

12TH & NEIL magazine

Fall 2016

Family Matters

Balancing dental school and a Family.

#BeWellASDA

Could you complete a Triathlon?

School Spirit

See how Dental Students do Homecoming!

Student Spotlight

Life outside Postle Hall

Medicaid:

What are students' opinions?

The Palatal Expander

Pumpkin Dump Cake- the perfect fall treat

Across the Oval:

What should I expect when interviewing for dental school?





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American Student
Dental Association

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The Ohio State University College of Dentistry



LETTER FROM THE EDITOR

*Everything negative - pressure, challenges -
is all an opportunity for me to rise.*

-Kobe Bryant

With the fall semester in full swing, so are all the stresses of being a dental student. Oftentimes we forget about our lives outside of Postle Hall. Of course we should focus on our coursework and spend a large amount of time on those, but we should also remember our life outside the classroom.

There are so many ways to get involved in the school. There is an organization for everyone! I personally have found my place among ASDA, Odontos (our yearbook) and Psi Omega. Each of these organizations offers something completely different. It's important to remember that you can join multiple organizations, but you do not want to spread yourself so thin that your coursework is impacted.

A major theme for ASDA this year has been wellness, and oftentimes this is something students put on the back burner as they focus on studying, pre-clinic practice time, a social life and sleep. Considering we will one day be practitioners, we should never forget about our own wellness. Working out is a great way to relieve stress! A healthy diet and regular exercise will help keep your energy up and on a schedule. This can make your dental school experience a lot less stressful. I have found that hour I spend after class at the gym gives me an energy boost to finish out the night studying. Granted, there will be weeks when you have three exams and gym time just is not going to happen, but we can't forget about our health!

A social life is probably one of those things you think you will lose in dental school, but this just isn't true. There are so many events held by organizations outside of school activities! These are a great way to bond with your classmates.

As a student, we also learn to make time to nurture these friendships outside of school activities. You will go to dinner, movies, game nights and anything else you can imagine, and these things will have a lasting impact on your memories from dental school.

Many dental students have families, and this is something that I am amazed by! I do not know how they manage a social life, class, sleep, practicing, studying, working out, AND a family! I have two cats, and there are times I can't even handle that. Those students that juggle their children, spouses and school are people that should be admired! It may be challenging, but they manage to do it, and with a smile on their face...most days that is.

Overall, dental school will become your life both inside and outside the classroom. You will find yourself telling a friend who is also a dental student, "Oh you have something between #7 and #8", most people would be so confused but your fellow student will understand. It becomes part of your everyday life, and the friendships you make will last a lifetime. We learn to balance life in a way that we never knew we could, and in the end we will successfully graduate. We will then go on to achieve those dreams we've always had, but never thought would happen.

Samantha

- Samantha Lindsey
Editor-in-Chief



Calendar & Events



Annual Volleyball Tournament
ASDA kicked off the school year with the annual volleyball tournament. This is a great opportunity to meet the new D1's and have a little friendly competition. The winning team members were Kelsey Snyder, Justin Hoying, Erica Bockhorst, and Nate Jandernoa, all members of the class of 2018.

AUG

19

28

30



Welcome Back Social

The Annual Welcome Back ASDA Social was a success, with over 50 dental students coming out to kick back and welcome the incoming class of 2020. ASDA members hopped around a few venues on High Street and enjoyed the weekend back in Columbus!



ASDA Vendor Fair

The annual vendor fair was a great success! We had 43 vendors attend. This was a great opportunity for our students to network and learn about products. There was plenty of food, raffles, and giveaways as well!



General Body Meeting

This month's Meeting was centered around welcoming the D1's to Postle Hall along with teaching them what ASDA is all about. We provided Jimmy John's for lunch and allowed the D1's to mingle with upperclassmen and committee chairs to see what committees they would like to become more involved with.



Upcoming Events

**November 4-6
National Leadership
Conference**

**October 26th
ADA Success Series
Lunch & Learn**

**November 2nd
Pre-Dental Mentor
Dinner**

SEP

8

30

OCT

2



ASDA District 6/7 Meeting

This year's 6/7 Meeting was held in Milwaukee, WI where over 120 students met and listened to various speakers discuss topics about life after dental school and how to improve networking skills. Trustees Kathryn Dickmann (D6) and Pinkesh Shah (D7) planned the entire weekend, finding sponsors for the meetings along with great dinners for the attendees to meet and chat with one another.



"To me, COACHING
these *kids* means
so much more
than *teaching* them
the x's and o's of
basketball."



Life outside the classroom: *Coaching Basketball*

By: Jimmy Schooley '19

As the youth committee chair of my church's parish council and the volunteer youth advisor, I have worked with hundreds of young people throughout the years. While I have enjoyed each opportunity to work with the youth, my favorite has been serving as a basketball coach for our cathedral's basketball teams.

For the past eight years, I have coached our cathedral G.O.Y.A. (Greek Orthodox Youth of America) basketball teams which are divided by gender and age group (13-15 year-olds in the junior division and 16-18 year-olds in the senior division) and compete in weekend tournaments in cities across Ohio and Pennsylvania. Over the years, I have coached all of the teams and each experience has proven to be unique and memorable.

To me, coaching these kids means so much more than teaching them the x's and o's of basketball. While we practice the fundamentals of shooting and rebounding, implementing various defensive strategies, and have won dozens of championships over the years, my primary aim has been to build a sense of camaraderie and fellowship among the kids I coach. I try to make practices as fun as possible so they get to know one another and want to hang out outside of practices. Not only does this promote their cohesion on the court, but it also fosters increased involvement in church events with closer bonds to their culture and faith.

I strive to be a positive mentor and role model and treat each of them with respect as I listen to their thoughts and concerns both inside and outside of

church basketball. I recognize that not so long ago I was in their shoes, with decisions to make regarding school, career and life in general. Perhaps the most rewarding part of the job is being there when they seek advice and guidance. While these kids are under my care now, I look forward to the future when they will be my fellow parishioners, friends and colleagues.

While I view such opportunities working with the youth as outlets to give back to my local church community, I receive so much more in the form of solidarity, understanding and lasting friendships. These interactions hopefully will continue to have a positive impact on the lives of the people I encounter, and in turn, will have a meaningful imprint on my own life as well.



Student Research:

Medicaid: Do I accept it at my practice or not?

By: Jenna Gaudio '18
Homa Amini, DDS, MS, MPH,
faculty advisor

Who participated
in the study?

This study was
approved by the
Institutional Review
Board at The Ohio
State University.

This study was
carried out by giving
dental students a
12-item survey to
answer questions
about their attitudes
and beliefs about
Medicaid.

All students in each of
the four classes (D1, D2,
D3, D4) were invited to
participate in the study.

The overall response rate
was 88% (D1: 95%, D2:
95%, D3: 78%, D4: 84%) and
396 surveys in total were
collected.

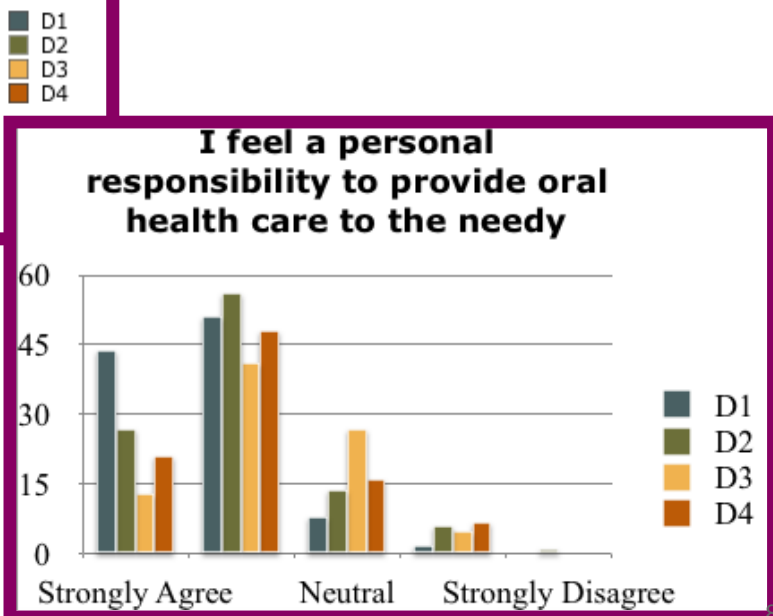
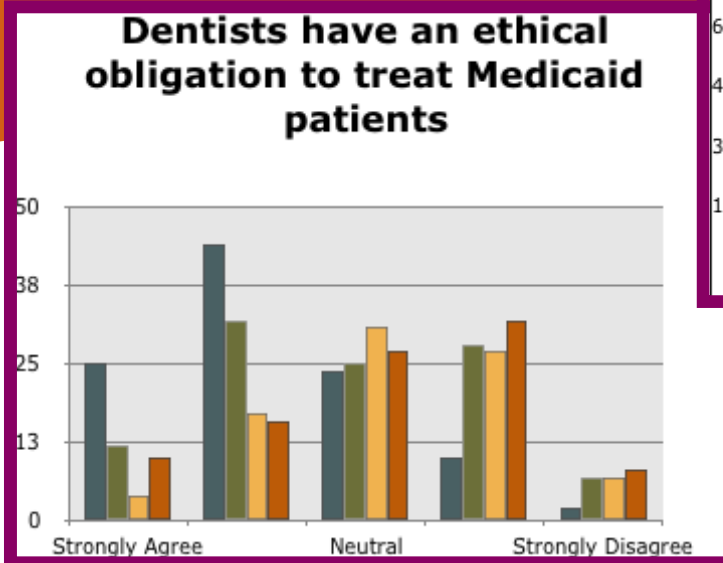
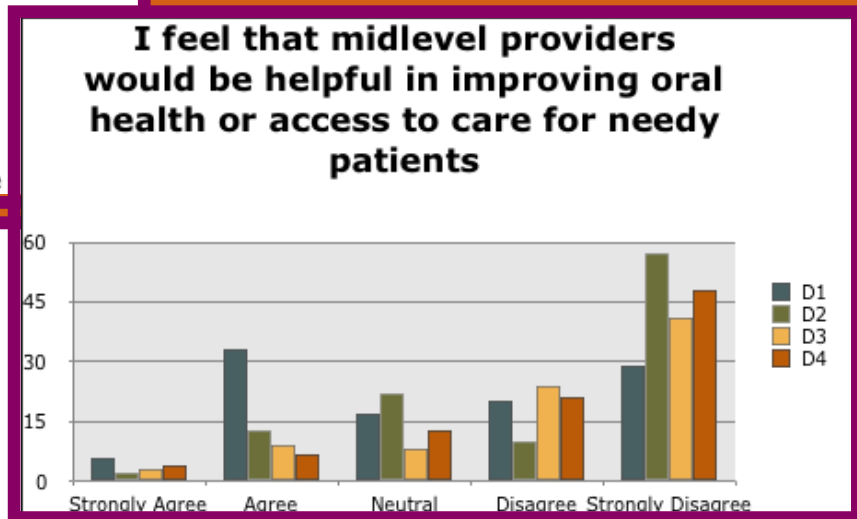
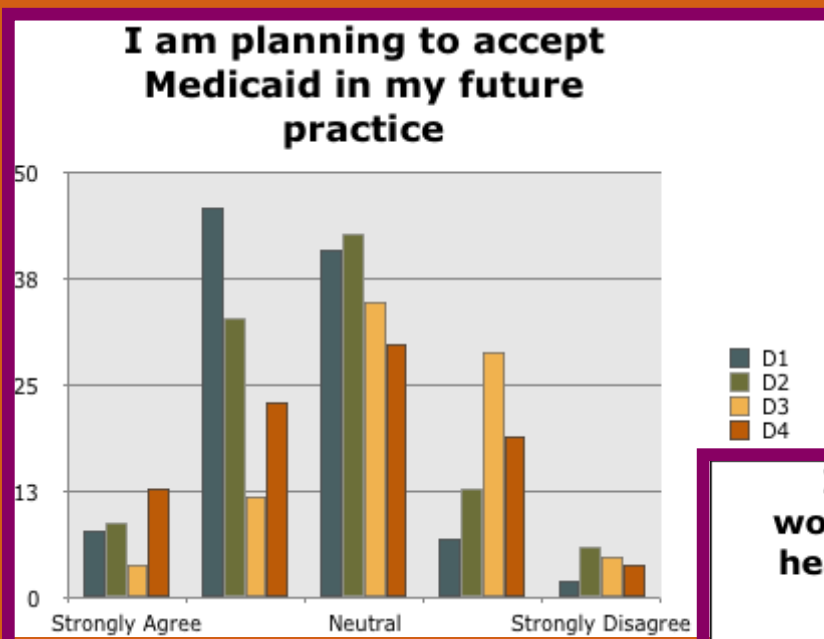
The above reflects portions of both the oral presentation
and the manuscript that the authors will be submitting for
publication

Gaudio, J.M. & Amini, H. (March 2016). Dental Students'
Attitudes Toward Medicaid. Poster session presented at
the American Association for Dental Research General
Meeting in Los Angeles, CA.

Purpose: To explore whether there are differences
in dental students' attitudes and beliefs toward
Medicaid as they progress through their dental
school education. This process includes not
only the information presented in courses, but
also personal experiences in the college clinic
and outside information from extracurricular
groups. The hope is that the information
gathered will give a better insight into the
influence of dental school education and
potential provider participation in Medicaid.

Conclusion: Of all the factors assessed in
this study, year of dental school appears
to have the most influence on student's
attitudes toward Medicaid; in general,
more junior students tend to have more
favorable attitudes toward Medicaid than
students who have been in dental school
for a few years. Because personal
experiences with underserved patients
affect one's attitudes and professional
behavior. It is important to consider
how attitudes change throughout
dental school.

There were several questions with significantly different responses between dental students of different years; including how they responded to statements about providing oral health care to the needy, feeling an ethical obligation to treat Medicaid patients, whether mid-level providers would help with the problem of treating the underserved and previous Medicaid knowledge. It is important to note that D3 and D4 dental students had more experience working with Medicaid patients and were less likely to accept Medicaid patients in their future practices.



How do you manage a family and dental school all at the same time? This is a question some of our students have to ask themselves on a regular basis. The challenges that come with a family, let alone a baby can be huge for anyone, but facing those challenges while juggling the commitment it takes for exams, lab work, and the clinic is a whole new ballgame. We wanted to find out from some of our ASDA members how they manage to play this balancing act that is dental school and a family!

"Raising a baby while in dental school is like being in the twilight zone...it's horrifying, dramatic and comical but most of all it's rewarding. Finding balance between school and family is next to impossible. You skip studying just to go to bed early, knowing that 4:30AM screaming wake-up call is inevitable. When you drag yourself out of the deepest sleep of your life to feed that tiny human you grab your study materials in hopes that something will stick for that 7:30AM exam you have yet to study for. You never know if that's spit-up or stone on your scrubs but you wear them anyways. Mommy brain is REAL! But most of all, you love your family first and everything else falls into place."

-Eben McGregor, '18





As a dental student you are always pulled in 20 different directions. There are the classes, patients, clubs, and on top of that we all have a life. So what happens when you add a new baby? Honestly it was a little overwhelming at first, but as with school you just have to adjust. I look at being a new dad as an adventure mostly, everyday while at school I challenge myself to be the best dental student I can be, and I try and take that same philosophy when it comes to my daughter. She, like my patients, deserves my best and that is always the standard I try to reach. One thing I definitely want to be known is how much my dental community has supported me. The faculty and staff has worked with me to take some time off and still remain on top of my school workload, my classmates have helped out with patients and friends have made every effort to meet my little girl and make sure my family is doing well. My advice to any new dental school parent is to take advantage of all the programs and tools offered to you. This is a huge transition in life and utilizing the tools correctly will allow you to fully enjoy both experiences simultaneously.

-Anthony Clark, '18

BALANCING HOME AND SCHOOL

Postle Hall takes on Homecoming Weekend 2016

by: *Lindsay Runyon, '17*
Former Editor-in-Chief

One of America's long-lasting traditions, Homecoming, graced Ohio State the weekend of September 30th through October 2nd. Friends, football, and fun memories had many Ohio State College of Dentistry grads "coming home" for a scarlet-and-gray packed weekend. In addition, many current members of the college participated in the festivities surrounding The Ohio State Buckeye Football shutout versus the Rutgers Scarlet Knights.

The Homecoming week kicked off the evening of Monday, October 26th, with the start of construction on the renowned dental school float. Every night after classes and clinic, the Homecoming design team consisting of Taylor Miller, Alysha Holland, Ashli Holland, Taylor Landgraf, Micheal Gatz, Chelsea Colburn, Payton Laws, Neha Patel, and Dillon Wilson embarked to the float construction site under The Shoe South Stands to build our float. In addition, members of the Homecoming court, nominated and voted for by their classmates, made guest appearances at the construction site to offer their handskills. There was a great turn out in helpers

the DDS and DHY candidates, as well as, some visits from Dean Lloyd and Dr. Hamamoto. This year's float theme was "The Knight Shall Fall in the Shoe" and featured Brutus on horseback conquering the fallen knight, toothbrush in hand, set in The Shoe.

The Homecoming weekend itself commenced on Friday, September 30th with the Post College Assembly continuing education event from 9 am to 4:30 pm. The event presented by John Kalmar, DMD, PhD, Angelo Mariotti, DDS, PhD, Robery Seghi, DDS, MS, and featured guest, Robery Weyant, MS, DMD, DrPH, examined skills and strategies for implementing an evidence-based practice. The 2016 Distinguished Alumni Award was presented to James Bertz, '61 DDS, MD during the luncheon at PCA. Also on Friday, members of the Class of 1966 were invited to attend their 50th Reunion Luncheon at the Faculty Club hosted by the OSU College of Dentistry and sponsored by the OSU Dental Alumni Society. Members were able to reconnect with friends and colleagues and reminisce on their time at Ohio State. Furthermore, the homecoming weekend celebrated the Classes of 1966, 1971, 1981, 1986, 1991, 1996, 2001, 2006 and 2011.

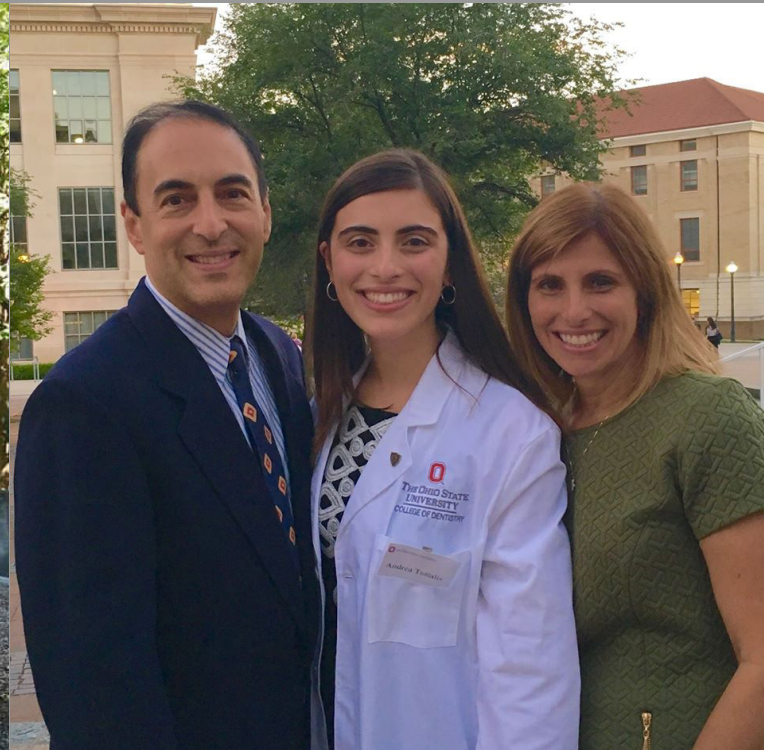
Lastly, finishing off Friday, the College of Dentistry Homecoming Float garnered its second 1st place victory consecutively to close out the night. Luckily the rainy weather held off, allowing the parade participants to provide toothbrushes, toothpaste, and floss to the Homecoming parade spectators. Parents, children, and students were more than overjoyed to accept our oral hygiene handouts while watching the toothfairy and tooth king in a convertible, followed by the float and fantastic homecoming court. In fact, our float, favors, and family-like appearance seemed to be the highlight of the night! Beginning bright and early on Saturday, October 1st was the annual Family-Friend Buckeye Tailgate held in the Postle Courtyard. Food, drinks, and an abundance of Buckeye spirit made for a great time and the winning float was there to enjoy too!



Fun Facts

- * The dental school began Homecoming float construction and parade participation in 2012
 - o Theme: Molar with a distal amalgam and surrounding gingiva
- * In 2013 the float received 2nd place
 - o Theme: Typodont crushing an Iowa Hawkeyes helmet
- * In 2015 the float received 1st place
 - o Theme: Brutus birthday celebration with a Maryland terrapin cake "Beating the terrapins, a piece of cake"
- * In 2016 the float received 1st place
 - o Theme: Brutus horseback conquering a Rutgers Knight "The knight shall fall in The Shoe"

Across the Oval.
A word from our Pre-dental members



Interviewing for Dental School

By; Sydney Stroia
and Megha Gandhi
Pre-Dental

Andrea Tsatalis
Class of 2020
provided some
advice for the
interview process

As dental school interviews begin, it is time to prepare and it is your time to shine. Each dental school has a unique interviewing process, and it is important to showcase your best characteristics, which will ensure your success as a future dentist. By receiving an invitation for an interview, students have made it through the “initial round” regarding GPA, DAT scores, and extracurricular activities. Now, specific dental schools want to see the professionalism and personality you can contribute to their school. The interview is important because it demonstrates what unique aspects you can bring to the dental school to enhance the experience of other peers and expand the boundaries of knowledge by learning from each other. After receiving an invitation to interview, the initial excitement may slow down, and the nerves may set in. Therefore, preparation for the interview is vital and will lead to success if accomplished well.

We sat down with Andrea Tsatalis, a first year student at The Ohio State University College of Dentistry to see what advice she had for Pre-dental students. She attended the University of Toledo as a Biology major, minoring in Chemistry and Business. She participated in undergraduate basic science research and participated in a variety of clubs.

Do you think your undergraduate career prepared you for your interviews? If so, how?

A: Hm, I would say yes and no. Academics (major, GPA, DAT score) and extracurricular involvements obviously play a large role in one's invitation of an interview. However, physical dental school interviews themselves are based more on intrapersonal facets of who you are...which are developed outside of class via the personality/passions/relationships you've cultivated over time.

What were you thinking about prior to your interview dates?

A: Interviews occur during the fall semester of every year, so it's important not to get too swept up in the excitement/possible nervousness for an interview and neglect coursework. Prior to interviews I was usually researching aspects of every school and solidifying travel logistics.

How did you prepare for your interviews?

A: Many people tend to over-prepare for interviews which leads to robotically scripted answers and

a lack of vitality in the interview itself. I reviewed the essays I had submitted via AADSAS/ the supplemental application and thought through obvious questions that were going to be asked ("why dentistry," "tell us about yourself," etc).

What advice can you give pre-dental students about nerves and preparing for the interview?

A: To start, remind yourself that you received an invitation to interview--that's already an honor and testament to the hard work you produced in undergrad! Take time to engage in some introspection: why do you want to be a dentist, what aspects of dentistry originally appealed to you/drew you to a career that is equal parts art, engineering, service, and medicine? Outside of scholastics and professional goals, who are you as a person? If your best friend were to describe you to a stranger, what threads of your personality would they share? Ohio State is extremely welcoming/ excited to meet you, as I'm sure other dental schools are as well, so don't be nervous!

Did you ask any questions while in the interview to the panel?

A: I did, as someone who didn't attend OSU as an undergraduate student I had a few Columbus-specific questions to ask the panel. There's typically a student panel post interviews where interviewees can ask questions during as well.

During the interview, what types of questions were you asked?

A: Across all of my schools, interviews consisted of either personal questions (why dentistry, interests, tell us about yourself) or multiple mini-interview style scenarios. Usually a school will inform you of the format prior to the interview day.

Is there anything that an applicant must NOT do during the interview?

A: Be a genuine version of yourself, don't let other interviewees shake your inner confidence, and in the words of the great Canadian artist Aubrey Drake Graham, make sure to 'know yourself// know your worth.'

Tsatalis concluded the interview by suggesting to ask for the phone number of an upperclassman you meet on interview day because you will have a peer to communicate with if you decide to commit to that school. Along with her advice, here are several other tips to consider:

Dress Appropriately: It is important to dress appropriately because an interview for dental school is formal, and professionalism as a dentist is highly encouraged. For men, a suit and tie is recommended, and women should also wear a suit with a blouse and blazer. Also, it is important to wear a professional outfit that you are comfortable with and one that will not distract you while the interview is being conducted.

Be Prepared: During the interview, questions will be asked relating to your academic background and extracurricular activities. Also, you will be asked questions relating to your personality and the reasons you would like to become a healthcare professional. By being prepared to answer these questions, it will ease the manner in how you properly answer the questions during the interviews.

Remember, receiving an invitation for a dental school interview is an honor in itself. This is a way for the school to get to know you and for you to become more familiar with the school you may soon become a part of. The invitation of an interview proves that your qualifications are satisfactory for the school, and now they want to see how you act in a professional environment, in addition to getting to know you on a more personal level.

"Training for the triathlon was an awesome way to stay active and get to spend time with my friends who did the event as well. Signing up for my first olympic distance triathlon was a little intimidating, but it provided the chance to mix it up and the motivation to stick to a training plan. The atmosphere was energetic and people were extremely friendly--who knew so many dental students were triathletes?! Ross Heart Hospital puts on a fun and beginner friendly event, and I would encourage anyone to give it a try!"

-Hilary Allen, '19

"Training for the triathlon was both a mental and physical challenge. One of the hardest parts was trying to train all three disciplines every week (especially making myself swim) while keeping up with school. But knowing I was in it with my dental fam and that we were benefiting a good cause made it that much better!"

-Dina Farah, '18



"This race was the perfect excuse to get away for a weekend and achieve something great with friends!"

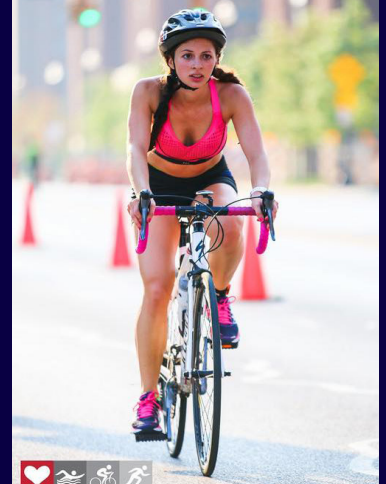
-Kathryn Dickmann, '17
University of Detroit Mercy and
the ASDA District 6 Trustee



"It was an awesome experience. I was surprised by how many dental school people participated in the event."

~Joe Kohan, '19

"I did it for my Tinder profile."
-Kevin Schamel, '18



"This was my first triathlon and I had a great time training with my classmates all summer, staying active, and competing against so many other great athletes."

-Mike Vieth, '18

#BeWellASDA

TriFit Challenge

ASDA District 6/7 meeting

By: Ryan Humphreys, '20



Pictured above: Ryan Humphrey's second from left along with six other first year students.

Over the first weekend in October, I had the pleasure of attending the ASDA District 6/7 meeting that was hosted by Marquette University School of Dentistry, located in Milwaukee, Wisconsin. Because this was my first ever ASDA event, I can honestly say that I had little knowledge of what to expect upon our arrival, but now I can say that I am thankful to be given the opportunity to represent not only our profession, but The Ohio State College of Dentistry as well. As I review and reflect on that weekend, the main point I think that I can take away from the experience is that you can only get out of a trip like that by how much you put into it. Throughout the day on Saturday, we were all able to listen to a variety of different presentations that have a direct effect on us as dental students right now or will at some point in our careers down the road. One of the talks that I enjoyed the most was from a local dentist from the area. His topic was "Life After Dental School". Although I am just a D1, I found it to be very helpful to listen to him as he explained why he chose to buy the practice he did, what the financial burden might be, and why taking that risk was what he believed to be suited to fit his personality the best. Outside of the various lectures that were presented, the highlight of the trip was being able to go out and meet other dental students throughout the district. Every person there represented the future of the dental profession, so being able to interact and meet other students that are going through the same struggles as you was reassuring. It helped to know that you're not alone. Lastly, I feel as though this trip has allowed me to not only bolster any current friendships that I have made during my short time here at Ohio State, but it has also now allowed me to feel comfortable asking any of the upperclassmen questions that may arise throughout the process. Dental school has been a whirlwind of emotions, but with the help of upperclassmen, it has made the transition much easier! Overall, I think a trip like this has many positive effects for people who are just beginning and would like to get involved. ASDA is a great opportunity to help build upon leadership skills, network within the profession of dentistry, and make lifelong friends that you may need down the road!

The Palatal Expander

Pumpkin Dump Cake

Ingredients

- 1 large can pumpkin pie filling
- 1 3/4 cup of sugar
- 3 eggs
- 1 box butter flavored cake mix
- 2 sticks of butter
- 1/2 teaspoon of each: all spice, cinnamon, and nutmeg to taste
- 1/2 cup chopped pecans

Directions

- Grease 9 x 13 pan with butter
- Mix pie filling, sugar, eggs, and spices in bowl
- Spread mixture in pan
- Sprinkle the dry cak mix over the mixture in the pan
- Sprinkle chopped pecans over the dry cake mix.
- Melt remaining butter and pour over.
- Bake at 350 for 45-55 minutes until golden brown



Q&A

Dr. Shilpa Shah

Getting to know the school's faculty

By: Alyssa Snyder '19

What initially sparked your interest in dentistry?

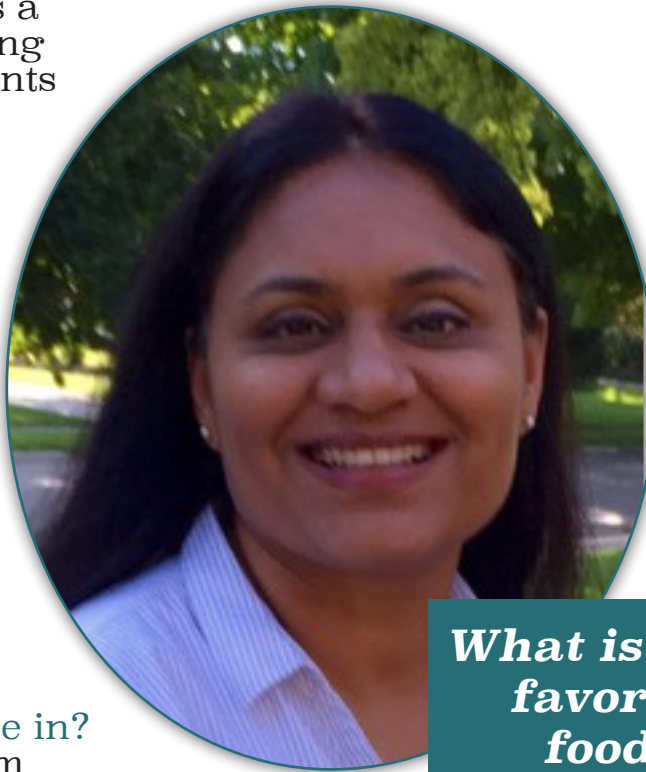
My interest in medicine began when I was very young. My father was a physician and watching him care for his patients inspired me to follow his footsteps. When I was older I got the chance to shadow a dentist. Seeing a female dentist in a very male dominated career at the time was empowering and seeing her balance her professional life with her family life drew me to choose dentistry.

What is your undergraduate degree in?
Upon graduating from high school I went straight to dental school where I received my BDS degree after which I chose to specialize in prosthetic dentistry.

What is your favorite vacation spot?

My favorite vacation spot is Zurich, Switzerland. I visited Zurich for a month in 2011 with my family. I found the city very beautiful and had

lots of fun hiking in the mountains and taking long boat rides on Lake Zurich.



What do you enjoy doing in your free time?

My favorite thing to do is spend time with my husband and two kids. I also have a passion for gardening. I love spending time outdoors nurturing plants and feeding the birds. Something I really

enjoy is sitting in my backyard listening to the relaxing sound of the water fountain as I read one of my favorite books.

Do you prefer winter or summer?

As a garden lover I prefer the summer. It allows me to lose myself in nature with the blooming flowers, the green grass, and the chirping birds.

Do you have any siblings?

I am fortunate to have a brother, who is also my great friend.

What is your favorite food?

"Definitely pizza and anything spicy"

What is your favorite part about teaching at Ohio State?

The most important thing for me is to see the look of determination and joy on the faces of the students as they struggle through and master

challenging concepts. The satisfaction to see them grow and leave college with confidence in their skills makes teaching very rewarding.

The Ohio State University College of Dentistry



American Student Dental Association