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Taking a Bite Out of Dental Care Disparities

by Rebecca Kibler // 2012

When considering the many goals accomplished, the feedback of participating children and their families, and the collaborative efforts of our student and faculty volunteers, Give Kids a Smile Day 2009 was a huge success. As co-coordinators for the event, Colleen Greene and I aspired early on to increase the number of children treated by 100% when compared to previous years. We reached out to fellow HSDM students to help us to achieve that goal and were greeted with open arms by almost half of the pre-doctoral students and several pediatric residents. With this enormous participation, we were able to organize a communication committee that designed posters and translated them into multiple languages for publicity, an outreach committee that reached out to underserved children around Boston, and an educational committee that created engaging activities for the day of the event. Not only that, but our team of upperclassmen and faculty clinicians, coupled with first and second year assistants, were able to provide outstanding clinical services and successful treatment of 48 underserved children—nearly double the patient turn-out from previous years.

In addition to dental cleanings, screenings, and referrals, we were able to place sealants for the first time at Harvard GKAS event. Thus, we were able to use preventative treatment that provided long-term protection against cavities. We also expanded the age range of children included in the event from 1-12 years old to adolescents up to age 17. Next year, we hope to collaborate with the new ASDA philanthropy chairs to extend our services to the treatment of 100 children. With so many children in the Boston area unable to access regular dental services, it is so important that we continue to get the word out about the importance of oral health to children while they are young and to continue to reach out to those that need them. Thank you to all that contributed in making Give Kids a Smile Day 2009 so worthwhile!
by Crissy Markova // 2012

Somebody give me a beat...
Yeah, for those of you that want to know what we're all about
It's like this y'all c'mon
H S D M is the best
Travelin to Louisville
BU, Tufts, UConn peeps
Bringin down the house, district 1!
ASDA FEVER yo
Votin on resolutions
Boards...pass or fail???
Ethics in schools???
What will we do?? Oy papí
We just want to be heard
ASDA FEVER yo
Colgate or oral B?
Ortho or maxillo?
Rockin' the booths
Gettin the name of the vendors' game
Such a craze
Raffle drawing...

I won. Straight up.
ASDA FEVER yo
Talkin to other schools
Keepin it cool, dents are hot stuff
Getting ideas
Makin friends, partners in crime
That's how we do it. Respect.
ASDA FEVER yo
Presidential race is on
Fightin to be #1
Representin ASDA all year long
Delegates' votes!
Go Tim...district 1!
Never concerned with status
But still leavin' them star struck
ASDA FEVERRRRRRR yo
Last day, we gotta leave it all behind
Derby dancin till the late hours of the night
We're not your everyday on the block
100% reason to remember the name
H S D M yeah

“Attending the ASDA Annual Session in Louisville was a great way to learn more about organized dentistry and the importance of being involved in organized dentistry starting in dental school. I learned many ways to make the Harvard chapter of ASDA even better than it already is from my peers from other dental schools! My favorite part of Annual Session was talking with students from other dental schools and sharing our experiences! Everyone I met was incredibly friendly and willing to share their knowledge about ASDA, dental school, and dentistry!” -Amanda Newcity ('12)
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More than 90% of U.S. dentists operate in private practices. Given the intense financial concerns facing most Americans today, it is difficult to predict how successfully new dentists will be able to establish private practices over the next few years. The alternatives may not be entirely clear to current dental students. Two HSDM-affiliated dentists, Drs. Joseph Calabrese and Stephen Colchamiro, enjoy working within large healthcare organizations: Hebrew SeniorLife and Brookside Community Health Center, respectively. Dr. Calabrese began his career in private practice, then transitioned to working as a Dental Director, whereas Dr. Colchamiro has spent his entire career as a Dental Director.

**What are some types of worksites, besides a private practice, where a dentist would work for a salary?**

**JC:** Neighborhood Health Centers, Dental Schools, Dental Hygiene Schools, Colleges (teaching pre-dent courses), Hospitals, Military Service and other national public health dental services offer solid opportunities for dentists to work on salary.

**What personally motivated you to pursue a career in the public (and academic) sector compared to the more popular decision of establishing a private practice?**

**SC:** I was supposed to start an internship at Boston's Children's Hospital, to become a pediatric dentist. I decided to work for a year at a CHC before starting Childrens. Mid-year, I was offered the director's job at Brookside, to start up the program. 38 years later, I'm still here!

**JC:** The opportunity to work for a nationally recognized institution in the field of senior housing and health care. In addition, this is a fantastic opportunity to teach students at this facility in the field of geriatric dental medicine.

**Was this your goal when you started dental school?**

**SC:** It was NOT my goal at the start of dental school, as I had no knowledge of community health centers, and they were just starting up as I went through school. My interest started during a 4th year, where I learned of the needs of the population and the possibility of a job, though not a career.

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**LongWOOD to LongWORTH: Roaming through Capitol Hill...**

by MinKyeong Jennifer Kim // 2012

On February 12, 2009, my classmate, Colleen Greene, and I joined 311 other dental students from all around the country that shared one common goal-- to leverage our dentistry interests by influencing legislators at the 2009 National Dental Student Lobby Day organized by American Student Dental Association (ASDA) and American Dental Education Association (ADEA). Two issues that we advocated for with Congressman Mike Michaud’s (Maine, 2nd District) and Congressman Paul Hodes’s (New...
Hamshire, 2nd District) health liaisons were the Health Service Corps funding (NHSC) and the Meth Mouth Prevention and Community Recovery Act (MMPCRA).

While attempting to learn P-QRS-T waves and Starling’s Curve (yup, our professors were sensible enough to schedule cardiovascular physiology during Valentine’s week: gotta learn the HEART to feel the HEART <3), we landed in a beautiful city approximately 1.5 miles from the famous Dupont Circle, Washington, D.C. The first day began at 7:30 A.M. with continental breakfast, mingling with everyone who was eager to roam around Capital Hill. We were greeted by Congressman Mike Simpson from Idaho, who became a politician after being a dentist for a number of years. The rest of the day was filled with training about NHSC and MMPCRA, along with learning how to deliver effective messages to policymakers. We spent the afternoon wrapping up our training AND practicing in small groups—finally, all those hours in tutorials finally paid off! Of course, first day ended (...or began) with a networking reception full of cookies, brownies, pretzels, and all that jazz.

Our 2nd Day (Feb. 12, Thursday) began with a short bus ride to Capitol Hill. Our meetings to bring in the “actions” went more smoothly than we had expected. All the practicing at the Longworth House Office Building cafeteria surrounded by Senators, Congressmen, and many who we seldom consider the “influential” people in the world of politics surely paid off! For a good laugh, we were spontaneously pulled aside by Representative John Adler (New Jersey, 3rd District) in the hallway who expressed such excitement over meeting Harvard students!

To sum it up, it was a privilege to be given the opportunity to attend National Student Lobby Day 2009. Not only did I get to learn about the importance of policy making in the world of dentistry, I personally experienced the amount of change that an individual can bring, even if the power one yields may seem trivial from a distance. On behalf of the HSDM ASDA Chapter, I would like to thank everyone, including the Massachusetts Dental Society, for making this trip possible. If you’d like to learn more about the event or issues we lobbied for, feel free to contact me at MinKyeong_Kim@hsdm.harvard.edu.

<table>
<thead>
<tr>
<th>NHSC</th>
<th>MMPCRA</th>
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| **Background** | • Grants for educating 12-17 year-olds about meth mouth (preventative measures)  
• Expand and intensify the Dept of Health and Human Services’ clinical, health services, and public health research on associations about meth use disorders, oral health, and the provision of dental care  
• Authorize a study to determine the degree meth demands for dental care  
• Promote continuing education for dentists about substance use disorders |
| • Originally enacted in 1970  
• This is a program that utilizes scholarships and loan repayment to recruit health care professionals (ie. dentists) to work in underserved areas known as Health Professional Shortage Areas (HPSA).  
• As of 9/2008, there were 2,048 Dental HPSAs with 48 million residents. | 
| **Action Requested** | • Asked for an original sponsorship to introduce the Bill (this bill was recently introduced to the Congress, as of 4.22.09) |
| • Over the last 5 years, funding for the NHSC was cut by $47 million.  
• Asked for a sustainable increase of $235 million for the NHSC in FY 2010 (to support both the recruitment and administration for the program). |
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*vs ordinary fluoride toothpaste.
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Re-lei for a Cure

Decked out in leis and running shoes, some of the Class of 2012 partnered with fellow District 1 ASDA schools at this year’s Relay For Life, raising spirits and raising money to fight cancer. They raised a whopping $1,475!

Jonathan Greene, Amanda Newcity, Colleen Green, Rebecca Kibler, and Cecilia Kolstad cheerfully dish out made to order pancakes at 3 AM!

You guys are my heroes.

Latin Dance, Tinikling, and Bhangra, oh my!
The HMS/HSDM Class of 2012 brought the house down with their amazing performances at this year’s FABRIC, a showcase of various acts celebrating the African diaspora.

We came to STEP!

Dentals heating up the dance floor.

Annie Zhuijiang and David Tian are all smiles.

Yvette Zimmering wows with her rendition of “Summertime.”

For one night, Boston = Bollywood.
Dr. Janet Kiecolt-Glaser gives the Dr. Daniel B. Giddon Annual Lecture in Behavioral Medicine and Dentistry, titled “How Stress Kills.”

“My next research project seeks to determine the answer to the age old question, "How many licks does it take to get to the center of a Tootsie Pop?"

-Alexander Kimon, whose study was a survey of Greek dental practitioners that sought to evaluate the promotion of smoking cessation by dentists in Greece and to identify any obstacles to promotion that may exist.

“Why do major league baseball managers wear the team uniform? They ain’t gonna play.”

-Rachel Garaas, who investigated the effect an acidic extracellular milieu has on the sequestration of the tumor suppressor protein VHL (von Hippel-Lindau protein) in osteoclasts. VHL is an E3 ubiquitin ligase that targets HIF-1alpha, a transcription factor responsible for regulating genes associated with cell survival and angiogenesis, for degradation under normoxia.

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**AN AFFINITY FOR ART**

**by Vivian Yee // 2012**

Pollack and plaster, Monet and molars, Vermeer and veneers? Although art and dentistry initially seem to have little in common, these two fields share more similarities than meets the eye. Dentists use visual skills everyday with their patients, beginning from the diagnosis and physical exam to the final placement of a crown. Healthy gingiva follows classic patterns of color, contours, and texture: “coral pink” coloring, a scalloped, “knife-like” edge around the tooth, and firmness with surface stippling. Keen observations are needed when working with patients as well. While shadowing Dr. Anna Jotkowitz in the clinic, I saw importance of matching the shade of a crown to its neighboring teeth. In the lab, she chose an yellow-orangey color from a palate of various glazes, which included surprising shades, like pinks and blues! Once the tooth was finally placed, we awed and nodded in satisfaction, appreciating it much like beautiful work of art.

The idea that art and dentistry are intertwined goes back many years. In 1928, Dr. Lillian Lindsay wrote a short article entitled, “Dentistry as one of the Fine Arts” that noted the parallels between artists and dentists. Sculptors must have deep knowledge of surface anatomy, and likewise, dentists must know tooth surface anatomy, even the tiniest fossa. Dentists must also preserve the contours of the face, as well as the curves integral to a proper occlusion. The considerations of color, shape, movement, and symmetry are extremely important to function and both shared by artists and dentists alike.

But how can students today hone their visual skills amid all the lectures on molecular mechanisms and renal function? One elective brings students to the Museum of Fine Arts, where they analyze different works of art with professors Dr. Joel Katz and Dr. Shahram Khoshbin. The class is one of my favorite parts of the week, and I love dissecting and sketching the different paintings in the gallery instead of looking at endless PowerPoint slides. But more than just admiring the art, we are taught to apply what we learn from the museum to medicine, by diagnosing different skin rashes and interpreting chest x-rays. The course encourages students to build visual literacy that translates into more detailed, poignant observation and a more thorough physical exam. Multiple studies, including one of Dr. Katz’s own, show that training in the fine arts can enhance diagnostic skills of medical students. Whitney Mostafiz, another dental student shared continued on page 11

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**Salaried Dentistry**

**continued from page 4**

What is the greatest advantage of working in a salaried position within a larger healthcare organization?

SC: The feeling of doing community service, very regular hours, excellent benefits of health coverage, vacation, not having to get involved in the business aspects of running a private practice, although there is budget work and personnel issues that a director has to handle.

JC: Throughout my life, I have always enjoyed being part of a team. I have always found it more rewarding than being a stand alone success. I am the type of person who would rather look at the constellation rather than one star.

Disadvantage?

JC: Occasionally, I miss the large complex restorative cases (implant and crown and bridge). Due to the complex medical conditions of our patient population I do not see many of those. However, I do get to do most aspects I did in private practice.

How do you think Obama’s presidency will affect future dental graduates’ career decision-making?

SC: I’m hoping Obama's "call to service" will inspire young graduates to pursue jobs, if not careers, in Public Health, similar to my generation being caught up in President Kennedy’s call and programs in the late 60's and 70's when these programs started.

Dr. Calabrese can be reached at jobean@bu.edu
Dr. Colchamiro can be reached at scolchamiro@partners.org

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**Houses at Auvers**, by [Vincent van Gogh](https://www.wikiart.org/en/vincent-van-gogh/houses-at-auvers)
Seoul Food
The Class of 2012 enjoyed a spicy, sizzling dinner complete with kimchi, bibimbap, and those endless side dishes. Hot stuff.

Dental Impressions
Whitney Mostafiz, charcoal

Need or Want?
Quirky Dental Finds

- PARTY BITES
  toothpicks, Fred, $6 (comes with one gold tooth!)

- FOOD FOR FLOSS
  Flavored floss, Fredflare.com, $9

- TAKE A SEAT IN THE COOLEST DENTAL CHAIR

Sofa-Fetched
Bucks University Design Project

Say, kin chill

Photos by Young Yi
## May

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<th>Date</th>
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</tr>
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<tbody>
<tr>
<td>7</td>
<td>Women in Politics&lt;br&gt;Massachusetts Dental Society’s event features talks from women dentists who are serve in legislation.</td>
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<tr>
<td>9-10</td>
<td>ASDA Executive Board Elections</td>
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<tr>
<td>12</td>
<td>Joint ASDA/ADEA/OPEN Lunch Talk&lt;br&gt;12:30-1:30, TMEC 126 come learn about bruxism... while you munch on your lunch.</td>
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<tr>
<td>27</td>
<td>Awards Ceremony and Dinner&lt;br&gt;5:30, celebrating dedicated student leaders as well as our new faculty advisor, Dr. Rachel Badovinac Ramoni.</td>
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### June

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>5</td>
<td>National Smile Month!</td>
</tr>
<tr>
<td>5</td>
<td>Homecoming Silent Auction&lt;br&gt;Our biggest fundraiser of the year. Donations are still needed!</td>
</tr>
<tr>
<td>TBA</td>
<td>End of the Year Social</td>
</tr>
<tr>
<td>TBA</td>
<td>Faculty and Staff Appreciation Day</td>
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**Art and Dentistry (continued from page 9)**

How important art is to her: “One of my art teachers in college told me that art is learning how to see. This class teaches us to delve beneath the surface. In regards to dentistry, I think it will certainly help us visualize relationships between teeth, what is or is not healthy, and help us realize aesthetic qualities.”

Art does more than sharpen our visual skills; studies have shown certain activities, such as playing musical instruments and arts and crafts, also strengthens manual dexterity. First year Annie Zhujiang is taking a ceramics class this summer for fun, but the techniques she will learn will help reinforce her hand skills. "Exploring different hobbies is a great way to find balance in life and relieve stress," she notes, "It will also be a great way to practice fine motor skills and learn about aesthetics, both of which will be crucial skills to have as a dentist." Interestingly, a study from Loma Linda found that video games did not enhance surgical skills, such as suturing and tying knots. Another reason to put down the Guitar Hero, enjoy the beautiful Boston weather (finally!), and get some art in your life!

Much like success in visual arts, every encounter with a patient demands astute observation, precise technique, and delicate care. There is so much to learn much from soaking in the arts.
Harvard ASDA wishes to thank the Massachusetts Dental Society for their contributions to “The Post and Core.”