



# Art & Technology

## Meet Dental Medicine

East Carolina University School of Dental Medicine

# FIRST IMPRESSION





- 3 thoughts from the editor & second delegate
- 5 reducing knots and pain
- 6 three reasons you should be watching game film
- 7 dried cranberry & walnut salad
- 9 the economics of dental ergonomics
- 11 organizations
- 14 veteran's day 5k
- 15 virtual reality at ecu
- 17 teledentistry
- 19 printing surgical guides
- 20 cad/cam & dental medicine
- 21 clinical photography
- 23 dental photography buyer's guide
- 25 the space between our teeth
- 27 alumni feature: eastern pines dental
- 29 the art of dentistry
- 31 entertainment: the dental year
- 32 spotlights
- 39 talent
- 41 exploring dental medicine
- 42 2019 amalgames
- 43 burnisher's ball
- 44 2019 national leadership conference
- 45 thank you
- 46 farewell from the first delegate

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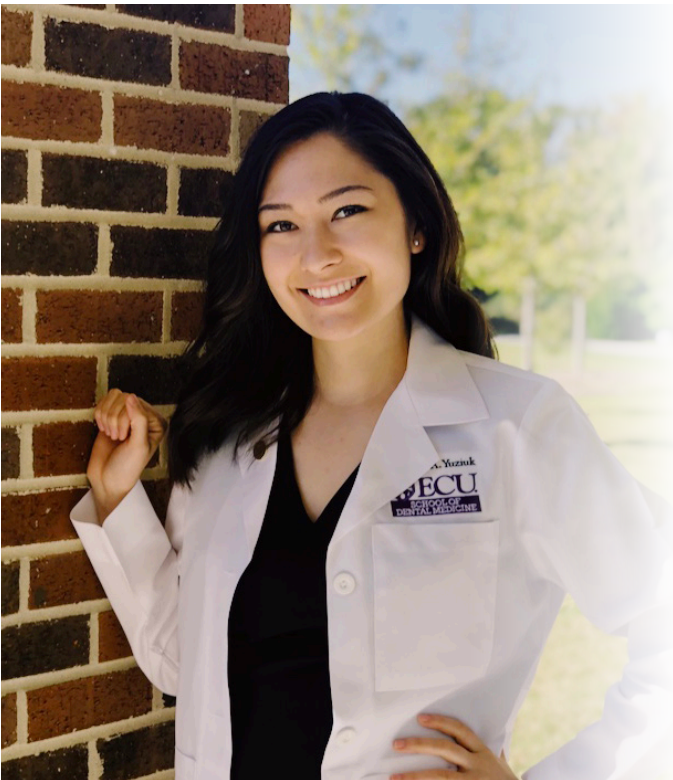
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**Faculty Advisor** *Dr. Margaret B. Wilson*

# THOUGHTS

from the editor & the second delegate



Pirate Dentists,

The East Carolina University School of Dental Medicine Chapter of the American Student Dental Association (ASDA) is thrilled to bring you our fourth edition of *First Impression*. In this issue, we have highlighted various technological advancements in dentistry and around our school. From teledentistry to printing surgical guides, we have captured the features that make ECU School of Dental Medicine stand out.

As Newsletter Editor, I have learned so many things from students, faculty, and everyone involved. I am grateful for the incredible amount of support and teamwork that goes into making this publication possible for our school. From Amalgames, to the Veteran's Day 5K, to the various new clubs and organizations being formed, there are so many opportunities that make our school shine and broaden our experiences as dental students.

We hope this newsletter makes you smile!

Julianne A. Yuziuk, Class of 2022  
*First Impression* Newsletter Editor-in-Chief 2019-2020  
yuziukj18@students.ecu.edu

My fellow Pirates,

I would first like to introduce myself as your incoming First Delegate. Upon entering dental school, the idea of organized dentistry was an unfamiliar concept. In retrospect, I now realize the impact ASDA has on practitioners, patients, and the profession. ASDA has provided me with the opportunity to connect with like-minded dental professionals from across the country to learn more about the unique and vast aspects of our rapidly evolving profession.

During my time as First Delegate I will make sure everyone has the opportunity to utilize tools provided by ASDA. It's an amazing resource for dental students to learn and grow our dental knowledge. The skills learned in dental school provide a foundation to build upon, and ASDA is a strong pillar in the journey to becoming a successful pirate dentist. I look forward to another action-packed year with you all and hope everyone is motivated to get involved with ECU ASDA!

Thank You,

Amir M. Taha, Class of 2021  
ECU ASDA President, First Delegate  
tahaa12@students.ecu.edu






# OUR VISION

The American Student Dental Association is a national student-run organization that protects and advances the rights, interests and welfare of dental students. It introduces students to lifelong involvement in organized dentistry and provides services, information, education, representation and advocacy.

*Farewell to the 2019 Executive Board!*

A photograph of four people, three men and one woman, standing together on a grassy field at night. They are all smiling and dressed in formal attire. The background shows stadium seating and lights.

isaac boota '21  
treasurer

shaily aghera '22  
secretary

amir taha '21  
second delegate

jordan brunson '20  
first delegate

*Photograph Courtesy of Mark Russell '20*



# Reducing Knots and Pain

By Caitlin Melvin '21

Got back pain? Are you wondering how you can help your body overcome the physically demanding profession you have chosen? After all, prolonged static muscle contractions are the main occupational hazard to a dentist's well-being. Taking action to correct

poor posture and promote improved alignment can significantly improve muscle tension and pain. Here's a couple of simple ways to reduce pain and knots in your neck, shoulders and back. These can be done at home and with no equipment! Try to do these 5 exercises a couple of times a week!

## Stretching

Muscle knots are areas of muscle that fail to fully relax and elongate. Stretching these muscles is an effective way to stretch out the knot.

### Neck Stretches

1. Tilt one ear to your shoulder, using the hand on the same side, place your hand on the opposite side of your head and gently pull your head towards your shoulder. Hold for 30 seconds, 3 reps.

*Target area: Outside of neck*

2. I call this one the "smell your armpit." Duck your face towards your armpit, and gently place your hand on your head and pull your face further towards your armpit. Hold for 30 seconds, 3 reps.

*Target area: Base of skull to shoulder blade*

## Muscle Activation & Postural Strengthening

Working the muscles where the knot is will increase blood flow into that area and promote relaxation. Stretching the structures through the front of your chest and shoulders while strengthening the weak muscles of your upper back between your shoulder blades is key in improving posture and decreasing the propensity for muscle knots.

### Wall Angels

1. Stand against a wall and place your feet away from the wall a little bit. Lean against the wall, making sure that your butt, shoulders and head are touching the wall. Bend arms at 90-degree angle and place against the wall with knuckles touching. In this position, slide your arms up over your head and keep your knuckles against the wall the entire time. Bring your arms back down to 90 degrees and repeat. Do this motion 10 times each and perform at least 3 sets.

### Shoulder Squeeze

1. Shrug your shoulders up towards your ears, then squeeze your shoulder blades together and hold for 3-4 seconds, and then relax. Do this at least 10-15 times a day.

### Chin Tucks (the double chin exercise!)

1. Tuck your chin straight in towards your throat and pull your head backwards (make sure to go straight back and not to let your chin fall forward.)

Graphic by Cody Phen '23





# Three Reasons You Should Be Watching Game Film

By Dr. Rachael K. Phillips

According to Mike Lee, CEO of Thrive3 Training and skills coach to Steph Curry, watching game film can give basketball players an advantage. Any psychomotor skill, whether free throws, Euro-stepping, or ceramic crown preps, can be developed through focused and deliberate practice. But for most, practice doesn't tell the whole story. Athletes, especially those at the top of their game, spend an inordinate amount of time watching film. They analyze footage from all angles, pause to look at foot or finger placement, and watch for mistakes they couldn't feel in real time. Watching film gives players an opportunity to be objective about their own performance. Below are three reasons why this self-evaluation technique is so important.



Illustration by Julianne Yuziuk '22

**1.** Athletes have to see the big picture. They need to see how the drills they are working on translate to concepts they can use in a game.

**2.** Players who have a "natural feel" for the game have spent a lot of time observing it.

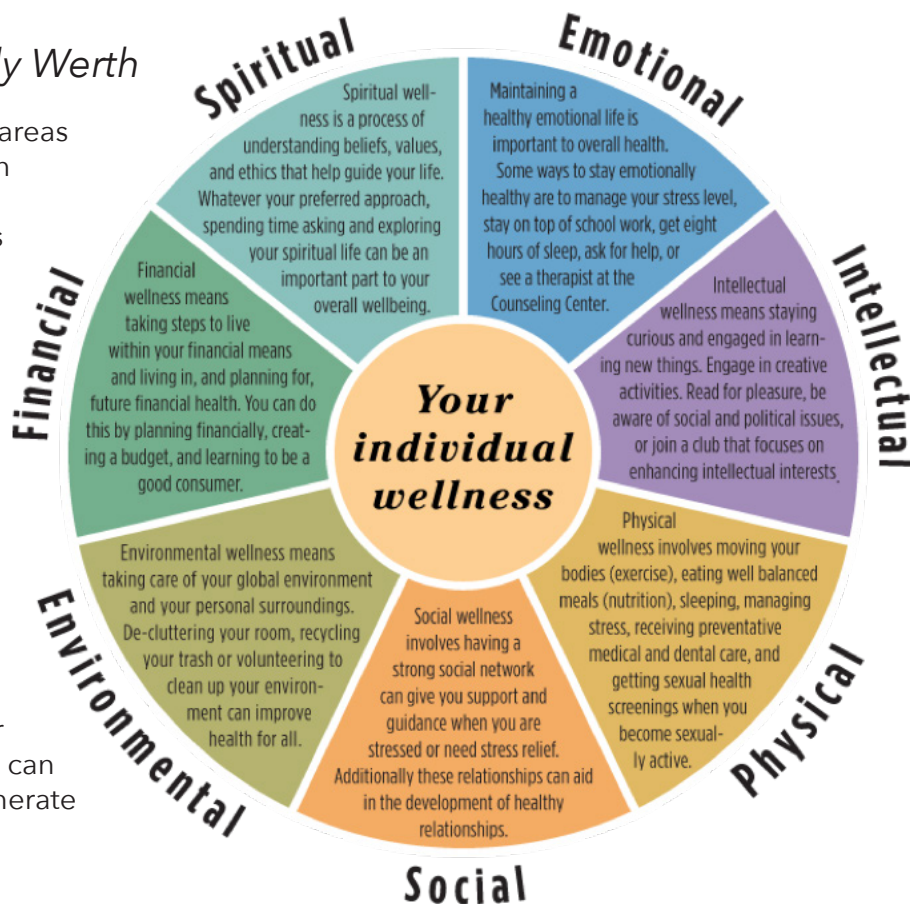
**3.** Your mind cannot tell the difference between physically practicing a skill and vividly visualizing yourself perform the skill.

Now, think about performing your dental hand skills. You know the steps, the criteria for success, and what the finished product should look like. Find a way to record yourself during a practice session and then watch objectively with the rubric to self-assess. This small step can make all the difference.

## Wellness Wheel

Contributed by Ms. Kimberly Werth

The wellness wheel shows the seven areas of wellness for an individual. Focus on one area each month or every other month. Create one or two small plans to potentially implement into your routine to improve in your chosen area of wellness. Write down your plan and list an action along with a timeline to implement it in your daily life. Place this somewhere you can see it regularly (e.g. fridge, bathroom mirror, whiteboard, screensaver, etc). Include a check box for completing the task or for needing to delay the task due to unexpected changes. Consider color-coding your plans and tasks to correspond to the wheel. Create your plan along with a friend's plan so you can hold each other accountable and generate ideas.





# Dried Cranberry & Walnut Salad

By Scarlett Walston '22

## Base:

5 oz of mixed greens (of your choice)

1 cup of dried cranberries

1 ½ cups of walnut pieces

Serve with balsamic or raspberry vinaigrette.

The great thing about salads is that they are so versatile. This salad can be served as a side dish or as the main meal. All of the ingredients can be substituted or removed to create a salad exactly to your liking. Give it a try and tag @ECU-ASDA on social media!

## Top it with...

tofu



chicken



feta cheese





# Wellness Flashback:

## Sunrise Yoga at Ross Hall

Led by Tashana Detwiler '21



Featured as part  
of our ASDA  
Wellness Month!

*Photography Courtesy of Jordan Brunson '20*  
*Sunrise Photograph Courtesy of Victoria Hardy '22*





# The Economics of Dental Ergonomics

*Photography Courtesy of Halie Scott '22*

*By Cody Phen '23*

Dentistry is an occupational work hazard. If you found that triggering, then you should. Many dental professionals sacrifice their health to provide the best care to the patient. But it doesn't have to be that way. Many times, when treating a patient, especially when trying to work on the upper arch, the dentist has to perform acrobatics or awkwardly position themselves to obtain an optimal view of the teeth within the patients' mouth. Dr. Benjamin Dyer, Clinical Associate Professor of AEGD at East Carolina University School of Dental Medicine, says "Dental ergonomics is a necessity. If you position incorrectly, maybe not at first, but over [the] years, there can be all types of microtraumas that can occur over time and it can result in significant issues for dentists," such as musculo-skeletal disorders (MSD). In fact, MSD makes up 34% of all lost workday injuries which causes 600,000 workers in lost wages and costs the economy about \$20 billion dollars in lost productivity. The most common forms of MSD can affect either the back, hand, wrist or all of them. Some of the contributing risk factors

include forceful exertions, repetition, vibration, contact stress, and poorly designed equipment workstations, all of which can be found in dentistry. Prolonged combination of these risk factors can lead to a decreased range of motion, decreased grip strength, excessive fatigue in the shoulders and neck, loss of coordination, or numbness in the fingers and hands. That's the bad news. The good news is that dental professionals can reduce instances of MSD and improve efficiency by applying the principles of dental ergonomics. Ergonomics is the design science that fits the work to the worker. In dentistry, this means minimizing the amount of physical stress through the use of proper equipment and posture. Dr. Dyer says, "The idea behind ergonomics in dentistry is to try and limit the number of large body movements, which are characterized from [class] 1 to 5. And [for dentists] you mainly want to keep movements from 1 to 3 and limit 4 and 5." In general, there are three main interventions or goals in achieving correct dental ergonomics. First, is the posture of the provider. Try to maintain an erect pos-



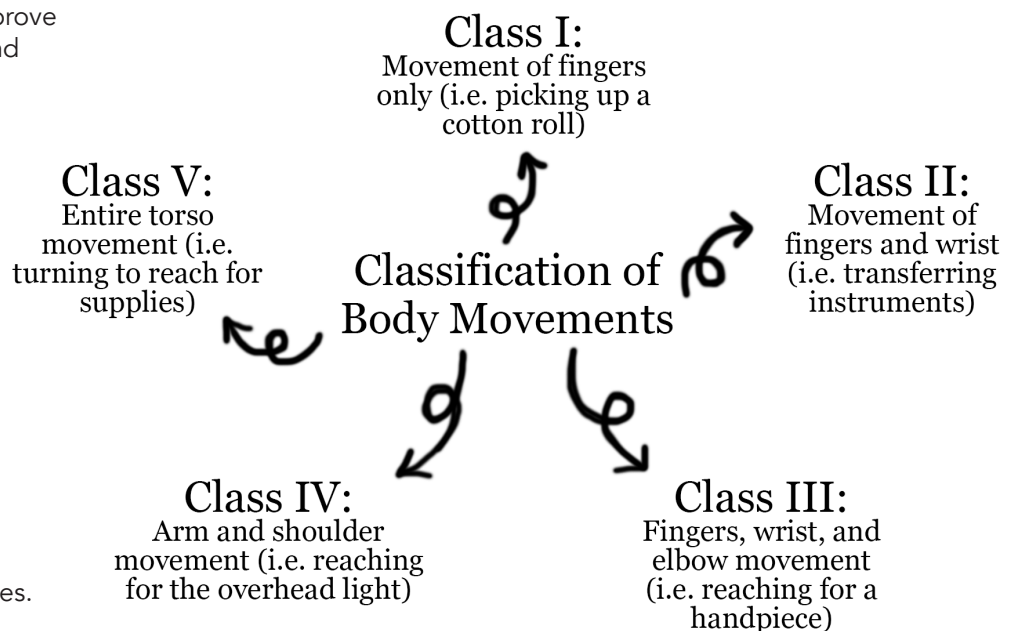


*Correct posture (left) vs. incorrect posture (right)*

ture, rather than bending forward or leaning over the patient. Hold wrists in a neutral position and minimize excessive wrist movements. Second, is patient positioning. For clinical procedures, the patient should ideally be supine with their head at the end of the headrest. This allows the patient to have a comfortable contoured cervical support and the dentist from leaning over the empty space of the headrest. And last but not least, proper instrumentation. A lighter, larger diameter with textured grip is easier to grasp and reduces the amount of force required for probing or scaling. Having sharp instruments helps too as blunt instruments require greater force to achieve the same result, which can translate to fatigue, patient discomfort, and long working time. By consciously applying the principles of dental ergonomics, providers do not have to compromise their own health for comfortability. A safe and healthy ergonomic workplace should help dental practitioners improve productivity, performance, and patient care. Dr. Dyer advises, "Try to develop a habit to not bend over your patient. Maneuver your patient so that whatever you're doing is in focus with your loupes. This means sitting in the proper position, back straight, and shoulder relaxed." So starting today, stop being a statistic! Let's sit up, back straight, and be successful in treating our patients and ourselves.

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## American Association of Public Health Dentistry (AAPHD)

*By Vivian Nguyen '21*

The ECU student chapter of the American Association of Public Health Dentistry strives to bring ECU dental students closer to the community and make students aware of the impact of public health in dentistry. One of our big service events takes place annually at the West Greenville Community Block Party. AAPHD members interact with the community while providing oral hygiene instruction, nutrition counseling, and recruiting potential future patients. Additionally, we invite guest speakers to come talk about their experiences with public health in dentistry. This year, we were fortunate to have Dr. Michelle McQuistan, former AAPHD President, as a guest speaker. For more updates, join us on Engage and follow us on Instagram (@ecu.aaphd)!

**President:** Vivian Nguyen & Ijay Akhimien

**Vice President:** Madison Homesley

**Secretary:** Julianne Yuziuk

**Treasurer:** Mika Robinson

**Community Service Coordinator:** Victoria Long

**Faculty Mentor:** Dr. Wanda Wright



## Student Research Group (SRG)

*By Colby Godwin '22*

The ECU SoDM Student Research Group (SRG) is a student organization that encourages student participation in research. Through fellowship, awareness, and meetings, we help students enrich their dental education through research experiences and discussion. It is our goal to emphasize the importance of science and research to improve patient care. Additionally, we want to fuel the desire for life-long learning. The SRG is affiliated with the National Student Research Group, one of 20 scientific groups that comprise the International and American Associations for Dental Research. If you are currently interested in conducting a research project, we are here to help. Members of the SRG board can help students gain research experience at the School of Dental Medicine. Please contact our current officers or faculty advisor for more information.



**President:** Colby Godwin

**Vice President:** Wesley Shaw

**Secretary:** Dominick Glavich

**Treasurer:** Sarah Vossers

**Event Coordinator:** Victoria Long

**Faculty Mentor:** Dr. Wanda Wright



# Making a Difference in Communities

*By Bryan Yang '21*

The Student Chapter of the  
American Academy of Pediatric Dentistry  
at East Carolina University

As an organization within a fairly new dental school in North Carolina (est. 2011), the student chapter of the American Academy of Pediatric Dentistry (AAPD) at East Carolina University (ECU) continues to grow and strengthen its aim to involve students in promoting children's oral health. The organization fosters relationships between dental students, professionals and communities through educational presentations, oral health screenings, and public health dental service projects in Greenville and at the School's eight Community Service-Learning Centers (CSLC) throughout North Carolina. These centers are strategically placed across the state to provide fourth-year dental students with hands-on experience in primary care dentistry to improve the health and well-being of North Carolinians. Our chapter had a productive academic year making a difference in North Carolina. The students provided oral hygiene instructions for three elementary schools in the Greenville, NC area. In December 2018, members collaborated with students from other ECU health science programs to host a "Teddy Bear Hospital," where children learned about a variety of health professions by taking their ailing teddy bears to "appointments." In February 2019, we participated in "Give Kids A Smile" day, which provided oral health education and free dental care for local children who qualified. In June, a group of us traveled to Raleigh, NC to offer oral health screenings and fabricate mouthguards for Special Olympics athletes. This year, the student chapter has adopted a tooth brushing program developed by two ECU dental Albert Schweitzer Fellows, Bryan Yang and Caitlin Melvin. Yang and Melvin designed, implemented and applied interventions to improve the oral health of elementary students. The pilot program took place at the East Carolina University Community School (ECUCS). The school is a collaboration between ECU and Pitt County Schools for grades K-5. ECUCS's stu-

dent body is deemed to have "critical needs" due to socioeconomic, academic and other challenges. Bryan and Caitlin kickstarted their program by developing a good relationship with the school's principal. Then they developed a year-long oral hygiene curriculum and constructed an affordable toothbrush cart for each classroom. Using a 3-D printer at the university's undergraduate library, the Fellows designed and created toothbrush racks for about \$4.00 each. The racks were mounted on the carts, which also stored toothpaste, floss and personal hygiene bags for each student. Every Wednesday, the Fellows led 20-minute sessions on oral hygiene and coached the children on tooth brushing. In order to continue the ECUCS oral health project beyond Bryan and Caitlin's 2018-19 Fellowship year, funds awarded from the Albert Schweitzer Foundation and oral hygiene products supplied from Practicon, were donated to sustain the program. The ECU Community School expanded this year from six to eight classrooms, so SAAPD members created additional carts to accommodate the growing elementary school. Our goal is to sustain a dental component in the school curriculum, encourage teachers to lead toothbrushing daily, and expand the program to include elementary schools surrounding Community Service Learning Centers. In the upcoming academic year, ECU SAAPD will continue to be active in the community by increasing oral health literacy and helping children develop positive oral hygiene habits. Members will engage in "Lunch & Learn" events on topics such as maternal and infant nutrition, prenatal/baby oral health, residencies, and collaborations between pediatricians and pediatric dentistry. The AAPD predoctoral chapter values the importance of pediatric oral health and is committed to working with all aspects of health to provide holistic care for our children.

# ECU IOMSC

Interdisciplinary Oral Medicine Study Club

By Rachel Cantrell '22

East Carolina University School of Dental Medicine is excited to announce the newly formed Interdisciplinary Oral Medicine Study Club at ECU. The purpose of this organization is to integrate medicine, dentistry, and other health professions to increase awareness of the field of Oral Medicine. Reconnecting the mouth to the rest of the body and understanding the concept of treating a person—not just the condition—provides optimal health for our patients and is the role of Oral Medicine. Our activities include case discussions and educating all health professional students on advances in patient care and

research in medicine and dentistry with a focus on the oral and sys-

temic connection. Our organization plans to host meetings featuring case presentations and discussions by various health professionals. Additionally, we promote various research opportunities. Members of this organization may become members of American Academy of Oral Medicine, which is just \$30 per year for students. Students may also attend the AAOM Annual Conference or Fall Meeting. The AAOM Annual Conference is internationally attended, with the conference this past spring having attendees from twenty-three countries. Most attendees are not Oral Medicine specialists, but instead are different types of healthcare providers. Dental students can become fellows of the Academy after graduation and non-dental students can become academic affiliate fellows.

- President:** Rachel Cantrell '22  
**Vice President:** Greyson Vann '21 (Brody School of Medicine)  
**Secretary:** Emory Byrd '21  
**Treasurer:** Ashley Northcutt '21  
**Faculty Mentor:** Dr. Iquebal Hasan

If you have any questions or are interested in joining, please contact Rachel Cantrell (cantrellr12@students.ecu.edu)







# VETERAN'S DAY 5K

*By Shaily Aghera '22*

Often considered a "home away from home" for families of service members who have been admitted for medical service, the Fisher House at Camp Lejeune holds a special place in the hearts of many. The ECU SoDM Military Club and Class of 2022 had a vision to host an event to thank our Veterans as well as participate philanthropically in the community. The Fisher House was the organization in the forefront of their minds. Due to a lack of events like this in Greenville, the first annual Veteran's Day 5K was held with the goals to support Veterans by raising money for the Fisher House and promoting health. The student group started planning in August and in just over 2 months had sponsors and a volunteers assembled to host a first class event. Through hard work and persistence, they exceeded their expectations by raising \$2022.00 and having 88 participants. The unifying event was able to bring together members of ECU SoDM, the

ROTC battalion at ECU, the Greenville VA Health

Clinic, along with Veterans and family members from each service. Runners also participated from as far away as Fort Bragg and Camp Lejeune. The student group would like to thank the Dean for his support of the Military Club and event, as well as the faculty, staff and sponsors who gave their time, talent, and treasure to make this event successful. The first annual Veteran's Day 5K set a great foundation and will continue to grow its legacy in the coming years.

## Thank you to our sponsors!

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Dr. John Christie



*Photography Courtesy of  
Will Stricklin*



Laupus Library on ECU's Health Sciences Campus has unveiled its new virtual reality (VR) learning, experimentation, and development workspace. The space provides an opportunity for students, instructors, and researchers to engage in a unique sensory experience relating to coursework or to simply enjoy themselves. The space is equipped with five workstations, each with an Alienware Aurora R8 Gaming PC, NEC 55-inch wall-mounted display, Dell 24-inch desktop gaming monitor, and several versions of the latest headsets. Following with the Laupus Library mission—to provide the most advanced, high-tech learning experience to its patrons—the introduction of VR promotes active and engaged learning. Medicalholodeck, a medical platform for virtual and augmented reality, can be used by surgeons to prepare for upcoming surgeries, professors to teach human anatomy, and students to study medical imaging and bio-visualization. The Sharecare VR app allows anyone to freely navigate and explore an anatomically accurate 3D model of the human body, internal organs, and their functions. Beyond ECU, VR is being used by dental patients for pain management and anxiety relief, similar to the use of guided imagery. Additionally, VR can be used to show a patient the desired outcome of a successful treatment plan, particularly an esthetic case, or to thoroughly explain the steps involved in a procedure. Dental students and providers have adopted VR to simulate the tactile sensation of low and high speed burs, virtual mirrors to inspect teeth, and to practice manual dexterity, techniques, and procedures in all specialties. While VR is still in its early stages, its future possibilities will significantly impact ECU's campus and the dental field.



# ART TECHNOLOGY

& Dental Medicine



*Photograph Courtesy of Dr. Hanan Elgendy*



# Teledentistry

*Cutting Edge in Dental Medicine*

*Article By American Student  
Teledentistry Association at ECU*

"American Student Teledentistry Association at ECU is a new student organization. Our team organizes events for the student body to learn more about teledentistry. The executive board is excited to collaborate with UNC Adams School of Dentistry (UNC ASOD) on the upcoming NC Teledentistry Symposium, which will be held in the Spring of 2020. At this symposium our individual student chapters will share the ongoing efforts and future plans of expanding teledentistry into our clinical and educational experiences. While attending the ASDA National Leadership Conference earlier this month, I was excited to see Teledentistry featured as one of the new and upcoming methods of care for the future of dentistry. We are looking forward to seeing our chapter continue to grow and gain momentum with more student involvement in the upcoming semester."

**Isaac Boota '21**

*President of American Student Teledentistry Association at ECU*

"Teledentistry has tremendous potential for improving all aspects of the dental profession. The digital transformation of health care is redefining almost all areas of clinical practice and business activity, and the potential to innovate and adopt nationwide best practices in NC is exciting. Access to Quality Care and educational opportunities can all be enhanced through the use of Teledentistry. The sharing of data, graphics, audio and video both synchronously and asynchronously gives us the potential to bring quality education, mentorship, consultation and treatment to areas previously unserved. Many of the barriers to care in rural areas can be broken down through the use of teledentistry. For this to occur, dentistry must be an integral part of primary care and form partnerships with school health providers, and rural health systems. Through asynchronous and synchronous consultations, access to dental providers and emergency care can be made available if the correct resources are applied. Studies need to be done on the true demand for teledentistry consultations in order to effectively build virtual health systems. As the use of teledentistry becomes more mainstream, dental practice acts are being modified to allow the effective use of dental teams to provide care in rural areas. Credentialing, privileging, and effective utilization of dental hygienists, dental health navigators and dental assistants all present challenges with creative solutions being developed in many areas of the country. North Carolina has the opportunity through partnership between ECU SoDM, NC DHHS, and other entities to be a national leader in thought and development of best practices. With many rural cities and counties without a dentist, the timing is right to make teledentistry a priority. Student interest is at an all-time high, and with continued partnerships among dental schools, local communities and interprofessional teams, the possibilities are endless."

**Dr. Thomas R. Tempel**

*Associate Dean for Extramural Clinical Practices*



## Dr. Paul Lindauer

Division Director of Endodontics

### **What are some endodontic clinical scenarios in which Teledentistry consults could be of benefit?**

Potential areas that could benefit would be diagnosis (especially for cracked teeth), location of calcified canal orifices, assessing if a tooth is amenable to vital pulp therapy and for assistance when placing MTA in a pulp cap, perforation repair, or regenerative endodontic procedure.

### **How should students communicate with you if they wish to receive an endo consult while out at a CSLC?**

For synchronous (live) VTC consults, there is a "protocol" sheet in each CSLC endo treatment room that shows the steps to connect to us at Ross Hall via our internal VTC network. Otherwise, a phone call can usually reach me directly. For asynchronous consults, an email with the patient number will prompt me to look in the Axiom chart. I will then place my findings in the Axiom chart and reply back to the referring doctor that my note is available for them to review.

### **How long, or to what extent of the procedure are you on a live call for?**

Most of the consults I receive are asynchronous so those generally can take from 10 to 30 minutes to digest the information, formulate a plan and put the findings in the Axiom Chart. For "live calls", generally the treating provider has a specific question that I can answer quickly. When using the HD camera, we can stay connected until the issue is resolved. Examples can include: observing transillumination results, guiding the student or resident to place a gutta-percha cone in a stoma of a sinus tract, or helping to identify the most likely location for a calcified canal orifice.

### **How do you go about walking residents/students through locating a canal orifice that is difficult to find?**

We start by attempting to locate the most likely location for the orifice – which is usually on the pulpal floor at the level of the CEJ. Hopefully, the circumpulpal grooves are visible and we'll try to follow those grooves and probe with our endo explorer for "Sticks". The canal orifices are usually located at these "sticky" points on the pulpal floor. Tactile sensation remains a key part of the endodontic practice.

## Dr. Andres Flores

Division Director of Oral & Maxillofacial Pathology

### **What is the biggest challenge with diagnosing a lesion remotely and can this realistically be overcome?**

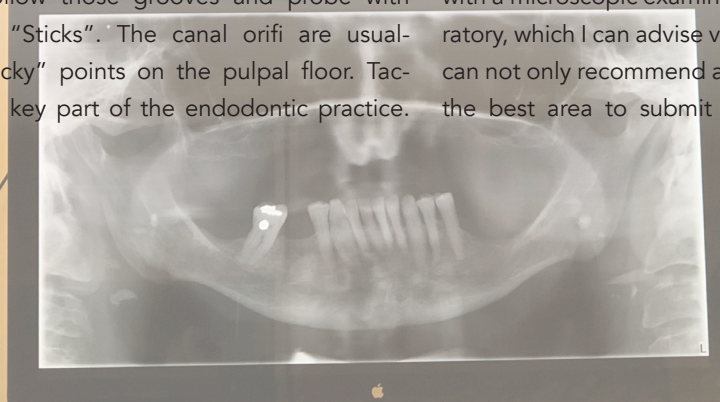
The ability to conduct a physical exam (to palpate). This is overcome with the presence of an experienced and calibrated professional physically with the patient under examination. Hence, the consulting clinician can provide all the information necessary for the consultation and alert me if I am missing anything with my assessment from Ross Hall.

### **What are the most common oral lesion diagnoses that you give via Teledentistry? Does the inability to physically palpate lesions make diagnosing more difficult?**

The most common lesions I am consulted on are related to oral mucosa pathology, particularly leukoplakias and erythroplakias. For this, I count with the presence of a fully trained and calibrated dental professional present during the consultation, that can assess (and palpate) and related information I am unable to obtain from Ross Hall. I can always rest assured in the excellent skills, clinical exam, and judgment of my counterpart on the other side of the screen.

### **What are some examples of being able to diagnose dental issues facilitating Teledentistry? For example, how would you differentiate between two neoplasms?**

The teledentistry approach only confers me the opportunity to see and advise based on clinical and radiographic information. With all the proper documentation, I can establish clinical differential diagnoses and guide, recommend or treat the patient in conjunction with the dental professional physically present with the patient. Based on clinical presentation of certain lesions, a clinical diagnosis and treatment plan can be made. For example, an erythematous lesion localized to denture-bearing areas of the palate, grants a clinical diagnosis of Denture Stomatitis (erythematous candidiasis), for which antifungals will be prescribed on the spot. When it comes to neoplasia, the clinical exam can only grant differential diagnoses. A definitive diagnosis can only be achieved with a microscopic examination of tissue submitted to our laboratory, which I can advise via teledentistry. Through the screen, I can not only recommend a biopsy but guide the clinician about the best area to submit tissue from, suitable for diagnosis.



# PRINTING

## surgical guides

BY RICKY GHAI '23



### Interview with Dr. Acela Martinez-Luna

Although printing surgical guides are not as of yet possible at the School of Dental Medicine, the goal of Dr. Martinez and her colleagues is to begin the process of setting up this system. There are 3 major phases when creating a printed surgical guide. An examination phase, a planning phases and an execution phase.

During the Examination phase, it is important to have 3D imaging done when performing guided implant surgery (called Cone Beam Computed Tomography (CBCT)). Implants can be difficult because a number of anomalies can occur during the placement of the screw. Essentially the dentist can't see the implant placement from all angles to ensure it is being placed properly. As a result, these types of techniques make guided surgery necessary.

The next major step in the process is planning the insertion of the guided implant. Every time a guided surgery is performed, a specific type of software is required. There are different types of guided implants. They can be bone-supported, tooth-supported, or mucosa-supported. Depending on whether the patient is edentulous or partially edentulous, the case may call for the practitioner to take different steps.

The final step is to execute the implant surgery and then to create the guide. When printing the guide, the printer essentially light cures layers of resin. This is necessary to design a support structure. If it fits on the cast and fits in the mouth, then it was printed correctly. The most accurate is tooth-supported, with mucosa-supported being the next most accurate. Finally making sure the patient remains still while the scan is taken is critical as this ensures the accuracy of the scans taken.



Special thanks to Dr. Acela Martinez-Luna  
for contributing to *First Impression!*





## Interview with Dr. Luís Schlichting

### How does CAD/CAM technology work?

CAD/CAM stands for computer-aided design and computer-aided manufacturing. You have an intra-oral camera that dentists can use to scan the teeth that need to be restored or prepared. The design software system will use scans to make a proposal semi-autonomously. Depending on the case, the dentist might need to make adjustments to the final proposal, so having a good knowledge of dental anatomy is important. Once the proposal is completed, the CAD/CAM will send the information to a milling unit, which will fabricate the scanned product.

### How do we use CAD/CAM at the school?

The first contact students have with CAD/CAM is during the dental anatomy course with Dr. Sensi in their first year. This gives students the opportunity to be exposed to the CAD/CAM systems, while learning the traditional waxing techniques. It is important for students to learn about technology, but it is just as important to learn about the traditional techniques. Then, later in the operative course, students will be able to use CAD/CAM after making preparations to design and deliver various types of restorations. In the clinic, we have a CAD/CAM machine that lets us do many procedures in-house rather than sending them out to labs.

### When did we get the CAD/CAM at the school?

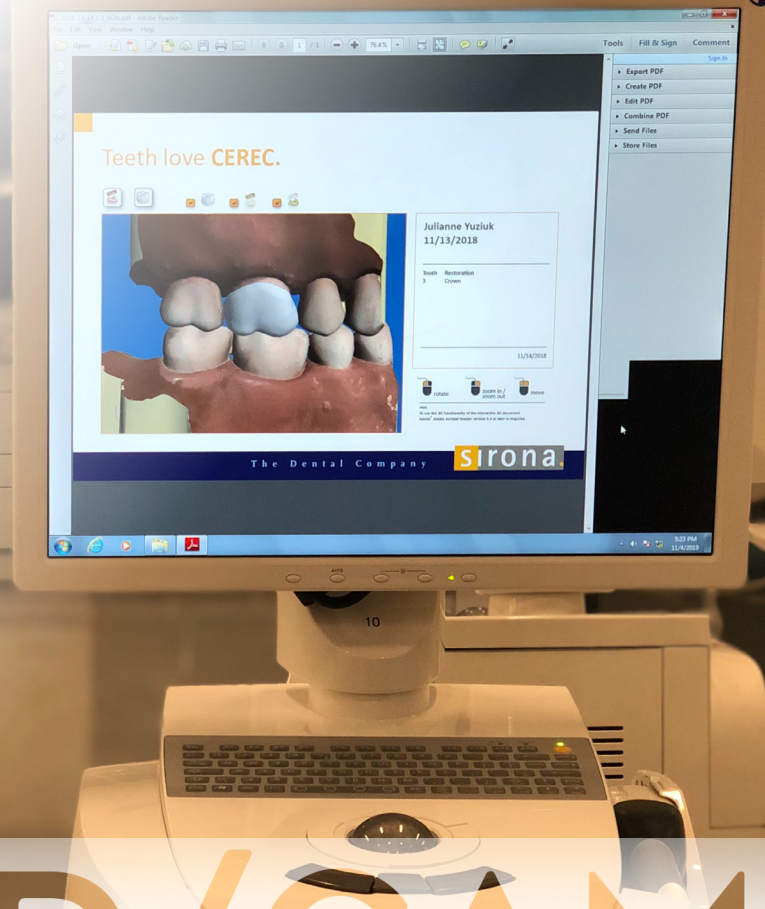
We had two phases of getting CAD/CAMs at the school. The first systems arrived in 2012, but many of the machines we have now arrived last year. Right now we have 16 CAD/CAMs in Ross Hall and 4 milling units. At each Community Service Learning Center (CSLC) we have 1 CAD/CAM and 1 milling unit. CAD/CAMs are already being used frequently in the real world, so it is important to keep up with this technology.

### How often do you use CAD/CAM in clinic at the SoDM?

It depends on the schedule. I use it almost every week, but each week is different. In clinic, sometimes cases pop up unexpectedly where we need to use CAD/CAM. With CAD/CAMs, we can prepare, place the provisional, design, polish, stain, and deliver everything chairside. This makes it practical for patients—especially those who commute long distances to come to our clinic—by reducing the number of visits needed for a procedure. Sometimes, it isn't realistic to do everything chairside though, so it depends case-by-case. It's important for students to learn how to do everything right and build on their skills.

### What are some drawbacks of using CAD/CAM?

CAD/CAM cannot substitute a skilled technician. It is based on a software that somebody wrote, but it is impossible to predict the needs of each patient. Technology is moving so fast, and maybe one day it will get very close, but it's hard to replace human touch and technique. Right now, having a good technician is probably better than using CAD/CAM. Colors, translucency, and all the factors that make up tooth anatomy and design is still better perceived by the human



# CAD/CAM & DENTAL MEDICINE

BY JULIANNE YUZIUK '22

eye, and it's not possible right now for machines to capture that for individual patients. Additionally, if a dentist wants to scan and mill everything by themselves, it can get overwhelming. Also, we cannot get too dependent on this technology. If CAD/CAM fails, we will not have the skills to replace it.

### How can students benefit from learning how to use CAD/CAM?

CAD/CAM can be used to reinforce what students learn in dental anatomy. Wax-ups of teeth can be scanned, so students can see how accurate their own models were compared to the CAD/CAM generated proposal. Additionally, after graduating, if students work in an office with a CAD/CAM, having prior experience will facilitate their transition and help them be comfortable with this technology.

Special thanks to Dr. Luís Schlichting for contributing to *First Impression*!





# CLINICAL PHOTOGRAPHY



## *Interview with Dr. Hanan Elgendy*

### **What do you enjoy most about clinical photography?**

A little bit of a background about my passion for photography, I had what started as a hobby and eventually became a passion. The whole thing started when I bought my first camera, a "Canon T2i." This small camera that could fit in my purse expanded into a storage room full of backdrops, lighting equipment and studio software that I used to practice on my family, friends, and, eventually, kids when I was able to get them to hold still. Every time I hold the camera, I see the beauty of things around us; making people smile and capturing the moment is the best enjoyment anyone can get. Then I took it to the next level



Special thanks to Dr. Hanan Elgendy for contributing to *First Impression!*



when I started taking before and after treatment pictures for my patients and realized the importance of clinical photography in dentistry. Dental “Macro” photography is a whole new world, especially when you’re able to control the light and see the halo of the teeth and the beauty of the natural tooth structure that you can’t see with your bare eyes. For me, the thing that



I enjoy the most about clinical photography is the before and after photo sessions, sharing the treatment outcomes with my patients, and witnessing the excitement in their eyes when they see the difference in their smiles.

### **How is clinical photography valuable to you?**

Well, it’s very valuable to me because I use it to document my work and it helps me improve my skills. Additionally, I see it as a great educational tool since, “a photo is worth a thousand words.”



### **Do you have any camera tips or tricks to help you get better photographs?**

Using softbox (a mode of light diffusion) will give you the professional “edge” and it produces silky smooth, marketable photography. When it comes to product, benchtop pho-

tography, and especially portraiture, studio photography will produce optimal images. Another tip is using anterior black contrasters when taking pictures for anterior teeth. These obscure the inside of the mouth and make the image more presentable for patients, lectures, and publications. These contrasters also help to show the incisal translucency.

### **How can students improve their clinical photography skills?**

Practice, practice, practice. Taking pictures for your cases will help you build a portfolio that you can use to market yourself and show your skills.

### **Do you have a preferred type of camera that you use in clinic?**

I am a “Canon” user, I like to use any full-frame camera, like the Canon 5D series, that offers great features necessary for professional-level photography. Putting my personal preference aside, a difference between Canon and Nikon remains the toggle switches to change settings, namely aperture and shutter speed. But using the dual point flash with Lumiquiest Bouncer is the best when you deal with anterior teeth.

*Photography Courtesy of Dr. Hanan Elgendy*

# Dental Photography BUYER'S GUIDE

By Mark Russell '20



## DSLR Camera Body

### 1. Canon 6D Mark I - \$650+ used

This camera is often described as the most budget-friendly full frame camera body, and with Mark II recently going on the market, the Mark I has become an even more affordable option. If you plan to use your camera for more than just dental photography, then I highly suggest going for a full frame compared to a crop sensor one.

### 2. Canon Rebel Series (T6i model or newer) - \$320+ used

Although crop sensor cameras do not produce as high of quality images compared to full frame cameras, they are more affordable and easier to use.

### 3. Nikon D3400 - \$250+ used

This Nikon is a great camera similar to that of the Canon Rebel models, but one disadvantage with respect to dental photography is that they no longer make their own brand of ring flashes. They only make a dual flash (Nikon R1) which is expensive and difficult to use. That said, there are third-party ring flashes that are compatible with Nikon.

## Lens

### 1. Canon 100mm f/2.8L Macro - \$500+ used

Canon's higher quality "L" lens produce stunning images and outperform in sharpness, autofocus ability, and color performance. Although it has great features, I personally don't think it's worth the extra money compared to option #2.

### 2. Canon 100mm f/2.8 Macro - \$200+ used

A great and affordable lens for a Canon body. I own this lens as it produces wonderful images for a great price. I use manual focus, because the autofocus is a little slow compared to the "L" lens.

### 3. Nikon 105mm f/2.8 Macro - \$200+ used

A great and affordable lens from Nikon.







**YN-14EX**  
(2014)



**YN-14EX II**  
(2019)

## Flash

### 1. Canon Ring Lite MR 14EX II - \$485 new / \$300+ used

Top of the line. Maybe wait until student loans are paid off before purchasing.

### 2. Canon Ring Lite MR-14EX - \$175+ used

This flash is the older version of Canon's ring flash. Still a workhorse for far less the price.

### 3. Yongnuo YN-14EX I or II Macro Ring Flash - \$95+ new

This is a third-party version of Canon's ring flash. I use version I of this flash and it has worked marvelously. The only issue I've encountered is that the battery housing doesn't fully close; therefore, I simply use a Velcro strap to keep it secure. Fortunately, the battery housing issue has been fixed in version II which was released earlier this year. The reviews on this new model mentioned improvements to color rendering and light output stability. The extra \$15 for version II seems like a no brainer. These flashes eat batteries, so invest in rechargeable AAs.

### 4. Metz Mecablitz 15 MS-1 Wireless Flash - \$350 new / \$200+ used

These are the same flashes that we use in clinic. Overall, this is a great flash for the price and wireless is always nice. Personally, I've found that this flash can produce inconsistent coloring making it difficult to shade match with lab cases. Also, it requires some tinkering with the camera settings to get proper exposure.

**Suggested ways to purchase:** eBay.com, bhphotovideo.com, adorama.com, fredmiranda.com (buy/sell forum), local photography store (ASAP Photo in Greenville, NC)

If you have any questions, please contact  
Mark Russell  
(russellm15@students.ecu.edu)



Graphic by Victoria Hardy '22

# The Space Between Our Teeth

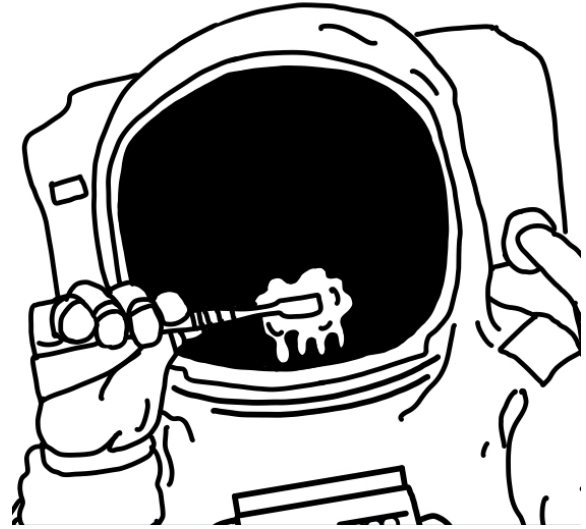
By Victoria Hardy '22



*Graphic by Victoria Hardy '22*



As a curious child learning about astronauts living in space, I wanted to know how everything worked. What do astronauts eat and drink? How do they shower? How did they use the restroom? Do they just float around the whole time? Recently, the NASA mission with an all-female flight crew has brought spacewalks back into the spotlight. It piqued my interest once more, this time, with a



question related to dentistry: how in the world did they brush their teeth? With all of the advanced technology at the fingertips of NASA engineers, one would be led to believe that they have some sort of super high-tech toothpaste and suction system that would rival the most extravagant dental office.

However, this is not the case. A quick Google search lead me to several video clips of NASA astronauts demonstrating the method to maintain good oral hygiene while in space. Just like earth, there are two main components, a toothbrush and an ingestible toothpaste. That's it! A tiny problem they faced was that the small lid to the toothpaste kept floating away, so now they attached a flip-lid to close the toothpaste. I guess sometimes ingenuity can outperform technological advancements. Since that answer didn't quite shoot me to the moon, I decided to delve a little deeper into the creation of ingestible toothpaste and how teeth are affected while in space. The foamless ingestible toothpaste, trade name NASAdent, was developed by Dr. Ira Shannon, a dental consult to the Johnson Space Center. Ever since this special toothpaste has been released to the commercial market in the early 1980s, it has aided many special populations—such as patients in hospitals and nursing homes—to maintain their own oral health.

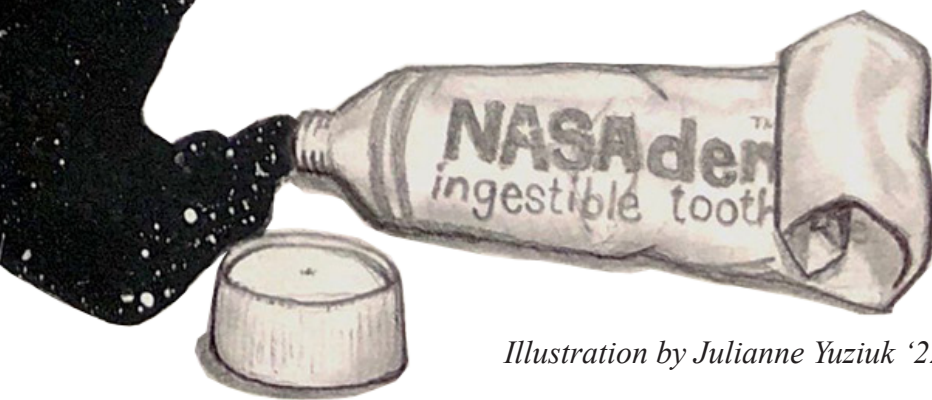


Illustration by Julianne Yuziuk '22





# Technology & Dental Medicine in the Real World

*By Julianne Yuziuk '22*

When you walk into an operator for an appointment at Eastern Pines Dental, you may immediately notice the spacious, relaxing atmosphere. Eliminating simple things, such as an overhead light and x-ray tubes, opens rooms up, and this has helped patients feel at ease during their appointments. This practice was started in 2018 by Dr. Marcus Brian Ward,

a 2016 graduate of East Carolina University School of Dental Medicine. Dr. Joshua Stephen Lovick, a 2018 graduate of ECU SoDM, joined as an associate in July of 2019. Dr. Ward and Dr. Lovick both provide the highest level of care using the latest advances in dental technology. Eastern Pines Dental, which is located in Greenville, NC, houses various pieces of equipment from intra-oral cameras to cone-beam computed tomography (CBCT) systems to offer a wide range of services to their patients. What makes this practice so relaxing? Aside from the state-of-the-art interior design and friendly staff, Dr. Ward and Dr. Lovick have combined technology and design to minimize the clutter in each operator. Use of portable NOMAD X-ray systems means large tube heads are not needed, and each staff member is equipped with Surgitel loupes, which eliminates the need for overhead lights. Indeed, only three of the nine operatories even have overhead lights, and these are used sparingly according to Dr. Ward.

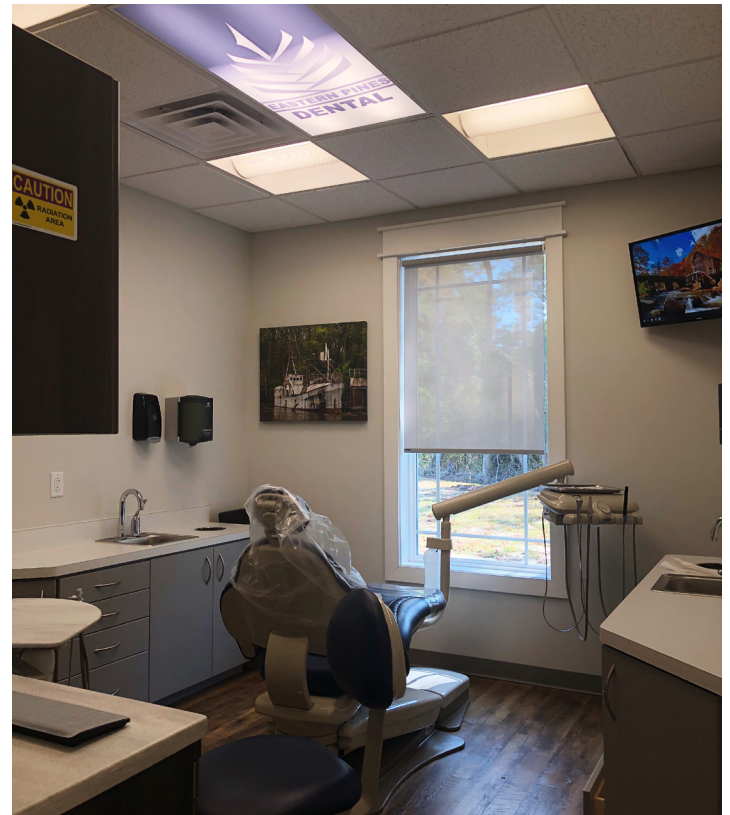


Dr. Marcus Brian Ward



Dr. Joshua Stephen Lovick





*Gendex CBCT system (left); One of the nine spacious operatories in Eastern Pines Dental (right, top); NOMAD X-ray system (right, bottom)*

If you need a crown, Eastern Pines Dental can scan your teeth with an AdvanceCAM intra-oral camera. With a Dentsply Sirona CAD/CAM, they are able to construct an accurate 3D image and design the crown. This file is sent off to Implant Solutions in Wisconsin, where the final customized product is fabricated and sent back to the office. For more complex needs, a Gendex CBCT system can be used to construct 3D images of patient anatomy. The technology used at Eastern Pines Dental offers providers and patients the most up-to-date and effective methods of diagnosis and treatment planning. In addition to these services, every room at Eastern Pines Dental has video and audio capabilities that increase the functionality of the building as a potential teaching

space for continuing education courses. By keeping up with the latest dental technologies, Dr. Ward and Dr. Lovick provide an innovative, yet comfortable practice for their patients. ECU School of Dental Medicine is proud of these alumni!

Special thanks to Eastern Pines Dental for contributing to *First Impression!*





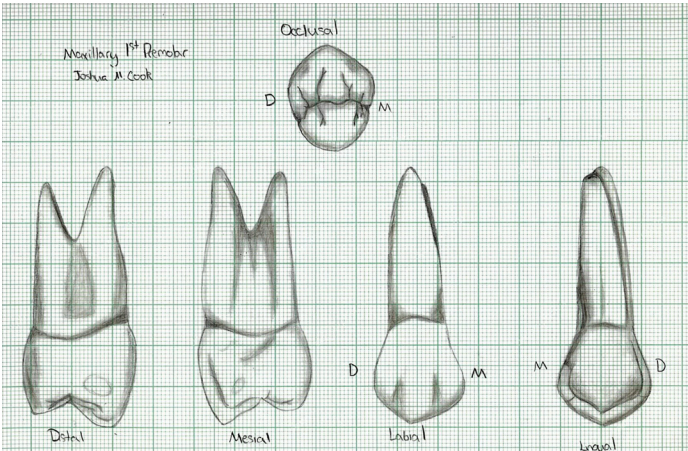
# The *Art* of Dentistry:

## Learning Tooth Anatomy through Intricate Drawings

By Cody Phen '23

The Class of 2023 had an amazing and artistic time learning and drawing tooth anatomy. Drawing can be used as a learning tool to help students understand tooth morphology and develop manual dexterity. Led by Dr. Hanan Elgendy, students learned to use contours, shadows, and highlights to create beautiful compositions of various teeth. Not only did this assignment allow students to be creative, but it also taught them to pay attention to detail, especially, the ridges, cusps, and marginal line angles of each tooth.

### Thoughts from students...



#### Joshua Cook

**How did creating a 2D composition with 3D elements, such as shadowing and contouring, allow a new perspective to creating a tooth/dentistry?**

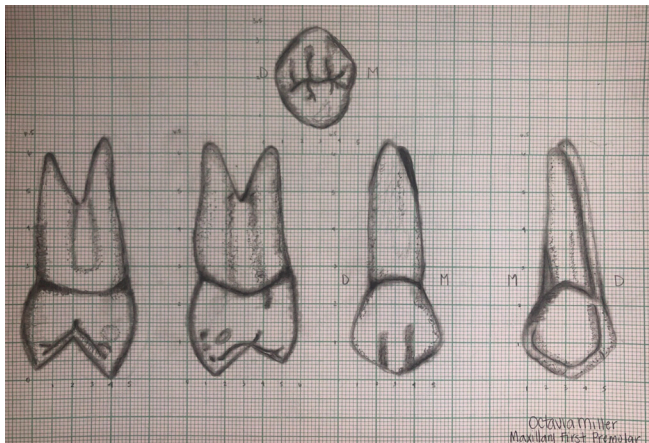
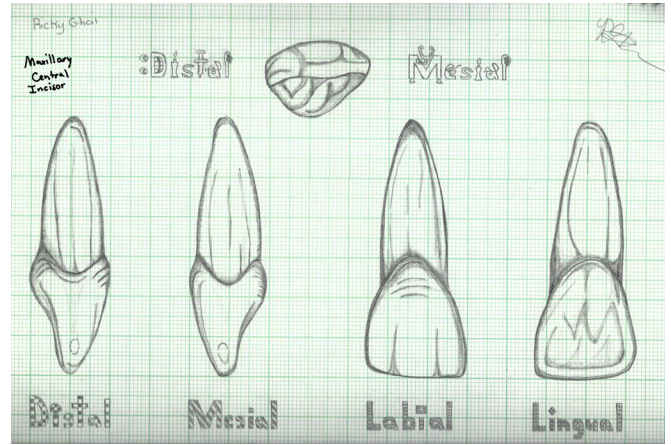
To compare to wax lab, when we are in lab we can take the tooth out, rotate it, and truly see it from every possible angle—the benefit to the drawings is that you learn precisely what the tooth is supposed to look like from each angle that you’re analyzing it from. Not to knock our lectures, but actually drawing each view out and shading the anatomy has helped me remember all the details much better than lectures and lab alone.



## Ricky Ghai

### ***How do you think this assignment will translate to clinical skills, etc?***

When we were first given this assignment, I admittedly did not see the clinical relevance. However, as I began sketching and later shading in my tooth, I began seeing just how critical this assignment is in honing your hand skills as a clinician. Similar to using a handpiece in wax lab or in a patient's mouth, I started to see myself using a high level of focus with my pencil. I realized that shaping teeth on paper wasn't very different from shaping teeth on a typodont or in a patient's mouth. In both cases, harder strokes with my instrument created depth and surface boundaries. Softer strokes of my instrument helped create a smoother texture and appearance in both cases as well.



## Octavia Miller

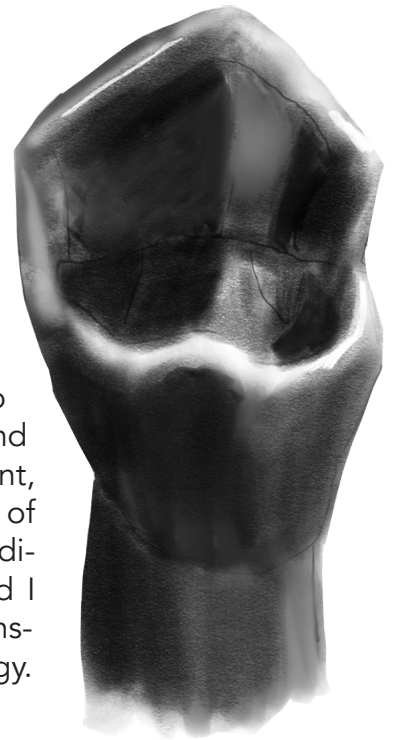
### ***What did you learn or find most exciting about this illustration assignment?***

It's very relaxing to do! Drawing feels mindless and it's a good way for the brain to take a pause from studying, yet you are still learning. I like to put on some classical music and draw away. An added bonus was sharing my work with my mom and now she thinks I am the next Van Gogh, so that's pretty cool.

## Kari Wordsworth

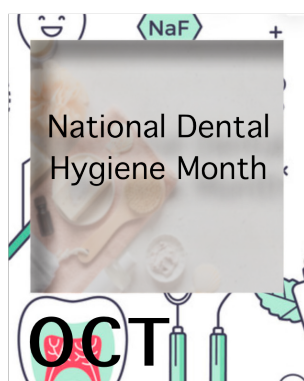
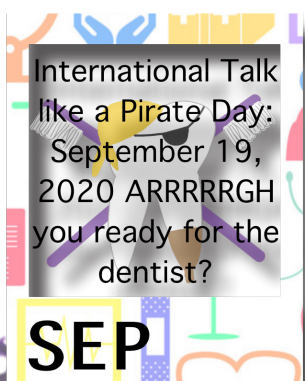
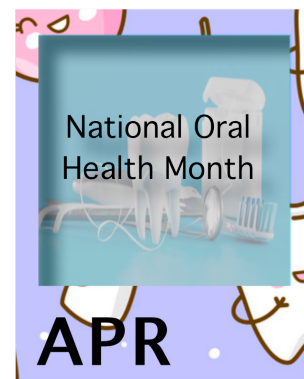
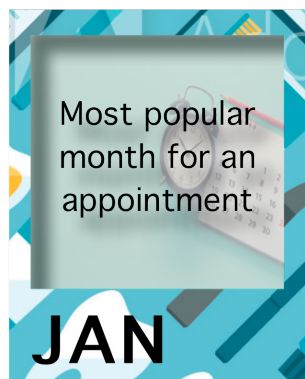
### ***How did the tooth illustrations and technology enhance your view in anatomy or dentistry?***

The practice of drawing the anatomy of teeth was a pretty monumental moment for me; for some reason, I always envisioned this moment in dental school, and it was finally here. Illustrating teeth allowed me to better understand the relative measurements of each aspect of a tooth and compare them between incisors, premolars, and molars. For this assignment, I ended up using the Sketchbook app on my iPad, and I found the use of technology to illustrate the form and shape of teeth to be really incredible. I know that technology is forever shaping the field of dentistry, and I believe that the skills I acquired from creating these drawings will translate to clinic when designing crowns through the use of Cerec technology.



# The 2020 Dental year

By Scarlett Walston '22



Designed by Cody Phen '23 and Victoria Hardy '22



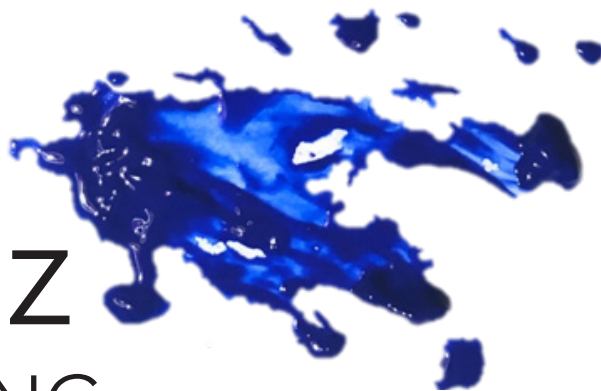


# SPOTLIGHTS

CLASS OF 2023

# Luz Lopez

Caldwell County, NC



**What has been your favorite part of dental school?**

I have enjoyed going into bench and sim lab to start learning the hand skills that will be useful later on. Above all, I have truly enjoyed coming together with a group of people that share my passion for dental care while also wanting to help the underserved community. I feel that I have made a new family here at ECU.

**What has been your biggest challenge?**

Getting adjusted to the fast-paced environment. Making sure I am staying on top of all the material while also trying to make time for activities outside of school. For example, making time to exercise, volunteer or just spend time with family and friends. Time is very valuable and I'm learning how to balance everything.

**What organizations have you been involved in at the school?**

I am currently involved in HSDA (Hispanic Students Dental Association) and SNDA (Student National Dental Association).

**What's your future goal with dentistry?**

I plan to practice general dentistry. Eventually, I would like to open a private practice back at Caldwell county and work to improve the education and oral health of the community.

**What did you do prior to dental school?**

I graduated Appalachian State and became a High School Biology teacher, then I switched gears and I was a manager for Apple's customer service. I feel that experience has prepared me for working with a variety group of people and how to individualize care.

**If you could go back in time, what would you tell yourself on the first day of dental school?**

To take it one day at a time. Every day is going to bring a different set of challenges, so focus on what you have to do that day and give it your best. If you look at everything that you have to do all at once it can become overwhelming.

**What's your favorite thing to do outside of school?**

I love to travel, learn about different cultures and try new food. I also love to go hiking but, most of all, I enjoy spending time with family and friends.



# CLASS OF 2022

# Cătălina M. Escobar

## Wake County, NC

### **What was your favorite part of dental school?**

All the aha moments! I have never learned this much this fast. Now that we are in our second year, we have put the foundational sciences behind us and everything we are learning is dentistry related. With every new lecture and every new clinical skill we perfect I feel one step closer to achieving a life-long dream. We will soon start treating patients so I have a feeling the best is yet to come.

### **What has been your biggest challenge?**

It's possible I may have mentioned this once or twice to classmates and friends, so I'll summarize it in just two words - mandatory attendance! I did not imagine something so seemingly innocuous would turn out to be the hardest part of dental school. However, I found the close monitoring and highly specific guidance to be more difficult than both didactic and pre-clinical requirements.

### **What organizations have you been involved in at the school?**

I am a member of ECU DMD and the Hispanic Student Dental Association (HSDA). Recently, I had a chance to host the HSDA party for existing and new members and it was so much fun I am thinking of turning it into a recurrent event.

### **What's your future goal with dentistry?**

After graduating, I hope to find a nice dental office looking to hire an enthusiastic new associate. Eventually, my dream is to run a successful private practice focused on providing exceptional dental care while also helping those in need.

### **What did you do prior to dental school?**

I did a little bit of everything: I was a bartender and bar manager in Romania, I lived and worked on a Royal Caribbean ship, then moved to Israel during the war and eventually settled down in the US. I worked my way through dental hygiene school and practiced in several offices across Eastern and



Central NC. Most recently I earned a bachelor's degree in human biology with minors in genetics and nutrition from NC State.

### **If you could go back in time, what would you tell yourself on the first day of dental school?**

I would tell myself to schedule time for guilt-free rest and relaxation and actually take that time off. I have recently discovered that by taking better care of myself I can achieve a lot more with less effort and a better attitude. I'd also say to lower my expectations and take things one day at a time.

### **What's your favorite thing to do outside of school?**

Spending time with my husband and our furry munchkins is the best thing in my world. Hosting is a big part of both our cultures, so we tend to find any excuse to throw a party and always have a blast entertaining. We also love traveling, dancing salsa, catching up with friends, but quiet evenings at home with a nice dinner and a good movie are pretty wonderful too.

CLASS OF 2021

# Ijay Akhimien

Gaston County, NC



## **What has been your favorite part of dental school?**

I enjoy interacting with patients in clinic. Utilizing the things you learn first and second year and implementing them in real-life situations makes you feel like a real dentist.

## **What has been your biggest challenge?**

My biggest challenge has been maintaining a healthy work and life balance. Dental school can be consuming, but I have to remind myself to take time out of my day to do something relaxing and rewarding. So far, I've been trying to exercise or watch good movies.

## **What organizations have you been involved with at the school?**

I've been involved in SNDA since my first year. Last year, I served as historian. I'm also currently the co-president of our Public Health Dentistry organization (AAPHD).

## **What's your future goal with dentistry?**

I'm still debating on whether I want to specialize in something or not. I'm interested a few things, but I plan to move back to Gaston county and serve the population there.

## **What did you do prior to dental school?**

I chose dentistry as a career change. I was originally pre-med when I graduated from UNC Chapel Hill. I had a change of heart after shadowing a local dentist in Charlotte. I did a post-bac program at UNCG, where I was also a chemistry tutor and a biochemistry research assistant. I then did a master's program at Mississippi College, and in between that I was a medical scribe and assisted a general dentist in Charlotte. After I finished my master's program, I got accepted to ECU SoDM.

## **If you could go back in time, what would you tell yourself on the first day of dental school?**

I would tell myself to take a deep breath. This journey will have ups and downs and you'll feel overwhelmed. But if you continue to work hard and work toward your ultimate goal you'll start to see results.

## **What's your favorite thing to do outside of school?**

Honestly just take a nap. A good nap is a lifesaver in dental school. Occasionally, I play basketball too. It's also nice to get out of town and go on a small trip somewhere new.







CLASS OF 2020

# Heath Andrews

Davidson County, NC

**What has been your favorite part of dental school?**

My favorite part has been the Community Service Learning Center rotations. My first rotation was at the Davidson CSLC. I was able to pick up my clinical speed, and also learn from a variety of cases. The clinical faculty were excellent and I was able to foster closer relationships with my classmates.

**What has been your biggest challenge?**

My biggest challenge has been the daily grind. With assessments, projects, and lab work, it is easy to get behind or overwhelmed with everything. Staying focused on the end goal can be tough, but also very rewarding.

**What organizations have you been involved with at the school?**

Some organizations I've been involved with during my time in dental school have been ASDA, DMD, and the Christian Medical and Dental Association (CMDA). These were great outlets to expand my interest in dentistry and gave me the opportunity to meet other dental professionals.

**What's your future goal with dentistry?**

My future within dentistry is to help improve the lives of individuals through esthetic and comprehensive dentistry. Dentistry takes all forms, but the esthetic component is the portion of the profession that I enjoy the most.

**What did you do prior to dental school?**

Prior to dental school, I was an undergraduate at Appalachian State University. The year after I graduated, I worked in my dad's dental office to expand my skills and gain more exposure to the dental profession.



**If you could go back in time, what would you tell yourself on the first day of dental school?**

I would tell myself to hang on tight. The next four years will be a rollercoaster of the good and the bad. I would also remind myself to keep the mental stamina, and that I can get through as long as I stay focused and keep pushing.

**What's your favorite thing to do outside of school?**

Outside of school, I like to work out and keep fit. This helps relieve stress and keeps me on track for living a healthy lifestyle despite the long hours in the classroom or in clinic.

# Resident Spotlight

## Dr. Imran Rauf

Program: East Carolina AEGD - Ross Hall



### What made you decide to pursue a residency?

I had initially not planned on doing a residency and was planning on going straight into work, but what I had heard many times throughout my time in dental school is that we really don't know what we don't know. Dental school teaches us the minimum and only exposes us to safe standard cases, which is usually done through the screening processes at most schools. Once we get out in the real world that screening is not there, you'll be in it and you'll need to make decisions and be aware of certain things that dental school doesn't always teach you. I felt that a residency would expose me to more complex experiences, procedures, and treatment planning that would give me a jump start into my dental career after finishing dental school.

### What did you do prior to your residency?

In the time between my graduation from dental school and the start of my residency I had travelled around South East Asia for 1.5 months. I've always wanted to do a big trip and felt like this was the perfect time to just do whatever I wanted. It was an amazing experience, and would recommend anyone

to reward themselves with a trip after years of effort in dental school.

### What are your plans after you complete your program?

I'm currently halfway through my 1 year AEGD and I plan to go into private practice as soon as I finish, but I have some yearnings for a specialty residency as well such as periodontics or prosthodontics from all the complex cases we run into, but I'm still exploring my options between that and what I can achieve with some good CE courses after the program and what I really want to do long term in my life.

### What do you like to do outside of school and clinic?

Residency has taken a lot of my time these days, especially that I am commuting about 90 minutes a day so I've fallen off a lot of my hobbies which I am trying to jump back into, but some of the things I've enjoyed in my free time is cycling, video games, cooking and photography. One thing residency is teaching me is time management, since my time has gotten a lot tighter these days and I have to really set time for myself where I try not to think or do anything about work.

### Any advice to students thinking of doing residencies?

I'm not going to say that every student needs to do a residency as I don't believe that is true. I have many classmates that are doing great in private practice, especially if they go in with a parent that is mentoring them in dentistry or if they find someone to mentor them as an associate. Have realistic expectations out of a residency, and don't feel like you have to rush into learning everything in one year. Dentistry is life long learning and you'll always be able to further your education in CE courses and networking with other dentists. My tip to this is stay involved and engaged in learning.



# Faculty Spotlight

Dr. Maged Abdelaal

Clinical Assistant Professor, Division of Prosthodontics  
Department of General Dentistry

## **Where are you from and where did you receive your dental education? What degrees do you have?**

I am originally from Egypt, born and raised in Abu Dhabi, United Arab of Emirates. I received my dental degree from School of Dental Medicine, Cairo University, Egypt. I have the following degrees: Bachelor of Dental Science (BDS), Cairo University, Egypt, Certificate in Removable Prosthodontics, Cairo University, Egypt, Master of Dental Science (MDS), Cairo University, Egypt, Certificate in Prosthodontics, College of Dentistry, University of Iowa, USA, and Master of Science (MS), College of Dentistry, University of Iowa, USA

## **What made you decide to become a dentist?**

Growing up, I used to go a lot to the dentist with my mom, who had a lot of dental needs, and seeing how dentistry changed her life was the biggest reason I chose dentistry as a career path. Another big reason is the fact that dentistry brings smiles and self-confidence back to an individual by incorporating the blend of hand creativity and mental alertness, which I find very satisfying and fulfilling.

## **What is something you struggled with as a student?**

On the personal level, interaction with faculty who were not interested in teaching was one of my biggest struggles, especially when I needed some guidance and help during my training. That was a big reason why I decided to pursue a teaching position in dentistry and the fact that I never forgot how it feels to be a dental student!

On the curriculum level, the transition from preclinical labs to clinics was very stressful too.



## **Advice that you would give to yourself as a student or to current students:**

Go for the education, not the degree!

## **What is one thing you find to be challenging about your profession?**

Balancing the different learning needs of students. Every student who walks through my door is different and being able to deal with their different educational needs is something I find to be very challenging.

## **What are some of your hobbies/things that you like to do?**

Traveling, exploring new places, trying new food, driving, shopping and I am also into interior decoration and cleaning. I don't know if this is considered to be a hobby, but it is something that gives me a sense of accomplishment because there's a beginning, a process, and a result.

# on the cusp of fame



**Vivian Nguyen '21**

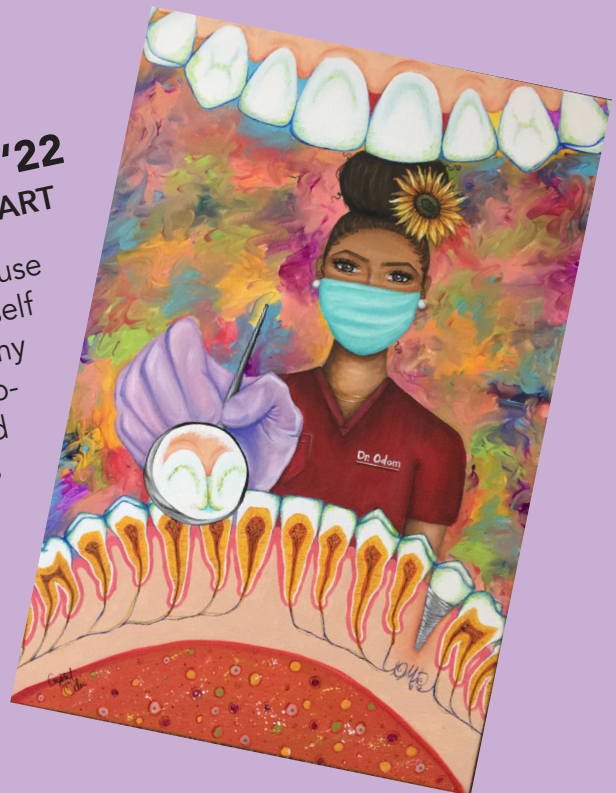
TALENT: SHUFFLING

"I picked up shuffling right before D1 year because it makes me feel energetic and free! My favorite part about shuffling is watching other people join me!"

**Crystal Odom '22**

TALENT: ART

"I find art fascinating because it allows me to express myself through color, shape and my imagination. I get to fill empty surfaces with beauty and emotion. My artwork has taught me that perfection is never the goal. However, reaching and progressively elevating my capabilities is key!"





# SoDM's got talent

## Rachel Linares '22 TALENT: BODYBUILDING

"Bodybuilding for me is a way to get through the daily stresses of dental school, it is my ME time where I can focus on myself and nothing else; it has become my passion, my addiction, and my stress reliever. What I love most about bodybuilding is that it blends both the art of symmetry of musculature and the science of gaining muscle and losing weight. I am building my life on a firm foundation through this lifestyle which creates discipline and allows me to be successful in all other aspects of my life like dental school and my relationships."



## Dino Salvanera '22

TALENT: PIANO

"Playing the piano is therapeutic for me. It can serve as an escape after a long or stressful day."

# EXPLORING

## DENTAL MEDICINE

By Rachel Thompson '22



*Photography Courtesy of Mr. Lamont Lowery*

If you are interested in participating in the Pre-Dental Committee, please contact  
Corey Winkler, ECU ASDA  
Pre-Dental Committee Chair  
(winklerc15@students.ecu.edu)

Every year during the the fall, ECU ASDA hosts an incredible event to introduce local high school students to dentistry! ASDA's Pre-Dental Committee works with Health Sciences Academy, a program that allows Pitt County high school students to explore different careers and professions in healthcare, including dentistry, physical therapy, occupational therapy, medicine, nursing, and more.

During the Exploring Dental Medicine event, students were led by current dental student volunteers who taught them how to make impressions and how to restore class I preparations with composite. Ms. Tammy Stephenson even taught students how to place XCP dental film in the mouth for radiographs, how to do scaling and root planing, and how to complete a prophylactic cleaning for patients. The students received information on why each of the activities they participated in were used in dentistry and how they help patients.

ECU ASDA is proud to organize programs like Exploring Dental Medicine, where we give back to community youth and spark their interest in the profession!



# 2019 AMALGAMES

## By Scarlett Walston '22

The 2019 Amalgames delivered healthy competition to thirty fierce students who dared to take on their peers in five epic games. The challengers were divided into five teams of six and competed in games designed to encourage collaboration, teamwork, and a touch of competitive banter between the teams. The event started out with an intense display of “watermelon” eating. Faces emerged stained red, but it was ultimately Team Blue that came out on top. Next up was the saliva sling—a water balloon toss. Fifteen teams began the challenge, but Team Yellow, with two newcomers, emerged victorious. This was followed by the dental school relay race. PPE was thrown on and stripped off, floss was pulled, and arms were wrapped with streamers. Team Green took the gold in this event. The next event was pretty simple. With a mouth full of marshmallows, competitors had to clearly state the words “cotton roll isolation.” Team Purple put their best foot—or mouth in this case—forward and vanquished all other marshmallow eaters to win this event. Finally, it was time for the last event, the trifurcated-root race. This three-legged race commanded strategic meetings amongst the teams to discuss leg lengths and stride distances. All teams stumbled at some point, but Team Green grabbed the victory. Team Green was then presented with the coveted “Cup of Carabelli” trophy! After concluding the intense games, competitors and spectators alike shared a meal and enjoyed each other’s company. This event would not have been possible without the tireless work of students on the Amalgames Committee. We were so pleased with the turnout and cannot wait to see what’s in store for Amalgames 2020!



*Photography Courtesy of Bryan Yang '21*



*This year's Burnisher's Ball is all about  
ambiance...*

Step away from everyday life at Ross Hall and take a moment to smell the flowers as we celebrate and support our Patient Care Fund. Enjoy conversation and hors d'oeuvres with a cocktail hour, take in the sounds at dinner with the stylings of a local jazz band, discover something new at the silent auction and much more.



**Burnisher's Ball Co-Chairs**

Alison Aadahl  
Victoria Hardy

**Burnisher's Ball  
Committee Members**

Shaily Aghera  
Emory Byrd  
Rachel Downs  
Ryan Mayberry  
Kristine Ongchuan  
Neke Patel  
Christian Penister  
Richa Vyas

*We look forward to seeing you all there!*

Photograph Courtesy of Mark Russell '20



# 2019 National Leadership Conference

By Mackenzie Austin '23  
with contributions from Joel Anil '23

ASDA's National Leadership Conference was one of the most fun and informative events I have ever attended. As a D1, I tend to get overwhelmed with didactic work, but NLC helped me look at the larger picture of why dentistry is so important. Fellow D1, Joel Anil, mentioned that one of his favorite parts was that you could "personalize" the experience by choosing which breakout sessions you attended. The two breakout sessions that impacted me the most discussed teledentistry impacts and the opioid epidemic. While, I feel like the students here at ECU SoDM truly want to make an impact in the community, the first keynote speaker really talked about the importance of taking care of yourself. It is hard to take care of others when you are not taking care of yourself. The speaker recommended creating a "bucket list" of things we have always wanted to do, even if it was only a few items. It really put things into a lifelong perspective. NLC also provided a great way to interact with other dental students in a more casual environment. We met students from across the country through various social events, in-



*Congratulations to our fearless First Delegate, Jordan Brunson, for receiving the Distinguished Leader Award during the 2019 ASDA National Leadership Conference!*

cluding a night cruise by the Navy Pier. Overall, this was an experience that I will never forget. I learned so much about different aspects of dentistry. The conference reiterated my passion for serving people through dentistry and provided me with great life advice.

# Thank you!

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Shaily Aghera  
Isaac Boota  
Jordan Brunson  
Amir Taha

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Wanna contribute to the next  
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Contact Julianne Yuziuk  
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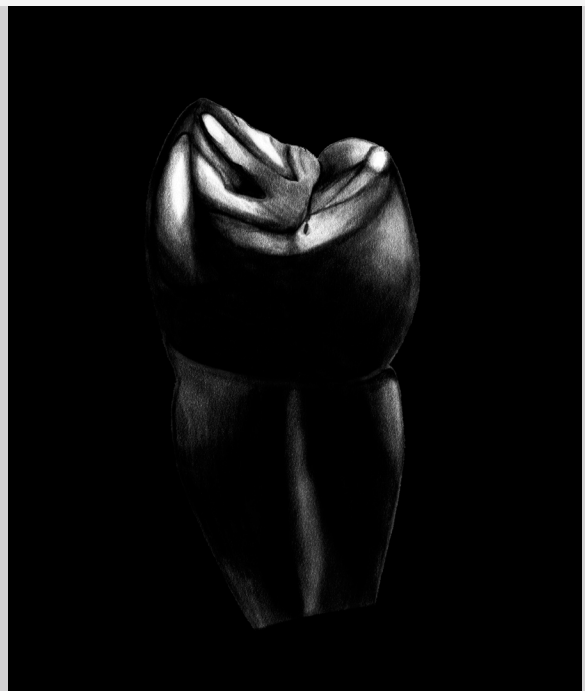
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## On the cover...



By Raul Garcia '23



# Farewell from the First Delegate



ECU ASDA,

This has been one heck of a journey that I am so thankful to have experienced during my dental school career. My main goal upon becoming delegate was to help cultivate an organization that leveraged the diversity of thought, background and skills of its members to create a dental school experience that all Pirate Dentists could enjoy.

It has truly been a pleasure to see the progression of our ASDA chapter in my four years here at ECU. As I look back over my time involved I am amazed at the impact we have made in so many areas. As a team, with our newly created Welcome, Newsletter and Wellness Committees, we have fostered an environment that is welcoming, healthy and engaging. Our Pirate Dentists have inspired change in legislature through our huge presence at the local and national Dentist and Student Lobby Days. And with a heart for service, our Burnisher's Ball has generated more than \$20,000 in patient care funds, helping our patients receive much needed dental care. As a young chapter, chartered only four years

ago by Dr. Lajoi Wiggins, this year alone we have grown tremendously and are continuing along that trajectory.

We have accomplished some amazing things, and it's attributed to the motivated and dedicated students that we have here at ECU. We represent the epitome of organized dentistry where together a small chapter can still inspire big change. I want to especially thank my Leadership Team for all of your time, support and commitment to ECU ASDA; your hard work and dedication is unmatched.

I am so proud of the accomplishments ECU ASDA has made thus far and look forward to seeing what is to come. I couldn't be more confident in passing the baton to this upcoming group of promising leaders!

Farewell,  
Jordan T. Brunson, Class of 2020  
ECU ASDA, Immediate Past President

## Congratulations and welcome to our new leadership team!

<i>Amir Taha</i>	<b>First Delegate</b>
<i>Victoria Hardy</i>	<b>Second Delegate</b>
<i>Shaily Aghera</i>	<b>Secretary</b>
<i>Joel Anil</i>	<b>Treasurer</b>
<i>Precious Boston</i>	<b>Class of 2020 Representative</b>
<i>Ashley Northcutt</i>	<b>Class of 2021 Representative</b>
<i>Toyosi Coker</i>	<b>Class of 2022 Representative</b>
<i>Rebecca Agner</i>	<b>Class of 2023 Representative</b>
<i>Corey Winkler</i>	<b>Pre-dental Committee Chair</b>
<i>Scarlett Walston</i>	<b>ADPAC Coordinator</b>
<i>Tia Robinson</i>	<b>Fundraising/Marketing Coordinator</b>
<i>Lee Dickinson</i>	<b>Social Media Coordinator</b>
<i>Victoria Hardy &amp; Alison Aadahl</i>	<b>Burnisher's Ball Committee</b>
<i>Fiondra Baldwin</i>	<b>Wellness Committee Chair</b>
<i>Rachel Thompson</i>	<b>Service Coordinator</b>
<i>Will Grine &amp; Dino Salvanera</i>	<b>Professional Development Committee</b>
<i>Julianne Yuziuk</i>	<b>Newsletter Editor-in-Chief</b>
<i>Cody Phen</i>	<b>Newsletter Associate Editor</b>



*Graphic Courtesy of Victoria Hardy '22*





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