

SPRING SEMESTER 2018

UNC ASDA

NEWS BITES

May 22, 2018

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SAVE THE DATE:

NCDS ANNUAL SESSION

MAY 17 - 20
MYRTLE BEACH, NC



DISTRICT 4 CONFERENCE IN ASHEVILLE, NC

PAST EVENT UPDATE: SPRING 2018

January

12 - 15 - ASDA District 4 Conference (Asheville, NC)

22 - 26 - ASDA National Week of Service - Food drive for TABLE, card writing drive for children at UNC Children's Hospital, and volunteering at PTA Thrift Shop in Carrboro

25- ASDA Lunch & Learn - Dr. Ryan Orlosky of Night and Day Dental - Transitions to private practice - New Grad vs. Experienced Doctor

29- ASDA and DSD Drill and Chill - Help session for 1st year students before Conservative Operative Dentistry practical exam

30- ASDA Lunch & Learn - Panel discussion featuring representatives from malpractice insurance, life and disability, contract reading, and a recent dental school graduate.

February

18- ASDA Lunch & Learn - David Lewis - Importance of advocacy and its role in the dental profession

21- 24- ASDA Annual Session (Anaheim, CA)

28 - ASDA Lunch & Learn - Dr. Patrick O'Brien and Dr. Tracy Dowd Johnson - Career options post-graduation

March

5- ASDA Lunch & Learn - Rich Matika and Gene Young DDS - Career opportunities in dentistry

8- ASDA Lunch & Learn - Eastern Dental Insurance Company - Malpractice insurance

14- ASDA Lunch & Learn - DenTemps - Keys to running a successful dental practice

15- ASDA and Patterson Dental social event at Back Bar

18- Due Date for ASDA District 4 cabinet applications

26- ASDA Advocacy in Action - Panel discussion and social

29- ASDA Drinks & Dentistry - Discussion with Dr. Adrian Lineberger

April

4- ASDA Blood Drive

4- ASDA Lunch & Learn - Mike Peters of Dental Dreams - Career opportunities in dentistry

8 - 10- ADA Dentist and Student Lobby Day (Washington, DC)

BITE BLOCK

RISOTTO BY JUSTIN GROODY, DDS 2



"SERIOUSLY, I LOVE COOKING AND HELPING PEOPLE OUT WITH RECIPES, SO LET ME KNOW IF YOU WANT ANY MORE." - JUSTIN

Ingredients:

½ red onion, diced

3-4 large carrots

4 tbsp. olive oil

Bay leaf (optional)

Chicken Stock

2 tbsp. garlic, chopped

2 tbsp. shallots, chopped

32 oz. Arborio rice (Harris Teeter has a perfect sized box)

White wine

Directions:

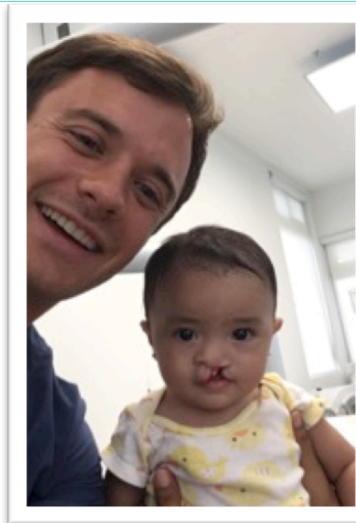
1. Heat a large pot on medium high and add the red onion, carrots, and olive oil. Cook until the carrots are tender. You can throw a bay leaf in there for some extra flavor.
2. Add chopped garlic and chopped shallots. Then add Arborio rice. Mix it up and add white wine until the rice is covered and stir. Add salt and pepper to taste. The wine/liquid should taste salty. Stir until the liquid is below the rice.
3. Now you add chicken stock until the rice is covered and stir. You will repeat this 3-5 more times until the rice is cooked through. Add more when the liquid is below the rice. You can add water if you run out of chicken stock.
4. You can then add whatever veggies or meat you want to it and serve!



FACULTY SPOTLIGHT: INTERVIEW WITH DR. DAVID SAMUELSON, D.D.S.

1. **Where are you from?** Charlotte, North Carolina, USA, Earth. Best planet, ever.
2. **What is your position at the dental school?** I think technically my title is "Adjunct Clinical Instructor." Basically, I help out in the general dentistry clinic every other week with second-years and third-years. I also spend some time in COD with the first-years as needed.
3. **Where do you work when you are not at the dental school?** My full-time job is serving as a staff general dentist at the Veterans Affairs (VA) hospital dental service in Fayetteville, NC. I work there four days a week, and then I also work at a private practice in town one day a week. Working in both practice environments is really nice and gives me a good procedural mix on a weekly basis.
4. **What made you decide to work at the VA?** I finished the first-year AEGD residency at the VA in Fayetteville, NC in 2015 and came directly on staff afterward. The simple answer is that I really enjoy the way that I get to practice dentistry at the VA—providing patients the most appropriate and best care possible without regard for their ability to pay. It is a very nice way to practice. Additionally, I really enjoy getting to mentor our AEGD residents and see them grow as clinicians.
5. **What do you like/dislike about working at the VA?** The only thing I dislike is that, as with any large institution, change often takes place slowly and requires administrative work. This is to be expected, however, so it's not a big deal. Aside from that, I basically love everything about my job. I love my patients, the staff I get to work with, the residents, my lab, my clinic, the procedures I get to do. It's all great. I highly recommend it.
6. **Where did you go to school for undergraduate and dental school?** I did my undergrad in Political Science at Furman University (Greenville, SC) and dental school right here in the very storied halls of the UNC SOD.
7. **What is your favorite aspect of dentistry?** I like its practicality. You really can do things that are helpful (on occasion anyway) for your patients, and when you do those things it requires creativity, knowledge and skill in your hands in a very physical sense. I like the idea that I could be (possibly) playing a role in restoring a person to greater health or function with my brain and hands. Probably the most helpful thing we ever do is coach patients to take care of their own mouths, actually.
8. **How would you describe your dental school experience?** I know this might not be a popular take, but honestly I loved everything about dental school. It was helpful to have family at the school—my uncles, Dr. Samuelson and Dr. Tyndall, were here and incredibly supportive. So, the place always felt a little bit like home to me. The work was tough, and I never liked exams, but I thoroughly enjoyed getting to just learn cool stuff for four years with a wonderful class of people. My classmates were (and are) amazing. I also really, really enjoyed my professors, some of whom I now get to be friends with but still cannot bear to call by their first names.
9. **What was your biggest challenge in dental school and how did you overcome it?** My biggest challenge was just trying to get all the work done each day/week/semester and to do it all well. I probably don't need to tell current students about how hard school is. I think I overcame it (if I did) by trying to care most about the things that mattered most and as little as possible about things I couldn't control or that seemed to matter least. Simple, right?
10. **Who or what helped you get through dental school?** Oh gosh, friends, classmates, family. Mainly my wife. I had a lot of supportive people in my life who all wanted me to do well. I also had an internal motivation to do well so that I could have a career and not let all those people down. But, again, mainly my wife.
11. **Who or what influenced you to go into the field of dentistry?** My uncles! As a kid, I never really understood exactly what they did, but I always knew that Uncle Don (Tyndall) and Uncle Allen (Samuelson) loved their jobs. So, I always had an idea that dentistry would be a fun profession. As I got older, I began to learn more about dentistry as a career and was naturally attracted to it for reasons I've previously mentioned. I also realized it was one in which I could do a wide range of things and still be happy.
12. **What keeps you going daily?** Tough question, ASDA. Kind of a deep, philosophical question. I abstain.
13. **What is your favorite object/item in your office?** I have a framed newspaper article written about my mother on the day of her passing last year. It has a beautiful picture of her, and it says some very kind and true things about her. And I miss her a very great deal. In a close second place is a picture of my daughter. She is named after my Mom, and she is a perfect little child who will never do anything wrong. That's just the truth. She is two, and she will never change.
14. **What do you work toward in your free time? Any hobbies?** I religiously listen to podcasts and Teaching Company courses about all kinds of topics—mostly about world history and religion but other stuff too. I also like playing tennis or any other sport. I am not good at sports per se, but I have a lot of enthusiasm about them. And I like to watch them, especially NBA basketball. Mainly though I just hang out with my daughter and my wife, because they are my people, and nothing is more fun than that.
15. **What advice would you give to current students?** Look, people are different, and my advice probably wouldn't be all that helpful as a result. But I think, at the very least, I would encourage students to actively choose to be happy while they are in school and to enjoy what they're learning. Also, get to know your faculty (not me, the REAL faculty.) There are some truly remarkable people in this building, and they can have an amazing impact on how much you can grow as a (future) dentist.
16. **Any thing else you would like to share?** I have really enjoyed being back at UNC to work with you all in clinic. It is a lot of fun for me, and I am very grateful for the opportunity. Also, please forgive me if I struggle to remember which boxes I have to check to properly grade your competencies. The EPR struggle is real. Thank you.

MEET SECOND-YEAR DENTAL STUDENT, RYAN CODY

**1. Where are you from?**

I'm from Portland, Maine. Maine is beautiful in summer time, but freezing in the winter. Portland on the coast and has great seafood and people. I lived in Portland until I was 18 and then moved to Boston for a year. I attended Boston University freshman year but transferred due to cost. On the transfer application, I checked the UNC box because it didn't have a supplemental essay. Three months later, I got into UNC. I was like 'that's cool, Michael Jordan went there.' (laughs). I've been here since 2013.

2. How were you as a child?

As a child, I was very outgoing and sports-oriented -- loved baseball, loved skiing. I have two younger brothers, one 21 years old, one 14 years old. We had a big backyard where we'd build snow forts and do a lot of fun stuff in the woods. My parents also made me travel to Latin America and learn music from a young age.

3. What are your favorite hobbies?

Traveling, live music, piano, and going on Operation Smile missions.

4. Tell me more about piano playing and music.

As I mentioned, my parents forced me to start when I was 4 years old. I began playing classical music and I quit when I was 12 because I didn't like classical and wanted something new. When I was 13, I picked it back up with a pop music teacher who encouraged me to play songs I enjoyed off the radio. Now I only play music by ear, and specifically love jazz. One of my favorite inspirations is Stevie Wonder. I think he's an amazing songwriter. And even more impressive, he's blind. I think it's amazing how he can pack out the largest music venue and not see a thing - not the lights, the stage, the action, none of it. Yet, he has the ability to move people to his music, uniting the old and the young, the white and the black, you name it. I truly believe music is a universal language that brings people together. Another universal language is the smile. Just like music, I've met incredible people through Operation Smile.

5. Tell me more about Operation Smile.

I was at a pre-dental meeting at BU when I was first introduced to the organization. Two students were presenting about their mission trip to Peru. Before I knew it, I was on a mission trip the following summer to Lima, Peru. That week, our international medical team treated 125 patients with cleft lips and palates. I was lucky to work alongside and learn from world-class plastic surgeons and craniofacial specialists. I was so inspired that I started Operation Smile at UNC.

I went through the process of creating the by-laws, assembling an executive board and holding general body meetings. The club started small, but now has provided opportunities to about 300 members over the last five years. Our undergraduate club raises awareness and money, and sends students to international mission trips. Ultimately, it inspires them to pursue careers in health care to continue their service with this cause.

6. And the people in the chapter, are they mostly dental and medical, or is it a mix of other professions as well?

We are open to all majors. By nature, it attracts mostly pre-health disciplines, but we also have people involved in public policy, public health, global studies, etc. We try to provide opportunities to each of these majors.

7. And how many trips have you gone on?

I've been to Lima, Peru on two Operation Smile missions. I worked at the Operation Smile foundation in Bogota, Colombia for a summer. I've shadowed plastic surgeons across Latin America. My most recent mission was to Nicaragua in March with Exchange for Smiles, a dental exchange program I created between UNC Dentistry and Operation Smile Nicaragua.

8. How was the experience in Nicaragua?

It was incredible - after planning the program for a year and a half, it was great to my vision come to life. When I got into dental school, I reached out to one of my mentors, Dr. Bill Magee III, DDS, MD, about an idea I had. He recommended Nicaragua as a location because it is a stable foundation, with a new clinic built in 2016, with all medical and dental specialties necessary for comprehensive craniofacial treatment. From there, I wrote the proposal and presented to Operación Sonrisa Nicaragua and Dean De Rossi at UNC. Both sides loved the proposal, so I assembled a team of students and volunteers, purchased dental equipment, and coordinated patients with Nicaragua. During the week of March 19 - 23rd, we treated 233 patients. Orthodontists were doing maxillary expansion and nasoalveolar molding (NAM). The UNC student team, my father (UNC adjunct faculty), and the Nicaraguan volunteers performed restorative, preventive, and patient education. We had patients between the ages of 15 days old to 37 years old for treatment.

The 15 day old patient came to the clinic weighing 2kg - which compares to the 3kg he weighed at birth. He was losing food through his nose. Patients with this progression and no treatment often don't survive. On the second day of the mission, he came in for an impression and 2 days later, we delivered his NAM appliance. He was able to drink milk for the first time. This patient was just one of the many cases that united our international and multidisciplinary dental team, to solidify the future for this sustainable and successful program.

9. So, I know you've done a lot of stuff with Operation Smile, so what do you see yourself doing in the future?

As far as specialties and career paths, I'm undecided. But I know I will be attending missions regularly and hopefully opening up my own craniofacial center, possibly somewhere in Latin America in the future.

10. What are some of the activities and organizations you are involved with at the dental school?

I'm on the UNC Cleft Palate Gallop executive board! I'm responsible for coordinating the race-day volunteers and raising money for this cause. All the money goes to our Craniofacial Center at UNC that helps children born with cleft lips and palates in North Carolina. I am on the Hispanic Dental Association's executive board as the social chair, where I plan events like salsa nights and mixers. I think student camaraderie is one of the most important parts of dental school. We need each other's support to get through the four years. I write and perform music with Annie Keller. We met at UNC my sophomore year - she is a UNC vocalist and musical theatre major. Lastly, I play music with a funk/rock band called Baked Goods.

11. Are you still involved with undergraduate chapter?

I am. I passed off the presidency when I graduated. But now I get a lot of speakers to come talk to the club - surgeons, dentists, speech therapists, business owners. I oversee the executive board and offer advice when necessary.

12. Are you involved with the craniofacial center at the school at all?

As an undergraduate, I shadowed Dr. Strauss, one of my mentors and inspirations from UNC's Craniofacial team. Dr. Pimenta is also a great friend and colleague. He's the Dental Director of our Craniofacial Center who has helped me with Nicaragua. I'm also organizing Dra. Teresita Pannaci (the Venezuelan orthodontist/NAM specialist who taught us in Nicaragua) to come to UNC and present to UNC's Craniofacial Team. Lastly, I raise money for the CFC through the Cleft Palate Gallop and provide CFC shadowing opportunities for undergraduate members of Operation Smile.

13. Describe your first day of dental school.

My first day of dental school was particularly stressful because I am horrible with names! But as an extrovert, it was fun meeting people from all over NC and the country.

14. You mentioned that your dad was a dentist. Did that inspire you to go into dentistry?

Actually no! I used to say: "My dad's a dentist, so I don't want to do that because he does that" (laughs). But I became involved with Operation Smile and saw what dentists do in craniofacial care, so I applied to dental school based off of those experiences and patient relationships.

15. What inspires you?

People that have passion for anything. Recently, Dra. Teresita Pannaci is my biggest inspiration. Since 1993, she's dedicated her life to studying cleft lips and palates and changing lives around the world. I'm inspired by people who treat others positively regardless of how they are feeling. We all experience days of discomfort and angst, but all people remember is how you treated them. I'm also inspired by our professors and mentors who dedicate their lives to education and training students. I'm grateful for their devotion to making our careers possible.

16. What are you most thankful for?

I'm most thankful for my parents. From the beginning they provided opportunities - to play piano, to go live abroad with families when I was 13 years, to play sports. I attribute my Spanish speaking fluency to my mom, as well as my extroverted and exploratory personality. I am also thankful for my dad teaching me about integrity and honesty through interactions with his patients.

17. How would you describe yourself?

To be specific, I'm an ENFJ (laughs). I feed off of relationships and conversations. Also, music is a way for me to express my greatest and worst moments in life. I am very empathetic and sensitive to the emotions of others.

18. If you could be anyone else in this world, who would you be and why?

Derek Jeter. My first life memory was watching Jeter play as an 18-year-old rookie in 1996 World Series against the Atlanta Braves with my grandfather. Yankees won that series. Win or lose, however, Derek spent his career congratulating his teammates and being a positive role model for the Yankees. For that reason, he goes down as one of the most respected baseball players of all time. Not because of his 3,000 hits, or his World Series titles, but because of his composure and attitude.

19. If you weren't going to be a dentist, what would you be and why?

100 percent, a touring musician - music, traveling, and meeting new people are three of my favorite hobbies.

20. And if you could think of a quote that you live by, what would it be?

There's a quote by Stevie Wonder in one of his songs, "Sir Duke," that says: "music is a world within itself, with a language that we all understand." I truly believe music is a universal language.

WISDOM TEETH:

RESIDENCY ADVICE FROM THE CLASS OF 2018

"Tripp and I applied to AEGD and GPR programs all over the country that were both match participants and non-match. We enrolled in the match as a couple and because we assumed this decreased our odds, we applied to more programs than an individual might have. Numerous programs offered us interviews and were understanding that we would be a "package deal." Midway through the interview process, we interviewed at the non-match AEGD at VCU and were offered positions in their program. We really liked VCU and decided to accept instead of taking a chance with the match in January. We are happy to speak to anyone interested in that particular program and/or applying to programs as a couple!"

- Abby Becherer Bartholomew and Tripp Bartholomew, AEGD

"Spend as much time rotating as possible. Every experience can be a good step in learning."

- David Guo, Oral Surgery

"When on your residency interviews, take time to learn more about the city where the school is located. If you don't feel comfortable on your visit, it might be a red flag that you won't enjoy your time if you have to live there for several years."

- Korry Tauber, Orthodontics

"Seek advice from more than one mentor for different perspectives. Start your personal statement early and have people edit it – but realize everyone is going to have their own ideas, so don't go too far away from your initial idea. Don't be scared to rank somewhere that gets you out of your comfort zone."

- Taylor Harlan, Pediatric Dentistry

"Start early and spread a wide net. Ask as many people for advice to get a well-rounded perspective about the specialty or specific program. Explore programs early on and contact directors for visits during third-year if possible. Prosthetic programs can vary a lot, so ask lots of questions to faculty and residents during interviews to ensure it's a program that fits your interests."

- Sarah Park, Prosthodontics

"Make sure you write a list of pros and cons after you leave each program because you tend to forget towards the end of the process. Those small details are very important when making the final decision."

- Brittany Spruiell, Orthodontics

"Make sure it's where you feel comfortable. Dental school can be a really stressful environment. Pay attention to the current resident class and the faculty because that's where you will be spending the next two to six years. So follow your heart and do what feels right."

- De'Ja Alexander, Pediatric Dentistry

"I chose the military because it has great benefits and a really good AEGD program. Don't be afraid to reach out and keep in touch with us fourth-years!"

- DeeDee Morell, AEGD

THE BUZZ ON BEEKEEPING

JACKSON BOONE, CLASS OF 2019



I think it's sad that we as dentists always have to tell people to cut back on sugars because personally I find it difficult to practice what I preach. My life and study coffees have both been much sweeter recently thanks to picking up beekeeping as a hobby while in dental school.

I find that I am often most productive when I am procrastinating being productive. It was December of 2016 and I knew I needed to hit the books for NBDE part I, but instead ended up researching a new hobby. I had always thought of beekeeping as a fascinating practice, as it includes aspects of biology and environmentalism and, of course, yields a delicious product I love. I spent two months researching and gathering the necessary equipment before purchasing a three-pound colony and my first queen, aptly named Beeyoncé.



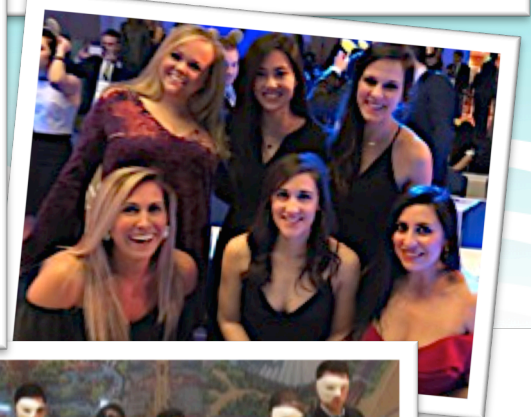
A typical season starts in March or April and runs until late October. I got my first hive April 14, 2017, and it was a wild experience. No amount of mental preparation or hours of reading can prepare you for seven thousand bees humming around your veil and suit. The goal on your first day as a beekeeper is to "install" your bee package, which basically means shaking the bees like popcorn kernels into their new home you have prepared. The queen will be in her own isolated box for the first 48 hours while her pheromones permeate the colony, hopefully resulting in the multitudes of bees accepting her as their new queen. If she is released too early, the resident bees may mistake her as an intruding queen that could be a threat to the colony.

You inspect your hive no more than once every two weeks: Each time you crack off that wax-locked wooden roof, it sets the colony back a few days. When I check on the hive I wear a suit and use a smoker, which actually calms the bees by causing them to go back inside. It's the job of the apiarist to meticulously inspect each frame as if reading a panoramic radiograph, looking for signs of disease and diagnosing what the hive needs based on the built comb. It is imperative to see the queen each time you inspect the hive to make sure she is producing enough brood to sustain the colony – as many as two-thousand eggs a day in the peak of the summer. The entire inspection process can sometimes result in a sting or two if you aren't fully covered, which can feel like the ultimate "betrayal" since you're only trying to help.

Most apiarists are able to extract their honey twice in a season, producing around 50 pounds each extraction in a healthy hive. The interesting part of harvesting honey in the summer and again in the fall is that the bees pollenate different flowering plants in different times of the year, so a jar you pull from June's harvest will be noticeably distinct from the fall harvest.

Just like a dentist, the myriad jobs of a beekeeper can't be summarized in one article. Both occupations require attention to detail, hand skills, and definitely some PPE. There are aspects of diagnosis in beekeeping, as well as a nice mix of immediate and extended gratification. I certainly plan on continuing beekeeping throughout the rest of my time in Chapel Hill and well into my future career. A few years into the "real world," I can see myself running multiple hives at a time. I figure if I produce enough beeswax to appease my mom in making her homemade candles I may eventually have enough to no longer outsource wax rims.

ASDA ANNUAL SESSION ANAHEIM, CA FEBRUARY 21 - 24



ENJOY YOUR SUMMER!

Thanks for reading! Look for the next edition of News Bites, coming Summer 2018.

Want to contribute to the next edition? Contact a member of the ASDA Newsletter Team below!

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