


# 12<sup>TH</sup> & NEIL MAGAZINE

FALL 2017



**IN THIS ISSUE:**  
TRANSITIONING STUDY HABITS  
FALL ACTIVITIES  
DISTRICT 6/7 MEETING  
RESEARCH: TAD'S  
NEW BUILDING CONSTRUCTION  
WELLNESS MONTH 2017

# TABLE OF CONTENTS

**3 CALENDAR OF EVENTS**

**5 TRANSITIONING INTO PROFESSIONAL SCHOOL**

**7 DISTRICT 6/7 ANNUAL MEETING**

**9 RESEARCH SPOTLIGHT: TAD'S**

**11 A LITTLE LAUGH**

**13 CONSTRUCTION DISCUSSION: WHAT TO EXPECT?**

**15 HEALTH AND WELLNESS MONTH 2017**

**17 PALATAL EXPANDER: TURKEY CHILI**



# 12<sup>TH</sup> & NEIL MAGAZINE

a publication of  
The Ohio State University  
American Student  
Dental Association

## MAGAZINE CONTRIBUTORS

### Editor-in-Chief

Samantha Lindsey (D2)

### Assistant Editors

Lindsay O'Donnell (D1)  
Sheridan Leistikow (D1)  
Ilana Kramer (D1)

### Contributing Writers

Hilary Allen (D3)  
Beth Francis (D2)  
Aaron Manos (D2)  
Morgan McDermott (D2)  
Duane Neidert (D3)  
Lindsay O'Donnell (D1)  
Stephanie Sforza (D2)  
Andrea Tstalis (D2)

### Layout & Design

Samantha Lindsey (D2)

### Photography

Aaron Haah (D1)

## EXECUTIVE COUNCIL

### President

Alan George (D3)

### President-Elect

Mike Andes (D2)

### Vice President

Adel Hasan (D3)

### Treasurer

Jason Tepper (D3)

### Secretary

Payton Laws (D3)

### Legislative Liaison

Mitch Poole (D3)

### Immediate Past President

Jimmy Zimmerman (D4)

Email inquiries & submissions to:  
lindsey.267@osu.edu  
www.asda.org.ohio-state.edu

The Ohio State University College of Dentistry



## LETTER FROM THE EDITOR

This time of year I cannot help but stop and think about all of the blessings in my life. This may sound cliché considering the fall is when everyone suddenly becomes sentimental, however for me, it is a time when I am reminded of the gifts I have been given. In this issue there is a variety of articles, but in each of them I can find something to relate to the opportunities in my life.

On page 6 we have an article on fall activities around the area. This article reminds me of the friendships I have formed. These friends have become staples in my life. They are who carry me through the day to day monotony dental school can sometimes become. They are there for the struggles, but they also provide the laughter and fun times inside and outside the school walls.

On pages 7 and 8 we have an article recapping our District Meeting. This prompts me to be grateful for my many opportunities ASDA has provided. Through this organization I have had the ability to travel to many new cities, meet students from dental schools around the country, and learn things about my career! ASDA is such an amazing organization, not only for the lessons learned, but also because it provides an excellent transition from student to professional. Sometimes we lose focus of what our end goal is, and through ASDA I am constantly reminded that I will be a dentist in a few short years.

On pages 9 and 10, the article is on temporary anchorage devices. Now, you may ask, how can that bring on something to be thankful for. Well, reading about an educational topic points out that I should be thankful that I have the opportunity to further my education. Many people do not have the opportunities I have had, and through this I will be able to give back to others in my community. Education is so important, and each of us should stop and appreciate this opportunity.

Pages 11 and 12 both provide a little laughter to this issue. These both remind me that every day can provide its challenges, but we must stop and laugh. We won't

remember how stressful that practical was, but instead we will remember Aaron talking about Shakira during that practical. This is just one of many examples I could give about laughter. Speaking of Aaron, check out his creative cartoon on page 11!

Construction of the new building is discussed on pages 13 and 14. This article brings to mind that we are the future of our profession. As current students we may not have the opportunity to experience all the new construction will have to offer, but our future classmates will.

*thankful: {thank fəl}*  
*adj.* Grateful; impressed with a sense of kindness received, and ready to acknowledge it.

This building we provide new and more advanced ways to learn for those that come after us. Dentistry should not be viewed as a competition, but rather a community where we each support one another.

Our wellness month article on pages 15 and 16 provide an obvious reason to be thankful: health. Another cliché, but we take our health for granted especially at our age. I am reminded of the story of an inspirational young lady named Victoria Arlen. Long story short: she suffered from 2 rare diseases that left her in a vegetative state at the age of 11, where she remained for 4 years. Until one day, she found the strength to fight her way back. Her motto is "FACE IT, EMBRACE IT, DEFY IT, CONQUER IT". Her motto and story remind me everyday to be grateful to live a healthy life.

We should each stop and think of our lives, and count the many blessings that we have been given!

*Samantha*

- Samantha Lindsey  
Editor-in-Chief



# Calendar & Events

## **Vinyasa Flow Yoga + Northstar Dinner**

The wellness chair's organized a wonderful event in partnership with Thank Yoga, a local studio in Columbus. 15 members attended the yoga class which was open to all skill levels. The group also went to dinner at Northstar immediately after. A night of relaxing yoga followed by yummy food is always a hit with the members.



## **District 6/7 Meeting**

18 Ohio State ASDA members had the opportunity to attend the annual meeting with members from the other District 6 and 7 chapters in Louisville, KY. The weekend was filled with informative information about expanding and building each chapter. There was also a great opportunity to socialize at "Downs After Dark". This was a night race held at Churchill Downs.

OSU ASDA 3

SEP

7

19

20

22

24

27

OCT

11

19

NOV

## **Run with ASDA**

15 Ohio State ASDA members joined each other for a group run around campus. There were 3 different speed levels to provide an opportunity for every student to participate. It was a great way to provide motivation to fellow classmates and add some steps to the Chapter's overall count.



#BeWellASDA



## **Circuit Cycle**

Ohio State ASDA members took advantage of the free fitness classes at the RPAC on campus. This time they participated in Circuit Cycle.

The class is focused on interval training involving cycling as well as strength exercises.

## **Getting in Shape with Dina**

Ohio State ASDA member Dina Farah hosted a free class for our members at Goodale Park. The class provided strength and cardio aspects for a total body workout. It was a great way to switch gears from the routine of studying.

## **Physical Therapy Lunch and Learn**

2 physical therapists presented to our members about ways to maintain our health in a career that can sometimes be hard on the body. It focused on the importance of maintaining proper posture and seating position, as well as ways to relieve pain when it happens.

**Street of Dreams**

Third and fourth year students have the opportunity to visit various dental offices around the area. This is a great opportunity for them to see how multiple offices operate. The event was followed by a reception at the Ohio Dental Association Office.



State of the Dental Profession

**Upcoming Events**

Stay tuned next semester to hear about all of the exciting new plans we have! We will also be having an informational meeting about elections! We are excited to transition to a new leadership team, and have even more involvement from our members.

**ADA Success Series**

Dr. Erinne Kennedy spoke on behalf of the ADA to our members about the "State of the Dental Profession". She addressed many issues from debt, wage gaps, and what forces are reshaping the practice environment.



**My Community Dental Lunch and Learn**

Our members had the chance to hear about what My Community Dental Centers primary goal is. They focus on providing care to those who are on medicaid or unable to afford standard fees.



*Sponsored By:*

**Comfort Dental Social**

Comfort Dental hosted a social included food and beverages at Hangover Easy. It was a great chance to socialize with fellow students, as well as learn about Comfort Dental during their presentation.



OHIO DENTAL ASSOCIATION  
*Informing - Representing - Serving*

# Learning to Transition...

By: Lindsay O'Donnell, '21

When you begin your first year of dental school, the word “transition” will likely be ringing in your ears. It seems like common sense, of course you will have to transition. You are starting a brand-new journey unlike any other. The trick is, it is not always as easily done as it is said. This is the greatest struggle I have encountered so far in dental school.

I started out saying that I would study in one particular way (the way I had in under-grad), but would discover that it was no longer time efficient with this new increase in course load. The next test would roll around and I would say the same thing, only with a new study strategy in mind. Again, I would find that it still wasn't working out the way I had imagined. What I have come to realize is that there is no one-size-fits-all study habit. Each class is different and therefore they should be studied for accordingly. The same goes for individual lectures within the same course. For some lectures, you may have been really attentive and there is no need to re-listen to, while others were confusing and demand a second run-through. It is important to allow yourself to try new ways of studying and be open to the fact that for one class the best approach may be flash cards, for another it may be outlines, and the next all you need to do is

read through the slides or go over things with a group of friends. The sooner you let loose and become open to new things the easier your dental school days will become.

Another resource that came by pleasant surprise was my classmates!! They are an incredible resource to you. I never relied on handmade study sheets from undergraduate classmates, but your D1 classmates are very bright and may have some great study tools that can be of great help to you, especially if you're crunched for time. Also, if you are a solitary studier, at least try attending a study group with your friends because more likely than not they know a mnemonic or a simple explanation for a challenging anatomy topic you've been struggling with.

Lastly, the same goes for hand-skills courses. It is critical that you try new things in operative courses. For instance, trying a new seating position that you never thought in a million years would give you better vision! Dare to cut through the central groove in multiple different ways so that you can find what works best for you! Don't limit yourself to only trying one thing that may work, because another can be a total game changer!

## Academic success tips from some fellow dental students:



“Don't study the material with the goal to get a high score. Instead, study with the attitude that you are learning the material to become the best dentist you can be!!”  
-Sara Hausmann, D2



“When reviewing most recent exam material, try to review a previous lecture in addition to the new one each time you study. This will help you refresh the material and make reviewing easier closer to exam time and less daunting.”  
-Anna Ralph, D1



"Apple picking at Lynd Farms!"  
-Katie McClenahan, '19



"Two of our classmates got engaged (not to each other) over our August break. We got together to celebrate these awesome couples!"  
-Hilary Allen, '19



"Fall is a great time for outdoor activities, like picking apples, eating all the sweet things, like said apples, and enjoying all things cozy, like apple pies!"  
-Sara Fadlala, '21



"Nothing beats the cool nights of fall, getting lost in a corn maze with your best friend! Especially when the adventure ends with a amazing cup of hot chocolate!"  
-Beth Francis, '20

# Fall Festivities

*Though school demands a lot of our students' time, in their free time they love to hit up seasonal activities. Autumn presents us with a lot of fun outdoor activities that bring us together with family and friends. Check out what some of our students have been up to these past few fall months!*

D

6

&

7

***Annual Meeting***  
***September 22-24***  
***By: Beth Francis, '20***





The weekend of September 22nd -24th brought together ASDA members from Ohio, Michigan, West Virginia, Kentucky, Indiana, Illinois, and Wisconsin for the joint Districts 6 and 7 meeting. The weekend conference kicked off with our keynote speaker, Dr. Joseph Crowley, the President of the ADA. As an Ohio State College of Dentistry alumnus, Dr. Crowley was thrilled to speak to District 6 and 7 members about the importance of ASDA/organized dentistry and give us a sneak peak of some of his major goals for his term as president. One of these topics was the potential of dental boards switching to a typodont practical, which could start impacting classes as early as those graduating in 2020.

The conference was filled with a variety of speakers giving tips on how and when

to apply for residencies and how to start a career in general practice. One of the major highlights of the weekend was listening to Dr. Jason Watts who is a young dentist just starting to form his practice. He served as the ASDA National Vice President while in dental school and is now a general dentist and motivational speaker. His enthusiasm for dentistry was inspiring for those of us in the “trenches” of school; he came equipped with tips on how to build your resume and how to prepare to build your career, whether that starts in private practice or with a dental service organization.

While the speakers were fantastic, one of the greatest parts of the weekend was being able to talk to other chapters about their successes and how we could potentially incorporate those ideas into

our chapter—be ready for some great new things coming this year!!

The weekend allowed for some down time to socialize and get to know people from other schools. Through the generosity of MedPro, Pacific Dental and Aspen Dental, we were all able to attend a social at a local tavern and Downs After Dark. People had a blast exploring Churchill Downs, placing bets on horses with the best names, and watching a series of races from the Trophy Room suite at the Downs.

Overall, the weekend was an incredible experience filled with excitement and ideas to build up our ASDA chapters in order to engage more people and make our presence better known and understood.

# Research Spotlight: Temporary Anchorage Devices

By: Andrea Tstalis, '20

*TAD: A temporary device placed in bone to enhance orthodontic anchorage purpose of enhancing orthodontic anchorage.*

For decades, clinicians have relied on various forms of anchorage that suffer from incomplete anchorage (intra and extraoral appliances) or the need for patient compliance to work (headgear and intermaxillary orthodontic elastics). Without complete anchorage, undesired tooth movements often result and produce non-ideal orthodontic treatment finishes.

Introduced in the 1990s, temporary anchorage devices (TADs) were introduced as treatment options that provided absolute anchorage against orthodontic loads without the need for patient compliance (Figure 1). These titanium mini-implants are biocompatible, easy to insert, clean, and remove, and allow for various tooth movements in treatment.



Figure 1: Several orthodontic mini-implants of varying thread designs, lengths, and diameters.

In 2016, influence of interradicular and palatal placement of orthodontic mini-implants on the success (survival) rate, researchers reported a 89.1% success rate of mini-implants--a testament to their anchorage abilities but also a nod to the remaining possibility that mini-implants can fail. This possibility of failure compared to a conventional implant is the primary concern in the use of TADs as an orthodontic appliance. Failure is traditionally attributed to either clinical mobility (assessed through mechanical measurement) or screw fracture--both of which can occur during screw insertion, orthodontic loading, or removal.



Figure 2: Left pig mandible with mini-implants inserted along body segment

In an effort to increase this success rate, Dr. Toru Deguchi's lab has studied the effect insertion method can have on the success rate of AbsoAnchor mini-implants, and whether there is cross-interaction between method and location that could further guide clinicians when using mini-implants in practice.

There are two main methods of inserting mini-implants: insertion with or without pre-drilling of a pilot hole. Comparable to the procedure conducted when drilling a pilot hole for an amalgam pin, these pilot holes are created through use of a company-provided bur and high speed handpiece. Clinicians can place topical on soft tissue covering the insertion area and drill a pilot hole slightly smaller in diameter than the select mini-implant's diameter to facilitate maximum osseointegration potential among the bone-implant interface.

AbsoAnchor mini-implants were selected for this study due to their status as the smallest miniscrews commercially available (1.3 x 6mm dimensionally). Ideally, mini-implants small in



Figure 3: CBCT lingual view of mandible with mini-implants inserted along body segment

diameter/length would still be able to provide necessary resistance to orthodontic force without inducing trauma to tooth roots.

With these considerations of insertion method and mini-implant design in mind, the Deguchi lab aimed to quantitatively investigate the stability of these mini-implants.

Due to their comparable bone density and thickness to human mandibles, pig mandibles were selected for mini-implant insertion, and 50 AbsoAnchor mini-implants were inserted at various sites (Figure 2). Half of the sites were inserted with a pilot hole, half without a pilot hole. CBCT scans were performed before and after insertion to measure cortical bone density and thickness to ensure selected sites were comparable to human

standards (Figure 3). A series of mechanical tests were conducted to measure stability of these implants, including Periotest measurements to evaluate primary stability (Figure 4). Periotest readings in pilot hole samples showed consistently lower values than non-pilot hole samples—indicative of greater stability amongst pilot hole sites (Table 1).



Figure 4: Periotest values are collected from each mini-implant to evaluate its primary stability in pig mandibular bone.

Overall, it was found that drilling a pilot hole before insertion of a mini-implant increases stability. Drilling is therefore recommended for stability in mini-implants and these small AbsoAnchor miniscrews indeed possess enough mechanical strength to resist orthodontic force per treatment needs.

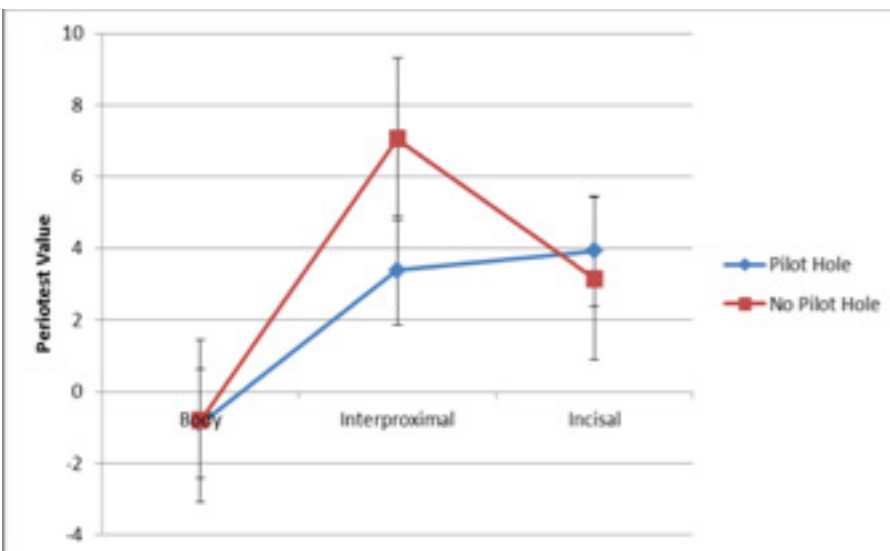


Table 1: Periotest value between with/ without pilot hole. The overall Periotest value was significantly lower with the pilot hole groups. Statistical difference (\*) identified in interproximal region of mini-implant insertion.



# PRE-DENT DAY

**Saturday, January 27th, 2018**

**At The Ohio State University  
College Of Dentistry**

**ASDA Members \$20  
Non-ASDA Members \$85**

Register at [asda.org.ohio-state.edu](http://asda.org.ohio-state.edu)  
(located under the 'store' tab)

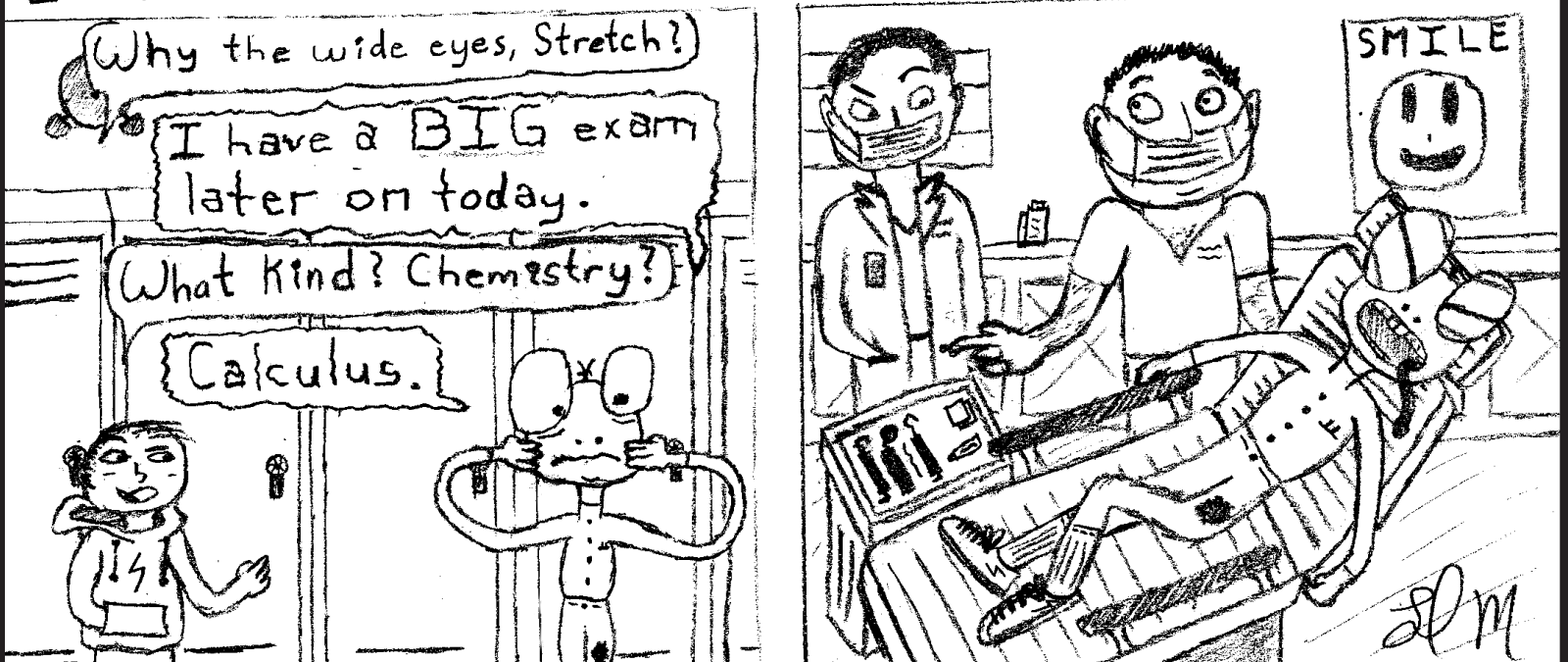
Questions: email Morgan McDermott at [mcdermott.161@osu.edu](mailto:mcdermott.161@osu.edu)

- Hear from our admissions staff and guest speakers
  - Interact with current dental students
- Learn how to drill and take impressions in our lab

**Deadline to apply is January 15th**

Cusp of Adulthood

"Exam Week" By: Aaron Manos, '20



# DEAR DUANE,

## How do I maintain friendships in dental school ?



12

Doesn't everyone love seeing the same 110 people all day every day? It's such a joy. Don't get me wrong – I love my classmates to death, but there's a little bit of sarcasm in that question. It's like having siblings. Spending that much time together can lead to stress on friendships with your classmates. So the question is: how do you maintain the positives of your relationships with your dental school friends and classmates without letting the negatives impact you?

The best answer I can find is that moderation (something I'm not always great at in other areas of my life) is key. My friends in dental school are some of the best friends I've ever made in life, but too much time with anyone in dental school can really be stressful. Between the constant talk about teeth and CONSTANT worrying about grades (yes, I know you all do it even if you say you don't), conversations can become routine and monotonous. You need other experiences in your life on a daily basis. Just like my advice about doing other things outside of Postle Hall, you need to have people in your life that don't want to talk about teeth. It can be a significant other, your mother (everyone make sure to call your mother soon, it does them good to hear from us), or a best friend from home/college. Heck, it could even be your dog or someone you met in Kroger. Just find someone that you can talk to about something other than dentistry .

I'm lucky enough to have friends from earlier in my life in the Columbus area. Getting off campus to see them and catch up (remember there is such a thing as a life outside of these walls) is the best way to reset. It provides relief from the constant pressure of dentistry on your relationships here at Postle. It'll make it easier to spend the whole next day dealing with teeth, and then grabbing dinner with classmates while you talk about said day of dealing with teeth.

You need your relationships with your classmates to get you through these four years. They are the only people who truly understand what you're going through. Preserving these friendships needs to be a top priority. I know it's easy to default into the same old thing all day every day, but at some point it takes a toll not only on you but on everyone else too. Recognizing that and being able to refresh will make your life much easier and more enjoyable. So go out there, have fun, and please, please, please talk about something other than teeth every now and then!

Love (and honor),  
Duane Neidert

# Construction Discussion

*By: Morgan McDermott, '20*

The chatter about the new building has been filling Postle Hall for a while now and the rumors are true, the renovations are starting with construction soon to follow! You might be curious about what to expect over the course of the next two years, so here is a brief summary. The renovations will take place in phases beginning with the classrooms and the canteen. The classrooms that were often used by undergraduates on the first floor of Postle Hall will be updated: 1180 and 1184 will be made into one large lecture hall prior to the demolition of the 1183 and 1187 classrooms. Room 1188 will be refurbished. A new canteen will be under construction as well. Our friends in Admissions will be moving out this January and

relocating to the first floor. Their office and the old records room will be opened up to create a new student commons with two large spaces reserved for students to eat, study, hang out, etc. The Byte Wing will be included in this area and will remain relatively unchanged.

The preclinic lab and clinics will remain as they are until we can move into the new facilities, which will be located in the 132,000 square foot addition that will extend into the courtyard. This four-story structure will hold our eight new clinics, preclinical lab with the latest technology, ambulatory surgery center, radiology center, two-story Atrium, and an upgraded sterilization center.

At this point, you may be wondering



how much this building is going to cost to build. Well, the answer is \$95 million, but before you panic about tuition costs increasing, it should be noted that Dean Lloyd has made it a top priority that the cost of our education will not increase in order to pay for our new facility. If we are not paying for this new building with our tuition, then who is? The answer to this important question is the state government, The Ohio State University, and alumni. In fact, Dean Lloyd and our Development team are currently raising funds from our generous alumni.

There are big changes ahead and we should expect quite a bit of construction, but the end result will be highly beneficial to our education and the overall

reputation of our college. However, there is no need to be concerned about student inconveniences due to the construction. Dean Lloyd has clearly stated that he does not want to impinge upon the education of our college's students and the construction team has been notified of this request. This new facility will make our college's presence known on campus and will allow us to provide enhanced education to students and care to patients, while maintaining our high standards of excellence that we are so proud of. We have been in need of a new facility for several years and the time has finally come when our needs are being met, so let's get excited!

*For more information about the construction project, visit :  
[go.osu.edu/strong-foundations](http://go.osu.edu/strong-foundations).*



# WELLNESS MONTH



As the first full month of the school year, September always holds new beginnings, excitement, and a fresh start for dental students. This year, ASDA celebrated it as Wellness Month. Events were held to bring students together to meet new people, get outside of the dental school, and improve their well being. The wellness chairs pooled our resources to come up with various activities for wellness month, and it turned out great!

Wellness month was kicked off with an after school running group, led by ASDA members in the D3 class. Throughout the month, we also coordinated a circuit cycle class, a yoga class, and a full body challenge led by our very own Dina Farah. Having events spread out during the entire month challenged students to stay active all month. Many participated in the ASDA Step Challenge (and a few came out on top—congratulations to Erica Bockhorst who took first place, followed by Katie Kimberly in second and Allie Colvin in third!!). The class we did at Thank Yoga was a huge hit, and the small group that participated got together for a healthful dinner at Northstar Café afterward.

We also teamed up with the physical therapy department at The Ohio State. Two presenters came for a Lunch & Learn and gave a great presentation on ergonomics and exercises that benefit dentists. It was both interactive and informative!!

Overall, whether students participated a lot or a little, the month brought ASDA members closer together. Breaking into small groups for events allowed both old and new students to learn some new names and faces, get to know people with similar interests, and burn up some dental school stress.

Katie and I want to send out a big thank you to everyone who joined us for an event or lent his or her expertise to help us plan. It was a wonderful month for involvement and wellness!

*By: Hilary Allen, '19*



# TH 2017

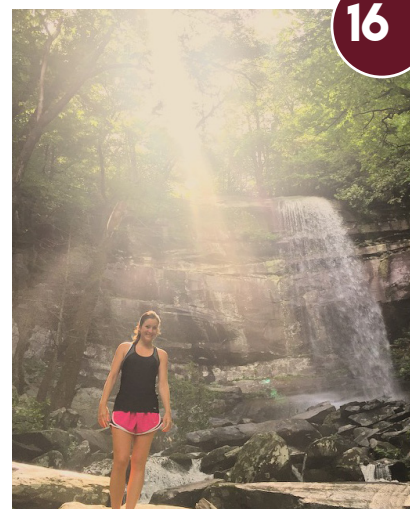


**"I love that One of the pillars of ASDA is wellness. It's so easy to physically and mentally let yourself go when you get caught up in dental school. I love that ASDA is able to help student works through that and stay healthy"**  
**-Mike Andes, '20**

**"Staying active in dental school is really important. During first and second year, we sit in the classroom for almost 8 hours a day. We have a tendency so stay confined to Postle so it is important to get those steps and exercise in outside of school."**  
**-Erica Bockhorst, '18**



**"Overall, I'd say that ASDAs emphasis on wellness in dental school helps me a lot. At a yoga class, for example, I can spend an hour out of my own head and just focus on one thing at a time. I can then apply that same attitude towards school and other areas of my life."**  
**-Caroline Hall, '20**



16



**"Here at the College, ASDA Wellness month was a hit! Our wellness co-chairs planned some awesome events to educate and engage students, and even brought out some people's competitive side! Well rounded health and wellness is such a vital piece to our life puzzle, especially while in dental school, and I'm so happy to see national ASDA promoting and supporting it as they are. With long hours of sitting at desks and in operator chairs, we need to remember to take time to exercise not only our bodies, but also our minds! Physical activity is the perfect way to relieve pent up stress and anxiety from your day, and gives your mind some well-deserved down time that it needs. It's important to remember that you don't need to devote hours to the gym seven days a week, but that small changes implemented daily can really add up, and are much more likely to become a lasting habit. For example, during Wellness month, my friends and I began taking the stairs every time we went to study in the library in order to log more steps for the Step Challenge. It might not sound like much, but carrying a heavy backpack up four or five flights of stairs definitely gets your blood pumping (Don't believe me? Give it a try!). Once the challenge was over, we found ourselves habitually walking toward the stairwell as opposed to the elevator (even if it only was to go down (;). If you enjoyed Wellness month, don't think you have to stop being active now that the month is over! Stay tuned to our local wellness chairs for upcoming events, and check out the District 6 blog (located on our website) for health and fitness tips all year round! Live well, my friends! "**  
**-Stephanie Sforza, '20 District 6 Health and Wellmess Chair**

# The Palatal Expander

## Turkey Chili

### Ingredients

- 1 lb ground turkey
- 1 tsp olive oil
- 1 can black beans
- 1 can great northern beans
- 1 can diced tomatoes
- 1/2 cup beef broth
- 1 large onion, diced
- 1 green bell pepper, diced
- 1 Tbsp chili powder
- 1 tsp ground cumin
- salt and black pepper

### Directions

- Heat oil in a large pot over medium-high heat.
- Add ground turkey and brown.
- Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is soft.
- Add tomatoes, beans, broth, chili powder, cumin, salt, and pepper. cook, stirring frequently, for 10 to 15 minutes.
- Serve topped with shredded cheese, avocado, tortialla strips, etc.



# Q&A

## Dr. Burak Yilmaz

Getting to know the school's faculty

By: Aaron Manos, '20

1) Where are you from, and what was life like growing up there?

I am from Ankara, Turkey. Growing up there was great, especially being surrounded by family and lots of friends. I had constant access to mom's food, dad's comforting knowledge, and sister's caring heart: Seven-star Hotel comfort infused with love! We still try to visit 2 times a year. Also, similar to Ohio's climate, it rains and snows, but there are lots of sunny days and almost no humidity.

2) What aspect of dentistry was exciting to you when you were first starting out?

Anterior region rehabilitations, fixed prosthodontics and implant dentistry.

3) How would you spend an ideal Sunday afternoon?

Relaxing on a nice patio, food cooking on the grill, surrounded by my family and good friends that make me feel like I am having quality time.

4) Why did you decide to come to Ohio State to teach?

I was here for a 1-year Implant

Fellowship and during the program I realized that I was learning something new on implant dentistry, teaching techniques, and quality research almost every day, and

people not know you have? Cooking and soft basketball touch.

7) What is the best meal you ever had?

It is hard to tell. My most recent one though, was in a mom and pop pizza place in Trieste, Italy. I shared one four-cheese pizza and an eggplant olive oil one with my wife.

Unbelievable!

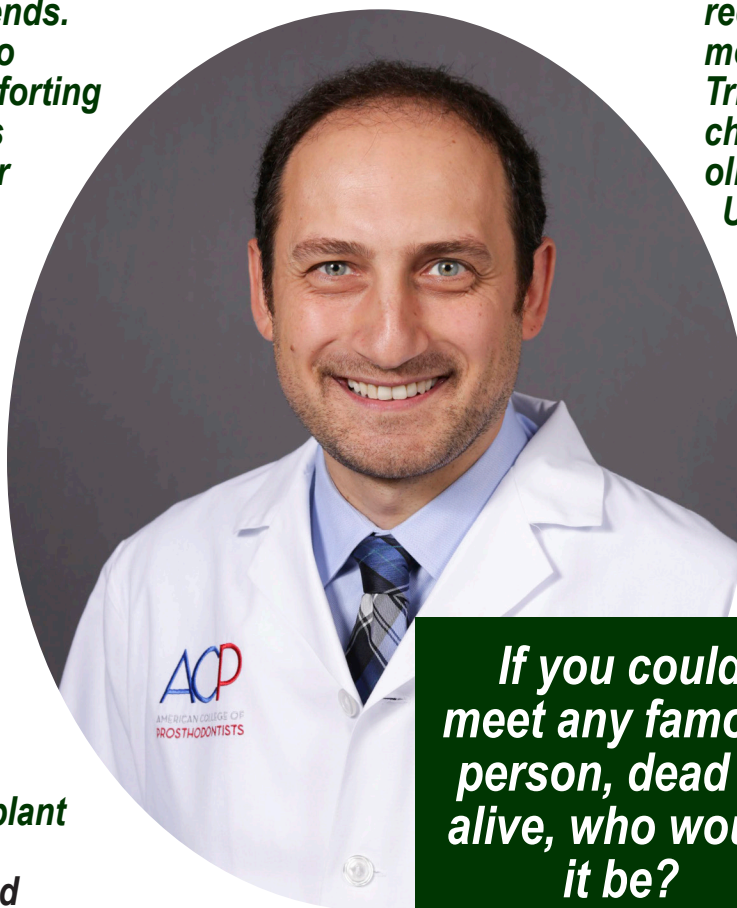
8) What is your opinion of pineapple on pizza? It is OK, not my first choice of topping; in fact, I don't even remember when I ordered one last.

9) What is your favorite kind of music (or your favorite band)? I enjoy

several kinds of music and bands. I grew up listening to Coldplay, R.E.M, Monica Molina, Counting Crows, and currently, instrumental Iron & Wine, some Turkish rock bands like Athena, Mor ve Otesi, and folk music bands like Kara Gunes.

10) Who or what has been the biggest

inspiration in your life? I can't tell one: People with positive attitudes who listen and are open to progress.



If you could meet any famous person, dead or alive, who would it be?

"Michael Jordan"

therefore, I decided to stay to continue my interaction with faculty friends/mentors that I had been learning from and sharing with.

6) What hidden skill would most

The Ohio State University College of Dentistry



American Student Dental Association