

http://acs.ucsd.edu/~ucsdfdc

Peleliu Pacific Partnership Students Aid in Navy Humanitarian Mission in Southeast Asia

PRE-DENTAL



Left to Right: Dr. Kevin Haveman, Joanne Nguyen, Kennie Kwok, Diana Lin, and Dr. Mikio Ozawa providing dental care in the Philippines.

By Diana Lin

This past summer of 2007, eight students from the UCSD Pre-Dental Society and huge part in the mission as dentists from Student-Run Free Dental Clinics were given the Australia, Canada, Japan, and Vietnam all came opportunity of a lifetime to participate in a Navy together to provide dental care to the humanitarian mission called the Peleliu Pacific underserved. Even local dentists from the Partnership. undergraduate students boarded an amphibious Solomon Islands and Marshall Islands were assault warship called the U.S.S. Peleliu and integrated into the mission so that more people traveled to Southeast Asia to deliver dental care could be treated. It is safe to say that all who to those in need. They were given the chance to

live life vicariously as a deployed US Navy dentist.

Collaboration and teamwork played a These eight fortunate Philippines, Vietnam, Papua New Guinea,

Continued on page 3

Learning to Give Back with Thousand Smiles

By Esther Rhee

Three times a year, members of the Pre-dental Society are offered the opportunity to volunteer with a great organization, The Thousand Smiles Foundation. On August 3, 2007, a group of PDS students went down to Ensenada, Mexico to assist in the clinic for the weekend.



Left to Right: Esther Rhee, Rachel Paik, Yung Hsiang

Continued on page 4 Shen, Dr. Sussi Yamaguchi, Sara Fallahi

Director's Corner Greetings from Dr. Irvin Silverstein

November 2007 Volume 3.1

I wish to welcome everyone back for the 2007-2008 academic year. Unfortunately, tragedy hit the San Diego area this last week with large fires engulfing much of our community. I hope that you were all spared the devastation that occurred.



The success of our programs has continued to grow. Our programs would

not be successful if it were not for our student volunteers and our dental professional volunteers. The enthusiasm and the hard work of our students keep driving this program to higher levels. Our volunteer doctors enjoy interacting with our students in our three clinics. As of last month, we have produced over 1.4 million dollars of free dental services for the underserved in San Diego County. We have also provided 29,000 hours in which students were able to participate in clinical services. This has all been achieved within the last four years.

Our Special Speaker Series on Thursday evenings is now underway and we have some phenomenal lecturers coming. This summer we had eight of our active students participate in another US Navy humanitarian mission to the South Pacific. This time, it was on the USS Peleliu, a warship which was diverted to provide humanitarian care to several nations including Vietnam. The US Navy has told me that our students were greatly appreciated and helped with the success of the mission. Hopefully, we will be allowed to participate in further partnerships with the US Navy.

The ADA had chosen our group as one of the three to be highlighted in a video about volunteerism which was shown at the Annual Session in San Francisco before a large audience. We were also able to have a booth at the meeting and tell people about our program. We had over 120 students that attended this meeting.

So far, I know of 34 of our students who got into dental school this year. Also, many of our previous students graduated from dental school this past June. One of our alumni, Anita Aubuchon, graduated for UOP and is now doing a residency in pediatric dentistry in Pittsburg. She also married Dan Ford, a pharmacy student free clinic volunteer, who she met while volunteering at the Pacific Beach clinic. I would like other of our PDS alumni to update me on their progress especially after they graduate from dental school. Hopefully, we can start a "Where Are They Now?" column in the future, as our network is getting larger.

I hope to see everybody at our Thursday meetings. I would also like to thank everyone who has made this program such a great success. Check our website http://acs.ucsd.edu/~ucsdfdc for more upcoming events. Keep up the good work.

Volunteer Spotlight: Dr. Sam Dove

By Ryan Takeda



Dr. Samuel David Dove grew up in Phoenix, Arizona. His initial interest in dentistry began as a child when he would visit his grandfather's dental office. Dr. Dove recalls it being like something from a Harry Potter movie with a sparking x-ray machine and a lab downstairs with a human skull. After taking up surfing at sixteen years of age, his new interest led him to the

University of San Diego where he completed his undergraduate education in four years. Immediately after graduation, Dr. Dove attended the University of Pacific School of Dentistry in San Francisco for three years where he earned his DDS in 1977. He returned to San Diego and associated under an older dentist from 1980 until 1988.

In 1986 Dr. Dove bought a private practice and began working full time in 1988. His current general dental practice is geared towards families where he and his office enjoy serving patients and their extended families. Interacting with people is Dr. Dove's favorite aspect of work and he enjoys working with his patients and staff.

Dr. Dove frequently volunteers at the UCSD student-run Free Dental Clinics, mostly on Wednesdays nights at Baker with Dr. Sussi Yamaguchi. He began volunteering four years ago when Dr. Silverstein introduced him to the project at the Pacific Beach location. Two years later, Dr. Dove began volunteering consistently at Baker where he has been for the past two years. Aside from being a parent, he feels that his involvement with the free clinics has been one of the most rewarding experiences in life.

Many of the students feel they have learned so much from assisting Dr. Dove and they are lucky to have him as a mentor. The Pre-Dental Society continues to appreciate the work that he does and the time that he devotes to the free clinics.

In addition to his involvement with his dental practice and the UCSD Free Dental Clinics, Dr. Dove remains involved with the First United Methodist Church and his kids' volleyball and lacrosse games. He still surfs and enjoys bicycling and tennis in his spare time.

Dr. Dove believes that successful dentist is one who has public service in mind, "My job first and foremost is to help people and I think that if you look at the profession like that, you will be a successful dentist. Monetarily it will take care of itself but if you treat people like people, you will sleep at night, have a successful practice, and your patients and staff will like and respect you."

PDS Goes to ADA

Pre-Dental students head to San Francisco for the Annual Dental Association Convention and tours of the University of Pacific and UCSF.

By Sung Ahn

The UCSD Pre-Dental Society kicked off the school year by going to San Francisco to attend the 148th American Dental Association (ADA) Annual Session at the Moscone Center from Sept. 27-30.

O v e r $I \ge 0$ members attended, of which the vast majority were first-time attendees.

During the convention, the PDS promoted the free clinics project to various members of the dental profession, listened to speeches made by special guests Barbara Walters and Lance Armstrong, and visited the alumni receptions of over 50 dental schools



of the dental profession, Dr. Sussi Yamaguchi, Dr. Gerald Vale, Dr. Irvin Silverstein, Dr. Melanie listened to speeches made by Parker, PDS students and PDS alumni at the ADA conference

Armstrong, and visited the alumni receptions of over 50 dental schools. Through the generosity of the ADA, the PDS was given a table in the Exhibit Hall during the entire convention. The Exhibit Halls featured dental groups ranging from supply companies to *Continued on page 4*

Getting to Know Dr. Stanley Malamed

By John Chen

Very few love their job to the degree that Dr. Stanley Malamed loves his job. For most, work is work – mundane and repetitive. However, to him, he has the job that everyone envies – not because of what his job entails, but for what he gets out of it. "I love teaching." said Malamed. "To me, its not really work; it's fun." Currently a Professor and Chair the Section of Anesthesia and Medicine at the University of Southern California School of Dentistry, Dr. Malamed noted that despite giving regular seminars all across the country and having written a staggering amount of publications and several books (such as the <u>Handbook of Local Anesthesia</u> and <u>Sedation – A Guide to Patient Management</u>), he has a fundamental reason for enjoying what he does.

"I get to go to work and it's fun; and best of all, I get paid for it, which is a nice thing." As a professor of USC's School of Dentistry, Dr. Malamed attributes his life to his tendency to take chances when they arise. After graduating from the New York University College of Dentistry in 1969, he found his love for anesthesia during a I month rotation as a part of his hospital practice residency at the Montefiore Hospital and Medical Center in the Bronx, New York.

"I just fell in love with [anesthesia]." says Malamed. After completing an anesthesia residency program normally held for medical students as well as working in the US Army Dental Corps at Fort Knox, Kentucky, Dr. Malamed was recruited to join USC's faculty in 1973. At that point, he had never been to California. "I took a chance," he says, "and I never looked back." One reason why it was so easy to make the decision to move was the weather, he jokes.

However, Dr. Malamed cites that he truly enjoys the time he can spend with students.

It has been 2 years since the UCSD Pre-Dental Society has had the pleasure of Dr. Malamed's presence. During his talk on November 1st, he will give a more indepth look of his exciting life in dentistry as well has how to deal with medical emergencies in dentistry.



Peleliu Pacific Partnership

continued from page 1

participated were able to learn from each other, and the UCSD students definitely benefited by gaining a taste of the work they hope to be doing as future dentists.

During this mission, there were a total of 4629 teeth extracted; 1954 in the Philippines, 1212 in Vietnam, 187 in Papua New Guinea, 380 in the Solomon Islands, and 896 in the Marshall Islands. That is a huge number of people who were relieved of their pain and the saved from the potential outbreak of more serious problems due to dental issues left untreated.

Working out in the field is very different from working in a dental office. Some of the locations were literally out in the jungle, outside by a beach, or on a grassy field where there was no running water or electricity. Other times treatments took place in hospitals, classrooms, or local dental offices none of which guite resembled ones found in America and some did not have running water or electricity. All instruments, paper goods, clean water, and sterilization materials were backpacked to each site along with drinking water and food. Patients usually sat in white lawn chairs in the humid heat while a dentist and his assistant would look into his/her mouth with flashlights and ask him/her to point to areas of pain with the help of a local translator. Each patient was treated with the proper care and respect that would be given to patients elsewhere in the modernized world. Some of the more difficult extractions took up to an hour since there were no high speeds available to section the teeth. In some cases, use of more archaic techniques were required involving a chisel and mallet.

When the students were assigned to work on land, a typical day would be quite tiring. The earliest they would need to wake up was 3:30AM to prepare for their journey to the site to which they were assigned. They would begin by areas in the Philippines and Vietnam". either sailing on a LCU (Landing Craft Utility) or flying on a helicopter. Then the dental team would take a bus or jeep to their location and arrive on site to set up and be ready to work for 6-8 hours. Once back on board the Peleliu, evening events would include eating dinner, showering, and then sleeping so that they would be recharged to do it all over again the next day.

If a student was not assigned to work in the field on a particular day, he or she would stay on board the Peleliu and help with procedures done on the ship's crew. A typical day of work on board the Peleliu would start at 7:45AM and end at 4:30PM; not quite as tiring as working out in the field. Everyday was a learning experience as the students were assisting daily in the dental department on board or sent on land to help with work done on the locals.

Each country provided great experiences, however one country in particular had a slightly different dynamic. Vietnam proved to be a unique country of the five that were visited not only because it was the first time a U.S. naval warship was able to visit since the Vietnam War, but also because comprehensive dental care was for the opportunity that she will always be proud provided and not just extractions. The Peleliu to have been a part of. dental team worked in partnership with the East

Meets West Foundation, which supplied portable dental chairs with operational high speed, low speed, and suction so that restorations, cleanings, sealants and other procedures could be offered to the predominantly pediatric patient pool in Vietnam. In total, 1100 services were provided in addition to the 1212 extractions performed.

Some unique things not related to dentistry that the students will always remember are the sunrises, sunsets, and starry night skies that they saw from the middle of the Pacific Ocean, which was the deepest blue they had ever seen it in their lives. Crossing the equator proved to be something some of the students will never forget as they participated in the traditional Navy ceremony of converting from pollywogs to shellbacks. Meeting famous people such as the man who saved JFK, Aaron Kumana; the Secretary of the Navy, the honorable Donald C. Winter; and the presidents of Papua New Guinea, Solomon Islands, and Marshall Islands were a very special treat for some of the students.

Anyone lucky enough to be given an opportunity to travel to foreign countries, learn about their cultures, and help deliver dental care to the underserved should seize it - especially as an opportunity. undergraduate pre-dental student, because it is unheard of and very rare for students at that level to be involved in something like this. It is an enriching, eye-opening, and humbling learning experience that will always be fun to share stories about.



Kennie Kwok articulately states that this opportunity was unlike any other, "It was such an awesome any other organization. It's just trip extremely special." amazing to actually live on a Navy amphibious warship and provide free dental care to the underserved

Kield Aamodt felt something that really struck him "was the devotion the locals put into getting care. People walked 3 days to some of the sites because they needed the services". Their efforts showed him that, "what we were doing interactions with the local children, "I

felt like a rock star because the children were so adoring and interested in us".

> Sheetal Ray expresses pure appreciation for the experience, "I'm glad I had the opportunity to go on this mission and had a chance to meet other people and go to places I never thought of going to. Experiencing dentistry through the Navy gave me a

thanks Dr. Silverstein and the Navy world".



Alex Nguyen states, "I really enjoyed meeting the dental crew and working with people like Dr. Lim [the head of the dental department on the Peleliu] and all of the dental techs and hygienists." He felt that everyone was very accommodating and did their best to help him adapt to life on a ship, "I

didn't know what to expect because I had never been on any type of navy ship before".



Joanne Nguyen says she, "looked forward to every day on the ship because it was amazing that people with such different personalities from different countries and cultures were somehow all able to come together to work together and to help build relationships around the world". She states that she never knew

humanitarian dentistry could exist to such an extent. Now she has the utmost respect and appreciation toward the Navy and wants to thank the Navy and Dr. Silverstein for giving her this



Ben Pham believes, "Everyone should try to experience international outreach, as it's a chance to see the world while making a difference". He remembers being able to hop from one tropical paradise to the next, experiencing life on the other side of the world. He says, "The trip would have been amazing if for only that, but

experience that I don't think it can we also went out and improved the quality of life be replicated with anyone else or for those without access to dental care, making the



Stephanie Canton says, "It was memorable and rewarding to be underway and observe the speed and efficiency of dentistry in a completely different environment". She noticed that the atmosphere reinforced the importance of discipline and cooperation in order to achieve success. She further states that, "I learned a lot about the

was needed, effective, and benefits and demands of life in the Navy, let alone a appreciated". He also remembers his Navy dentist. Unlike private practice, patient populations reach far across the globe".



Diana Lin expresses that, "It was amazing helping people in parts of the world that are so untouched. The people I met were the friendliest, most appreciative people I have ever encountered". She is thankful to the Navy and Dr. Silverstein for giving her this opportunity that has created some

good perspective". She hopes to of her best memories and she hopes to, "continue become a Navy dentist now and helping people in need locally and around the

3



Thousand Smiles

continued from bage 1

treating and reconstructing children's teeth for six to treat patients with efficiency, patience, and to seven hours straight. Although, these children integrity. are very young, it is not shocking to the dentists



The Thousand Smiles volunteers from PDS with Dr. Sussi

Founded by Dr. Terry Tanaka in 1985, the Thousand Smiles Foundation has provided dental care for hundreds of the uninsured and the underserved within Mexico. At Ensenada, these patients are given free dental care, and in many cases, children with maxillofacial deformities such as cleft lip and palate, are given new lives after treatment by the dentists and oral surgeons that volunteer there. Within two days, hundreds of children receive free dental treatment and then are able to go home with better and brighter smiles.

As volunteers, the students were able to experience first-hand what this clinic offers the patients. Immediately after arrival, the students and the volunteer dentists went straight to work how extensive the treatments need to be. Almost all the children seen needed some sort of treatment including amalgam/composite treatment, root canal, teeth cleaning, and/ or extractions. The clinic also provides orthodontic care, which is very crucial in the process of treating a patient with a cleft palate.

On the second day volunteered were also given the privilege to go visit the

hospital and observe oral surgeons and medical doctors perform operations. These operations aried from a bone graft operation, closing of the cleft palate, and even a delivery. The tremendous amount of teamwork and patience needed to perform these operations is admirable and the outcome of each operation is astonishing.

Being able to assist the dentists for various cases was an eye-opening experience. Some of the children cannot help how their teeth have become so decayed. Due to the various foods that they eat and the lack of knowledge on proper oral hygiene, many teeth needed to be extracted. By assisting the dentists, the student volunteers benefited by actively learning from the dentists how

This experience opened the eyes of the volunteers on the importance of community outreach and importance of giving what they can with the skills they have. All the student volunteers gained a lot from this short but gratifying trip. It's safe to say the students came to realize how necessary it is to promote access to care for everyone who needs it, especially children who have no control of their own circumstances. Providing dental care for children is a preventive measure against future dental problems; therefore, reaching out is a necessity. The many dental professionals that volunteer come back over and of clinic, the five students that over again and the reason is because they too receive comfort knowing that they have improved people's lives. After participating in this trip, the



main lesson learned by the students was the importance in stepping up and giving back.

When the opportunity comes again, do not hesitate to volunteer for this

Cheryl Kang assisting in Mexico

organization, it is well worth your weekend.

For more information, refer to their site at http:// www.thousandsmiles.org/.

PDS goes to ADA

continued from page 2

outreach organizations. In addition, various PDS students encouraged companies to donate some of their products



Photo by Jenna Lau

in order to help support the mission of the Free Clinics Project.

During the trip, the students toured the University of the Pacific Arthur A. Dugoni Dental School and UCSF School of Dentistry. Dental students led the tours of their respective schools, some of whom were former PDS members such as Sheila Nguyen and Thanh Tran who coordinated the UCSF tour. Both schools featured presentations about their programs and held question and answer sessions, which the Pre-Dents found very helpful.

"One of the most important things I learned was the dental students' perspectives on uniqueness of each school's dental program. I was able to hear the students' honest views on school curriculum, student body involvement, social activities, and faculty relationships," said 3rd year

Pre-Dent Deborah Kim.

The convention featured two keynote speakers: Barbara Walters on Friday morning and Lance Armstrong on Saturday morning. Both speakers brought different perspectives to the convention.

Walters, the famous interviewer of 20/20 and 'The View', took out quotes from some of her famous interviewees. including Katherine Hepburn, Margaret Thatcher, and President Bush to illustrate the importance of being secure in oneself. It was a good lesson for the PDS

students to learn.

the three free dental clinics in the San Diego area. Afterwards, Armstrong, the seven-time champion of the Tour de France bicycle race, told his inspiring story of his victorious fight over advanced from the PDS were invited to all of the dental cancer. He also addressed testicular the



Admiral Vinci, Dr. Silverstein, and students at the Pre-Dental Society table

Before Armstrong spoke on Saturday, importance of the access to care issue as he the PDS was recognized by the ADA for promoting illustrated the potential discrepancy of treatments the importance of access to care locally through between patients in high income and underprivileged areas.

In between these activities, students



Shannon O'Donovan at SDSU taking impressions to make mouth guards.



Ben Pham pouring a stone model to send to a lab to complete a patient's case.



Dr. Gerald Vale, Dr. Melanie Parker, Dr. Irvin Silverstein, and Dr. Sussi Yamaguchi with the student managers of the free clinics and manager alumni



Quyen Nguyen, Ricky Lugo, Dr. Irvin Silverstein, Andrew Pakchoian, Aldina Lee, Maryam Meschi, Dr. Sussi Yamaguchi, Joanne Nguyen, and Sheila Nguyen with Barbara Walters at ADA



Lacey Lavigna, Lilley Gharavi, and Esther Rhee tabling at CDA



Josh Pegel, Diana Lin, and Sung Ahn enjoying each other's company at the New Member's Potluck





Sheetal Ray, Jenny Totten, and Clarence Lin pay attention while Dr. Sussi Yamaguchi explains her treatment plan.



Mark Hower teaches elementary school kids in Escondido the importance of good oral hygiene.

PDS goes to ADA

continued from page 5

schools' alumni receptions. At the receptions, students networked with deans, faculty, and alumni, asking questions about their experiences in dentistry as well as getting valuable insight on the personalities of each program.

year Pre-Dent John Chan said. "You're not just dentistry." meeting deans and alumni, you're meeting personalities- to see people from all over the US with totally different experiences within the world next year's ADA convention, next year!

of dentistry, that's very special."

For many of these future dentists, the ADA convention was an exciting glimpse of the vast world of dentistry, leaving a mark on the young and impressionable crowd.

"I went to CDA, but ADA was huge," Chan said. "I felt so integrated with everybody at the convention within the group, even among the dentists. It was very inspiring, and I look forward to seeing what's ahead of "The receptions were a lot of fun," 4th me in the future, as I pursue a career in

See you at San Antonio, the site of



Left to Right: Jenna Lau, Frances Cho, John Chan, Diana Lin and Sung Ahn

Friendly Faces in the Pre-Dental Society



Name: Abel Monzon School: UCSD Warren College Home town:

San Pedro, Calif.

Favorite Animal: Koala Bear Favorite color: Navy Blue Favorite Superhero: Wonder Woman What could you eat for a week straight without ever getting tired of it? Mexican food If you could have lunch with one celebrity, who would it be? Robert DiNero If you could to be an instrument, what would you be? Electric Bass Guitar If you could be a fruit, what would you be? Apple If you were to be in a reality show, which one would you choose? The Contender What's your dream retirement? Spend it living on a ranch What's your favorite snack? Honey roasted almonds What board game could you play for hours without getting tired of it? Scrabble

by Deborah Kim

Name: John Chan Not to be confused with John Chen. School: UCSD Revelle College

Home town: Palos Verdes Favorite color: Blue **Favorite Animal:** Dog? **Favorite Superhero:** I. Mom & Dad 2. James Bond **Favorite Shampoo:** Shiseido Super Mild What could you eat for a week straight without ever getting tired of it? Oden + This special eggplant from this secret restaurant that I won't tell you. If you could have lunch with one celebrity, who would it be? Jennifer Jang If you could to be an instrument, what would you be? Guitar If you could be a fruit, what would you be? Tomato

What's your dream retirement?

Dentistry (obviously), World Traveling, Track Racing, and owning a get-away on the French Riviera.



Name: Mykel Rae Anderson School: UCSD Thurgood Marshall College Home town: Moreno Valley, CA **Favorite Animal:** Lions and puppies **Favorite Color:** Blood red and tangerine orange Favorite Shampoo: Very Sexy by Victoria Secret If you could have lunch with one celebrity, who would it be? Johnny Deep, Justin Timberlake, Albert Reed, or Angelina Jolie, If you could to be an instrument, what would you be? A cow bell! Just kidding! Although I play the drums...I'd have to say an acoustic guitar If you were to be in a reality show, which one would you choose? Survivor or Amazing Race What's your dream retirement? To visit, assimilate, and provide humanitarian aid to as

many places and cultures as I can - all to end up eventually grazing with the gazelles in Africa. :D

Events Calendar for Fall 2007

Thursday, November 1st 6:00pm to 9:30pm Stanley Malamed, DDS Professor of Anesthesia and Medicine, USC School of Dentistry World Renown Lecturer and Textbook Author

Brian Steele

Assistant Director of Admissions for USC School of Dentistry UCSD School of Pharmacy, PSB Education Room 2 and 3

Friday to Saturday, November 2nd to November 3rd Thousand Smiles Trip Assist in cleft-lip and palate treatments Ensenada, Mexico Contact Lindsay Godfrey at: Linzgodfrey@aol.com

Saturday, November 3rd 6:30pm to 10:30pm Bonfire at La Jolla Shores Commemorating Scott Perry Carpools start at 6:30pm from Sungod circle

> Thursday, November 8th 6:30pm to 9:30pm Anthony Cardoza, DDS

Forensic Dental Consultant to San Diego County Coroner's Office

UCSD School of Pharmacy, PSB Education Room 2 and 3

Thursday, November 15th 6:30pm to 9:30pm

No-Hee Park, DMD, PHD

Dean of UCLA School of Dentistry UCSD School of Pharmacy, PSB Education Room 2 and 3 Friday, November 16th 7:30am to 7:00pm CEA Dental San Diego Convention Marina Village Conference Center: 1936 Quivira Way San Diego, CA 92109

Tuesday and Wednesday, November 27th and November 28th 12:30pm to 5:00pm Special Tour of the Coroner's Office with Autopsy RSVP with Brian Lu at: brianlu541@gmail.com

Limited Space Available

Thursday, November 29th 6:30pm to 9:30pm Martin Tansy, PhD Dean of Temple University School of Dentistry Room:TBA

Thursday, December 6th 6:30pm to9:30pm Hal Lippman, DDS Director of Student Affairs and Assessment & Admissions at NOVA Southeastern University School of Dental Medicine Room:TBA

> Holiday Party to be announced

For a complete, up to date schedule of events: http://stuorg.ucsd.edu/~ucsdfdc/calendar.php

If you would like to get involved, please contact: Student Director, Ricky Lugo, at rilugo@ucsd.edu

or

Assistant Student Directors, Brian Lu at brianlu541@gmail.com or Kristen Whetsell at kristen.whetsell@gmail.com

Special Thanks to the Writers in this edition and to Ali Sadat and Josh Pegel

Questions or Comments? Contact the Newsletter Coordinator and Editor, Diana Lin, at dianagracelin@gmail.com

7