

ASDA NEWS BITES

UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL
ADAMS SCHOOL OF DENTISTRY

ASDA'S MONTHLY NEWSLETTER

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MARK THESE DATES

- 4/26 CITA
- 5/6 Classes/Clinic begin
- 5/10 Commencement
- 5/16 NCDS Conference (Myrtle Beach)

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UNC MOLDOVA PROJECT

by Austin Harbison

During Spring Break, six UNC-CH students traveled 5,177 miles to Chisinau, Moldova to treat children from the surrounding community. Probably like you, none of us knew where Moldova was prior to signing up for the trip. Moldova is a small country, smaller than the state of North Carolina, located in eastern Europe near Russia. Moldova is the poorest country in Europe, but is full of culture and passion. During our trip, we were partnered with six Moldovan students who are also in a dental program. The dental program in Moldova is a five-year degree started immediately after high school. Many of the students who enter dental school in Moldova come from a long line of dentists because, similar to the US, it is very expensive to attend. Due to government instability and high interest rates, loans aren't an option for most students; therefore, unless you come from a background with money, it may not be possible to attend school. Though our programs are vastly different, dentistry is global and we learned so much assisting and observing the Moldovan students.

During the week, we treated around 150 children addressing both restorative and preventative needs. Many of the children came from surrounding communities and were once housed in the local orphanage. These children come from poverty and have been coming to the UNC-Moldova clinics for years. The Moldovan students served an integral role in translating and communicating on behalf of the UNC students as none of us spoke Romanian or Russian. This immersive experience allowed the UNC students and Moldovan students to exchange ideas and learn from each other. The Moldovan education does not emphasize or promote the use of anesthesia, so in turn the students challenged our understanding on the use of anesthesia.

When we weren't in clinic, we explored the streets of Chisinau, enjoyed wonderful meals, tasted delicious Moldovan wine and became acquainted with the Moldovan students. We had an opportunity to present on our lives as UNC dental students, and meet international dentists, representatives from the World Health Organization, the Moldovan military, and the president of the medical/dental university. Anyone who is looking for a rewarding international trip that will allow you to grow immensely should consider the Moldova Project!



CLASS OF 2022: WHITE COAT

by Caitlin Baker

On March 29, 2019, the UNC-CH Adams School of Dentistry Class of 2022 were donned with their white coats, symbolizing their entry into the clinical portion of dental school. The ceremony was held at Memorial Hall, and nearly every seat was filled with loved ones excited to see the class fulfill dreams and goals of being “coated.” This diverse class, full of students from different walks of life, faced many changes to the curriculum during the course of their first year. Classes were combined or moved up so that, when the time came for the students to enter clinic, they would be fully prepared for the tasks at hand.

DDS Class of 2022 President, Brandon Gibson, said the following about receiving his white coat, “Donning the white coat was more than just a ceremonious gesture - it served as a promise in front of all our families as witnesses that we were dedicating our professional lives to serving others through the highest educational degree attainable.” After the ceremony, students and their families celebrated the occasion with refreshments and photos by Chapel Hill’s famous Old Well. The memories and moments from that day are sure to be ones that last for a lifetime.

IT'S NOT EASY BEING GREEN.

Eco-Dentistry and the Impacts of the Healthcare Industry on the Environment

by Caitlin Baker

Today's healthcare guidelines center heavily around lifestyle choices as a way of taking a preventive approach to one's health. While large strides have been taken toward creating effective and accessible options for healthy lifestyles, less has been done in the same way to care for the planet.

Over four million tons of waste is generated in a single year by the healthcare industry alone. Dental offices, specifically, contribute a considerable amount of waste in the form of lead foils, toxic x-ray fixer, mercury waste, and plastic bags or barriers. These items, if carelessly disposed, can have negative impacts on the earth's air, water, and soil, leading to secondary problems for a number of species, including humans.

Methods for promoting a "green" dental office range from the type of materials and instruments you purchase, to educating staff on environmentally-friendly practices that they can participate in both at the office and at home. Examples of this include using washable or reusable lab coats, stainless-steel materials, or cotton patient bags rather than one-time use plastic and paper products. In addition, utilizing advances in digital dentistry can decrease toxic exposures for both the patient and the planet.

Finding ways to reduce, reuse, and recycle dental materials properly takes a collaborative effort throughout the office, and starts with likeminded individuals who are passionate about creating sustainable practices for their office and the planet we all share. Take the opportunity this Earth Day, April 22, to learn more about what you can do for the future of your practice and the earth through eco-friendly dentistry by visiting the sites listed below!



Examples of “green dentistry” alternatives: homemade air freshener, bulk order of prophylaxis paste, Beesure recycled facemasks, cotton patient bag, plastic tips made from recycled material

**www.ecodentistry.org
www.practicegreenhealth.org
www.ada.org/goinggreen.aspx**

STUDENT NATIONAL DENTAL ASSOCIATION RAISES \$11,600 FOR ORAL CANCER RESEARCH

Article can be found at dentistry.unc.edu

The UNC-CH Adams School of Dentistry's Student National Dental Association (SNDA) chapter hosted their second Oral Cancer 5K/Walk and Community Health Fair on March 30, 2019. More than 70 volunteers from the Adams School of Dentistry, Eshelman School of Pharmacy, School of Medicine, Alliance of AIDS Services Carolina and the UNC-CH Rehabilitation Counseling Association helped organize and run the event.

This year's event had special meaning for the UNC-CH Adams School of Dentistry community – in honor of a faculty member who is currently battling tonsillar cancer, all proceeds from the event would be donated to the Lineberger Comprehensive Care Center.

After a matching gift, more than \$11,600 was donated to the Lineberger Head and Neck Cancer Program for patient housing and travel.

"One person dies every hour from oropharyngeal cancer and the survival rate of this horrible disease has not changed significantly in over 30 years because of late diagnoses," said Katharine Ciarrocca, DMD, MSED, director of interprofessional education at the Adams School of Dentistry. "Together with the School of Medicine and the Eshelman School of Pharmacy, we hoped to raise awareness and teach prevention through this event, as well as provide a valuable educational experience for our students."

The community health fair was free and open to the public. Volunteers provided free oral cancer screenings, blood pressure and glucose readings, and medication reviews to nearly 150 participants.

The event was generously sponsored by Richmond Dental and Medical, Oral and Maxillofacial Surgery Associates, Delta Dental of North Carolina, Triangle Restoration Dentistry, Linda's Bar and Grill, Venture Insurance Group, Morgan at Chapel Hill Apartments, and O2 Fitness Club.

