

# TENNESSEALANT

FILLING THE VOID



# ASDA

WINTER 2018 | VOLUME 7 | ISSUE 4



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**Cover Photo:** UTHSC ASDA representatives at the 2018 National Leadership Conference in Chicago, IL. Photo provided by Reed Turpin, '20







**Photo Credit:** UTHSC representatives at the 2018 ADA Dentist and Student Lobby Day in Washington, DC. Photo provided by Aaron Brooksbank, '20







# SIGNING OFF

**I COULD NOT SLEEP.** In a few hours, I would start the first day of the next four years. Dental school. I was so nervous and excited that my heart was beating out of my chest. That was the day I was introduced to the American Student Dental Association (ASDA).

If you would have told me how my journey with ASDA would look over the next few years, I probably would not have believed you. Admittedly, I never planned to pursue a chapter leadership position and becoming a national leader was never on my radar.

"Morgan, why aren't you running for the editor position with ASDA? You would be great at it." These were the words that one of my closest dental school friends and our current chapter president, Taylor Enochs, randomly said to me during preclinical lab one day. It was D2 fall. If taking on a leadership position wasn't on my radar before, it definitely wasn't on my radar then. Reluctantly, I applied for the position. Two years later and I am so grateful for the seed that was planted on that seemingly random day D2 year.

Looking back, I am so proud of what UTHSC ASDA has blossomed into. The overall stigma of our ASDA chapter my D1 year was that it was a "party club." Today, we are a nationally recognized chapter. We have won countless awards with the most notable being the Gold Crown Award in 2018 for Most Improved Chapter.

Following suit, our chapter publications have grown. At the 2018 District 4 Meeting, we were recognized with the Stainless Steel Crown Award for Best Chapter Newsletter. This year we continued to grow. We formed an editorial board, debuted a preclinical newsletter and launched our chapter blog.

I am so proud of the progress we have made as a chapter, and I am excited to pass the baton to the next group of leaders.

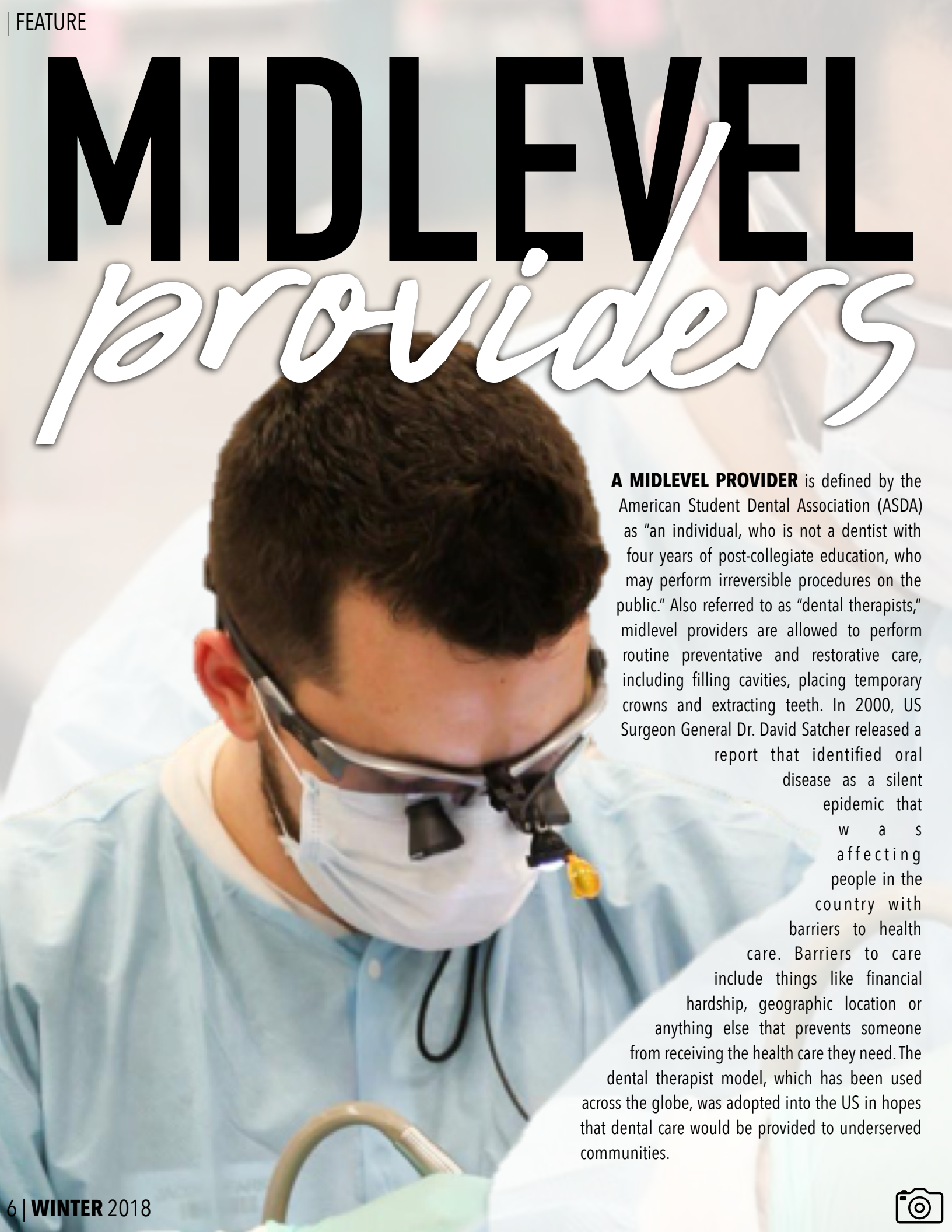
**Morgan Rebeck, '19**

Chapter Editor-in-Chief  
National ASDA Editor

The broad theme of this issue of the **TENNESSEALANT** is advocacy. In this issue, read about the controversy surrounding midlevel providers. Learn about the history of licensure reform. Gain insight into the use of Dexis CariVu for detection of interproximal decay. All this and more can be found in the following pages.



# MIDLEVEL *providers*



**A MIDLEVEL PROVIDER** is defined by the American Student Dental Association (ASDA) as “an individual, who is not a dentist with four years of post-collegiate education, who may perform irreversible procedures on the public.” Also referred to as “dental therapists,” midlevel providers are allowed to perform routine preventative and restorative care, including filling cavities, placing temporary crowns and extracting teeth. In 2000, US Surgeon General Dr. David Satcher released a report that identified oral

disease as a silent epidemic that

was

affecting people in the

country with

barriers to health

care. Barriers to care

include things like financial

hardship, geographic location or

anything else that prevents someone

from receiving the health care they need. The

dental therapist model, which has been used

across the globe, was adopted into the US in hopes

that dental care would be provided to underserved communities.





What's the problem with this model? Dental students are fully aware of the rigorous didactic and clinical training it takes to become competent dental practitioners. We are extensively educated on how to treat medically compromised patients, potential drug interactions, complicating oral anatomy that may hinder treatment, the list goes on and on. Should we, as future dentists, allow the quality of our profession to be jeopardized by midlevel providers who are less educated in dentistry? ASDA believes that only a qualified dentist who has been adequately trained should perform the following functions, including but not limited to:

- **Diagnosis and treatment planning**
- **Prescribing work authorizations**
- **Performing irreversible dental procedures**
- **Prescribing drugs and/or other medications**

While some dental therapists work under the direct supervision of a general dentist, many dental therapists work in different locations and only communicate with dentists by phone, fax or email. If someone is not adequately trained to even identify complicated cases or potential contraindications to treatment, how can we allow them to go out and practice dentistry on their own? Another important consideration is identified by the Academy of General Dentistry: "Because underserved patients often exhibit a greater degree of complications and other systemic health conditions, the use of lesser-educated providers risks jeopardizing the patients' health and safety."

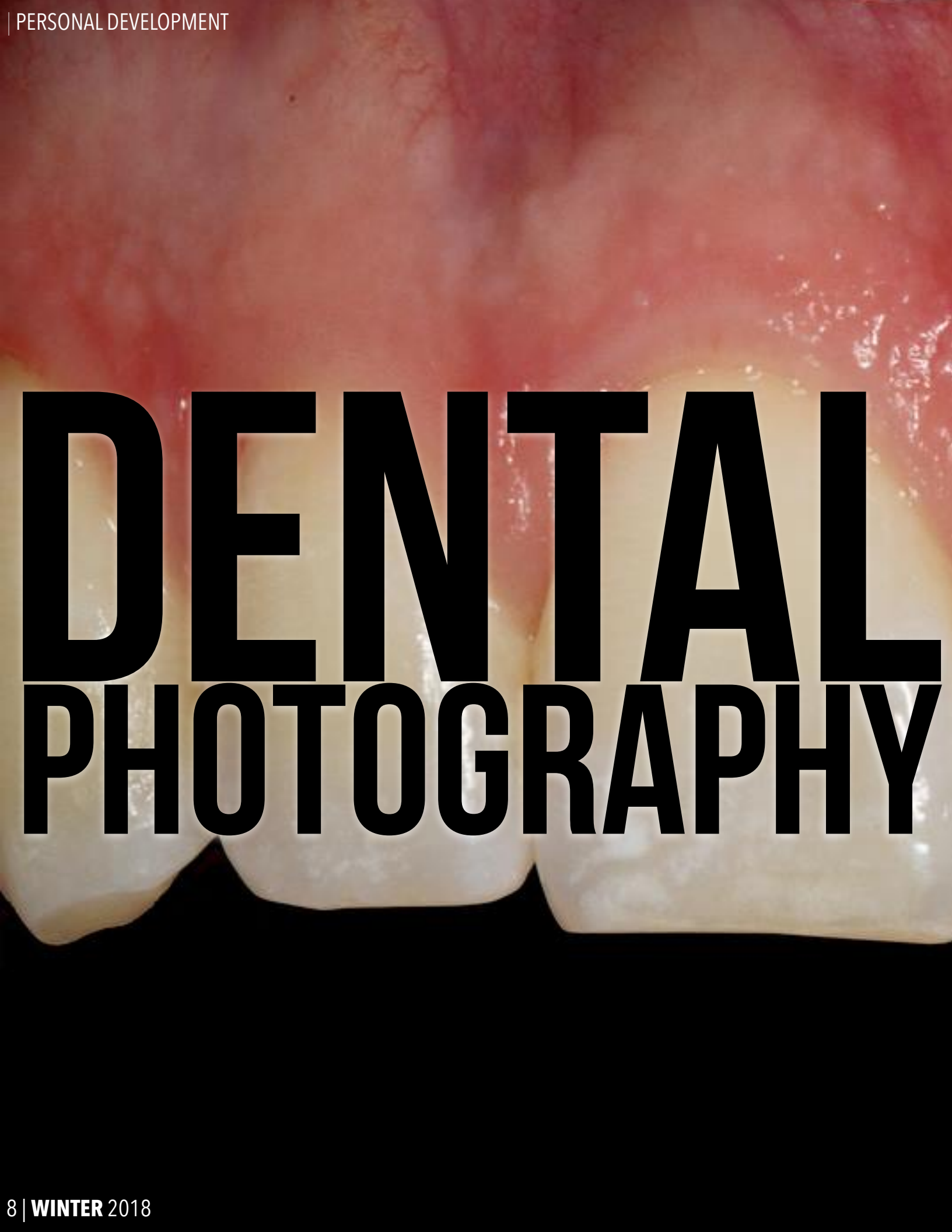
So what is ASDA doing to monitor the rise of midlevel providers? Dental students across the country have lobbied against legislation which favors midlevel providers, which helped defeat a bill in 2016. Alternative proposals for providing health care to underserved populations includes American Dental Association's Action for Dental Health Initiative Act, Community Dental Health Coordinators, preventative care and early intervention, and many more. The current legislation that is supported by ASDA is HR 2422, the Action for Dental Health Act. This bill would allow organizations to qualify for oral health grants administered by the Centers for Disease Control. These grants could then be used to fund events which provide dental care to underserved communities. Examples of these events include Mission of Mercy and Give Kids a Smile. As this is currently a controversial topic in organized dentistry, be sure to stay informed and involved so that you can be a voice in helping protect the integrity and quality of our profession.

*"Should we, as future dentists, allow the quality of our profession to be jeopardized by midlevel providers who are less educated in dentistry?"*



**Jacob Sparks, '19**  
Chapter Membership Chair





# DENTAL PHOTOGRAPHY



**FROM COSMETIC DENTISTRY TO ORTHODONTICS**, dental photography is becoming more common and more or less essential in modern dentistry. Not only does dental photography allow you to keep digital documentation and progression of your cases with before and after pictures, but it allows you to communicate your treatment plans with your patient and collaborate with the lab and other dentists more effectively. Good photos could also be used for marketing or original art for your office. The following are some things to remember when using dental photography.

## CAMERA/LENS

Ultimately, a good camera with a good lens is the first essential investment in succeeding in dental photography. These allow you to adjust the settings more accurately to capture the correct color, anatomy and depth of field. Ideally, all the settings should be set on manual mode according to the Canon Dental Photography Guide.

## POSITIONING & ANGLES

Stable positioning of both the photographer & and the patient is important. Angles in which the photo is captured is important so the correct dimensions of the teeth and oral structures can be analyzed. The Canon Dental Photography Guide states when taking anterior pictures, all facial structures and dimensions should be captured in a series.

## BACKGROUND & DISTANCE

According to Shofu Dental's "Excellence in Dental Photography" article by Anna Kataoka, the best background to use is a non-reflective dark background. The dentist should also keep a consistent, repetitive distance from the patient. All before and after pictures should be standardized with both color and size.

## KNOW WHAT YOU NEED

Know what pictures you need to capture to successively aid in the treatment. Do you need extra-oral or intra-oral views? Full-face or mouth only? Full arch or quadrant? Occluded or open? Smiling or repose?

## FIELD OF VIEW

Photograph clean teeth with the widest field of view possible. Anna Kataoka also states that clean and dry teeth allow the photo to more accurately capture the initial contours. Lips, cheeks and tongue position should be controlled. Retractors and mirrors are great additional elements to enhance the field of view.

Dr. Mickey Bernstein, cosmetic dentist and Memphis local, suggested that Canon and Nikon are the best camera bodies in the dental industry, along with a 100 mm macro lens and ring flash. The other suggestion he had was to practice. He stated, "Get some hands on training. The American Academy of Cosmetic Dentistry (AACD) has a workshop each year at its annual meeting. Other good teachers are Bernie Villediego (Chatsworth, CA) and Greg Lutke (Dallas, TX). The AACD has a great Photography Guide available to student members."



**Taylor Rogers, '21**  
Chapter Social Chair



**Photo Credit:**  
John Wilson, '20



# The past, present and future of LICENSURE REFORM



**Anna Hill-Moses, '19**  
Chapter Secretary  
District 4 Trustee

**BOTH TENNESSEE AND ARKANSAS** require students to pass a clinical licensure exam – one with two irreversible procedures on live patients – as an initial pathway to licensure. However, according to a 1996 study by Meskin published in the Journal of the American Dental Association, the national passing rate for this exam has been as low as twenty percent some years. Are dental schools not preparing students well enough? Or are these exams producing invalid results?

ASDA's White Paper on the Use of Human Subjects in Clinical Licensure Examinations was published in 2016. The paper examines these questions providing data and research. Many studies, both empirical and statistical, show the lack of validity in the exam process. There is no correlation between class rank and successful completion of the exam. In fact, the bottom ten percent of the class has been shown to pass while the top third fail, according to a 1981 study by Hangorsky published in the Journal of the American Dental Association.

Dental schools have set up mock-boards to try and help students simulate the real exam. However, the White Paper exhibits a study in which students who passed the prosthodontic section of the mock board exam were more likely to fail the actual exam. It is evident that a change in the licensure process is necessary.

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

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MARGARET MEAD



# Let's take a look at the history of licensure reform.

## 1883

Professional dental licensure standards created.

## 1929

Three-part board examination created by the National Board of Dental Examiners.

## 1975

The ADA published a policy concerning relocation of practicing dentists with minimal inconvenience. The ADA is in support of a portable state licensure examine, or as ASDA says, a universally accepted exam.

## 2003

The ADA adopted a policy that states dental schools should offer the exam frequently enough to ensure students multiple attempts.

## 1998

PGY-1 accepted by the ADA as a pathway to licensure

## 1992

ADA policy accepted which encouraged state dental boards to accept a common core of standards for licensure exams that would ultimately ease the relocation of dentists.

## 2005

Elimination of live patients within licensure exams supported by the ADA unless the exam is integrated into the dental school curriculum.

## 2016

ASDA's white paper on licensure reform released and new licensure policy adopted.

## 2018

ADA accepts the following pathways to initial licensure:

- Clinical exam from any testing agency
- Graduation from a CODA-accredited PGY-1 program
- Completion of a portfolio-type exam
- An Objective Structured Clinical Examination (OSCE)



# DEXIS CARIVU

Advances in detection of interproximal decay

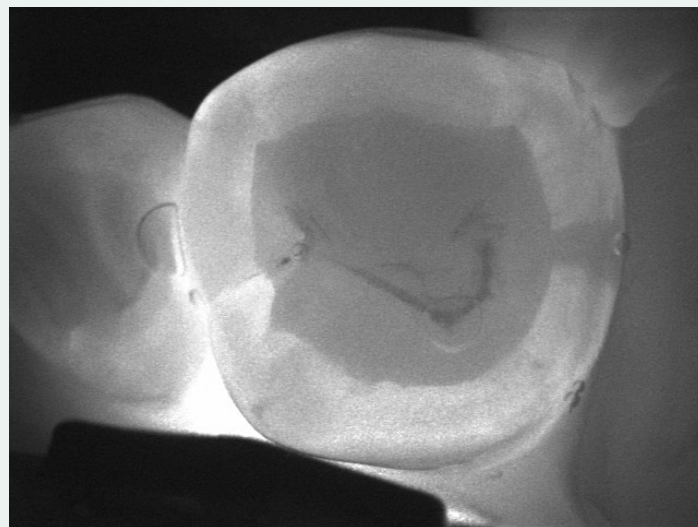


**John Pickering, '20**  
Chapter Advocacy Committee



**IN DENTISTRY,** competent patient care depends on a proper diagnosis. A skilled dental clinician uses knowledge obtained from patient medical history, clinical findings, and supplementary diagnostic tools (e.g. radiographs) to ensure appropriate diagnosis and treatment. As diagnostic tools evolve, so must the clinician. One of our many responsibilities to our patients is to research new technology in pursuit of superior treatment. Hopefully this article will inspire you to do just that.

For years, detection of interproximal decay has best been viewed on bitewing radiographs, but what if I told you there was something better? A new product by Dexis called CariVu is designed to better help clinicians visualize the extent of decay on a tooth in question. "By hugging the tooth and bathing it in safe, near-infrared light, CariVu's trans-illumination technology makes the enamel appear transparent while porous lesions trap and absorb the light. This unique caries detector allows the clinician to see through the tooth exposing its structure and the actual structure of any carious lesions with very high accuracy," according to the Dexis website. A December 2013 study by Klinikum found that the diagnostic accuracy of detecting interproximal caries was greater when using the CariVu compared to bitewing radiographs.



CariVu's trans-illumination can also offer other benefits that bitewings cannot. First, trans-illumination is also a technique commonly used to help identify cracked teeth. Second, by using this device you can completely see the extent of the decay, whereas on a radiograph the radiolucency may only detect about 60% of the actual decay present on that tooth. A tooth that may appear radiographically sound could potentially need endodontic treatment. With trans-illumination, one could better decide the course of treatment for a tooth based on the accurate, observable boundary of caries. Lastly, by being able to see the extent of the decay clinicians will be able to be more conservative with their preparations.

It would be foolish to state that our established and efficient technique of comparing bitewing radiographic and clinical findings be replaced by the CariVu device, so... I won't. Instead, I would like to suggest using CariVu as a supplemental tool during treatment to provide better patient care. Time will tell if this device really is the next best thing in helping detect interproximal decay and to help ensure optimal patient outcomes.



# Q&A

Dr. Lauren Savell '10



**Bayli Phillips, '21**  
Chapter Social Media and  
Photography Chair-Elect



**I HAD THE PRIVILEGE** of asking Dr. Lauren Savell, who happens to be my hometown dentist, a few questions about her life outside of school and gain advice for those of us still in school.

### **Tell us about yourself.**

I am a Mississippi girl originally, raised in a small town called Newton. I received my Bachelor of Science degree from Millsaps College in 2004 and, after getting married and living the military life for a bit with my husband, graduated from UTHSC College of Dentistry in 2010. I now have my own practice in Decaturville, Tennessee.

### **What would your advice be to students as they begin their transition out of school?**

Whether you are looking to buy a practice or become an associate, look for a dentist that has similar values, philosophies and ideals as you. This is key to transitioning a patient base and a team successfully, and it will also make your business dealings much easier.

Surround yourself with people that are smarter than you – people that push you and broaden your horizons.

Get involved in your community! I've always believed in giving back to those that give to you.

Find a great CPA that you trust, and hire them immediately. They can provide you with invaluable advice and guidance in those first few years, and if they're anything like mine, they will continue to be a partner and friend as your practice grows.

### **Knowing what you know now, what advice would you give yourself as a second or third year dental student?**

Don't take any opportunity to learn for granted. It is all important! When you graduate, you will be expected to know everything that is being presented to you now, so... learn it; practice it; make mistakes; ask questions; and learn some more.

### **Did you feel prepared to step into a private practice after graduating from UTHSC?**

Without a doubt! UTHSC does an awesome job of training us and molding us into skilled dental professionals. During my travels to other parts of the country for continuing education (CE), I have found that our requirements for graduation are often far above that of my colleagues. Be proud of your education!

### **What tips or tricks have you found most helpful since graduating school?**

I can tell you I love my pencil waxer, and my Denar articulators rock! The real tips and tricks that have been most helpful to me have been in practice management. Hone your skills here. Balance your personal life with work, and always treat others the way you wish to be treated.

### **How would you recommend students start tackling loans?**

Start right away. Don't push it to the side. There is healthier debt that will work for you; student loan debt is not one of those. Research lenders so that you can consolidate your loans to get a lower interest rate.

### **Are there any particular CE courses that you would recommend?**

Before dental school, I worked for an excellent dentist in Phoenix who, from day one, was telling me to attend the Dawson Academy. I cannot echo him more loudly – go do Dawson's Core Curriculum! It will make you a more knowledgeable, comprehensive doctor of the entire masticatory system. I would also encourage you to learn about sleep medicine and dentistry's role in it. Our patients deserve the best we can give them, and the only way we can do that is by staying at the forefront of emerging methodologies and technologies.

### **What is the most rewarding/gratifying part of your day?**

When a patient accepts a course of treatment that I know is going to change his/her life. Whether it's treatment for a temporomandibular disorder or an evaluation for sleep apnea, it is very fulfilling when patients place their trust in me and allow me to do what I'm trained to do to truly improve their quality of life. It builds strong relationships, and before long, your schedule is no longer filled with patients but with friends.

Thank you, Dr. Savell, for chatting with us, and thank you to all of our alumni for your support and encouragement!



**Photo provided by:**  
Dr. Lauren Savell

# mind over matter

Tips to boost your intellectual wellness



**Chelsea Schwind, '20**  
Chapter Editorial Board  
Chapter Advocacy Committee

**WELLNESS IS A WORD** that is very prevalent in today's society. We see it all over social media and read about it in magazines. Most of these sources seem to be talking about physical wellness even though that is not the only aspect essential to a person's wellbeing. ASDA recognizes five dimensions of wellness in order to have a healthy, balanced lifestyle: emotional, physical, intellectual, occupational and environmental. Although no specific aspect is any more important than the others, I feel that especially during dental school, intellectual wellness is a key to success. Intellectual wellness allows each of us to stretch our brains and embrace creativity. By simply taking a few minutes out of your day, you can boost your intellectual wellness and reduce your levels of stress. Let's explore some simple ways to encourage intellectual wellness.

## Spend time outdoors



After a long day of classes or clinic, what better way to stimulate your intellectual wellness than taking a walk, a jog or a bike ride? Numerous studies have shown that by being outdoors for just a few minutes per day, stress levels decrease and mental awareness is heightened.



## Learn to play a musical instrument

According to *The Guardian*, learning to play a musical instrument is beneficial to both children and adults. Certain areas of the brain become more developed resulting in enhanced memory and the risk of developing dementia significantly decreases.

## Read a book



This is probably one of my favorite ways to de-stress and refresh my mind after a stressful day. Reading has shown to have several benefits that include increasing brain connectivity, rewiring of the brain to produce more white matter especially in younger children, increasing the capacity of your working memory, and expanding your attention span.



## Finish a puzzle or word game

Research has shown that puzzles and other stimulating word games can help to prevent Alzheimer's disease by keeping the neural connections in your brain strong and by challenging your working memory and mental agility. Some examples of these are Sudoku, crossword puzzles and chess.

These are just a few simple examples to improve your intellectual wellness. If these don't appeal to you, there are plenty of other ways to allow your brain time to focus on something other than the daily drudge of dental school. There is no one exact way to develop and increase your intellectual wellness. Find what works best for you and stick to it! Your brain will be sure to thank you later!

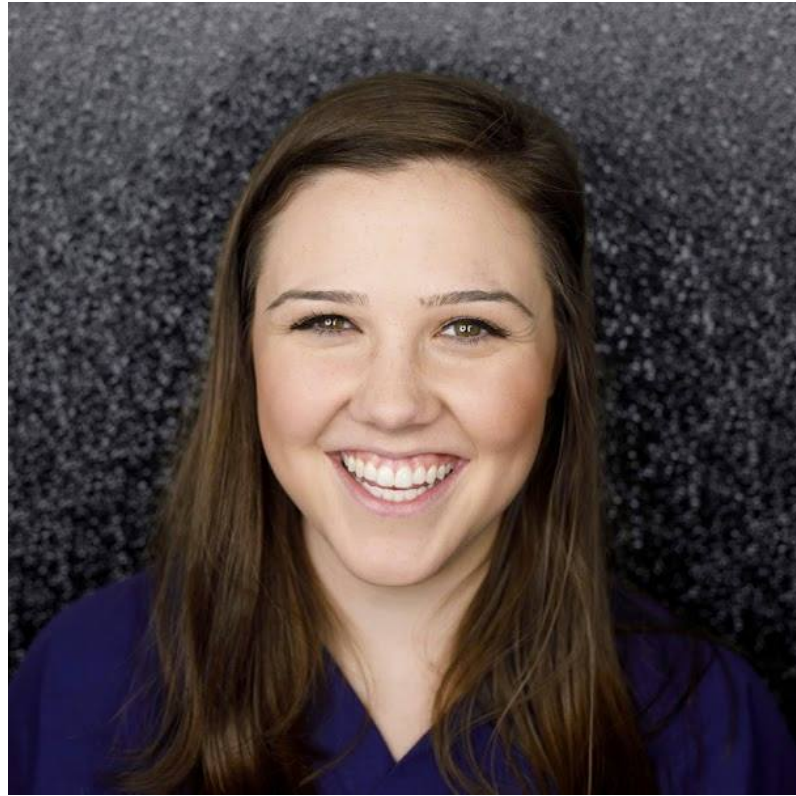


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meet our next editor-in-chief:

# ALLISON POGET



**Class:** 2021

**Hometown:** Johnson City, Tennessee

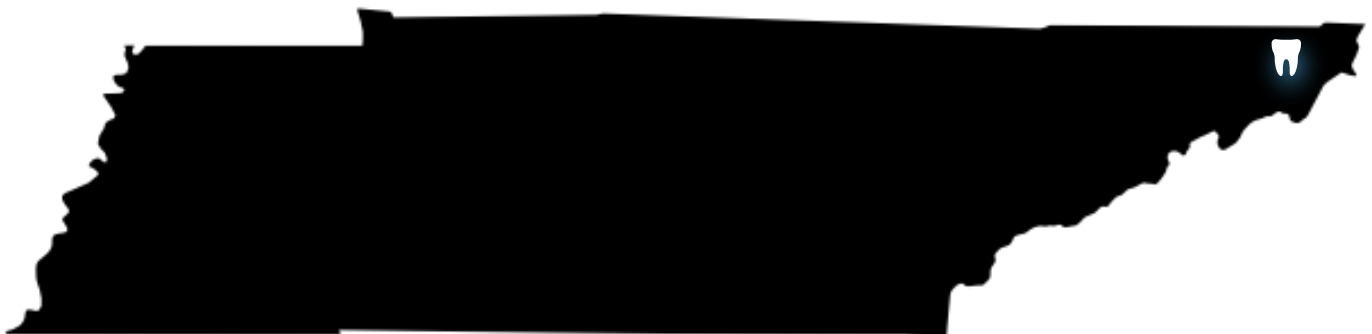


Photo provided by:  
Steven Bridges

**What is your favorite dental instrument?** A mirror because it is pretty helpful and brings light to dark places!

**When did you realize that you wanted to be a dentist?** The first time I remember wanting to be a dentist was in third grade. I haven't changed my mind since!

**If you were the tooth fairy, how much would you pay for a molar?** Whatever the going rate is now plus one dollar. I'm not just a normal tooth fairy, I'm a cool tooth fairy.



# let's TACO 'bout it

Memphis Food and Drink Guide



**Nidhi Shah, '20**  
Chapter Fundraising  
Committee

**WHEN MOST PEOPLE TALK** about the Memphis food scene, they rave over the great BBQ at Central and the hot pizza at Aldo's. A hidden food that most people don't know about are the delicious tacos found around this city. It might come as a surprise, but Memphis is the home to many different restaurants and taco joints that will leave you wanting to come back for more. The list is endless, but here are a few of my favorite places!

A local favorite is **Maciel's Tortas and Tacos**. This cute taco joint is located in the heart of downtown Memphis on South Main Street where locals often go for dinner on the weekends or a quick lunch break during a work day. Maciel's is known for its quick service and excellent taste. Not sure if you are in the mood for a fried or a soft taco? They do both! All taco combos come with three tacos and a side of rice and refried beans so you will always leave with a full stomach. This taco shop is also known for their avocado salsa, which is a great addition to all the tacos. My personal favorite is the Tinja (Spicy Chicken) Tacos paired with a chilled Horchata. It has the perfect amount of flavor and is not overwhelmingly spicy. Not a fan of coming into downtown on a busy weekend? Maciel's just recently opened another location on Highland Avenue which is more convenient for people living in Midtown.

If you are feeling a bit on the adventurous side, a taco truck called **Taqueria Express** located right off of Summer Avenue is the place to get your next taco fix. Get a car full of your best buds and drive down to this taco truck located right outside a gas station for some of the most authentic tacos this side of the Mississippi. Top it off with a nice Mexican Coca-Cola that they sell at the market right beside it. My personal favorite is the chicken tacos. The tacos taste best fresh so be sure to post up on your car and enjoy them right then and there. They are a cash only food truck, but don't worry the prices are very reasonable!

If you are looking for a nice sit-down restaurant with tacos the place for you to check out is **Tennessee Taco Company (TTC)**. TTC does not offer the standard tacos you expect at a taco shop, but their choice of ingredients for their tacos will make you curious enough to try them. Vegetarians will especially be drawn to this place for the many options they have for them. Some of my vegetarian favorites are: Caulilujah and Bonnaroo Breakfast. Both known for their fried cauliflower and tater tots as substitutes for meat. Yes, I said tater tots! Best part about this place is that their soft tacos are actually pretty big. Two being more than enough. They are known for their Taco Tuesday specials: two tacos for seven dollars!





**MACIEL'S TORTAS & TACOS** | 45 S. Main St.**TAQUERIA EXPRESS** | 4590 Summer Ave.**TENN. TACO CO.** | 3295 Poplar Ave. #101



# VEGETABLE QUINOA PILAF

*2 cups quinoa or rice*  
*4 cups water*  
*Salt as needed*  
*3 tablespoons oil (of your choice)*  
*2 teaspoons cumin seeds*  
*3 pods cardamom*  
*3 cloves*  
*3-4 cinnamon sticks in 1 inch pieces*  
*1/2 cup cashew nuts*  
*1 cup green peas*  
*1 cup carrots*  
*1/2 cup green beans*  
*1/2 cup corn*

- Cook two cups of quinoa (stovetop, slow cook, instant pot or any method you like) and set aside
- Heat 3 tablespoons of an oil of your choice (I go with olive oil) in a non-stick pan
- Add 2 teaspoons cumin seeds and allow them to sizzle until fragrant
- Add 3-4 cinnamon sticks in 1 inch pieces, 3 cardamom seeds, and 3 cloves and allow them to cook and become fragrant
- Add cashew nuts and allow them to toast slightly brown
- Add peas, carrots, green beans and corn (or choose other vegetables you like!) and cook thoroughly
- Optional: add a pinch of turmeric powder and chili powder
- Add cooked quinoa to the mixture and mix well
- Add salt to taste (I usually add a pinch)
- Optional: add a little bit of butter and mix in to the pilaf if you think it looks too dry and garnish with mint
- Enjoy with a side of plain yogurt, meat, or anything you like!

Try out this flavorful, healthy and easy  
 Indian side dish with your next meal.  
 It even makes a great quick meal  
 when you're busy!



**Taruna Purihella, '20**  
 Chapter Pre dental Chair-Elect





STAY UP-TO-DATE WITH  
**DISTRICT 4**



**ASDA DISTRICT FOUR**  
*full steam ahead*

## GET PUBLISHED NATIONALLY

Did you know that ASDA has a blog? **MOUTHING OFF!** provides a wide range of tips and tricks to get you through dental school and off to a running start after graduation!

Want to be published in a magazine? **CONTOUR** is ASDA's national magazine. Reach thousands of dental students with innovative and current content related to the dental industry and student advocacy. Just send an email to our Chapter Editor-in-Chief and National ASDA Editor, Morgan Rebeck, at [mrebeck@uthsc.edu](mailto:mrebeck@uthsc.edu)!

**ASDA**  *Building Bridges*

# ANNUAL SESSION

— **PITTSBURGH** — FEB. 27 – MARCH 2, 2019 —



**Arkansas Dental Centers**  
FAMILY & IMPLANT DENTISTRY



**Tennessee**  
DENTAL ASSOCIATION

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**HELP US FILL THE VOID:** Want to be featured in the next issue of **TENNESSEALANT**? Interested in being part of the UTHSC ASDA Editorial Board? All you have to do is email our Editor-in-Chief, Morgan Rebeck, at [ut\\_asdaeditor@outlook.com](mailto:ut_asdaeditor@outlook.com) for more information!



EDITOR-IN-CHIEF: **MORGAN REBECK '19**



EDITOR-ELECT: **ALLISON POGET '21**

# MEET THE UTHSC ASDA EDITORIAL BOARD



CONTRIBUTING EDITOR: **TESSA JOHNSON '19**



CONTRIBUTING EDITOR: **CHELSEA SCHWIND '20**

**DISCLAIMER:** The opinions, beliefs, and viewpoints expressed by the various authors in this publication do not necessarily reflect the opinions, beliefs, and viewpoints of the American Student Dental Association at the University of Tennessee Health Science Center.



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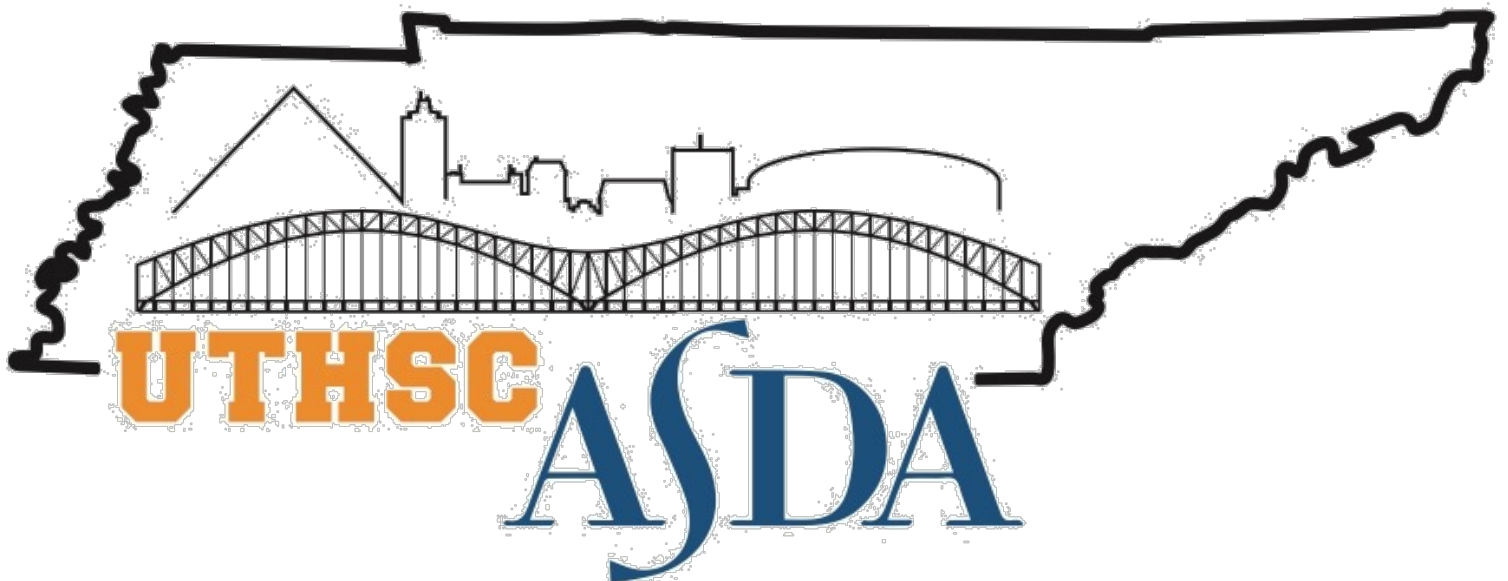
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# TO THE GOLD CROWN AWARDS COMMITTEE

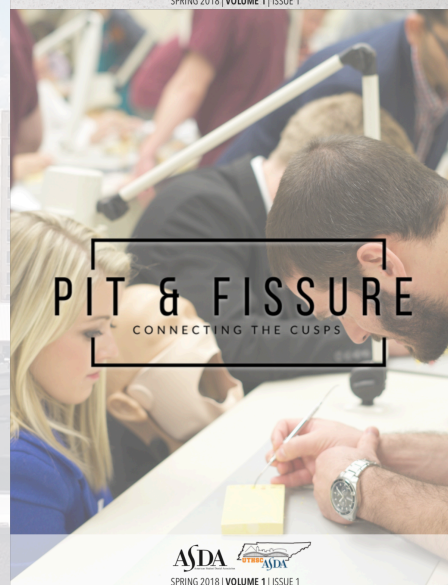
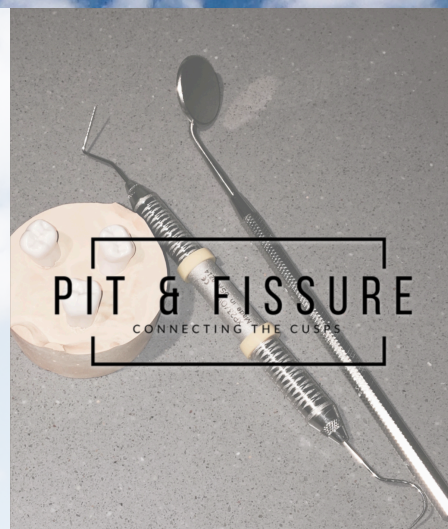
We had big goals for the year. To achieve these goals, we formed an editorial board and communications committee. As a team, we worked together to bring great content to our predoctoral and predental members.

This year UTHSC ASDA publications exceeded all expectations. We launched our chapter blog, **THE PATHFILE**, and debuted our biannual predental newsletter, **PIT&FISSURE**.

On the following pages are excerpts from **PIT&FISSURE**. We are excited to share our new publication with you. We believe that providing our members with dedicated predoctoral and predental publications brings our outreach to the next level.

Thank you for taking the time to consider our application.

- UTHSC ASDA EDITORIAL BOARD





# DEAR READERS:

I am thrilled to present to you the first issue of UTHSC ASDA's newest publication, **PIT&FISSURE**. The goal of **PIT&FISSURE** is to help bridge the gap or, as we like to say, **connect the cusps** between predoctoral and predoctoral students.

Applying to dental school can be a stressful and confusing process. In this issue of **PIT&FISSURE**, we hope to help alleviate some of the stress by providing advice related to taking the DAT, the application process and interviewing. You will also find articles for maintaining personal wellness on a budget, a guide to Memphis, and so much more!

See you in the pages!

*Morgan Rebeck*

**Morgan Rebeck, '19**

Chapter Editor-in-Chief  
National ASDA Editor





# HELLO PREDENTS:

**Congratulations!** You are already steps ahead of so many other students who are considering dental school.

Becoming a predental member of ASDA and learning more about our organization will provide you with so much information to prepare you for the long haul of dental school. Even better, it will get you ready for the career you are heading towards.

When I started dental school, I had never even heard of ASDA, but I wanted to get involved so I dove right into the mix. I have found passion and direction through ASDA and plan to join my state dental association after graduation to continue making strides in dentistry and keep the dental field moving in a positive direction.

Whatever your desires and dreams, you are headed in the right direction. If there is anything our chapter can do to help propel you towards your goals, please let us know. We are here for you, so just ask!

*Taylor Enochs*

**Taylor Enochs, '19**  
Chapter President



# Why Join ASDA as a Predental?



**Taruna Purihella, '20**  
Chapter Predental Chair - Elect

**You have completed** your needed prerequisite classes, done hundreds of hours of shadowing, been an active member of your pre-dental club... basically, you have devoted your soul to showing the admissions committee how badly you want to be in dental school. So, now what? How could you possibly boost your application to the next level? Well, simple, get involved with the American Student Dental Association (ASDA) and become a part of a network that is larger than you and your immediate application!

Let's start with the basics: ASDA is the largest national organization dedicated to predoctoral and predoctoral students. The organization is designed to aid students in becoming leaders in their community and to go above and beyond what is taught in the classroom or even normal Predental Dental Society meetings.

Some of you might be thinking, *"What's in it for me? I'm not even a dental student yet!"* Well, I'll say it again:

**GET INVOLVED!**

**ASDA**  
American Student Dental Association



Being an active member of ASDA shows that you care about the issues involving dentistry that are larger than individual accolades such as GPA, DAT score and components of a resume. Take the opportunity to become a holistic care provider from day one! Make an effort to be informed about legislative issues that affect dentistry and form an opinion about them so you know where you stand when new policies come into play. Attend conferences to hear what your predecessors have to teach you. Not being a member of ASDA is denying yourself the opportunity for growth professionally. ASDA's recognized for its ability to strengthen students and is very well recognized by all admission committees! Plus-you get great benefits when you join too!

## Benefits

According the National ASDA website (asdanet.org), as a predental member, you receive:

- **Discounted codes for DAT study tools:** (like CRACK the DAT, Memorang and Coursesaver Chad's Videos)
- **A copy of "Getting into Dental School"** which is your all inclusive guide to each individual school's application requirements and general information about their program along with tips for financial aid
- **Interview tips, personal statement guidance, shadowing guides, mock interviews** and so much more
- **Access to ASDA's award winning publications** like the predental publication *The Polished Predental*, *Mouthing Off* blog, and *Contour* magazine
- **The opportunity to attend** national and district conferences
- **Access to various webinars** and a webinar season pass for your club members
- **The opportunity to attend Lobby Day** in Washington D.C. and join student doctors, dentists and other predentals as they learn about the pressing issues of dentistry and advocate for the betterment of the dental profession

I could go on with a laundry list of all the benefits but, as a former predental ASDA member myself, you are receiving a plethora of benefits that you can selectively cater to your own needs. It's entirely what you make of it!

## Leadership

Don't have an ASDA chapter as part of your Predental Society? Start one! You can use that opportunity to create local leadership positions and as motivation to attend District and National conferences. There are also National and District predental leadership positions that are available such as:

- **Predental Consultant (1 person):** This person is funded to attend the spring and fall council meetings in Chicago and serves as a consultant to the advisory committee
- **Predental Advisory Committee (5 people):** This committee acts as a board for new programs, benefits and resources for predental members
- **District Positions:** Each district has positions available for predentals to become more involved

## Become an ASDA member through UTHSC!

Interested in coming to UTHSC and want to hear all about our rapidly growing and award winning ASDA chapter? You can sign up to join UTHSC ASDA as a predental! Here at UTHSC, you'll have the opportunity to enjoy all these benefits as mentioned plus continued access to our very own inaugural predental publication *PIT&FISSURE*. You will receive updates from UTHSC ASDA about events in the area and other ways to get involved, plus many more perks! Get involved today!

# Tackling the DAT



**Trey Mauney, '20**  
Chapter Gold Crown  
Awards Chair

**Hello Predents!** I am a second-year dental student, and I took the DAT shortly after I graduated from the University of Memphis. In order to best prepare for the DAT, I researched study materials in advance to find the sources that worked best for other people.

This is my experience on **what to study** and **what to expect** come test day.

For the **Natural Sciences section**, I found *Cliffs AP Biology 3<sup>rd</sup> Edition*, *DAT Destroyer* and *Coursesaver (Chad's Videos)* most helpful. I read Cliffs AP Biology front-to-back and made flashcards along the way to review later. I watched Coursesaver's general chemistry videos and took notes. For organic chemistry, I went through the *DAT Destroyer* twice and made sure I understood why I got questions wrong. The natural sciences section has 100 questions with 90 minutes to complete. If I had to choose one material for this

section, it would definitely be the *DAT Destroyer*. Even though it was tough, I felt confident in this section on the test.

After the Natural Sciences, the next section is **Perceptual Ability (PAT)**. I spent a lot of time preparing for this section, because I knew that dental admissions committees looked at this score heavily. I used *DAT Bootcamp* practice tests and took all of them multiple times. My biggest issue on this section was **time**, since you only have 60 minutes to complete 90 questions. I came up with a time limit for each small section (angles, boxes, keyhole, etc.) to ensure I saw each question at least once. This tactic worked for me. The difficulty of this section on my test was comparable to *DAT Bootcamp*. Other students had success with *Crack the DAT* practice exams for PAT, so it is important to find what system works best for you.



After answering 190 questions, you will have an optional 15-minute break. My advice would be to **take the break** in full and bring something easy-on-the-stomach to eat.

The next section is **Reading Comprehension**, and this one actually scared me the most. I am not the fastest reader, so I had to practice this section more so than others. I bought *Crack the DAT Reading* and did practice tests to improve my reading and comprehension time. This preparation paid off because a similar passage showed up on my actual test. There are 50 questions to answer from 3 scientific passages in 60 minutes.

Many people read the questions first and then skim the passage for the answers, but I read the whole passage before looking at the questions. If you are an avid reader, this section is not one to worry about!

Finally, the last section is **Quantitative Reasoning**. I did not spend much time studying this. A lot of dental admissions committees put more weight on the results from the Reading Comprehension and Perceptual Ability sections, so I spent a majority of my preparation time on these areas. I completed the *MATH Destroyer* for this section. There are 45 questions to complete in 40 minutes, so

time management is key on this section. If I was unsure of a question, I skipped it so I could see all questions first. My lowest score on the test was in this section, but I knew my preparation for the other sections would make up for it.

Finding the right preparation materials, practicing time management and being consistent with studying are the most important factors for being successful on this exam. Since studying in smaller time increments works better for me, I studied a few hours every day for about three months. Prepare smart, focus on weak points and have confidence. You will do great! Good luck!

## QUICK GUIDE TO THE DAT:

### \*TUTORIAL:

15 minutes

### SURVEY OF NATURAL SCIENCES:

90 minutes

100 questions

### PERCEPTUAL ABILITY (PAT):

60 minutes

90 questions

### \*BREAK:

15 minutes

### READING COMPREHENSION:

60 minutes

50 questions

### QUANTITATIVE REASONING:

40 minutes

40 questions

### \*SURVEY:

15 minutes

**CHECK IT OUT:** Preparing for the DAT

# What I Wish I Knew As A Predent



**Lauren Leiden, '21**  
Chapter Lunch and Learn  
Coordinator

## **You have made the official decision –**

you want to be a dentist. As if narrowing down the idea of your life-long career wasn't hard enough, now you have to figure out *how* to get into dental school. Fret not, thousands of students get into dental school every year! Throughout your application process imagine yourself as an "advice sponge," soaking up as much information as possible from your peers who have been accepted into dental school.

One piece of advice I try to give applicants is to only apply to dental schools you **actually want to go to**. I know that may sound like common sense, but really take the time to think about where you would be happiest. Do not only visit the schools, but visit their towns! Applicants often go visit the schools, but they fail to actually embrace their surroundings to determine the general "vibe" of the town. You have to think about the fact that each and every school you apply to could very well be the only school to which you are accepted, and you want to be able to enjoy your spare time during the four long, grueling years of dental school.

In regard to the DAT, practice, practice, practice! The more problems you work for each subject area the better. Watching videos online, such as Chad's Videos, also aids in quickly clarifying unclear topics. I also suggest completing timed

practice DATs to get a general feeling of how the DAT will go on testing day. Having said that, do not get discouraged from your practice DAT scores; most people I have met made higher scores on the actual test in comparison to their practice scores. For more advice on taking the DAT, please read "Tackling the DAT" on **Page 8**.

Another tip I wish I had known as a predental student is that the dental school application process is holistic. Although hearing about other applicants' scores and resumes can be extremely intimidating, it is important to remember that a number of different factors such as grades, extracurricular activities, personal statement, dental experience, attitude and recommendations are taken into account for each applicant during the selection process. Remembering this fact can help ease your anxiety. Make sure to have a decent amount of strength in each area of the application, and try your best to "put a face with a name" at the schools where you interview.

Lastly, do not let the application process define you. You are more than just an acceptance or a rejection! Too many applicants do not realize this. If you did the best you could with the best you've got, your best is always enough! Good luck, you can do it!



*If you did the best you could  
with the best you've got,  
your best is always enough!*

## Getting Into Dental School

## Upcoming ASDA Webinars

**April 17, 2018**

Vital Information and Tips for Taking  
the DAT

**April 18, 2018**

Strategies for the PAT

**April 19, 2018**

Conquer the Science and Math  
Sections of the DAT



# UTHSC ASDA

## PREIDENTAL DAY 2018

MARCH 2018

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |     |



# THE DENTONES

UTHSC COLLEGE OF DENTISTRY FACULTY BAND

## Dr. Mark Anderson

Associate Professor  
Director, Division of Oral and Maxillofacial Pathology  
Director, Oral and Maxillofacial Diagnostic Services  
Diagnostic Sciences

## Dr. James Ragain

Associate Professor and Interim Chair  
General Practice



## Dr. Russell Wicks

Professor and Chair  
Prosthodontics

## Dr. David Umsted

Associate Professor  
Prosthodontics

## Dr. Vernon Pennington

Associate Professor  
General Practice