general anesthesia, I now understand its importance for a patient like this who has seen so many doctors and dentists in her short life that the sight of a white coat brought tears to her eyes.” They were able to take care of all her dental needs in just one appointment, making her trip to the hospital as efficient as possible. “The benefits of hospital dentistry are many, and I can’t wait to have another opportunity like this one”, Lacey stated. Clearly, hospital dentistry experiences are positive for Marquette dental students and more importantly for the young patients that get their dental needs met in this setting.

Yoga in 194

Dental students combat the stresses of dental school with Marquette ASDA sponsored yoga classes at MUSoD

MELANIE HOFFMAN ’17

The day had finally arrived—the FIRST Yoga in 194 event! The D2s got out of class early, so room set up began at 3pm. Luckily there was a lot of help and room set up only took 30 minutes. All of the tables and chairs had to be moved out of Room 194 to allow for everyone to fit! The yoga instructor, Victoria, arrived and she got set up with the microphone, music, and lights. The Wellness Coaches (Kate and Shawn) set up in the hall outside and began the free body composition scans as students arrived for yoga. After everyone was checked in, yoga began! There was so much energy in the first session, and Victoria instructed accordingly. There were plenty of “Down Dog”, “Child’s Pose” and “Happy Baby” poses and everyone had a blast! It was so exciting to see nearly 70 dental students having fun together and doing something positive for their health and wellness. Stress of dental school can often be too much to bear, and we often don’t leave time for “us.” Yoga is a great escape to let go of it all—it includes physical benefits by allowing your body to work out any muscle imbalances from a long day of doing dentistry, and mental benefits by allowing your mind to put everything behind you. Going from class to class, doctor check to doctor check, or patient to patient is stressful! It is so important to keep in touch with your body and mind as we go through this busy time in our lives!
Military Impact on Clinical Dental Care

DR. BRIAN HODGSON, a pediatric dentist in the Department of Developmental Sciences at MUSoD, describes the role Naval dentistry has played in shaping his career as a dentist.

My Navy career has had a tremendous impact on my clinical skills as a dentist. Prior to dental school, I was searching for a way to help pay for school. Unfortunately, there were no dental school scholarships available through the military when I was in school. During my D3 year, I met a Navy recruiter who mentioned that there was a program available where I could be commissioned as an Officer prior to graduating dental school, but it would not pay for any schooling, provide time-in-service for retirement purposes, or provide any housing allowances. The benefit would be that I had a definitive job for at least three years after I graduated. For a variety of reasons, this opportunity appealed to me and I received my Commission as an Ensign in the US Navy the August before my D4 year.

Upon graduating, I was stationed at the Branch Dental Clinic, Naval Station, Mayport, Florida. This clinic had a staff of 10 dentists and provided all aspects of dental care to active duty military personnel, their dependents, and eligible retirees. I was mostly on the “amalgam line,” doing operative dentistry for the majority of the first 9 months there. Part of the duties was being “on call,” providing emergency dental care after hours. I had the opportunity to see a large amount of trauma as the young sailors had nothing better to do on Friday and Saturday nights than to get drunk and get into fights. Re-implanting and stabilizing teeth and suturing lip/gingival lacerations became routine for me.

After approximately six months of doing just operative dentistry, I approached my Clinic Director and asked if I could participate in doing some other disciplines of dentistry. He said he would speak with the other specialists in the clinic. A few weeks later he approached me and asked if I would like to learn to do some Endo. I agreed and started working about half of my time with the clinic’s endodontist. After 3 months of this, the endodontist was transferred to another duty station and from then on, I became the clinic’s “endodontist.” I was then doing operative dentistry and endodontics and greatly increased my skills in delivering both clinical disciplines with speed and efficiency.

After 18 months in Mayport, I was transferred to the Branch Dental Clinic in Guantanamo Bay, Cuba. While there, we had a shortage of dentists and I was asked to cover a 2-chair clinic near the airfield on base. This position was usually filled by a higher ranking Officer, but they only had me. Again, this experience greatly improved my skills as a dentist. This clinic was about an hour’s travel time to the main clinic, so I needed to be able to provide as much care as I could to help reduce the patient’s time away from their work spaces. Because I worked on pilots, too, I had the opportunity to learn a great deal of flight medicine from the flight surgeon who was on the other side of the building. I also extracted a large number of third molars on Marines who wanted to qualify for Embassy Duty (guarding US Embassies throughout the world). Many of these locations did not have dental care that met US standards, so these Marines had to be in excellent dental health before they could qualify.
Since Guantanamo Bay was an overseas location, it also meant that I needed to have some advanced emergency medicine training to be able to assist with any mass casualty event that might occur. The Navy sent me to Combat Casualty Care Course (C4) where I had to pass an Advanced Trauma Life Support (ATLS) course in order to successfully graduate. The amount of immediate reaction medicine I learned was incredible, and at the conclusion of the course, felt I could recognize and handle any medical emergency that might occur in my eventual dental office. In addition to the ATLS course at C4, the Naval Hospital in Guantanamo Bay required that all personnel on staff at the hospital (I had to be on staff at the hospital) needed to be certified in Advanced Cardiac Life Support (ACLS). So I became trained and certified in ACLS, too.

Upon leaving the Navy and starting my Pediatric residency, I was amazed at how much better prepared I was to complete the program than were my fellow residents. Suturing oral wounds was old hat to me, and my training in the emergency medicine course the Navy provided gave me a leg up on the pediatric medicine I needed to learn in the residency.

As I have continued my dental career, both in the civilian and military worlds, I have found that the leadership training that the Navy provided was critical in helping me to run my own private practice efficiently and profitably (the most important part!). Having learned how to manage junior personnel, give them responsibilities and hold them accountable for those activities was tremendously good preparation to direct my employees in the running of my practice.

I cannot imagine doing what I currently do without the training and preparation that the Navy provided to me. It gave me the confidence to accept very challenging clinical situations and work through them systematically to the benefit of my patients and their families. There is very little that rattles me clinically, which so important in working with children because they need to know that someone is in control of the situation when they are not. That quiet confidence is crucial to effective behavior guidance for these kids.

If I had to do it again, I would not hesitate to join the US Navy. It has made me the clinician and educator that I am.

Want to become involved in ASDA?

Check out our social events

Here’s how!

Attend our monthly meetings

Browse the website, find a committee that interests you and talk to the committee chair to get involved
Seek a Mentor...

Dr. Paul Luepke, a doctor in Marquette’s Periodontal program, explains the importance of finding a mentor and becoming a mentor.

They say what you think about, what you read, and who you surround yourself with is who you will become. So my message today is to find a mentor. And maybe not just one. Who do you want to have in your cabinet or circle? This really rang true for me when I received some really discouraging news about my promotion in the military during an evaluation. I wanted to call people I could really trust and get honest answers from. Besides my wife, I came up with three of my former colleagues. All three were my senior and my mentors.

Currently I have several academic mentors. My immediate supervisor is my default mentor, I have a colleague at my same level, and one local mentor that I go to when I need advice at the next level or to bounce an idea off of.

These academic mentors can also serve as my leadership mentors, however. I still can connect with that cadre of military leaders I once served with because we have what we call “the breakfast club” that meets every first Friday of the month at 0530 at a 24 hour diner near Great Lakes, IL.

I am currently in search for my professional career mentor and have just made the initial connection and will be traveling to California this winter to spend some time in their office and seek visions of the future of periodontics and dentistry as a whole.

Your wisdom and your future decision making will be made by experiences and biases. Please make the right connections/mentors to have these experiences be rewarding, stimulating, and great memories.

Then it will be time for you to be the mentor. The first time I had a mentorship moment I didn’t even know it. I was a fair baseball player growing up and little did I know that several of the little leaguers wanted to grow up to be baseball players like myself. I was shocked, happy, and never realized how much people watched your actions. From that day I realized that you never know when you will be that mentor for others to emulate or learn from. I know everyone needs a mentor and can be a mentor.

I just returned from my professional meeting in San Francisco and I ran into a couple of my co-residents and their first question was “Why didn’t you go into private practice?” I said, with a smile, that they change the oral health of their patients while I have the honor to teach those who will change the oral health of their patients x 100. The impact factor, staying current, and making a difference for more than just one patient at time is what drives me. It is the reason I am so passionate about my profession in dentistry and want us to always push for your best. I really enjoy writing letters of recommendation for advanced training. I really want to establish a graduate periodontal program. These are my opportunities to share my experiences and mentor. My challenge for you is to seek that mentor or mentors, gain your experience and then give back many fold as a mentor. We need to foster this momentum to keep our profession strong. The first 6 years of my academic career at Marquette have been some of the most rewarding so far and I know you will carry this fine profession into the future in spectacular fashion.

...Be a Mentor
On March 8th - 15th of 2014, Marquette dental students embarked on a mission trip to St. Elizabeth Parish in Treasure Beach, Jamaica. The trip was organized through the Christian Dental Society and lead by Drs. Jim Carney and Bill Griffin. Like some of the other volunteers, this was not my first mission trip. I participated in a dental mission trip to the Philippines in 2007. That life-changing experience solidified my dream to become a dentist. I was ecstatic to serve on a mission trip again, this time with fellow classmates at MUSoD.

Dentistry on a mission trip is not like dentistry within the school. There are no start checks, prep checks, and fill checks. On this trip, the doctors were always available whenever any student needed help. D3 and D4 students were essentially on their own, addressing the patient’s chief complaint and providing either a cleaning, filling, or extraction. D2, D1, and pre-dental students mainly assisted the upperclassman, but got plenty of hands-on experience as well. I proudly extracted my first tooth in Jamaica, a nerve-wrecking and exhilarating experience!

Interacting with the Jamaican people was a life-changing opportunity in itself. In general, Jamaicans are extremely friendly and easy going. They were very patient, tolerant, and even the kids were brave through their first injections and extractions. Many Jamaicans were unfamiliar with the dentist, and to some, the only solution to tooth pain was an extraction. Dental students find extractions very exciting, but it was equally rewarding to relieve someone’s dental pain by doing a simple filling. The most memorable patient I had needed a cleaning and I’m pretty sure it was the most extreme cleaning I will do in my entire life.

The patient had calculus that covered her teeth, and extended apically over her gingiva. A classmate and I spent TWO HOURS scaling and root planing, but the result was well worth it. The Jamaican woman was so grateful; we sincerely made a difference in her life.

Jamaica is truly a beautiful and unique place. Everyday, the hosts of our villas prepared us authentic Jamaican meals including jerk chicken, sandwiches with fresh crab meat, and festivals (fried dough) with guava jelly. Besides serving in the clinic, our volunteer team went on various excursions including zip-lining at YS Falls, a safari cruise down the Black River and a trip to the “Pelican Bar” built on an ocean sand bar. We even got to go crab hunting in the pitch black ocean, because the crabs only like to come out at night.

Jamaica reminded me of why I chose to pursue dentistry. Often times, the stress of school makes us forget why we chose this career path. Our post-dental-school plans are so focused on paying off student debt that we forget to include serving those in need. Dentistry is not all about teeth - it’s about people. Our profession is not only how we will make a living, but it is how we will serve society and impact people’s lives, whether it be through a simple cleaning or complicated extraction. I left Jamaica with a renewed confidence that I chose the right profession. I feel extremely blessed to have shared this experience in Jamaica with my classmates, and I encourage everyone to participate in a mission trip if the opportunity arises.
As dental students, we’re swamped with studying, exams, lab work, scheduling patients, and numerous other responsibilities. At the same time, new legislation that can affect dental students, our profession, and our patients (both positively and negatively), is constantly being written and passed. How is it possible to stay informed on all of these important issues when we have so many other demands on our time? Lucky for us, we have ASDA, the ADA, ADEA, and other organizations who represent the interests of dentists, students, and patients. They stay abreast of all these issues and summarize the confusing and ever-changing topics. Furthermore, at Marquette, we have our ASDA Legislative Committee, our monthly “Hot Topics” Lunch and Learn presentations, and ADPAC drives. In addition, as your Legislative Liaison, I can serve as a resource for all our members. Here is a brief update of some recent, important legislative issues.

If you wish to learn more about these and other important issues, I challenge you to visit http://www.asdanet.org/advocate/ and sign up for our awesome “Engage” action-alert system at http://cqrcengage.com/asda/home. Additionally, contact me to become involved in our Legislative Committee or Hot Topic Lunch and Learn presentations. Remember, we also have our visit to Washington D.C. for National Dental Student Lobby Day April 13-15th, 2015.

**LICENSURE**

Licensure exams are a hot topic for dental students, and it is a primary focus of ASDA. The national ASDA organization has a policy devoted to licensure, known as its L-1 policy. The L-1 states ASDA’s belief that “any clinical licensing examination intended to measure technical skill via a sequence of independent clinical tasks should:”

- Be a **non-patient based examination** emphasizing the recognition, diagnosis and treatment planning of disease, in conjunction with the treatment of simulated disease by use of a typodont.
- Be administered in the final year of dental school.
- Provide opportunities for remediation, at the candidate’s dental school, prior to graduation.
- Guarantee anonymity of candidates and examiners.

- Be administered by examiners who have been calibrated to provide standardized and consistent scoring.
- Not include a written examination that duplicates the content of the National Dental Board Examination Parts I or II.
- Be offered to candidates at the lowest reasonable cost possible.
- Be universally accepted by all state boards of dentistry.
ASDA’s website has numerous resources regarding licensure requirements, alternative forms of licensure, ASDA’s policies, etc, and can be found at [http://www.asdanet.org/licensure/](http://www.asdanet.org/licensure/). In addition, Marquette ASDA will hold its annual lunch and learn presentation devoted to licensure in the spring semester. We are also fortunate to have a ASDA Board member devoted to licensure, a D3, Kate Pauly. If you have questions or concerns about licensure issues, feel free to contact Kate at katherine.pauly@marquette.edu.

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**ELECTION RESULTS**

**ADPAC**

Election season is (finally?) over! This past November 4th, Americans all across the country utilized their vote to voice support for candidates. Dentists and dental students also banded together through the non-partisan American Dental Political Action Committee (ADPAC) to support federal candidates who recognize the importance of dentistry and support the dental community’s efforts to improving oral health. The ADPAC Board collaborates with local dentists and state dental societies like the WDA to identify candidates, both Republicans and Democrats, who are “dental friendly”. Through thousands of membership dues, ADPAC contributed to 372 candidates in 332 out of 468 (70.9%) federal races during this election cycle. Remarkably, 93% of the House candidates and 90% of the Senate candidates supported by ADPAC won their races! This financial support of candidates helps give organized dentistry a voice and influence in the political process. To view a full list of all the ADPAC supported candidates, visit: [http://www.ada.org/en/advocacy/adpac/congressional-candidates-supported-by-adpac](http://www.ada.org/en/advocacy/adpac/congressional-candidates-supported-by-adpac). Furthermore, ADPAC has recently decided to support dentists running for state office, because ADPAC recognize how influential these dentists will be in shaping dentistry on a state level.

If you are interested in helping advance ADPAC’s efforts and becoming an ADPAC member, student membership only costs $5.00! If interested in taking the next step, join the ADPAC Capitol Club with a $50.00 donation. Furthermore, you can also become a member of WIDPAC, the Wisconsin Dental Political Action Committee. Contact Jenna Aiello, our ADPAC chair for more information or to sign up. We’ll also have our annual ADPAC drive and holiday party this coming January, so stay tuned!

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**Dentists elected to 114th U.S. Congress**

- Congressman Mike Simpson, DMD, (R), Idaho, 2nd Congressional District (elected to a 9th consecutive term)
- Congressman Paul Gosar, DDS, (R), Arizona, 4th Congressional District (elected to a 3rd consecutive term)
- Dr. Brian Babin, DDS, (R), Texas, 36th Congressional District (elected to first term)

**Dentists elected to state office in November**

- **Alabama**: Sen. Paul Bussman (R) - re-elected
- **Arizona**: Dr. Regina Cobb (R) - 1st time elected to state office
- **Arkansas**: Rep. Deborah Ferguson (D) - re-elected
- **California**: Dr. Jim Wood (D) - 1st time elected to state office
- **Florida**: Dr. Fred Costello (R) - re-elected
- **Georgia**: Sen. Lester Jackson (D) - re-elected; Rep. B. Lee Hawkins (R) - re-elected
- **Indiana**: Rep. Denny Zent (R) - re-elected
- **North Carolina**: Sen. Jim Davis (R) - re-elected, Sen. Robert Rucho (R) - re-elected, Rep. Bert Jones (R) - re-elected
- **Oregon**: Dr. Cedric Ross Hayden (R) - 1st time elected to state office
- **South Dakota**: Rep. Leslie Heinemann (R) - re-elected
- **Tennessee**: Rep. Bob Ramsey (R) - re-elected
- **Utah**: Sen. Pete Knudson (R) - re-elected
- **Washington**: Dr. Michelle Calder (R)

**Dentists currently in state office, up for re-election in 2016 or 2017**

- **Florida**: Sen. Alan Hays
- **Kentucky**: Sen. Walter Blevins
- **Oregon**: Sen. Fred Girod
- **South Carolina**: Sen. Ray Cleary
- **Utah**: Sen. Allen Christiansen
Ben Schwabe is a D3 member of Marquette ASDA. He got involved during his second year and helped establish the first ever Marquette ASDA book club. Outside of school, he leads November Project workouts on Wednesdays and Fridays. He enjoys reading and being active in this great city of MKE. Interested in helping out with the newsletter? Email benjamin.schwabe@marquette.edu