



VOLUME 5 | SUMMER

2013 UCSD PRE-DENTAL SOCIETY NEWSLETTER

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Cover: Dr. Sussi Yamaguchi observes a Filipino dentist during Pacific Partnership 2012 on the USNS Mercy Hospital Ship.

WELCOME

Greetings to all of our friends,

We just finished a fantastic academic year for our program, during which many great things happened to our group. We started our academic year with a bang by receiving a multi-million dollar grant to create a faculty development program to teach dental faculty how to work with underserved communities and relay that to their students. During this five-year grant, dental faculty across the nation will come to San Diego for three one-week sessions each year. Fifteen faculty attended the first two sessions in March and May and the final session will be in September. We will soon be looking for our second group of faculty members for the 2014 year.

Our four free clinics have been doing well. At our Lemon Grove clinic, which is in a school that encompasses pre-K to eighth grade, our temporary clinic will soon be moved to a permanent six to eight chair facility. We have Affiliation Agreements with four dental schools and will soon expand to five. They will be rotating their dental students through our programs. We have now given back to the San Diego community over five million dollars of free dental care and help. New in this project, we will provide educational classes to motivate the students in continuing their schooling into college and hopefully into the healthcare professions.



This past year, we had many of our former students graduate from dental school and move on to specialties, public health projects, or private practice. On the flip side, approximately forty students associated with our project got into dental school this year bringing the total number of students associated with our program who are in or have graduated dental school to over 500. I am proud that many of them know the access to care issues that affect people around the world and are trying to make a difference.

We again planned two military civilian humanitarian missions with the Navy. The Continuing Promise 2013 mission onboard the USNS Comfort going to Central and South America and the Pacific Partnership 2013 mission onboard the USS Pearl Harbor going to the Oceania Islands. Unfortunately, due to budget cuts, the Continuing Promise mission was cancelled about four weeks prior to leaving. The Pacific Partnership mission is currently underway and we were able to put on a limited number of dentists, dental assistants, and engineers.

We are currently trying to start our fifth new clinic which will be in conjunction with the San Diego County Dental Society, Veteran's Village of San Diego, and the UCSD School



of Medicine. This clinic treats San Diego's disadvantaged veterans who are either underserved or homeless. Many of these veterans have tried to turn their life around and need dental care in order to get out of pain, and improve their health and appearance. Together, we hope to make this a reality so that these people can get rehabilitated back into society.

Recently, we brought on Dr. Samson Yang as a new dental fellow. A former student, Dr. Yang will be doing a fellowship in underserved dentistry and soon Dr. Megan Whitehead will be joining as well. Dr. Randy Taylor, who has been one of our dental fellows the last two years, will be leaving San Diego this summer to move closer to his wife.

We are still operating on a shoe string budget, but hopefully things will improve in the future so that we can continue educating our future dentists about the importance of dentistry, oral health, and working together with physician and pharmacy partners to improve the access to care in this country. If you know of any funding sources, wish to make a donation, or obtain further information about our programs, please contact me at dsilverstein22@cox.net.

Irvin B. Silverstein, DDS, MS.Ed
UCSD Pre-Dental Society Director & Advisor





PACIFIC PARTNERSHIP

By: Diewitt Duong

This past summer, I was fortunate to participate in Pacific Partnership 2012 (PP12) on the USNS Mercy. This was my second international humanitarian mission with the US Navy, the first was Pacific Partnership 2011 on the USS Cleveland. For the 2012 mission, we sent 114 individuals from three different countries and multiple healthcare and engineer fields for one of our most successful missions ever. For this year's mission, we provided healthcare services, improved infrastructure, and strengthened international bonds with four countries: Indonesia, Philippines, Vietnam, and Cambodia.

I embarked on the Mercy in Subic Bay, Philippines and was one of two Team Leads for UCSD PDS in Vietnam and Cambodia. As Team Lead, I was responsible for ensuring the volunteers were utilized effectively and everyone had their expectations addressed or met. I knew it would be a difficult job, but during the mission I realized the most important aspect of my position was to manage expectations. Every mission is different, ranging from scope of medical sites to number of personnel onboard, to interaction between departments. For

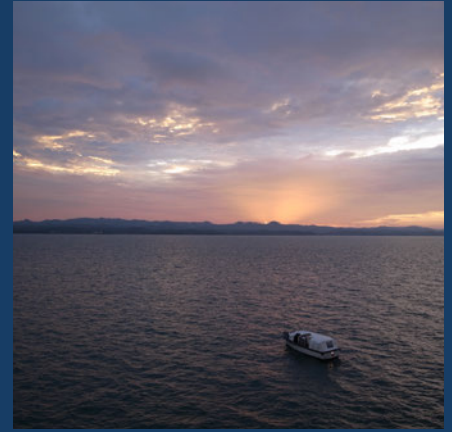
2012, Ryan Fleming (our other Team Lead) and I worked hard to advocate for our members and make this summer experience fantastic in every way for our volunteers.

Living on a ship was not new for me as I had seven weeks of shiplife on the USS Cleveland in 2011, but the USNS Mercy is not your typical Navy ship. The Mess Deck served better food and I just had to get used to the living accommodations. The biggest difference was the actual layout of the ship. The Mercy began as a single hull oil tanker, but for the past 26 years has been the fifth largest hospital in the world. As such, it can provide medical service both on and of the ship. Off the ship, multiple clinics were set up to provide dental, medical, optometry, pharmacy, and physical therapy care. On the ship all of the above were provided as well as surgical services. The Mercy has a five chair dental clinic, 12 operating rooms, 1000 patient beds, a CT Scan, a medical lab, and much more. It is truly equipped to provide healthcare like any other modern hospital in the world.

After finishing six weeks aboard the USNS Mercy, I was able to reflect on how

THE FACTS: 114 UCSD Pre-Dental Society Volunteers across ten specialties, 900 surgeries performed, 7,000 veterinary services provided, over 49,000 patients evaluated and treated. 13 schools refurbished, 100 community service projects, and 140,000 pounds of supplies delivered to host nations. The USNS Mercy is almost 900 feet long and travels at 17.5 knots. 24,500 horse power propelled this 70,000 ton hospital over 20,000 nautical miles, the equivalent of a trip around the equator!

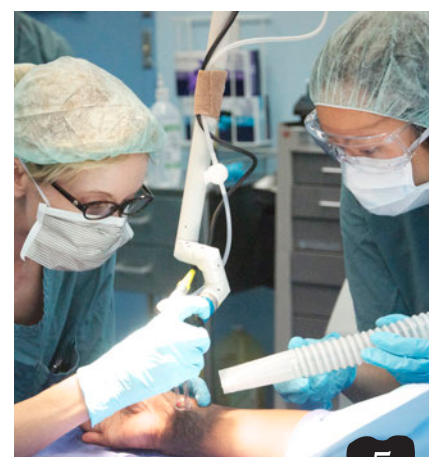




(L-R Above): Fields outside a clinic site in Vinh, Vietnam; USNS Mercy dental team working alongside Filipino dentists in Samar, Philippines; Early rays of light over Vietnam; Cambodian Dental Students meet with UCSD Pre-Dental Society team leaders; Many smiles from patients at the end of a clinic in Samar, Philippines; Patients wait at a site in Sihanoukville, Cambodia (Below): UCSD volunteers assist health professionals aboard the USNS Mercy.

different this mission was from my first. The message and attitude are the same – provide first-rate healthcare to those who do not have access – but the scope is on a grander scale in many ways. However, if you ask any of the participants on the mission about their experience, their first comment will not likely be about the size of the mission or the ship. Rather, people will talk about the relationships made, the friendships formed, and the fun and excitement that they had.

When we first formed the team for PP12, we had high hopes for the mission. With one of our largest teams ever, we had a very talented group of individuals and had a great opportunity to change many lives. I think we succeeded in almost every way and most importantly, almost everyone on the mission felt as though they contributed or had a meaningful experience. That was my goal as Team Lead on PP12 and the experience as Team Lead is one I will never forget.



FLYING SAMARITANS

By: Andrew Lum



For the first time in over a year, UCSD Flying Samaritans, lead by UCSD medical student Verenia Schandera, made the five-hour drive to run a dental clinic in the small town of Erendira, Baja California. Three other UCSD Pre-Dental Society students (Charles Hu, Jennifer Kuang, and Selena Lopez) and I joined to assist in running the clinic and teaching oral health. Despite having a local dentist, the need for care and preventive education in Erendira remain high.

Along with the help of Dr. Ethan Fox, the Schandera family, and UCSD PDS students, Erendira clinic was able to provide basic, restorative, and emergency dental care to 20 patients who may have otherwise been unable to see a dentist. While this was the first dental experience for many patients, their fears were calmed as the students took vitals, assisted confidently, and taught the importance of oral health in a welcoming environment. Some patients even travelled for two days to reach the clinic in time. From the moment students met with the Schandera family and Dr. Fox on Friday, to the time hugs were exchanged on late Sunday, it was truly inspiring to experience the work that was put into this young clinic.

The clinic consists of a single trailer which was donated several years ago. Since then, the Schandera Family has worked with locals to retrofit the interior with four dental chairs and a central sterilization area. The clinic is truly a symbol of the community coming together for a greater cause. Unfortunately, after renovation was completed a few years ago, the clinic has struggled to run annually due to a lack of volunteers.

While the barrier to health care grows indefinitely both locally and abroad, holding onto the passion to help those less fortunate is something we should continue to pursue as future leaders in the health care community. Verenia's family hopes that as the clinic continues to grow, others will join in helping them care for those in and around Erendira.





Tommy Bordieri

Most memorable PDS moment? Helping deliver dentures for a young gentleman who had been recently rehabilitating his life. Although in fairly good physical health, he struggled to find a job because of his poor oral health and missing teeth. It was a long process but as he held up a mirror during the final transformation, he broke out in tears. Even more rewarding was his return a few months later, during which he displayed a tremendous change in mood and confidence. It was then that I recognized the power dentists have to change people's lives.

Favorite dental instrument? Periosteal Elevator because of it plays such an essential during an extraction.

Favorite clinic? Pacific Beach clinic has taught me lots about what it means to help someone in need.

Favorite eatery in San Diego? Brooklyn Girl Eatery and Bar has an amazing vibe and even better food.

Favorite sports team? I love watching the San Diego Chargers.

Most memorable PDS moment? I spoke to a kindergarten class about dentistry once, and I remember the group being wild and disruptive. After the presentation however, a few students exclaimed they all wanted to be dentists and promised to start taking better care of their teeth! Hugs were exchanged and I definitely teared-up after.

Favorite dental instrument? The high-speed drill! It's so versatile, from restorative cases, temporaries, and extractions.

Favorite clinic? I love interacting with the children at Lemon Grove! Most of them have never been to the dentist before, so making their first experience fun and positive helps them to be enthusiastic and less fearful for future visits!

Favorite eatery in San Diego? Tacos and ceviche from Oscar's in Pacific Beach. Everything tastes fresh from the ocean!

Favorite sports team? I love the Los Angeles Lakers. As a kid, I would pretend to be Derek Fisher and sink threes!

Nicole Tasooji



Q+A with the 2013 Leadership Team



Peter Garcia

Most memorable PDS moment? I helped deliver a final denture to a nearly blind, diabetic patient. Since then, empowering patients to take control of their health has been one the most gratifying experiences I have had as a pre-dental student in this organization.

Favorite dental instrument? 151 Forceps because they offered discomfort relief to the first patient I assisted with.

Favorite clinic? Downtown. This clinic operates a trans-disciplinary night where patients receive medical, dental, and services from other specialty clinics. I get to see the patients' health and morale heal through the collaborative effort between me and other like-minded individuals.

Favorite eatery in San Diego? Manna Korean BBQ. Nothing beats all-you-can-eat, after a long clinic. It makes for a great night of laughter and delicious food with the other volunteers.

Favorite sports team? I root for the Lakers since I'm from the area.

Most memorable PDS moment? This past Fall, Dr. Jack Dillenberg spoke and emphasized that the field of dentistry is not always about money, but having the passion to help people. As a result, while dental schools do care about GPAs and DAT scores, they care even more about the person's heart. His encouragement made me reflect and refine the goals I want to achieve as a future dentist and health care provider.

Favorite dental instrument? I can't imagine just having one favorite instrument that can fully perform a treatment. Dental instruments are like a team, each plays an important role in the procedure. To say one of the instruments is my "favorite" would be challenging because no one instrument plays a higher role than the other.

Favorite clinic? Pacific Beach is where I first saw myself growing and building relationships with patients and other health disciplines.

Favorite eatery in San Diego? Homestyle Hawaiian--I could eat it all day!

Favorite sports team? Got to root for the home teams: Lakers and Chargers.

Faith-Roselle Barreyro





University of Detroit Mercy IMPLANT COURSE

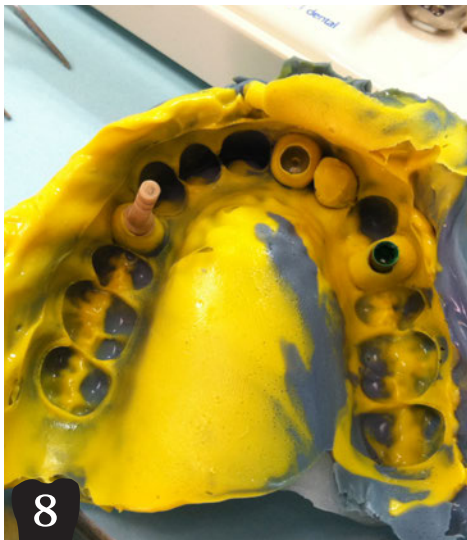
By: Tracy Truong

The ever-changing nature of dentistry makes it imperative for general practitioners to be competent in diagnosis, planning and providing quality care to a wide spectrum of patients--including those needing dental implants. The University Of Detroit Mercy (UDM) School of Dentistry offers a hands-on implant course at the Zimmer Institute in Carlsbad, California where a team of surgical and restorative faculty members facilitate discussion of the principles necessary to successfully treat patients with dental implants. Doctors Monish Bhola, Dincer Gurun, Michael Linebaugh, James Winkler, were on hand throughout the course to lecture on current topics in treatment planning, placing and restoring dental implants.

While this multi-level, hands-on implant course is designed for dental professionals to fulfill continuing education credits, two other PDS peers and I were able to attend the implant course along with dentists from around the country. As students, we were able to experiment with implant placement on models, and assist dentists with bone grafts and sinus lifts. This opportunity allowed us to work with realistic models featuring soft tissue and bone with both cortical and cancellous layers. Conversing with the various general practitioners who worked in private practice, academia, or community clinics proved an invaluable experience, as each offered a unique

approach.

All in all this experience changed my perspective of how dentistry can change the lifestyle of individual patients, not only through physical appearance but through dietary habits, facial features and even allergies. The ability to grow bone was one of the most surprising topics, as I had not realized it was possible. It was amazing to hear from professionals all around the nation—each had something special to share about their personal experiences. Working closely with specialists was an eye-opening experience that has opened up new directions in my pursuit of a career in dentistry.



A HAMMER, A BELL, AND A SONG TO SING

By: Katherine San Jose



Amid the bustling lives of Pre-Dental students at UCSD, an opportunity to embrace an almost foreign topic to us science-immersed students – yes, I am speaking of the arts – graced us in early November. The musical, “A Hammer, A Bell, and A Song to Sing” was featured at San Diego’s Repertory Theatre, located in lively downtown San Diego, throughout November. The UCSD Pre-Dental Society partnered with this production to raise funds for our student-run free dental clinics. The production donated a gracious amount of the funds raised directly to our organization.

I hadn’t known what to expect from the experience aside from hearing about our nation’s

history, so I was filled with delight when I realized this was an eye-opening, interactive entertainment experience! The four performers led the audience through moving, soulful, and historical musical numbers to provoke liberal thoughts concerning our country’s past and, more notably, our future.

Following the jubilant performance, our student organization was fortunate to have a reception in which the four stars shared their personal life journeys. One of the stars was drafted into the Vietnam War during his college years and told remarkable stories of how the songs they sang and scripts they enacted kept up the morale of the

soldiers while overseas. This performance was much more than a mere history lesson, rather a call to action and to be courageous like the figures of our past whose struggles we know all too well and whose advancements we take for granted. That is the magic of art. It holds the power to mesh culture with any span of historical topics to send a message, whether an idea, or raw human emotion. This particular fundraiser held great significance for our organization; it was a reminder of our duty as citizens, and as future leaders of our community, to be active participants in our society by supporting the arts.

AMERICAN ACADEMY OF
ORAL AND MAXILLOFACIAL SURGEONS
By: Megan Milder

Every year the American Association of Oral and Maxillofacial Surgery (AAOMS) holds a meeting which features hundreds of specialty workshops, exhibits, case studies, business and scientific sessions, forums and more. Designed to educate the ever-growing population of oral surgeons on modern research as well as up and coming techniques and technology, this year’s AAOMS 94th Annual Meeting took place on September 10-15th at the San Diego Convention Center.

As an undergraduate student, I

may be far from completing my journey to become a dental professional. However, the AAOMS Oral Surgery Convention showed me how much thought goes into maintaining a successful oral surgery practice; from extensive emergency procedures, to specific specialty instruments, to newly adapted procedures and much more.

AAOMS offers pre-dental students like myself a valuable opportunity to gain insight into a specialty many aspire to be a part of in the future.



HELPING HANDS FOOD DRIVE

By: Andrew Lum



Hundreds of potatoes lined the stairway to a room littered with grocery bags. A small group of students who took time to offer assistance outside the clinic, were only beginning to break a sweat. That November morning was spent sorting and organizing food and supplies that could be evenly divided between 11 families, with items ranging from napkins and cake mix, to fresh fruits and vegetables, and of course--a turkey.

In the prior weeks, donations from over 200 pre-dental students trickled in with

the intent of providing not just dinner, but enough food and kitchen supplies to feed and inspire several underserved families throughout the holiday season. Most of these families had recently experienced unemployment from either one or both of the parents. The highlight of the day was definitely the expression each family had when they saw just how big their turkey was.

Many of the smiles that day posed a striking resemblance to those seen during a typical clinic night, and likewise the

students began to grasp the hardships these families endure during this spirited season. Inflicting a positive change in others does not always involve restorative work from a full-running clinic. The greatest change can come about from simple gestures such as providing a helping hand. For many of us that day was the start of a new type of holiday season, one which revolved around appreciation, thankfulness, and consideration for those in need.

130 students from UCSD had the opportunity to experience organized dentistry while networking with other attendees during this year's ADA meeting in San Francisco.

At our booth, members promoted our group and outreach events such as Thousand Smiles, Navy humanitarian missions, and Dental Health Ambassadors. Dentists were also asked to contribute to the underserved community by volunteering in the UCSD free clinics or other humanitarian projects. Toward the end, PDS members collected supplier donations for use in the student-run free dental clinics. Many generous companies donated supplies, instruments, and even a soft tissue laser. Companies and organizations like these have kept our clinics operating.

In the evening, PDS members were invited to various dental school receptions for a chance to converse with alumni, staff, and current students to hear about their respective programs. To cap off the weekend, UCSD held its first PDS Alumni Reception coinciding with its 10-Year Anniversary. Held at the Parc 55 Wyndham, this was an amazing way for PDS members to reunite.

The 153rd Annual Convention was a rewarding and meaningful opportunity to interact and connect with future colleagues. Being surrounded by thousands of inspiring people who work in and around the dental profession also made it an enriching experience; I look forward to participating in it again in the future.



AMERICAN DENTAL ASSOCIATION
By: Joseph Eusebio



CDA Cares

By: Anabelle Lee

On May 18-19th, 2013, more than 1,600 volunteers gathered in San Jose, California to provide more than 11,000 dental treatments, including \$1.5 million dollars worth of oral health services. CDA Cares is a two-day free dental clinic event where Californian dentists come together and provide pro bono dental services to fellow Californians in need. Volunteers included over 800 health professionals, dentists, dental hygienists, dental assistants, nurses and lab technicians along with hundreds of dental students and community volunteers.

Today, 1 in 3 Californians do not have access to dental care. California Dental Association (CDA) Foundation strives to educate patients and the public on oral health prevention and provide options for those without any dental care. What started as an empty convention center with donated dental equipment, soon filled up to be a temporary shelter for some and a place to relieve pain and infection for others. CDA Cares transformed the lives of over 2,200 patients by delivering dentures, educating, restoring confidence and creating smiles.

As a pre-dental student, I was aware of the demand for health care and public services. However, the overwhelming need for help could not be fathomed as I walked past hundreds of patients who camped out overnight for basic services such as a cleaning. The diversity of the patients that waited in line varied from children to elders, and recent college graduates to preachers.

It was gratifying to give back to the community alongside dentists of all specialties and provide long awaited treatment to those who waited in line for hours. CDA cares was a priceless experience to be part of—it was the voice of assurance to many, including myself about the dental profession that I am passionate about. I cannot wait to take part in the next CDA Cares event so I can continue to raise awareness of the state-level oral health care budget cuts and subsequent loss of prevention programs for underserved families.



Anabelle Lee and Pre-Dental Fellow Dr. Sussi at CDA Cares.



The next CDA Cares event will be held on Dec. 7th/8th in San Diego at the Del Mar Faigrounds.



UPCOMING EVENTS

August

2nd-3rd, Thousand Smiles Foundation Outreach: Ensenada, Mexico
15th-17th, CDA Presents: San Francisco

October

3rd, New Members Meeting with Dean Jack Dillenberg: UCSD Price Center
31st-Nov. 3rd, ADA Annual Session: New Orleans, LA

December

7th-8th, CDA Cares: Del Mar Fairgrounds



Thank you to all who contributed to this newsletter:

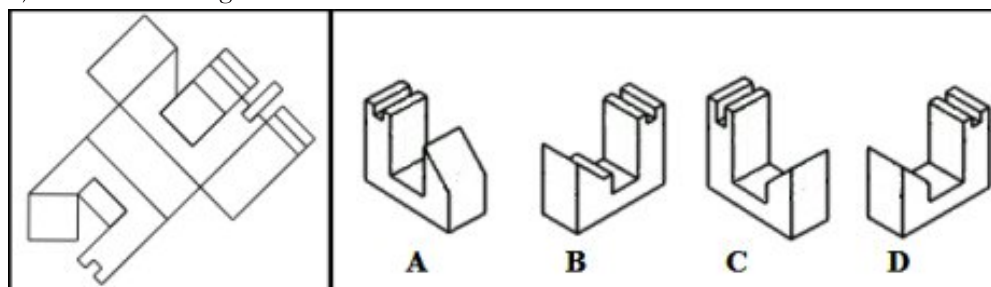
Drs. Irvin and Donna Silverstein, USNS Mercy PAO, Whitney Thuong, Katherine San Jose, Jonathan Gao, Sadaf Khalid, Diewitt Duong, Tracy Truong, Megan Milder, Joseph Eusebio, Jim Ritter, Monica Yeo, Teddy Eusebio, Selena Lopez, Faith-Roselle Barreyro, Anabelle Lee, and Chris Kim.

If you have any questions, comments, or would like to write an article, please contact Andrew Lum at LumAndrewG@gmail.com.

To find out more about our clinics, meetings, or previous newsletters visit:
www.fdc-pds.ucsd.edu

Become a DAT wizard with these practice problems!

1) Pattern Folding



2) Biology

All but which of the following processes are ways of moving solutes across a plasma membrane?

A) Osmosis B) Passive transport C) Active transport D) Facilitated diffusion E) Endocytosis

3) Inorganic Chemistry

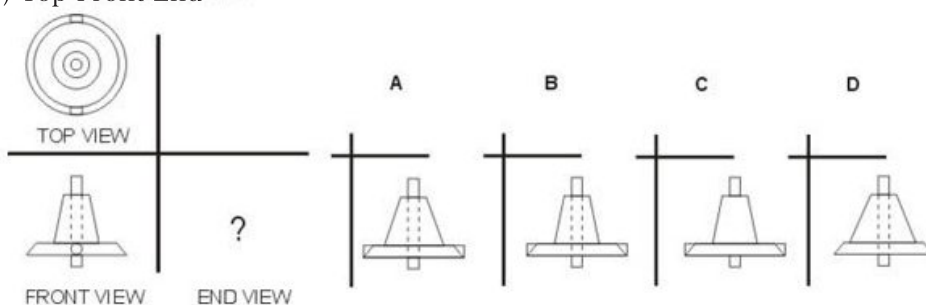
The ability of an atom to attract the shared electrons in a covalent bond is its:

A) Nonpolarity B) Bonding ability C) Polarity D) Ionic character E) Electronegativity

4) Quantitative Reasoning 5) Top-Front-End

A rectangular prism has a height of 2 inches and a square base with a side of 16 inches. Find the length of the edge of a cube with the same volume.

A) 7 B) 8 C) 9 D) 11



More questions can be found on predds.net



Ans: 1.D, 2.A, 3.E, 4.B, 5.B