

PDS Finds its Niche at CDA

By Kristen Whetsell

At the end of April, over 100 of the UCSD Pre-Dental Society members were fortunate enough to earn a free registration for a weekend trip to a dental convention, something most college students wouldn't dream of receiving. The Pre-Dental Society made an amazing presence at the 2006 Annual Spring Scientific Session held by the California Dental Association at the Anaheim Convention Center. The students kept busy all weekend publicizing and obtaining donations for the UCSD Student-Run Free Dental Clinics, networking with dental professionals, and learning about and seeing new technologies.

The Spring Scientific Session held by the California Dental Association is an

annual event that brings together dental professionals and companies in the dental industry to share the latest technologies in the dental world. This event was attended by nearly 7,000 professionals and over 500 companies had booths. 464 dental students attended the convention, and our organization was represented by 111 of its finest.

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Erin, Nicole, Pearl, Malieka, Heather and Ricky take a break from obtaining donations

Sharing the Preventive Care

By Brian Huh

Beyond volunteering at one of our three free dental clinics, our PDS members often devote their time and effort outside of our club as well. Along with Dental Health Ambassador trips to elementary schools or the Thousand Smiles trips to assist in Mexico, the Free Sealant and Varnish clinics are another way for our PDS members to help the community and make a difference.

The Free Sealant and Varnish clinic for kids is held four times a year and is host-

ed by the Share the Care Foundation of San Diego. A total of eleven students from the Pre-dental society volunteered for the clinic on April 22, 2006, which was held at the Grossmont/Spring Valley Family Health Center. Volunteers assisted in a variety of ways at the sign-in and check-out desks, taking notations from dentists during the dental screenings, and directing patients and families.

The Share the Care Foundation is a

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Director's Corner

Greetings from Dr. Silverstein

This is our second newsletter. Since our previous newsletter, we have shared some wonderful experiences. We have had the UCSD Student-Run Free Dental Clinic Dinner and



Awards Night. We honored Dr. Eugene Sekiguchi with the Mentor of the Year Award. He has been very supportive of our group and project since I first spoke with him about two-and-a-half years ago. We also honored many of our professional, volunteer dentists, without whom we could not operate our clinics.

Also honored were all graduating students leaving UCSD and the other colleges from the San Diego area, many of whom were accepted to dental schools all across the country. They will all be missed. We also honored our clerical staff, Alicia Johnson, Carol Bloom-Whitener, and DeDe Holthaus for their help with students and with clinic matters. Finally, Dr. Melanie Parker, President of the San Diego County Dental Society and one of the founding dentists of the Free Dental Clinics, presented the Dan Kirshner Award to Brock Lorenz and to me, which was a great surprise.

It was a wonderful night. Dr. Ellen Beck out did herself. We had many of our fellow medical, pharmacy, holistic and acupuncture practitioners and students in attendance. The entertainment was delightful and the food was superb.

We also had over 100 of our students in attendance at the CDA convention on April 28-29 in Anaheim. It was great to see students in continuing education classes, viewing technical exhibits and manning

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Director's Corner cont.

our booth to get the word out to others about our Project. In addition, our students attended Dean's receptions for UOP, USC, UCLA, and UCSF dental school. Many of the vendors have shown their support for our project with generous donations.

The Mercy Hospital Ship Summer Program is a reality. The USN Mercy is a 1000-bed hospital ship with multiple operating and treatment rooms. It will be traveling to Southeast Asia to deliver medical and dental care to people in need in various countries. Six of our students will spend one month each on the Mercy. The first two are Brock Lorenz and Philippe Sebrecchts. I will write more about this unusual program in our next newsletter.

We are still having meetings on May 18, May 25, June 1, and June 8. Check our website <http://acs.ucsd.edu/~ucsdfdc> for more details.

Everyone is invited to the graduation celebration and end of year party at my house. It will be on June 3rd at 7:30 pm, so mark your calendars. Details will follow on the website.

Irvin B. Silverstein, D.D.S., M.S.Ed.
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Benefit Dinner for the Underserved

By Diana Lin

On April 20, 2006 the UCSD Student-Run Free Clinic Project held its sixth annual fundraising dinner and award celebration at the UCSD Price Center Ballroom. Over 300 health professional volunteers, student volunteers from the UCSD medical school, the pharmacy school, the undergraduate Pre-dental Society, and other pre-health undergraduates came together for this special event.



Brock Lorenz, Dr. Ellen Beck, and Dr. Irvin Silverstein present the Mentor of the Year Award to Dr. Eugene Sekiguchi

An impressive amount was raised to benefit the student-run clinics. These clinics operate solely on grants and donations and this night reflected the amount of

support the free clinic project has. On a weekly basis, volunteer health professionals and students offer their services to anyone in need of care who cannot afford it or are ineligible for insurance.



Tin Aye Khine, Shiella Nguyen, Dr. Charles Refkin, Philippe Sebrecchts, Becky Refkin, Andrew Weeks, and Crystal strike a pose

While some of the patients at the student-run clinics are homeless, many patients have jobs but cannot meet the expense of medical or dental care. The student-run clinics provide free care for the underserved and homeless community in San Diego County and help to meet the need for quality care. This provides an excellent and humbling experience as students, health professionals, patients, and community members learn from one another.

Friendly Faces

By Thanh Tran

Don't Be Shy...Just Say Hi to these Guys and Gals



Kjeld Aamodt

School:
UCSD, Junior,
General Biology

Hometown:
Carmel, CA

Hobbies:
Playing my Guitar, Drawing

Person I would like to have dinner with:
The Dalai Lama (14th)

Superpower I would like to have:
Parking Space 6th Sense



Aldina Lee

School:
UCSD, Senior,
General Biology

Hometown:
San Francisco, CA

Favorite Past Time:
Feeding Ducks at the park

Hobbies:
Painting, Crocheting, Swimming

Place(s) I would like to travel to:
Alaska

The evening commenced with wine tasting, hors d'oeuvres, and a silent auction and opportunity drawing with prize packages such as roundtrip flights, artwork, spa packages, museum tickets, vacation packages at resorts, and dinners at gourmet restaurants. Guests also enjoyed games such as "Find the Cavity," "Name that Celebrity Baby," and "Blow Bubbles for Kids" for a small donation. A posh buffet style dinner was served as guests were entertained by the Butterworth Dance Company and local opera luminaries, Sara Agler (soprano) and Mark Goros (baritone) accompanied by Martin Wright, maestro of the San Diego Master Chorale.

After the performances, awards were presented to volunteers who have demonstrated dedication, compassion, respect,

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Kicking Butt and Taking Names

By Jeffrey Tsai

What do whip-cream, buckets of water, eggs, and a bunch of super competitive Pre-Dental Society students have in common? The First Annual Health Student Battle Royale, of course.

On Saturday, May 6th, fifteen spirited members of the UCSD Pre-Dental Society, sporting special shirts made by Pearl Ambrosio, participated in this competition between UCSD health student groups. With such a high turnout of members, the group actually had to split into two teams in order to be fair to the compe-



Samson and Ramsey pass along their lifesaver

tion. The first team, the Predentons, was comprised of Ricky Lugo, Chris Nguyen, Toai Nguyen, Ramsey Burni, Meagan Whitehead, Pearl Ambrosio, Owen Lonergan, and Samson Yang. The second group, the Dream Team, consisted of Sheila Nguyen, Marc Toso, Meghan Tsakalos, Brock Lorenz, Nick Marongiu, Kjeld Aamodt, and Andrew Pakchoian.

Other student organization competitors included the Pre-Pharmacists, the Student Health Advocates, and HOPE (Healthcare Opportunities Preparation and Empowerment).

After the first couple events, it became very clear who was going to dominate this competition of six fun, silly, but difficult, events. The Predentons took an early lead after the first and second events.

The first event, the Bubble Gum Search Game, was a relay race. The first team member went face first into a whip cream pie in search of a piece of bubble gum. After finding the gum, the person had to chew and blow a bubble and then tag the

next team member. As Meagan Whitehead recalls, "The gum had melted a little, so no one could make a bubble; they just stood there chewing with whipped cream all over their faces and looking very focused."

The second event, another Predentons win, was the Hands-Free Food Passing Game. Team members had to pass a life-saver along a line using only short straws protruding from their mouths. Next, they had to pass an orange down the line using only their necks. It was definitely a full-contact game.

After both those Predentons wins, The Dream Team took control, winning the next four events while the Predentons came biting at their heels for second place each time. The next four events

were a balloon popping relay race, an obstacle course relay race while team members balanced an egg on a spoon in their mouths, a water balloon toss game, and the Water Bucket Filling Game.

Kjeld Aamodt says his favorite event was the Water Bucket Filling Game "because



Marc, Sheila, Brock and Kjeld cheer on Andrew as he tries to blow a bubble

the bucket full of excess water was dumped on Meghan Tsakalos." The event required teams to line up and pass a cup with a hole over their heads to the team member behind them. At the end of the line, the last team member poured the rest in a water bucket and this continued until the bucket was full.



Toai and Meagan get friendly in the Orange Pass Event

The unofficial MVP award definitely went to Sheila Nguyen, whose competitive track and field experience became a real asset. In the end, The Dream Team won, though all of the Pre-Dental Society students share the hard won award, an engraved trophy. The students all plan to defend their title again next year.



Pre-Dental Society competitors and fans after winning the trophy

The Initiative to Grow: Learning Through Producing

By Randy Taylor and Heather Hearon

Wild ideas can take people to places they never dreamed. The UCSD Student-run Free Clinics are proof of that. Since their beginning, our clinical goals were to provide the best possible care for our patients. Unfortunately, a recurrent problem in our early clinics was the organization of our lab work, especially the time it took to get patients their dentures.

To solve this issue, Randy Taylor, Brock Lorenz and Stephanie Canton, working with the tremendous support of local dental labs, put together a system whereby a lab contact liaison tracked cases as they were processed and worked, almost invisibly, with a network of people within the society behind the scenes. This effective system is still used in our clinics today, but as our patient load has increased, this system has become overloaded and shown subtle flaws that require an upgrade.

A serendipitous conversation with Dr. Jack Dillenberg, Dean of Arizona School of Dentistry and Oral Health, about this concern in our Society directed our attention to Dr. David Jones. Dr. Jones works closely with the Indian Health Services, specifically with dentures. After speaking with Dr. Jones, he took an interest in our organization and visited to tour our facilities and see how we operate in the community. We made the direction we wanted to go with our clinic clear during his visit, to have our own working lab in which pre-dental students would get first-hand experiences while operating under a Master Lab Technician working on our patient cases. Impressed by our enthusiasm, Dr. Jones invited four of our students to his denture course where we would be exposed to new and innovative ways of taking impressions, bite registrations, and perfecting the try-in more quickly without sacrificing quality.



Randy works with a couple of the Lab Assistants from the Indian Health Service Hospital Clinic

Before taking this trip and thanks to Scott Recksiedler, we were able to obtain some equipment necessary to start our own laboratory by various fundraising programs that are still ongoing. The money we continue to raise will fund more lab equipment, advertisements, and education programs for the students that will run the lab. We have also recruited Mr. Herman, a Master Lab Technician who has been providing dental prosthetics for our patients for years, to help develop a student-run lab.

Heather Hearon, Scott Recksiedler, Dan Lotz, and Randy Taylor attended the week long course on "Dentures for the Underserved and Elder Indian Patients" held at Fort Defiance in the new Indian Health Service Hospital. The course was broken into didactic and hands-on clinical portions. First attendees studied denture technique and geriatric medicine and dentistry. Then, they worked to provide 38 endentulous patients with dentures in a week's time while using new methods to provide dentures based on functionality and custom to the patients' actual bite, as opposed to forcing a textbook bite.

Using the techniques Dr. Jones teaches has reduced the numbers of patients who needed post delivery adjustments due to sore spots. Out of 317 patients with 593 units delivered using this

technique, only 31 adjustments have been needed - 25 of them due to cast unit failures. These statistics reflect not only the technique being utilized but also the convenience of having an in-house laboratory. The communication between lab technicians and doctors was incredible and efficient. The role the lab plays in patient treatment is crucial for success.

The overall concept the PDS students left with was an idea that works parallel with our intended labs. By creating an in-house



Scott, Dan, Heather, and Randy work in the clinic after learning new techniques in Dr. David Jones' denture course

lab for the treatment of our patients, the Pre-Dental Society can provide the utmost quality of dental prosthetics by increasing communication between lab technicians and doctors while increasing our ability to supply, in a timely manner, our patients with much needed teeth. Currently, finding space for an in-house lab is the biggest dilemma facing its creation.



Dan Lotz, Randy Taylor, Scott Recksiedler, and Heather Hearon with Dr. David Jones and the other course attendees



Tsung, Shannon, Dawn, Nicole, Julia, Pearl, Seth, Clarence, Peter, Dr. Silverstein, and Philippe man the booth

CDA cont.

It normally costs anywhere from \$2,400 to over \$4,000 to rent a small booth for the three day convention. "Our organization was given a booth free of charge," says Dr. Silverstein, "It is very rare for them to make special arrangements like this, especially for a pre-dental organization. This shows how highly CDA thinks of our organization. They like our project!" In fact, we were the only pre-dental organization to be represented at the convention.

This unique opportunity allows our students to partake in events normally reserved for dental professionals, such as continuing education lectures. Andrew

organization the rare opportunity to collect donations from several large companies at one time. "We already received a commitment to get a new X-ray machine and autoclave thanks to Phillippe Sebrechts and Peter Nguyen. We will also be doing some more endodontics thanks to the donation of a brand new apex locator," says Samson Yang, donations coordinator. Since our clinics are run mostly on donations, events like CDA are priceless opportunities to get equip-

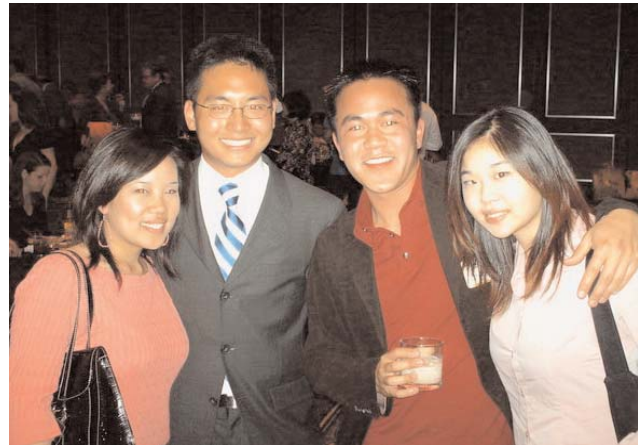
Pakchoian recalls, "I attended a continuing education class on 'Pediatric Pathology.' It was very interesting, especially since I am interested in going into pediatric dentistry."

Attending the convention also gives our

ment, so we can continue to provide our patients with quality care.

CDA also allows our students to network with dental professionals. We were invited to the private parties for UCLA, UCSF, UOP, and USC dental schools, where we socialized with notable figures such as Dr. Arthur A. Dugoni, Dr. Eugene Sekiguchi, and Dr. Charles Bertolami. "Students get the opportunity to sell themselves," says Dr. Silverstein, "they learn how to network with some of the most influential people in dentistry. Not only is this valuable for getting into dental school, it will help them throughout their careers."

Overall, CDA proved to be a winning situation and precious opportunity for our clinics and our students.



Rina, Sung, Peter, and Diana enjoy themselves at the UCSF Dean's Reception



Family Portrait of the Pre-Dental Society (from left to right) Chris, Sheila, Thanh, uh...almost everyone else in the club...Kjeld, and Dan

Share the Care cont.

partnership between the County of San Diego Health and Human Services Agency, the San Diego County Dental Society, and the San Diego County Dental Health Coalition. Similar to our organization, the Share the Care Foundation is a grant-funded program and events such as the Sealant and Varnish clinic are made possible through the help of volunteer professionals (about 300 volunteer dentists) and others.

Share the Care mainly aims to provide emergency dental care to children and to educate the community about preventive dental care and hygiene. These clinics are an opportunity to do preventive work on children by placing sealants and varnishing their teeth. Dental sealants are plastic resin that dentists bond into the pits and fissures of the chewing surface of the back teeth to help prevent the formation

of cavities. Dental sealants can also be applied to adults, but it is usually utilized for children. Fluoride varnish is a special fluoride coating painted on all teeth to prevent tooth cavities as well. On April 22nd, 172 children were screened with 86 receiving fluoride varnish and 79 receiving sealants.

One of the volunteer dentists, Dr. Bud from El Centro, has been volunteering at the Sealant and Varnish clinics since it started 8 years ago and enjoys donating time because of the 200 or more children they can help in single day. Dr. Bud also recommends sealants for adults as it can last up to 5 years and is an effective preventive measure against cavities.



Morning Crew: (Standing L to R) Thanh, Jessica, Dr. Bud, Mrs. Bud (event organizer), and Carla (Kneeling L to R) Jeff, Angela, and Erin

Benefit Dinner cont.

and an absolute commitment to service, social justice, and community empowerment. The Dan Kershner Award, in memory of a devoted volunteer dentist, was presented to Irvin Silverstein, DDS, MSED and Brock Lorenz for their great contribution to the community through dentistry. Shafagh Monazzan and Esmeralda Martinez were presented the Stegemann Award. UCSD Free Clinic attending physicians, Steve Edelman, MD and Willie Thigpen, MD were presented the Angel Awards. Graduating students from the UCSD Pre-dental Society who are entering dental school in the fall took the stage to receive Student Leader Awards in recognition for their commitment and hard work at the free clinics.

Special guests were recognized such as

Dr. Eugene Sekiguchi, former president of the American Dental Association and associate Dean at USC School of Dentistry, who was awarded the Mentor Award; Dr. Bruce Donoff, Dean of Harvard School of Dental Medicine; Dr. Gerald Vale, former Dean of USC and former head of Los Angeles County Dental Health Services and head of the Dental Division of the Coroner's Office.

The following dentists were honored for their volunteering at the UCSD Free Dental Clinic and educating our students: Dr. James Thompson, a general dentist and hospital dentist at the Sharp's Grossmont Hospital; Dr. Melanie Parker, an orthodontist; Dr. Jack Curren, a general dentist; Dr. Glenn Hom, a general dentist; Dr. Riza de la Fuente, a general dentist; and Dr. Charles Refkin, a general dentist. Also Dr. Charles Refkin's wife, Becky, was honored for her help in organizing the Baker Clinic and teaching the students various dental procedures.

The night proved to be a success for the UCSD Free Clinic Project as people came together to celebrate community.



Dr. Eugene Sekiguchi, Claire Sekiguchi, Brock Lorenz, Dr. Irv Silverstein, Dr. Bruce Donoff, and Madelyn Donoff

Events Calendar

Thursday May 25, 2006

Dr. Charles Alexander, Ph.D
Associate Dean of Students
UCSF School of Dentistry
Price Center Gallery B
7:00 - 9:30 pm

Thursday June 1, 2006

Dr. Christine Ancajas, DDS
Director of Admissions
UNLV School of Dental Medicine
Medical Teaching Facility (MTF) 273
7:00 - 9:30 pm

Thursday June 1, 2006

AADSAS Application Early
Submission Date
12:00 am

Saturday June 3, 2006

Graduation Celebration
Dr. Silverstein's House
(check website and emails for directions)
7:00 pm

Thursday June 8, 2006

Organizational Meeting
Price Center San Francisco Room
7:00 - 9:30 pm

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