



THE ARTICULATOR

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ASDA



**Stony Brook
School of Dental Medicine**

Welcome Back

Dear Students, Colleagues, Residents, Faculty, and Staff,

I am honored to serve as your Immediate Past President of the American Student Dental Association's Stony Brook chapter for the 2016-2017 academic year. ASDA is a national student-run organization that promotes and advances the rights, interest, and welfare of dental students. Nationally, ASDA stands 22,000 students strong representing over 90% of all dental students in the country. This is an outstanding number in support of our advocacy and advancement of our professions as students and dental care providers.

It is my goal during the term of my presidency to promote leadership involvement by all of our chapter's members and to continue on the tradition of Stony Brook ASDA through the following concepts:

1. We are a well-oiled machine: From our Lunch & Learns and Activities to our Advocacy and Enrichment, our ASDA leadership has been dynamite this year. There are so many opportunities to become a Stony Brook leader and ASDA can open up those doors for our members.
2. We are as strong as our members: It is the amount of involvement of the general membership body that defines the strength of a chapter. It is encouraged for all members to get involved in our chapter's leadership to make events and ideas happen at our school. If you have an idea for our chapter, share it!
3. We are small, but mighty: Stony Brook is one of the smallest dental schools in the country but that does not hold back our representation on the national level. This year, we have 4 Stony Brook students who hold national positions and year after year, we try our best to send the most students possible to the 3 national meetings and 2 district-wide meetings.

We are Stony Brook ASDA!

As the largest student dental association in the nation, ASDA connects students with their peers and professionals in the dental field; supports members' personal and professional goals through leadership experiences; and advances the profession through grassroots advocacy efforts. We are looking forward to a great year!

Sincerely,



Stella Christina Stavrou
ASDA President 2015-2016
Stony Brook SDM Class of 2017



Meet the Associate Dean: Interview with Dr. Dolores Cannella

By Amanda Iorio

Amanda: Tell us about yourself.

Dr. Cannella: My husband and I both grew up in Levittown and we stayed there to raise our three kids, Robert 28, Matthew 26, and Christina 23. As for my education, I earned an AA degree from Nassau Community College, a BA and MA in General and Experimental Psychology from Long Island University, and then went onto Stony Brook University, where I earned a MA and PhD in Social and Health Psychology



Amanda: What brought you to Stony Brook School of Dental Medicine?

Dr. Cannella: I was first hired to teach one 14-hour course called “Behavioral Interactions” and was asked to expand the Behavioral Sciences curriculum. Over several years, I developed a patient-centered curriculum that spans four years, integrates basic, clinical, and behavioral sciences, utilizes a team-based approach, and bridges didactic content with application in the clinic.

Amanda: Your academic background is in psychology, how do you think that will help you serve as associate dean for education at the school?

Dr. Cannella: With each changing role that I’ve had at the SDM, I was concerned about not being a dentist. But as I have assumed more administrative responsibilities, first as a Division Director, then as Acting Chair, and now as an Associate Dean, I now realize that administrative leadership and skills have very little to do with dentistry per se; it has much more to do with people and relationships, policies, and procedures. With my background, I bring a different perspective, different experiences, and diversity in thinking.

Amanda: What are some of your first priorities as dean?

Dr. Cannella: My first priority is to build strong relationships with students. Because I have interacted with students from the first days of orientation and teach courses in Years 1 through 4, I feel that I have had a head start in this area, and I look forward to getting to know the students even better. Additionally, I want to provide reassurance that the Office of Education is stable and operating as it should. This was a sudden change in administration and there is a steep learning curve for me, but I have an incredible support staff – Hilary, Patricia, Glenda and Vicki, who keep things organized and running smoothly. I also have experienced faculty and administrators who are extremely knowledgeable and supportive of my new role.

Amanda: What is your vision for the future of the dental school?

Dr. Cannella: I think the two areas that will have the greatest impact on the future of dental education and practice are digital technology and inter-professional collaboration. The SDM has a strong history of being leaders in innovation and we will continue to be at the forefront in these areas. For example, in January 2016, we will be one of the first, if not the first dental school to launch a senior wellness clinic that will serve the general health, oral health and social service needs of a growing population of aging, medically complex patients. This requires the creation of new inter-professional practice models that include dentists, nurse practitioners, and social workers working collaboratively in practice teams, and will have implications for every aspect of dental education including curriculum, teaching methods, and assessment.



Amanda: I know that you have done a lot of research in the past, are you still conducting research on top of your new position?

Dr. Cannella: I will continue to be involved in research. It is a way to stay current with the latest advances and trends and evaluate outcomes for changes that we have implemented. Two projects that I am currently working on involve the utilization of emergency dental care services, and the feasibility and acceptability of inter-professional education and collaborative practice.

Amanda: Any advice for the students reading this?

Dr. Cannella: Keep perspective: a failing grade is really not the end of the world! Do the best you can and reach out to faculty and other support members for available help early and often. Develop strong relationships: you will need them to sustain you through the tough times and help you celebrate the good times. And finally, enjoy and value your time at the SDM! This a very unique time in your life and no other experiences that you have in life will be similar. Take advantage of opportunities and actively participate in your education.



Amanda: Last but not least, since you are in a dental school surrounded by current (and future) dental professionals, if you were a dentist, what would you specialize in? And why?

Dr. Cannella: I think I would align most with general dentistry, as it gives you the ability to practice within the full scope of the field, and variety makes life interesting.

Another Great Golf Fundraiser Benefiting the Dental Mission to Madagascar

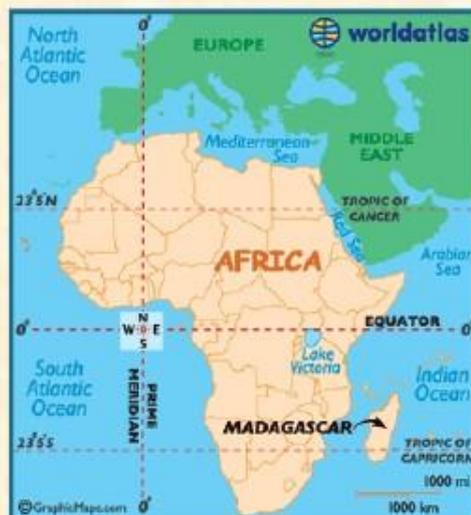
By Rita O'Dwyer

On Sunday, September 20th, a team of Stony Brook School of Dental Medicine students held the 4th Annual Dental Mission to Madagascar Golf Tournament at Tallgrass Golf Course. This golf outing is one of the major student-run fundraisers created to help fund a 4-week dental mission to rural Madagascar—a mission that has been successful and growing since 1999.

The golf event was a huge success with 60 golfers including 12 SDM students, 4 residents, and 3 faculty members. This year, a Paint n' Sip class was held during the golf event for non-golfers with Year 3 student, Anya Wolfe, as the painting instructor of over 30 pupils. They painted the Baobab tree, the national tree of Madagascar, known for its unique shape and special benefits such as edible fruits, leaves for medicinal purposes, and large hollow trunks used as shelter or water storage during droughts.

Madagascar is a large island—roughly the size of France, located off the coast of Southeast Africa. It is the 10th poorest country in the world with a population of almost 23 million people, yet there is very little access to medical care and almost non-existent dental care, especially in the remote areas of this country. The annual dental missions to Madagascar provide first-ever and much-needed dental treatment and oral hygiene instruction to the Malagasy people.

Fundraising is a critical component in organizing abroad or national dental outreach missions. These life-changing outreach opportunities provide tremendous educational experience, unparalleled clinical exposure, and a sense of virtue to each and every participating student.



Overall, the 2016 Dental Mission to Madagascar Golf Tournament was a fun-filled day to raise money for a great cause and its success would not be possible without our attendees, sponsors, volunteers, and mentor Dr. David Krause. The golf fundraiser committee would like to thank the following main sponsors: Newins Ford (Hole-in-One Sponsor), Dr. David Smith (Double Eagle Sponsor), The Rotary Club of Smithtown (Birdie Sponsor), and Dr. Euane Newen (Birdie Sponsor). We also appreciate the support from the following SDM faculty and/or alumni for sponsoring a student to play in the tournament: Dean Mary Truhlar, Dr. Dolores Cannella, Dr. Allan Kucine, Dr. 's Ann Nasti & Robert Reiner, Dr. Jeffrey Seiver, Dr. Denise Trochesset, and Dr. Kirstin Wolfe. Again, thank you for your interest in excelling our dental school experience and we appreciate your support!

-Rita O'Dwyer
Class of 2017



Pictures from the Fundraiser



D4 Students: Wu Zheng, Dennis Andreopolos, Mike Arkhipov, and Anthony Cerciello

Student Manager, Deanne Reaves and son, Kevin



D3 Students: Bailey Weightman and Conor O'Brien



D4 Students, Rita O'Dwyer and Sarah Lukeman accepting a \$1,000 donation from the Rotary Club of Smithtown!



Top 10 Clinic Tips for Students-

By Sarah Khan

1. Establish rapport with your patients from day one: Keep in mind that you will be seeing these patients for numerous appointments (especially patients for whom you are fabricating a CD or RPD for). A positive relationship will make a world of difference when treatment planning and actually performing treatment. At the first visit, I always like to talk to the patient about their past dental experiences and any concerns they may have. Be mindful that not only will your patients have expectations for you but you will also have expectations for them.
2. Keep organized in clinic: By now you might realize that third year clinic is a whirlwind of competencies, requirements and meetings. It is really easy to get overwhelmed with everything but take time every month to write down your goals.
3. Remember to put in your dispensary requests: Especially on Friday afternoon for Monday morning! Both the lovely ladies at dispensary and the people behind you in line will be eternally thankful. That being said, please don't hoard supplies from dispensary - it really isn't fair to anyone.
4. Take your competencies early: A lot of my classmates (myself included) made the mistake of waiting to the last minute to take the various competencies. Whether it is the perio treatment planning competency or the Class II amalgam competency, if you have a patient that you believe qualifies speak to one of the faculty members and attempt it. It doesn't hurt to try (and hopefully pass and trust me at the end of the year you will be happy you did).
5. Ask questions and do not be afraid to try: Remember, no one comes to dental school already a dentist. Take the time to speak to the faculty on the floor about any questions you may have regarding treatment planning and patient care
6. Keep up with your monthly meetings: This is a great way to go through your patient rosters and identify any problem patients you may have.
7. Set ample time when scheduling patients for lab orders to come back: Note that it takes anywhere from 2-3 weeks to get lab orders back from time. It is important that you let the patient know this when treatment planning their cases. When making an appointment to insert a crown or denture have the patient come in 1-2 days after when the expected due date is.
8. Don't be afraid to ask your classmates or upperclassmen for help: The funny thing about third year is that everyone is in different places in their clinical experiences. You may have more experiences in fixed, while your friend may have more experiences in removable. I found it so helpful to talk to classmates about the steps needed to progress through certain treatments. Don't be shy to ask fourth years for help.
9. When in doubt look at your notes from pre-clinical fixed and removable classes: I found my notes from removable essential when setting teeth or designing RPD frameworks. Although each patient is different and that most cases will be far from ideal, this is always a great way to remind oneself of the basics.
10. Have fun in clinic: As stressful as clinic is, remember that you are doing what you love so enjoy it! Smile with your patients, learn with your faculty and be awesome at what you do.



ASDA National Leadership Conference-

By Lucas Shapiro

The ASDA National Leadership Conference (NLC) is a unique opportunity for representatives from ASDA chapters all across the nation to share ideas on leadership and learn from renowned guest lecturers within the field of dentistry and beyond. The focus of this conference is to learn skills not stressed in dental school, such as advocacy, marketing, business and leadership. Ten Stony Brook students (plus one pre-dental student) attended the conference. Greg Sabino '16, ASDA editor in chief, gave a presentation entitled "Fighting Misinformation in the Media with Science." Stony Brook alumnus, Dr Chris Salierno '05, lectured on "How to Not Fail Miserably in Private Practice" and "Post-Grad Options."



There were many favorite moments from the trip. Some students from the trip (including myself) weighed in on their favorite moments:

1. Jia Jang is an entrepreneur, blogger, author and speaker, known for his website www.fearbuster.com and his book, "Rejection



Proof: How I beat Fear and Became Invincible." In his talk, he explains how the fear of rejection almost ruined his life as an entrepreneur, so he started 100 days of rejection therapy in which he would purposefully try to get rejected every day. The first day he asked to borrow \$100, the second day he asked for a "burger refill" from his favorite burger restaurant and the third day he went to Krispy Kreme and asked for donuts in the configuration and color of the Olympic Symbol. He would post all these videos on Youtube, the most popular being the doughnut video which garnered him over 5 million views. Even though the lecture was at 8 AM the day after Halloween, I did not fall asleep! – Luke Shapiro

2. Networking with all the different dental school attendees and lecturers was an invaluable experience – whether at the conference itself or social events at night. These interactions allow for dental students to compare school work, clinic operations and share ideas. – Omar Nijem

3. The lecturers had an immense amount of knowledge about dentistry and leadership and gave concrete tips on how to incorporate the information into our dental school careers. Some great tips were given by Jason Watts, Nova Southeastern '15, on first impressions. He taught attendees the proper handshake using an appropriate amount of firmness and grip and how to properly give a business card – both hands to make sure they see your name. He also gave some great fashion tips and ways I can accessorize with cufflinks, pocket squares and skinny ties. – Jimmy Shak

4. My favorite part about NLC was a presentation given by two dentists with disabilities: one had a physical handicap and the other had a psychological one. The first speaker lost control of his legs during dental school, and still managed to graduate on time, learning how to control his hand piece with his hand. The other was an alcoholic, who first acknowledged his addiction in dental school and was able to overcome it and graduate as well. Today both are practicing dentists! This presentation gave me such an appreciation for how lucky we are to be in dental school, and how possible it is to overcome all of the challenges we are faced with while we are here. – Jill Markowitz



Perio Research- By Dennis Andreopoulos

One of the most rewarding experiences we as students can do, during our long and arduous journey through dental school, is get involved with research. Research expands the knowledge of the dental community while allowing us to also satisfy our curious natures. Most importantly, breakthroughs in research can lead to new and improved dental techniques and more efficient procedures.

Research Spotlight!

My journey in research started toward the end of my first year in dental school. Around that time, my interest was sparked when my dad had an implant placed which developed peri-implantitis. After something like this happened I did what any other person growing up in the 21st century would do and googled everything about peri-implantitis. I learned a lot, but I wanted to do more for my father and the community. Next, I did something only a dental student would do and started looking through the Stony Brook Dental School research website. There I found out that Dr. Carrion was conducting research on peri-implantitis and the failures of implants placed at the clinic. This was perfect for me. I organized a meeting with him and was taken on board to work on that project with him.

For the next year, I vehemently worked on this research project analyzing hundreds of cases and was able to present my work at the in-house, Mickey and Leo Sreebny Research Symposium. There, I won the Student Research award which allowed me to present my work in Washington, D.C. at the Student Clinician American Dental Association's (SCADA) research symposium.

Presenting my research at the research symposium in D.C. has been one of my most rewarding experiences of dental school. Not only was I able to present my research to the top student clinicians from all over the world, I was also able to learn about their research too. The

Outreach Spotlight!

Tennessee Remote Area Medical-

By Hannah Callen

Stan Brock founded Remote Area Medical. He sustained a serious injury while riding a wild stallion when he was working with indigenous populations in the Amazon. He was isolated from medical care and the nearest medical center was twenty-six days away. While recovering from his injuries, he decided to found Remote Area Medicine, also known as RAM, in order to help the many people who do not have access to health care.

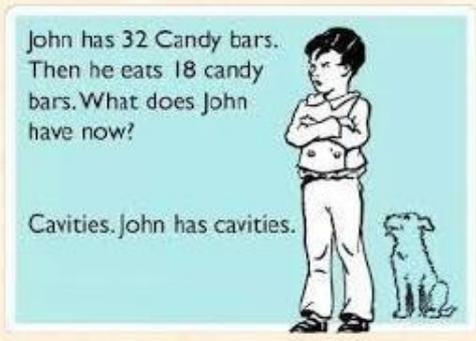
Some time after RAM's founding, he was having a discussion with astronaut Ed Mitchell, who stated that he was only a couple days away from health care when he was on the moon. Brock responded, "Well, Ed, for the people who live in [that part of the Amazon] and indeed for the thousands of people we see at the RAM's here in the United States, they might as well be on the moon for the access that they have to healthcare."

I volunteered on a RAM mission this fall in Kodak, Tennessee with several third and fourth year Stony Brook classmates. I was very impressed with the degree of organization and the quality of the instruments provided at the RAM mission. We were able to provide care to everyone who came to the elementary school that we were volunteering at. What impressed me the most was seeing how many people —faculty, students and volunteers— were excited to give of their time and help in any way they could. It was a privilege to work with such knowledgeable and supportive volunteers.

And of course, there were the patients! Many had never been to a dentist or hadn't seen one in years. Most patients had many severely decayed teeth and it wasn't a question of which teeth needed to be extracted, but which need to be extracted the most. We got everyone who came in out of pain, a pain in some cases in which they had been suffering with for years.

Everyone was very appreciative and understanding, but the problem still remains: how do we restore these people back to function? RAM is an excellent organization, but we need to remember that there's so much more we need to do to treat these patients. Many people will be edentulous for years, and something needs to be done to prevent this occurring, because no person should be without teeth. However overwhelming our loans and financial obligations may be, they're nothing compared to what we witnessed in Kodak, Tennessee. Whether it's providing free dental care and education to patients, helping out in missions, or lobbying with congressmen, it is all of our obligations as dentists to give back to our community.

Sincerely,
Hannah Callen
Class of 2017



Meet the Executive Board

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President: Stella Christina Stavrou
President Elect: Sean Lee Vice
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First Treasurer: Sarah Khan
Second Treasurer: Ivan Pak
Secretary: Kristen Brocavich
Legislative Director: Jill Markowitz
Editor-in-Chief: Sean Ference
Contributing Editor/Social Media: Alex Fuchs and Rutu

Shah
Graphic Design/Marketing Chair: Madelyn Cohen and Rebecca Geller
Webmaster: David Elsharouny
Gold Crown: Jimmy Shak
Historian: Steven Bienstock
Social Chair: Rita O'Dwyer and Jenna Chimon
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Pre-Dental Liason-elect: Renee Glasser

Pre-Dental Society Rep: Jack Lupfer
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Business Chair: Samir Lillaney
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Class 2 Representative: Kaitlin Nowling
Class 3 Representative: Noreen Doherty
Class 4 Representative: Susie Ko
Activities Chair: Tonya Bellamy Bissoon and Lexi Gertler
Lunch and Learn Coordinator: Luke Shapiro
Faculty Advisor: Dr. Jeffrey Seiver

Dental Jokes

Brace yourselves for some funny dental jokes!

1. What did the dentist say to the golfer?
"You have a hole in one!"

2. What does the dentist of the year get?
A little plaque!

3. What do you call a dentist who doesn't like tea?
"Denis"

4. No one knew she had a dental implant until it came out in conversation

5. They called him the king of the dentists because he specialized in crowns

6. The dentists alibi was full of holes, so the police performed a cavity



Sean Ference
Class of 2017



Sean Ference
Editor In Chief
Class of 2017



Maddie Cohen/
Rebecca Geller
Graphic Design Chair
Class of 2017/18



Alex Fuchs
Newsletter Editor
Class of 2017

Want to write an article for the
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Contact us at sbuarticulator@gmail.com