



Flossed

IN TRANSLATION



Issue 09 Fall/Winter 2019-2020 Edition
Student News at the University of Utah School of Dentistry



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UUSOD News

State of the School

I'm delighted to add some words to this edition of "Flossed in Translation" on behalf of the women and men of the 'administration' element of the School. Each of us derives great pleasure from helping to build and maintain systems in support of the excellent patient care that our students, residents and faculty provide; the education and training activities that are creating the next generation of health care providers; and the research activities that continue to improve what can be achieved in both health care and education.

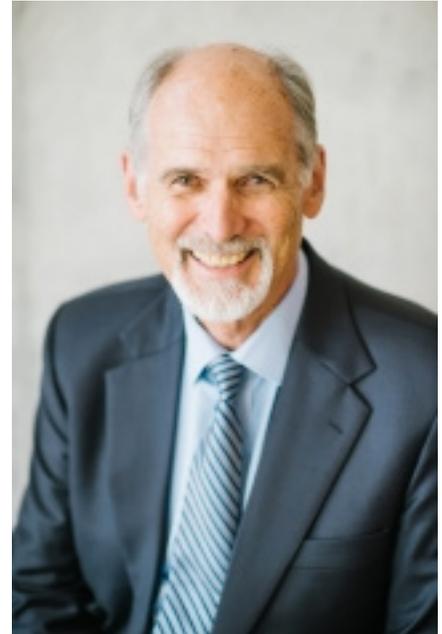
We are delighted to welcome our new class, the Class of 2023, to our family. Once again, we have recruited a group of outstandingly talented individuals to the School, young people who will, in less than four years, have the skills and capabilities needed to care for their patients and communities. Some among the class will become research scholars. Others will, in future years, contribute to educating others. All will add significantly to the pool of human capability, achievement and humanity that characterize who we are.

Our School is doing well in many ways. The care we provide is superb. Our students and residents learn valuable skills quickly, and at a high level. Our research scholars continue to excel. We are in a very exciting, and challenging, phase of rapid geographic expansion, allowing patients throughout Utah much greater access to our health care services. Thanks to support from the people of Utah through their legislative representatives, we have gained additional support for these activities both through expansion of Medicaid for eligible adults, and direct appropriations to help with the costs of physical expansion.

The School's future is bright. Welcome to a new academic year of continued achievement!

Dean Wyatt R. Hume

DDS, PhD
Dean, School of Dentistry



SAC and ASDA Leadership Elections

Fall Elected Positions

SAC-Chair: Andrew Horton

Drew was recruited out of high school by BYU to play on the men's volleyball team. During his freshman season he suffered a career ending hip injury and had to turn his focus from sports to academics. He graduated from BYU with a double major in humanities and Italian literature and he and his wife Jess then moved to Florence, Italy where he studied at the University of Florence, receiving a Master of Arts degree in Italian studies. Following their time in Italy, Drew attended the University of Michigan where he pursued a Master of Healthcare Administration. Upon graduation, he was offered a job at Mayo Clinic as the Operations Manager over the Department of Surgery where he had operational responsibility for the practices of 30 surgeons. Drew was then recruited to UCLA Health System where he helped UCLA acquire medical practices across Los Angeles, including the \$20 million acquisition of the Motion Picture and Television Fund physician group practice. Following his time at UCLA, Drew accepted a role as the Director of Physician Relations at Primary Children's Hospital in Salt Lake City. While in this role, he worked with the pediatric dental residency program and craniofacial multispecialty clinic where he developed an interest and passion for pediatric dentistry that convinced him to change careers and attend dental school. Drew and his wife Jess have 3 girls, Alex (5), Ellie (3) and Samantha (11 months).



SAC Secretary: Kela Bowman

Hello fellow dental students! My name is Kela Bowman and I'm currently in my second year here at the UUSOD. I'm very excited to have been elected as SAC secretary this year, thanks for your votes! I was born and raised right here in SLC, UT where I attended the University of Utah for my bachelor's degree in Psychology. After receiving my degree, I was itching to get out of SLC for a while so I took a year off to travel with my boyfriend in our self-built camper van across the US to give that vanlife a try. It might have been the best year of my life! I love my dog, camping, hiking, climbing, canyoneering and spending time with my friends and family.



SAC and ASDA Leadership Elections

Fall Elected Positions



SAC Chair Elect: Quinn Walker

Hello dental students of the UUSOD! I never know what to write when asked to share a short biography. So I found some questions online that will help me out here:

What is/were the best and worst phases of your life?

The best: My “gap year” between my dental school prereqs and the first year of dental school. I was able to work as a web developer, watch “The Office” and “Parks and Rec”, finish the new Zelda - “Breath of the Wild” (for the Switch), and compete in a full Ironman. The worst: The year of Organic Chemistry. I did well but hated that class.

What is your favorite movie of all time and why?

Anything Christopher Nolan. His movies are of high quality, captivating, and creative. According to 16personalities.com, we have the same Meyers-Briggs personality (INTJ)!

What would you most like to learn and why?

I would love to become proficient in speaking Spanish. Latin American culture has always interested me, and I would like to provide care to the Spanish speakers that lack competency in speaking English.

What do you feel passionate about?

I was told a couple of years ago that “your goals should be big enough to excite you, but also big enough to scare you”. I think this is true and has influenced me to become passionate about self-improvement and growth. With enough hard work and dedication, anything can be accomplished. I see failures to be imperative along the path to accomplishing big goals.

I am grateful for this opportunity to represent the school as the SAC Chair-elect and I look forward to working with all of you.

-Quinn Walker

D1 Class Co-President: Shannon Weir

I was born and raised in Arizona. I’ve been a dental hygienist for 6 years. I love to laugh. I don’t get embarrassed easily. I have an uncanny ability to remember movie quotes. I can’t burp, and I never have. The thing in life that makes me happiest is my three kids and my husband. I have a 5 year old boy, a 3 year old girl, and a very special 11 month old boy who has taught me more in his short life than I had learned my whole life before he came to us. I intend to “specialize” in dentistry for people with special needs. My professional goals are enormous, but tenacity is one of my strongest attributes.



SAC and ASDA Leadership Elections

Fall Elected Positions

D1 Class Co-President: Steven Pond

Hey Homies,

I'm Steven Pond III (yep, with the Roman Numerals and everything) and I'm happy to be one of the D1 co-presidents! Born in Washington state, love the rain, and love to play basketball. My wife, son, and I like to hike and watch movies together, and make each other laugh.

As far as dentistry goes, I'm so excited to be here at the U. I'm very interested in becoming a general dentist and running a successful practice (I got a degree in business management). Talking about the business of dentistry is a personal favorite so come talk to me about this, or anything else that is on your mind!



D2 Class Co-President & Pre-Dental Chair: Sierra Bodily

Hello,

My name is Sierra and I am the Pre-Dental chair this year! I've always loved working with Pre-Dental students and watching them flourish into the dental students they want to be. I'm excited to continue hosting events and hope we can continue the UUSOD legacy. Please reach out if you'd like to volunteer or help during events- we would love to see you!



SAC and ASDA Leadership Elections

Fall Elected Positions

D2 Class Co-President: Komal Kaur

Hello, Flossed in Translation readers! My name is Komal Kaur and I am a D2 Class Co-President this year. I was born in Punjab, India, and raised in Bountiful, Utah. I graduated from the University of Utah with a degree in Biology with a minor in Chemistry, so I “bleed red”, figuratively and literally. Go Utes!

Here are 5 fun facts about me!

1. I am an identical twin!
2. I am a huge Bollywood movie fanatic. I can name most movies just by looking at one movie frame (I would make a lot of money if there was a game show based off of this).
3. I can make many stellar Indian dishes, including deserts. Yum!
4. I have a Chocolate Lab named Bruno.
5. I choreograph and perform “Bhangra” (Indian folk dance) for fun!

Attending the UUSOD has been a wonderful experience and I have enjoyed every moment of it!

D3 Class Co-President: Madison Hauritz

Howdy y’all! It me again! I loved representing my class the last two years, so I thought, “hey, why not do it again?” Since last introducing myself, I’ve started to more enjoy hiking up the mountains around us. My current binge-watching show is It’s Always Sunny in Philadelphia, and I’ve developed an obsession with houseplants. Besides studying, I spend a lot of time with my doggo, Bentley, and also spend way too much money on whimsical Amazon purchases. Stay organized in dental school and power through the difficult times – always remember to TCOB (take care of business)!



SAC and ASDA Leadership Elections

Fall Elected Positions

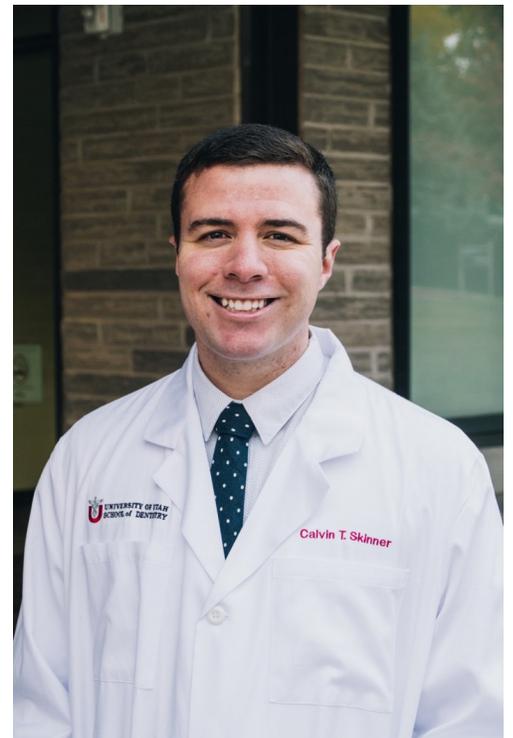
D3 Class Co-President: Brandon Knapp

My name is Brandon Knapp and I'm a D3. I grew up in Oregon and enjoyed skateboarding and playing lacrosse and videogames. My wife and I had our first son in May of this year and it has been a blast! I am allergic to cats, I like peanut butter and pickle sandwiches and I love scuba diving.

D4 Class Co-President: Calvin Skinner

Many believe in the ability of culture to sculpt the person. I believe this is true and am fortunate to have grown up with role models and challenges in my life that have helped teach me that the reverse is also true: a person can help sculpt a culture. It has always been a priority of mine to aid in promoting a healthy and growth-oriented culture around me. A culture that encourages individuals to go out of their way for their colleagues, friends, and people in need; a culture that inspires people to be the best they can, both professionally and personally; a culture that uses synergy, the idea that we are stronger together than all our parts working individually, to solve problems. My focus on these ideals has fortified me with purpose and brought me immense satisfaction in my family, school, professional, humanitarian, and ecclesiastical endeavors.

At my core, I want to help people feel fulfillment through helping others, overcoming obstacles, working towards goals, and solving problems. I believe in the promise that this school was built upon and hope that as co-president of the senior class I can aid in maintaining a culture of care, character, and excellence.



SAC and ASDA Leadership Elections

Fall Elected Positions

D4 Class Co-President: Mary Hickerson

Hi! My name is Mary and I am a co-president for the class of 2020. Please let me know if there is anything I can help you with. Be gentle with yourself and keep up the hard work!

Global Outreach Chair: Michael Smith

Hello UUSOD! Thank you for choosing me to be your new Global Outreach Chair. I am excited for the coming year and the many opportunities we have to serve those in need throughout the world.

I grew up in Alpharetta, Georgia where I learned to love the outdoors and tolerate the humidity. My perfect day growing up usually involved basketball, volleyball, fly fishing, hunting, or getting my dad's jeep wrangler really, REALLY stuck in red Georgia mud.

My favorite things now are the girls in my life: my beautiful wife Lacy and my two daughters Kinsley and Adalynn. If you are wondering how a goofy looking guy like me ended up with these three beauties, well, so am I.

My interest in global outreach began as I served a mission for the Church of Jesus Christ of Latter-day Saints in the Philippines. I saw hundreds of children and adults with nothing but blackened bits of teeth left and wished for the day that I could do something to help. I am really looking forward to doing everything I can to make sure that anyone who wants to participate in global outreach at our school will have a chance to serve. Please stop me in the hall if you have questions or ideas.



SAC and ASDA Leadership Elections

Fall Elected Positions

Diversity Chair: Ting Ruan

Hi Everyone,

My name is Ting Ruan and I'm the ASDA Diversity Club Chair for the year of 2019-2020. I'm originally from China and have been in Utah ever since my parents relocated for work in 2007. I went to West High School, and then received my B.S. in Bioengineering at the University of Utah in 2014. Then I spent 2 years working as a research associate, and during this time I also volunteered at a dental office where I developed my passion for dentistry. My route to dental school was a little longer than I wanted, but I'm happy to be where I am now. I'm very approachable and willing to help in anyway, and I look forward to getting to know all of you a little better. And remember, first couple semesters of dental school may seem difficult and exhausting, but it will get better, and every second of hard work will pay off in the near future. Oh and if you ask me what I do for stress relief? - video gaming. So game lovers, if school ever exhausts you, come and chat with me about games!



Health and Wellness Chair: Kianna Wika

Hello! My name is Kianna and I strive to promote balance while going through dental school. My goals for this club are to promote a healthy mind and body! I plan to promote more school wide healthy outlets to relieve stress such as lunch time yoga, afternoon runs, bike riding crews, and healthy eating contests!



SAC and ASDA Leadership Elections

Fall Elected Positions

D1 Social Lead: Stephen White

I was born in the spring of 1994 as the youngest of four children in Boise, Idaho. After two years in Boise, my family decided to relocate to Windsor, Colorado where I would spend the rest of my childhood. After graduating high school and studying a year at Brigham Young University, I served a two year mission for the Church of Jesus Christ of Latter-day Saints. After returning home from my mission, I finished my degree at BYU in Business Management. In my free time love to play basketball and spend time with friends and family.



D2 Social Lead: Leah Jacobs

Hi UUSOD! I'm Leah Jacobs and I'm the social lead for the D2 class! My favorite ways to destress from school are skiing, yoga, and spending time with my friends, so I thought class social lead would be a great opportunity to bring our class together outside of school and help everyone relax. I look forward to continuing to get to know my classmates and planning awesome activities for all of us!

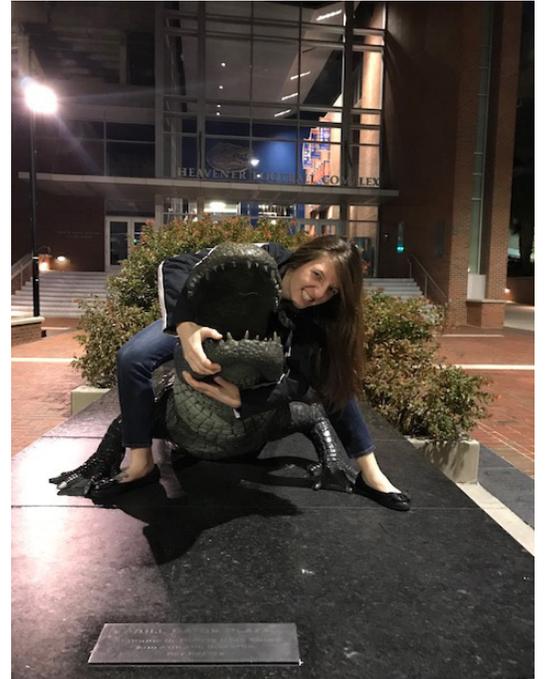


SAC and ASDA Leadership Elections

Fall Elected Positions

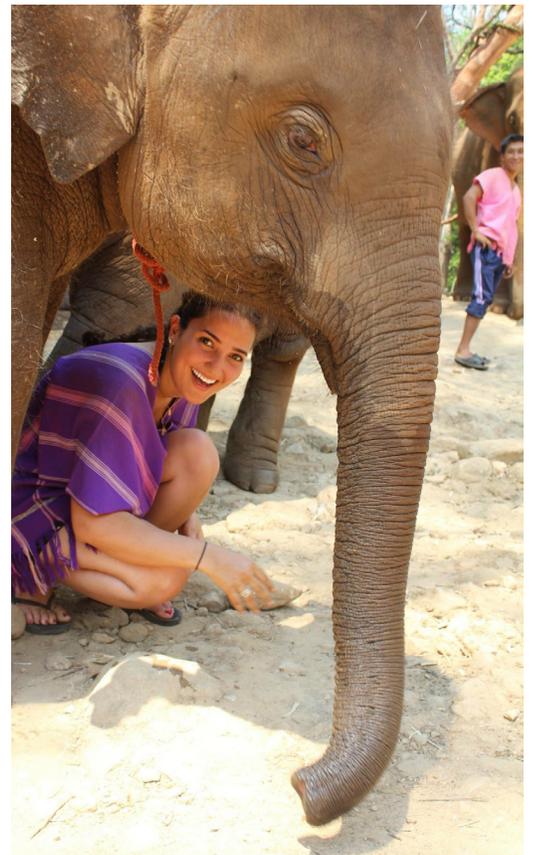
D3 Social Lead: Kelly Ganzen

Florida girl born and raised, but I do love these mountains! I am thrilled to be my class' social lead for the 3rd year in a row! My favorite aspect of this position is that I have the opportunity to show my friends how much I appreciate them. I tell anyone that will listen that my classmates are the best and they truly are the silver lining of this school. I love that they are as enthusiastic about decorating for the holidays as I am. Picnics in the park seem to be a favorite for all the friends and family and we will be sure to do more this year! I love you all! Now, lets party!



D4 Social Lead: Ida Nourbakhsh

Hello! My name is Ida Nourbakhsh and I am the D4 Social Lead. I have lived in Utah all my life and went to the University of Utah for undergrad and now graduate school. I am really excited to have the position so I can throw parties for the class and remind us all that we need some breaks from the work load and more class bonding.



SAC and ASDA Leadership Elections

Fall Elected Positions

School Social Lead: Kate Mader

Hi, my name is Kate and I like to party. I'm excited to be the ASDA social committee lead as a way to plan activities for the school to participate in. This year I am excited to continue to plan the Spring Formal as it was a blast last year and have great ideas for this year! Hope you all attend and get excited for events to come!



Communications Chair: TK Baker

My name is TK. I was born and raised in Bangkok, Thailand. I came to the U.S. 10 years ago! I'm a social media guy and a photographer, which is probably why I'm the Chair of Communication. I post stuff all the time on UtahASDA Instagram. My phone is pretty much attached to me.



SAC and ASDA Leadership Elections

Fall Elected Positions

Community Outreach Chair: Daniel Chavez

Hi, I'm Daniel Chavez and helping out with outreach activities has been a big part of my career. I enjoy being able to provide opportunities for patients from underserved populations to get dental treatment.



Newsletter Chair: Elizabeth Backus

Hey Guys,

Thanks for the opportunity to serve as the Newsletter Chair this year! It's been fun to see everyone come together and contribute to make this issue the best it can be.

A bit about me: I'm originally from SoCal and have a slight obsession with the ocean, specifically Malibu and Laguna Beach. I love spending time outdoors, which is my favorite thing to do here in Utah. Also I eat way too much chocolate and drink way too much Diet Coke to be a dental student (#dentalhypocrite).





UUSOD Clubs

Fall 2019

Oral Surgery Club

Oral and Maxillofacial Surgery Study group is a collection of students interested in the career of OMFS and what it entails. The group provides information and resources to those interesting in the field of Oral & Maxillofacial Surgery, from lectures to hands on experiences that help those who are interested. A few activities we have planned are the following...Lectures on Externships, Applications, Anesthesia, Scope of OMFS, and Trauma, Hand skill practice on porcine/cadaver, VR set practice - Head and Neck anatomy, IV Placement

We have a lot planned for this upcoming year and are very excited for what we have the opportunity to participate in!

Peds Club

The purpose of our fun-filled club is to learn more about the field of pediatrics through community service opportunities and lunch and learns. This club provides a means for students to participate in and communicate with the American Academy of Pediatric Dentistry.

Ortho Club

Ortho club is a student-run group here at the school of dentistry. It is a place for all those students curious about the field of orthodontics and to learn more about this specialty. Meetings, which are usually held during lunch, cover a range of topics, from different types of orthodontic materials to how to put together an orthodontic residency application. In this club, students can find colleagues, mentors, friends, and faculty that will help shape your dental school experience. In your D3 year you will have the opportunity to run for leadership positions and play an active role in this club. Contact one of the club representatives if you'd like to learn more or get involved! President: Russell Wilson, Vice President of Communication and Finance: Madison Hauritz, Vice President of Professional Development: Chance Clinger, Vice President of Personal Development: Brandon Knapp

Perio Club

The Perio Club consists of like-minded individuals that are interested in specializing in perio or learning more about the world of periodontology. The Perio Club is a newer club, as it was started just last year. Despite it's newer status, we have no shortage of activities and future plans. Meetings consist of literature reviews of new and developing techniques and materials, as well as special lectures given by our very own perio faculty. Due to the connections we have with the local and faculty periodontists, continuing education seminar invites are regularly extended to



Perio Club members. We are lucky to have Dr. Okano play such an active role in our club, and working closely with him is one of the many benefits in being a member. If you have any questions about what we are about, or are interested in joining the Perio Club feel free to contact us! Philipp Luschin – President, Erik Mangleson – Vice President, Nathan Lai – Secretary, KC Esplin - Treasurer

Spanish Club

The Dental Spanish Club is committed to helping dental students learn Dental Spanish. We have organized the club to provide courses in Dental Spanish Vocabulary, Verbs and Conjugation, and Dialogue-Based Workshops. Taco Bars are held to motivate our members to study Spanish. Our primary goal is to make an impact on the clinic floor by helping our fellow classmates communicate with their Spanish speaking patients.

Business Club

The business club is a place where you can learn about the financial side of practice ownership. We bring in guest speakers and webinars on a lot of topics, including: practice ownership, loan repayment, financial investing.

Diversity Club

The Diversity Club was established with the hope of providing more accessible information to students with diverse backgrounds who are interested in pursuing dentistry as a career, as well as providing opportunities to gain dental-related experiences. In doing so, we hope to diversify the dental profession. Two of our major events throughout the year are the Women in Dentistry Workshop Day and High School in Dentistry Day. In each of these events, we have information sessions, faculty panels, and hands-on experiences to educate and empower prospective dental students of all backgrounds.

Pre-dental Club

The pre-dental committee is dedicated to, and geared towards providing prospective dental students with the information and skills which are needed to become more knowledgeable and effective applicants. Our beneficiaries range from those who are exploring dentistry as a possible career avenue early on in their collegiate experience, to those who are submitting applications to attend dental school in the following year. Our club provides a multitude of experiences for these individuals to gain tools for the interview and application process, as well as network with



current dental students, and gain a taste of what life as a dental student is like. These experiences include an interview workshop, pre-dental social, pre-dental days, which involves a full day at the dental school and includes lecture from current faculty members, and practicing in the technique lab, a personal statement workshop, as well as outreach to local colleges. Prospective students who attend each event gain tools necessary to feel confident in the application process, as well as become educated on what it is to be a dental student.

Global Outreach Club

OUR MISSION: The Global Outreach group was born in 2015 with three objectives: to deliver excellent and necessary dental care to underserved communities of developing countries, provide students, doctors and volunteers with a humanitarian and cultural experience, and allow a safe and ethical opportunity for students to learn advanced clinical techniques from some of the highest qualified dental professionals in the country. **OUR VISION:** Through humanitarian and cultural experiences where students can provide necessary dental care, we want to create ambitious and empathetic dental professionals with a burning desire to give back to communities around the world.

Sustainability Club

The sustainability club was just founded this fall! As a new club, we have an exciting list of goals that we are going to try to accomplish in the near future. We would like to work with partners in the community to make our school more sustainable without compromising the care of our patients. One of our first projects will be to implement a recycling program in our building. Another major goal of ours is to reduce waste by minimizing single use plastics and by using costly dental materials more efficiently. Eventually we would like to increase our greenspaces and leave a lasting footprint at the school by improving walkways or even starting a community garden. We hope that we will be able to bring about changes that can benefit our environment as well as dental students.

Dental Software, Technology, & Materials Club

The purpose of this club is to educate club members on the proper use of software, technologies, and materials that will be relevant to dentists practicing in private practice.

Faculty Profile

Leslie Halpern, DDS, MD, PhD, MPH, MPhil, MA
Professor



Portrait of Dr. Halpern and her two sons by Yuliya Petukhova, Class of 2020

Q: Where are you from originally?

A: I am a New Yorker, born and raised in Brooklyn New York, although my family did move to California and Florida for my father's job. I have also lived in many places but "you can't take the Brooklyn girl out of me"

Q: What is a hobby/skill/something interesting most of us don't know about you?

A: My joy for music and dancing has kept me on track when feeling stressed throughout my career. I have competed in Ballroom Dancing and was a "disco queen" in NY. I have also played five musical instruments: Piano, guitar, trumpet, violin and accordion.

Q: What do you like about working and living in Utah?

A: Utah has provided me the opportunity to have the creative license that I have strived for throughout my career. The School of Dentistry has also given me the "dream job" and academic accomplishment that I had always wanted to reach. Utah is a "well-kept secret" to many who do not know about its beauty in scenery and community support.

Q: Where did you go to undergraduate, dental school, and residency?

A: I attended Brooklyn College of the City University of New York, BS, Biology; MA, MPhil and PHD there too. I attended New York University College of Dentistry and went on to a 6 year OMFS residency with an MD from New York Medical College and Lincoln Hospital. I did an MPH at the Harvard University School of Public Health

Q: How did you know dentistry was for you?

A: I actually stumbled upon it through family who suggested it was a good career to be a "mom" and doc. Once I entered



Faculty Profile

Leslie Halpern, DDS, MD, PhD, MPH, MPHIL, MA
Professor

dental school I became interested in oral and maxillofacial surgery after seeing a “blood and guts” lecture from an oral surgeon whom I assisted throughout school.

Q: Did you have any challenges in pursuit of your dental education? How did you overcome them?

A: I would say that my challenges were based upon my own misgivings and doubt since I was 6-8 years older than my dental school colleagues. Being a parent also can be a challenge but if you have a good support system as I had, it was easier to manage. Had I not had my mother to help with my children, I would have never been able to become an oral surgeon. Yes there were sacrifices like missing school plays and little league games but my sons have been there for me, and I am so blessed. My advice to young women and men is that you can multitask if you persevere. Please do not think your biological clock will run out of time. It won't!!!!

Q: When did you know you wanted to specialize in OS?

A: My love of the basic sciences and PHD experience drew me to Oral and Maxillofacial Surgery. I really became interested in oral and maxillofacial surgery after seeing a “blood and guts” lecture from an oral surgeon whom I assisted throughout school. I continued to read about the opportunities OMFS had to offer and how each case can become a detective story and challenge. Oral surgery does affect patient’s lives long after the procedure. The knowledge of medicine and oral health make it anything but routine from cases to case.

Q: What do you love most about teaching?

A: I would say I am blessed with my dental students, Faculty colleagues and residents. They are always challenging me to teach them in an innovative manner and at times make me go home and do some homework. I am also so engaged in mentorship and feel privileged when a student says I am a “role model” to them regardless of gender.

Q: What motivates and inspires you?

A: The ability to mentor and see the fruits of one’s labors; i.e. student acceptances into residencies, good job opportunities, and having both students and patients say “Thank you” is my motivation to be the successful practitioner of my specialty, as well as healthcare provider for the community.

Q: What advice would you like to extend students to in dental school now?

A: When you become an advocate for yourself, your colleagues/fellow students will advocate for you. Your contributions form part of the foundation that makes your specialty strong.

Q: Any advice to the female students in particular?

A: My Pearls of Wisdom:

- 1) Although “glass ceilings” seem impenetrable, they can provide a clear view of the road ahead to forge an alternative path to your success.
- 2) Stand by the courage of your convictions because it “fuels” the value you bring to the department you represent.

Q: What is your advice to students once they graduate and are in practice?

A: My advice to young women and men is that you can multitask if you persevere. Please do not think your biological clock will run out of time. It won't!!!! Maintain the highest degree of ethics and professionalism regardless of the immediate gratification that may be easier to obtain in a shorter amount of time!!!!

Faculty Profile

Stacey Swilling, DDS
Assistant Professor (Clinical)



Q: Where are you from originally?

A: I am from Sheridan, Arkansas. Sheridan is located in the center of the state, about 30 miles south of Little Rock. Other than my trip across the Mississippi River for dental school in Memphis, Tennessee, I lived in Arkansas my entire life until I moved to Utah in 2018.

Q: What is a hobby/skill/something interesting most of us don't know about you?

A: I have run over 20 half marathons in the last 10 years. I like to refinish furniture and do paper crafting. I was married on September 30, 2018, and my husband and I started the journey with a moving truck from Arkansas to Utah two days later. We both enjoy outdoor activities (I like to ski, run, bicycle, and hike, and my husband enjoys those things plus hunting), and we are making the most of the opportunities here in Utah. I love to travel, just give me time to pack my bag and I'm ready to hit the road.

Q: Why did you choose a career in dentistry?

A: I became interested in dentistry originally because of my love for the science field and that background being integral to our profession. I had originally planned to go to graduate school and have a career in research, but I decided I wanted more interaction with people. I saw dentistry as a way to help people, be social, and use my science background in a practical way every day. I was also encouraged by my own childhood dentist to pursue dentistry.

Q: Why are you now choosing a career in dental education?

A: I wanted an environment where I would be working with other colleagues professionally day-to-day, as I felt like I was "on an island" in private practice. Private practice/ownership was great, and I'm glad I did it, but I needed a change. I'd been interested in education for some time, but there isn't a dental school in Arkansas, so I had to sell my practice in order to be free to relocate to an area where there was a school. Ultimately I guess my decision to move to academia is because I feel like I can make a stronger impact on the future of dentistry by being involved with the many students in the pre-doc venue as they transition to caring for their own

Faculty Profile

Stacey Swilling, DDS
Assistant Professor (Clinical)

patients than I could make in my solo practice in a small town.

Q: Where did you go to undergraduate and to dental school?

A: I received a Bachelor of Science with a double major in Chemistry and Biology from Ouachita Baptist University in Arkadelphia, Arkansas. (Fun facts: Ouachita is pronounced “Wash-it-taw” and is named off its location on the Ouachita River, which was named after a Native American Indian tribe.)

I received my DDS degree from the University of Tennessee Health Science Center in Memphis, Tennessee.

“Soak up all the knowledge you can, and have a good time while you are here.” Dr. Stacey Swilling



Q: What is your advice to students in dental school now?

A: Soak up all the knowledge you can, and have a good time while you are here. I remember feeling like dental school was the best of times and the worst of times all wrapped into one big experience, but I wouldn’t trade it for anything...though I would hate to go through it twice! The friends I made in school remain my best friends to this day, and when we are able to see each other, we always pick up right where we left off. Know that you will make it through the challenging times and come out stronger on the other side. It will be worth it!

Q: What is your advice to students once they graduate and are in practice?

A: Stay connected to other professionals through your state and local dental societies. Friendships with other dental professionals I met through organized dentistry were my life-line that gave me renewed vision and sense of purpose once I was alone in my private practice. Be a life-long learner; challenge your ideas, learn new things, don’t become stagnant. Reach out to others for motivation and encouragement.



Q: Where are you from originally?

A: I was born in Southern California. Grew up and graduated high school in a small Arizona town called Bullhead City. I moved to Flagstaff, Arizona after school, and moved to Salt Lake City, Utah in 2006.

Q: What’s your favorite book/TV show/movie?

A: I can never seem to find the time to watch much TV or sit still long enough to read a book. However, Nacho Libre is a “fantastic” movie!!

Q: What is a hobby/skill/something interesting most of us don’t know about you?

A: I love to spend time outside. I love anything to do with water, paddle boarding, canoeing, swimming, wakeboarding, and fishing. I could go on and on.

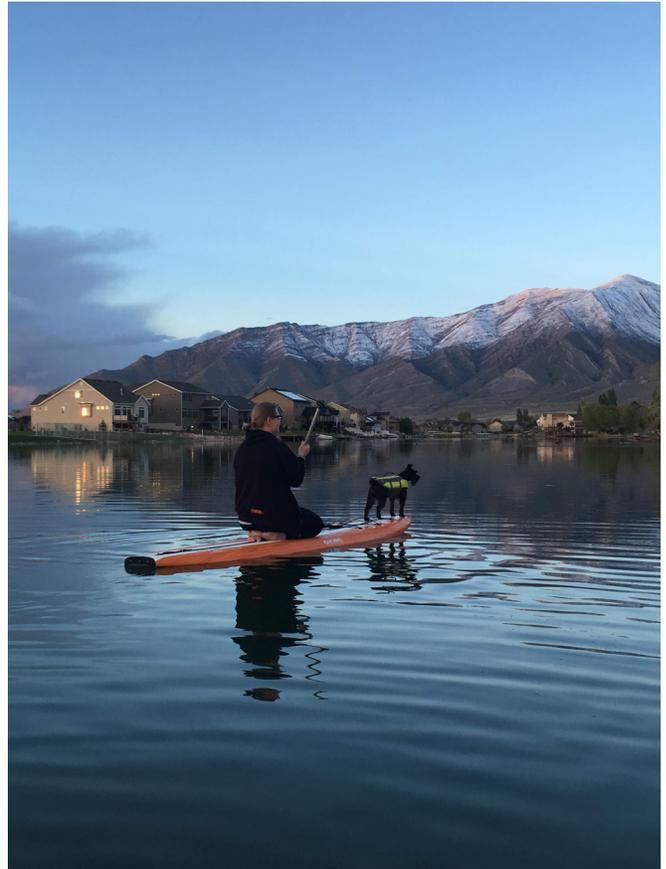
Something interesting most people don’t know about me is that I inherited/own a part time pet! She is a 40-year-old desert tortoise and her name is Pong. She spends May through early October outside, exploring the yard and eating tons of fruits and veggies. She hibernates the rest of the year in a box in the house (I included a pic of her). I also enjoy gardening, but this year my tortoise ate most of my veggies.

Q: Why did you choose a career in the dental field?

A: I have been in the dental field for almost 10 years now. I made a career change when my two daughters started to grow up. I wanted a job my daughters would be proud of, and look up to. I always thought good oral hygiene was important. So I took a chance, and it fit and here we are. I love my job!

Q: What do you love most about working at UUSoD?

A: I have been working at the UUSOD for 5 years. Over the years, I have had the opportunity to work in many different areas of the school. It is hard to pick just one thing I love. Working



Staff Profile

Karin Mishler
Dental Equipment Technician

with the students in the lab is so fun, we have so many different projects going on at one time and to outsiders that must look like pure chaos. But in reality, I am simply supplying one giant dental art class and the students are learning. I love it! I also wholeheartedly enjoy being a part of the Continuing Education and Outreach teams. Each day is different and new challenges arise, which keeps me on my toes, I love that too.

Q: Do you have any words of wisdom for dental students?

A: We all start somewhere; we are human and make mistakes. Just keep practicing and pushing forward (The lab is a great place to do this!). Everything will turn out great :) Promise!

“We all start somewhere; we are human and make mistakes. Just keep practicing and pushing forward” Karin Mishler



Events: TriCuspid Cup Tournament

Shaylee Avery, Class of 2021



Utah ASDA hosted its first TriCuspid Tournament on July 25, 2019. The goal of the event was to encourage physical activity, create class spirit, and interact with each other. By the summer semester, there are only three classes that remain in school due to the fourth-year class graduating in May. Because only three classes attend the summer semester, Utah ASDA decided to name the event the TriCuspid Tournament.

Besides bragging rights, why would each class want to win this tournament? First, the winning class had a pizza lunch sponsored by Utah ASDA. Second, the winning class received the Cuspid Cup, a hand-carved trophy by yours truly (Shaylee Avery). Just so you all know, the trophy was carved out of the green Styrofoam used for floral arrangements, and I mostly used a spoon.

To fuel the physical competition that was about to ensue, everyone was fed with JDawgs. After everyone got their fill, the tournament began. There were many different competitions to compete in: tug'o floss, volleyball, spike ball, cornhole, Kan jam, and team flag decorating. Each competition was carefully awarded numerical points, and the winners were discovered!

First Place: Class of 2021
Second Place: Class of 2022
Third Place: Class of 2020

Now that everyone knows what this tournament is like, training has begun! Compete for your class next summer and your class may just win the TriCuspid Tournament!



Events: Golf Tournament

James Grundy, Class of 2021



The 2019 ASDA Invitational Golf Tournament was a raging success!

Held at Mountain Dell Golf Course, the nine-hole scramble tournament began late in the afternoon and finished with a picturesque sunset over the mountains. The tournament had a full field of players consisting of both students and faculty. New events were added this year including a chipping contest, closest to the hole, and longest drive. Participants were competing for a gorgeous crystal engraved trophy with their names engraved into the champions plaque. Second and third place also received prizes such as gift cards and golf balls. Upon adding up the scores of each team, there was a four-way tie for first place with a score of three under par. Through a score card playoff, the Endo Team came out as the winners! Special thanks to Kelly Le for helping coordinate the event. We look forward to another great event next year!

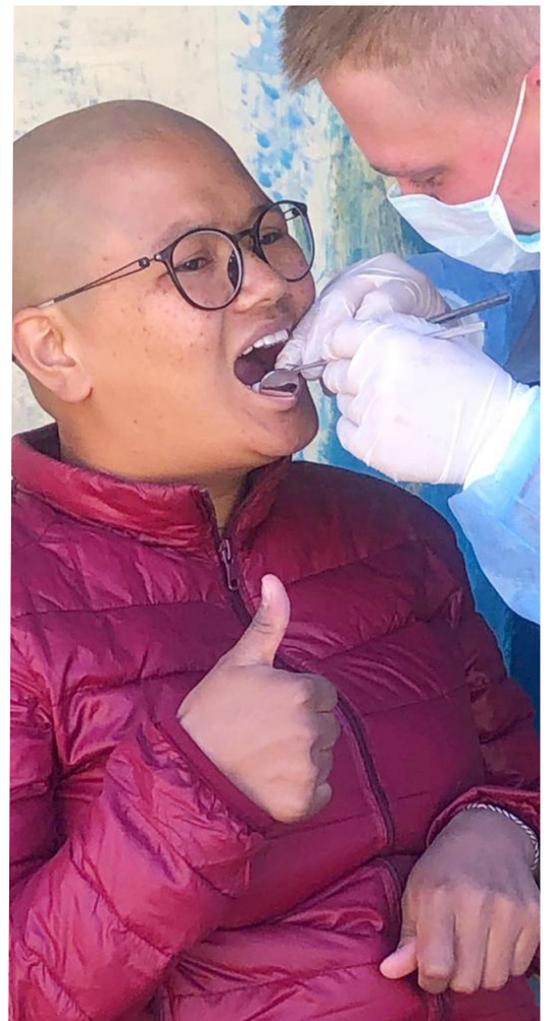


UUSOD Research Abroad: India

Crystal Wallenius, Class of 2022

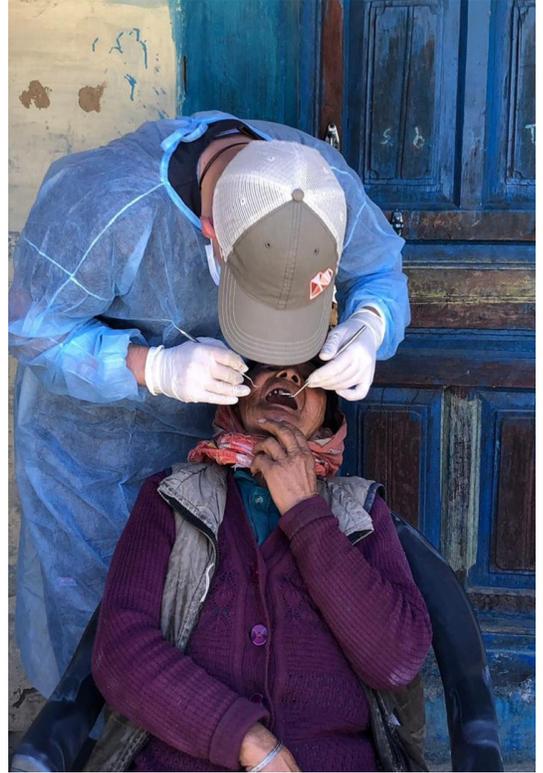


Three D2 students participated in a pioneer collaborative summer research learning abroad program this summer in the remote villages of the Himalayan mountains. Together, with the University of Utah's Geoscience and Public Health departments, these students compiled comprehensive data on oral health care, water composition and access, household sanitation, and general health of that population. Arman Farhadtouski, Ryan Knighton, and Crystal Wallenius performed over 170 oral health screenings, periodontal examinations, and oral hygiene surveys for the people of Spiti Valley, India at an average altitude of 14,000 ft. The program was inspired, organized, and lead by one of UUSOD's professors, Dr. TP Singh.



UUSOD Research Abroad: India

Crystal Wallenius, Class of 2022

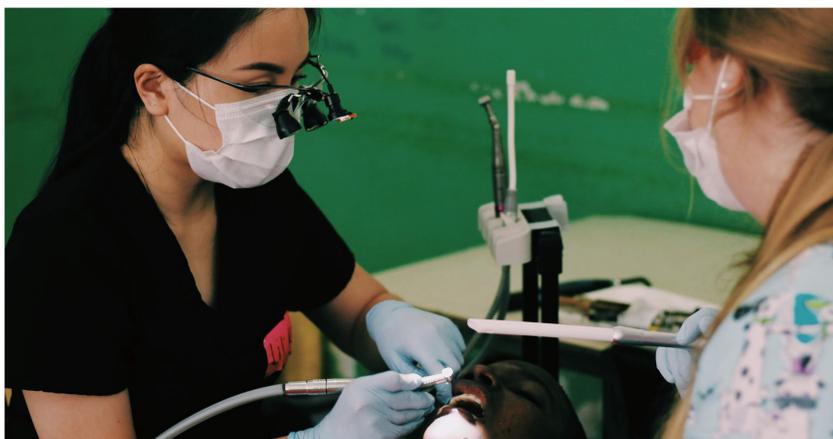


DR Humanitarian Trip

Kelly Le, Class of 2021

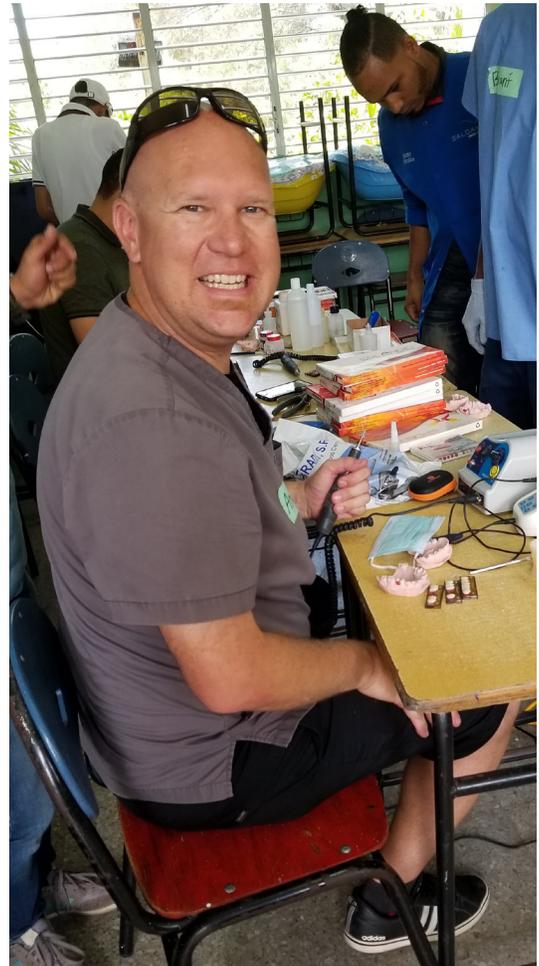


Last August 2019 fifteen of us fellow dental students had the opportunity through the G3 Foundation to go to the Dominican Republic for a week for a humanitarian trip! We had five full days of work where we rotated between restorative, oral surgery, periodontics, pediatrics, endodontics, and lab work. Through the sweltering heat and humidity, we were able to provide dental care to over 1700 patients. The trip was an unwavering success! Not only were we able to help the underserved on this trip, we grew as providers with each passing day. I was able to translate the clinical experience I got from the DR over to the clinic at school after the trip. If I could go back, I would do it all over again and again and again. This was my first humanitarian trip as a provider, and although my back ached and my feet were swollen at the end of every night, I'm positive that this will not be my last trip.



DR Humanitarian Trip

Kelly Le, Class of 2021

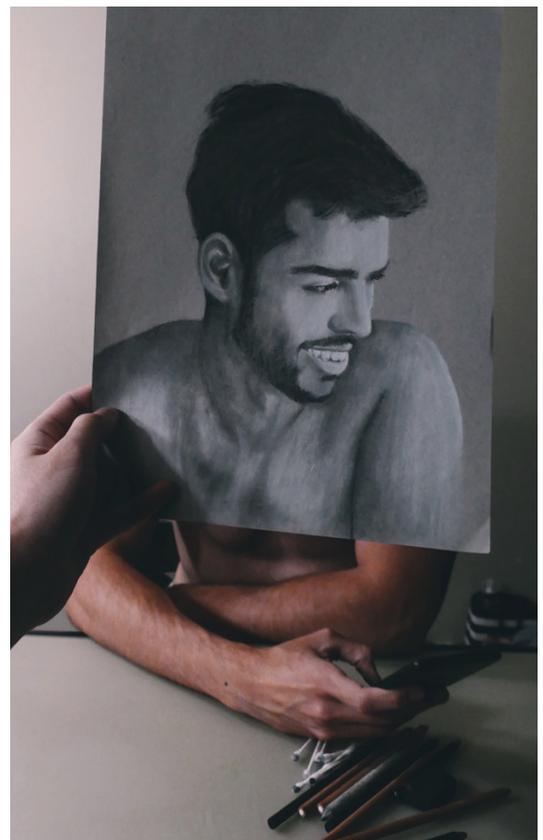


All About the Arts: Photography

TK Baker, Class of 2022



I used to draw and paint before I became a photographer. I also have a memory of a goldfish, so I like to keep a record of my memories somewhere before I forget it all. My childhood was pretty much me writing things down, drawing it out, and taking pictures of something so that I would never forget. It became a habit that I held close to me as I started traveling around the world. My memory fades fast, but not the colors of my pictures! Paintings, drawings, and photographs keep the details. They capture what I used to feel in that moment.



All About the Arts: Photography

TK Baker, Class of 2022



Smile Direct Club

Logan Passey, Class of 2022

Is Smile Direct the greatest advancement in teledentistry? Or is Smile Direct putting patients at risk due to orthodontic care without proper oversight? Smile Direct sounds too good to be true. They are providing services at less than half the normal cost that a traditional orthodontist would charge. Orthodontic treatment involves the movement of biological material, which if not done correctly could lead to potentially irreversible and expensive damage such as tooth and gum loss, changed bites, and other issues.

The American Association of Orthodontists released a consumer alert regarding the topic. They ask us to consider this question:

“What other transforming medical treatment would you undergo without an in-person, pre-treatment evaluation or on-going in-person supervision from a medical professional?”

And if you care about your health the answer is likely none.

After a citizen’s petition was filed against Smile Direct, the company released a statement denying all allegations. Smile Direct’s statement also revealed that doctors have the option to request radiographs before beginning Smile Direct, but radiographs are not mandatory. It also revealed that patients simply have to check a box indicated that they have visited a dentist in the past 6 months. It seems that Smile Direct truly does not have the patient’s best interests in mind, and is simply taking advantage of frugal consumers and putting them at risk.

Smile Direct is not going away anytime soon, but moves are being made in many states to hold them more accountable for their actions. On Oct 17, 2019, California signed Assembly Bill 1519 into law which:

- 1) Assures that all dentistry in the state is regulated by the California Dental Board
- 2) Defines unprofessional conduct as beginning orthodontic treatment without a review of bone imaging

- 3) Requires any teledentistry provider involved in the patient’s case to provide their name, number, practice address, and CA state license number

- 4) Requires that all teledentistry providers be held to the same professional responsibility, unprofessional conduct, and standards of practice that apply under a traditional health care providers license

While Smile Direct may be a trail-blazer in the field of telehealth, they have some kinks to work out. Only time will tell if they are able to adapt, or fail for putting patients at risk.

Logan Passey

University of Utah School of Dentistry
Class of 2022

Information provided has been acquired from the AAO Questions To Consider When Researching Direct-To-Consumer Orthodontic Companies Consumer Alert, AAO news release

10/17/19 California Passes Dental Law Regarding Self-Applied Orthodontic Treatments, and Smile Directs Statement 5/15/19 On The Citizen Petition Filed To The FDA By The ADA.

ADA Seal of Approval

Rojin Karimanfard, Class of 2023

With hundreds of dental care products out there, how would choose which product you should get for you and your family?

The products with the American Dental Association (ADA) Seal of Approval are the only ones that have gone through and passed specific and rigorous scientific testings to make sure that the products are safe to use and give you the best results. All the tests are backed up by science and the products get evaluated by independent experts for safety and effectiveness. **The ADA Seal requires the companies to meet higher standards than what the law has required** and the products that do not meet the tight guideline, do not earn the Seal. The Guidelines for Participation in the ADA's Seal of Approval Program provides information for companies but can be modified at any time.

The Seal can be found on more than 200 products in more than 15 categories and they are not only limited to toothpaste and toothbrushes. Products like flosses, mouthwashes, and bleaching kits are some examples of

those categories.

The approved products have the ADA logo with bullet points underneath to make it clear and obvious to the consumers which benefits have met the ADA Seal of Approval. The consumers can go to ADA official website (www.ada.org) to look for the products that have been approved.

Rojin Karimanfard

University of Utah School of Dentistry
Class of 2023



All Around Town

Christina Knutson, Class of 2022

We all know dental school's just a walk in the park, so what is one to do with all his or her free time?

Sure, you can start with trails, climbing, mountain biking, skiing, or snowboarding, but you'll quickly burn through the outdoor activities here in Utah and succumb to boredom within a semester. So with all that free time, you'll need to be creative. Lucky for you, Utah has some quirks to explore. Get started with these five:

#1 The first stop is worth the Trek (pun intended). A giant bust of the fictional Spock adorns the roof of Rainbow Neon Sign Co. It's a "bust see" for sure. Keep in mind that there is no parking (unless you're a Rainbow Customer). That said, you get what you pay for--this attraction is free (two, three and four are too). If anyone is curious, Spock's lower half has also been spotted on site. Bottoms up! See if you can find it yourself at 257 West 3300 South // Salt Lake City.

#2 Are the mountains dull? Looking for something a little more edgy? The street artist Banksy left his mark on Park City in Spring of 2010. Take a trip to see his camera man and flower, and then make your own art. It's a short drive to 402 Main Street // Park City.

#3 Those in need of a photo opportunity can swing by East High School, the set of High School Musical, and snap a pic to relive some nostalgia. Just don't expect to transfer -- they don't offer a single dental degree. The building is located 840 South

1300 East, Salt Lake City.

#4 Your head will spin upon visiting the Spiral Jetty. This sculpture constructed by Robert Smithson in 1970 is a little off the beaten path and a lot out of this world. You'll have to see it to believe it. Check out the following for directions and more: <https://www.diaart.org/visit/visit/robert-smithson-spiral-jetty>

#5 The last stop isn't so much weird as it is wonderful. A personal favorite spot in Salt Lake City lies not too far from your seat in lecture or your B row operator. A relaxing 20 minute walk from the School of Dentistry to the College of Pharmacy building rewards with a magical cup of Joe at a small but mighty shop called Coffee Lab. Not one for a good brew? Order a hot chocolate instead. Whatever your preference, you won't be disappointed! What are you waiting for? Head on over to 30 2000 E now (open M-F 8am-3pm).

Christina Knutson
University of Utah School of Dentistry
Class of 2022

Advice Column: Interviewing for Specialty Programs

OMFS Interviews

Greetings!

I write to describe my experiences with OMFS residency interviews. These tend to be the longest residency interviews due to having to interview with the residency program and the medical school. Interviews tend to have a social the night before with the residents and faculty. These socials can take place in downtown bars, fancy restaurants, or the middle of a forest (not kidding). These are a requirement, even when they tell you they are not. Programs keep track of who comes and who doesn't. Socials are the best opportunity to gather as much info about the program as possible from the residents, to see if it's a good fit, and to impress your interviewers the next morning with how much you know about their program.

Interviews start anywhere between 6:30-7:30 am and go until 3-7 pm depending on the program. From my calculations, programs generally interview around 10 students per spot. They will split the applicants into 2 groups and while one group is interviewing, the other group goes on tours. OMFS tours include touring the entirety of all the hospitals serviced by the residency, which can be up to 6 hospitals with a total of 3 hours on your feet. If your feet aren't bleeding by the end of the day, they have not given you a complete tour of the facilities. Oh how I wish interviews were conducted in scrubs!

As far as the interview itself, I have had anywhere from 7 to 13 individuals interview me. There are always a couple of residents that interview you, generally 1-2 individuals from the medical school, the chair of the program, the director of the program, and OMFS faculty. Most interviews are 1:1, I have had a panel interview as well. The questions vary greatly. I've been asked the generic questions about why I chose their program and why OMFS. I have also been asked to teach them something, what I look for in a mentor, what is the best solution to insurance and healthcare in the US, how OS are involved in the opioid crisis, and my opinion on pediatric anesthesia. Each interview lasted anywhere from 15-45 minutes

depending on the program. After the interview, there is usually another dinner with the applicants.

I generally end up using 3 clinic sessions per interview and have run out of interview sessions, dipping into my personal days. My advice is to make a list of potential interview dates back in May/June from ADEA PASS, program websites, as well as SDN. This way you are prepared with the ideal date so you can book it as soon as they send you an invite. Remember to make this list before submitting your applications, you will see right away that some interviews will overlap and you can plan accordingly. If you find yourself having interviews that overlap, don't automatically reject one program. There is usually more than one date they interview (they like to keep this info to themselves), contact the program and express your interest. Ask if there is another time you could come for your interview. This has worked for me.

Prepare and carry your list of questions to be answered before you leave each program. My list is about 30 questions total, and is continuously growing. Take detailed notes about each program so you don't forget key points. I usually come back from each program with 2 pages worth of hand-written notes. Also, make a rank list as you go along.

The summer before is also the perfect time to renew your driver's license (you will need a new one to board an airplane in 2020) as well as apply for TSA pre-check. If you currently have a job, apply for an airline credit card. You need to have an income to apply, classifying your student loans as income is illegal for most airline companies, don't be that person.

Any further questions, don't hesitate to ask!

Yuliya Petukhova

University of Utah School of Dentistry
Class of 2020

Advice Column: Interviewing for Specialty Programs

Ortho Interviews

What's up!? This year I applied for orthodontic residency programs and got accepted into the University of Colorado. Interview season is a crazy, expensive, stressful, but fun time. The highlight of my interview experience was interviewing from 7:00am - 9:00pm at the University of Colorado, then taking a flight that same night at 11:45pm to New Jersey. I arrived at 5:30am, then interviewed at Rutgers at 7:30am. Also turns out that I got a bad case of laryngitis that night on the plane which made me completely lose my voice. I sounded like a dying cow. So, I introduced myself to the interviewers by saying I was the lead singer of a heavy metal band and had a gig the night before which made me lose my voice. They got a kick out of it (some actually believed me), and turned out to be a great icebreaker.

Some advice I have for those planning on applying for residencies...

1) Start preparing 2-3 semesters before summer semester D3 year. The best way to prepare is by saving money. I get it, we are all on student loans, how are we supposed to "save"? As awful as it may sound, max out your loans the 2-3 semesters before the semester you apply and stash away money each time.

2) Don't necessarily purchase the cheapest flights. Some schools will invite you to an interview with only one week prior to the interview day. Wait to purchase your plane ticket until you know when the next interview is. It would be awful to pay for a round trip ticket, then realize you needed to buy one way tickets from SLC -> Interview A -> Interview B -> Interview C Etc.

3) Apply to non-match programs only if you really want to go to some of the non-match programs. Non-match programs will accept/deny you weeks before Match day. If you had an offer at a lengthy expensive program it would be a difficult decision to accept or turn down. You cannot double-dip. Meaning, you cannot accept a non-match offer, then still participate in the Match. If you accept a non-match offer, then get matched to another school, you will most likely not be allowed to attend either program. So if you do accept a non-match offer, be sure to withdraw from the Match.

4) Try not to get laryngitis the day before an interview. But if you do, just say you're in a heavy metal band.

Have fun out there, and good luck! Feel free to reach out to me if you have any questions (801) 831-8629.



Ryan Davis

University of Utah School of Dentistry
Class of 2020

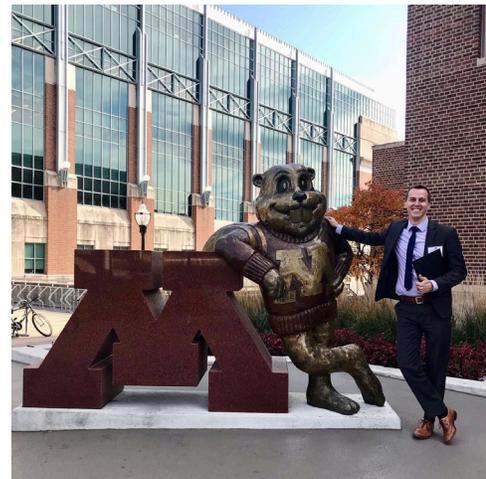
Advice Column: Interviewing for Specialty Programs

Ortho Interviews

My name is Tim Bitner. I applied to orthodontic residencies and matched at the University of Minnesota. Throughout the process, I gained some valuable insight that I would love to pass down to younger classmates who plan to apply to specialties in the future. Primarily, my advice is financial in nature. I ended up spending over \$10,000 on my application and the interview process. Just under half of that amount was spent on the application, supplemental fees, and sending official test scores or transcripts to schools. The rest was spent on flights, hotels, transportation, and food. My biggest suggestion is to apply for a credit card with travel benefits as soon as possible. I ended up getting about \$1,000 worth of bonus points for travel after about a year of using my card. Chase Sapphire and Southwest are good options. Another way to save money is to try to plan your interviews back to back so that you end up purchasing one-way tickets instead of round trips. Utah is far from everything, so those plane tickets start to get pricey. As a side note, look into signing up for TSA Precheck. That cost me \$85 and lasts 5 years. It saved me a lot of stress by skipping the long lines in the airport. That especially comes in handy when you're running from your interview to catch your next flight. As for transportation, I found that car rentals were much more expensive than utilizing Lyft, Uber, or even the free airport shuttles. However, if you plan on staying an extra day or so in the area, a car rental is potentially the better option. If you want to cut some of your expenses down even more, consider splitting hotel and transportation fees with a classmate on the same interview.

As for the actual interviews, let me just say a few things. You will always be asked, "Tell me about yourself?" Use this as an opportunity to share some interesting or fun facts about your life. They are not

looking for you to restate your personal statement or CV. Other very common questions are, "Why Ortho (or other specialty)? Why this school? Why this area so far from home?" I was never really asked specific questions about my knowledge of the specialty. As for most of the other standard questions about adversity, leadership, strengths and weakness, etc., my recommendation is to write down five really important events or experiences in your life that you can reference when answering any of those questions. I pretty much always somehow ended up talking about training horses, serving a mission in Brazil, growing up with a twin brother, my research with virtual reality, or winning intramural championships in canoe battleship. Lastly, be very familiar with your personal statement and CV so that you're never caught off guard. Good luck and feel free to text me at 435-230-1025 if you have any questions!



Tim Bitner
University of Utah School of Dentistry
Class of 2020

Alumni Highlight

Madison Day, DDS

Hey Student Doctors,

My name is Dr. Madison Day, I graduated in 2019 and I am a current resident at the SLC VA. The advice I have to give is just to soak up as much as you possibly can during your years at the U. Ask all of your attendings about the worst days they have had in dentistry and the best days. Don't try and skip out early on clinic or lab time, those are crucial hours of learning that you will be using after school. That being said, don't forget to take time to care for yourself and your relationships. Dental school is hard and takes a lot of time away from you, make sure to carve out some time to spend with absolutely zero dentistry and a lot of relaxation and fun, you will not regret those moments!

-Madison

Oreo Chocolate Cream Cheese Cupcakes

Travis Alcorn, Class of 2020

Cupcakes

- One box of chocolate cake mix (with whatever ingredients recipe calls for)
- ½ cup of mini chocolate chips

Cream cheese frosting

- 1 box of Philadelphia cream cheese, softened
- ½ cup of salted butter, softened
- Powder sugar, approx 1-2 cups (to taste)
- 10 Oreos, blended into powder

Oreo buttercream

- 1 cup unsalted butter, softened
- 1 tsp vanilla
- 4 cups of powdered sugar
- 4 Tbl of milk
- 10 oreos, blended into powder

Dipping chocolate

- 1 cup chocolate chips
- 1 Tbl butter



1. Bake cupcakes according to directions on whatever cake mix box you get, but stir in the chocolate chips into the batter before baking. Line cupcake pan with paper cupcake cups and fill the cups ½ to ¾ way with batter. Bake according to directions on box. When cupcakes come out, let cool completely and freeze cupcakes in freezer overnight.

2. Once the cupcakes are frozen, make the cream cheese frosting in mixer by adding cream cheese and butter and mixing for 1-2 minutes until smooth. On medium speed, add powdered sugar ½ cup at a time and taste after each addition until it reaches desired sweetness. Mix in oreos at the end and stir until everything is incorporated.

3. Make the buttercream by creaming the butter until smooth and fluffy, for about 3 to 5 minutes. Gradually beat in powdered sugar until fully incorporated. Beat in vanilla and oreos at the end.

4. Place both cream cheese frosting and buttercream in piping bags with a round tip, if desired. Otherwise, you can just spread the frosting on the cupcakes when the time comes.

5. Melt chocolate and butter in microwave safe bowl in microwave in 15 second intervals, being careful not to burn the chocolate. Stir in between each interval.

6. Take cupcakes out of freezer and unwrap them all from the papers. Dip the base of each cupcake in the chocolate about halfway up the cupcakes. Set inside new cupcake paper and let sit until the chocolate hardens. You can place them in the refrigerator to speed up the setting process.

7. With a small pairing knife, hollow out a small hole in the top of each cupcake. This works better if the cupcake is still frozen.

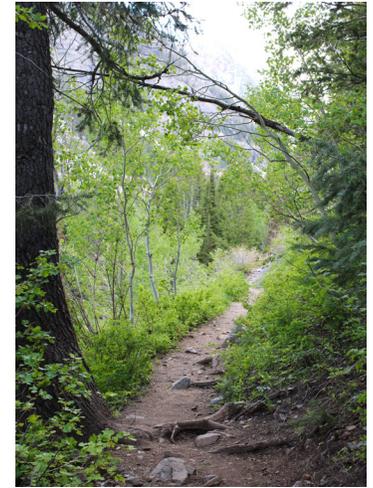
8. Fill each hole with cream cheese frosting until it reaches the top of the cupcake. Pipe or spread buttercream frosting on top. Then place chocolate dipped or regular oreos on the top of the buttercream, if desired.

Travis Alcorn

University of Utah School of Dentistry
Class of 2020

Beautiful

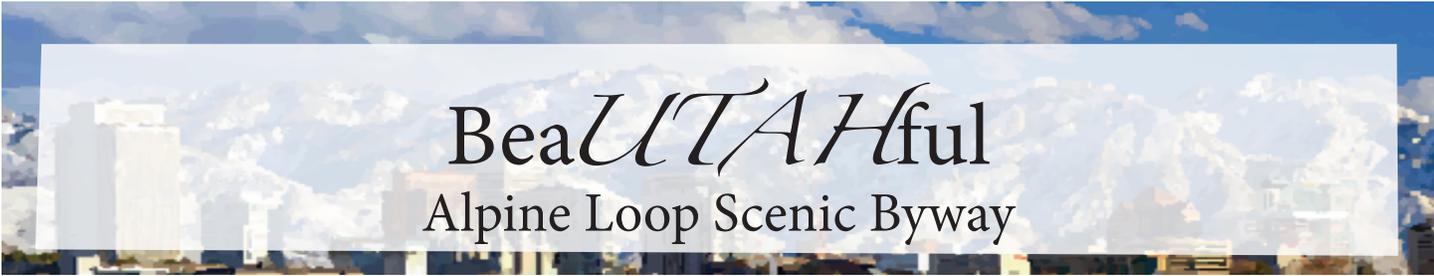
Alpine Loop Scenic Byway



Love the outdoors but don't want to commit to a long hike or backpacking trip? Driving the Alpine loop is the best way (or at least a pretty darn good way) to spend a weekend afternoon. Just a one hour drive from Salt Lake City, the Alpine Loop has some pretty breathtaking views ; probably some of the most impressive are the Aspen forests. The topography is unlike much else in either the Salt Lake or Utah Valley. As you cruise on those winding switchbacks, be sure to vent your window and enjoy the fresh mountain air. There's nothing quite like the smell of campfire. You'll also drive past several streams of moving water that are close enough to the road to hear from the car. If you're feeling up for a stretch of the ole legs, there's a number of great hikes to choose from along the drive. Literally any pull-off along the loop makes for an amazing photo opportunity. So grab your camera and be off! Unless it's September through May that is—The Alpine Loop is open during Utah's sunny season, usually from around Memorial Day to Labor Day.

Liz Backus

University of Utah School of Dentistry
Class of 2021



BeUTAHful

Alpine Loop Scenic Byway

