

THE ALUMNI MAGAZINE OF THE FACULTY OF DENTISTRY, DALHOUSIE UNIVERSITY

ALUMNI ANCHOR

2014 | 2015



THE HEALTH & WELLNESS ISSUE



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The *Alumni Anchor* is published annually for alumni and friends of Dalhousie University's Faculty of Dentistry. Circulation: 3,600.


Please send news, story ideas, photos, comments, and/or address changes to:

Faculty of Dentistry Alumni Relations
Dalhousie University
5981 University Avenue, PO Box 15000
Halifax, NS B3H 4R2

Phone: (902) 494-1674 Fax: (902) 494-5101

Email: alumni.dentistry@dal.ca

Web: www.dal.ca/dentistry

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The *Alumni Anchor* is published by Metro Guide Publishing

Publisher: Patty Baxter

Advertising Sales: William Diamond



Metro Guide Publishing

Metro Guide Publishing

162 Trider Crescent

Dartmouth, Nova Scotia B3B 1R6

Tel: (902) 420-9943 Fax: (902) 429-9058

E: publishers@metroguide.ca

www.metroguidepublishing.ca

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On our cover: Health and wellness, including self-care, are crucial parts of oral health. This issue of the *Alumni Anchor* looks at the ways in which our students and alumni take care of both their own health and the health of others.

Top photo: Randal Tomada
Bottom photo: Chris Parent

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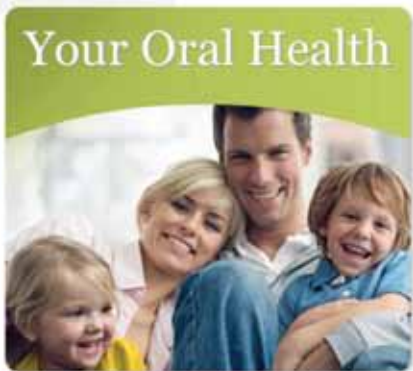
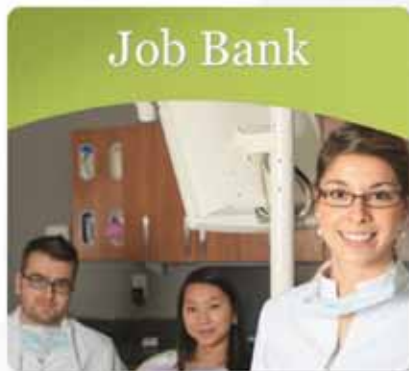
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DEAN'S MESSAGE

Photo: Randal Tomada



Greetings from your Faculty of Dentistry family. The theme of this issue of the *Alumni Anchor* is dedicated not only to oral health care, but total

health care—and yes, that includes your own self-care!

When I look at the mission and vision of our academic plan, I think it encompasses this theme so well: “We promote and provide oral health care as an integral component of overall health, for regional, national and international communities through quality education, research and service. We promote integrity, competence and compassion

while providing evidence-based ethical oral health care to all populations in collaboration with other health professions.”

Over the last six years during our orientation lecture to first-year dentistry and dental hygiene students, I’ve welcomed them into our Faculty Family with these words: “Welcome to the beginning of the rest of your lives, as of today your life will change forever.” As is evident in this issue of the *Alumni Anchor*, the life of an oral healthcare professional can take many paths, but first and foremost we have been given the opportunity to reach out to those in need of our professional expertise and services. On a personal level, we are rewarded with the satisfaction that we can help improve the quality of life for those who are less fortunate.

Many of the features in this magazine give testimony to this. Equally important is “self care”—ensuring the

oral healthcare provider maintains and improves their own quality of life. I hope you enjoy our feature stories on some exceptional colleagues who take health and wellness life issues very seriously. As well, I hope it inspires you to influence others to take charge of their personal well being.

In the words of Buddha: “To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.”

I wish you all continued successes and good health!

Most sincerely,

Thomas L. Boran (DDS’78)
Dean, Faculty of Dentistry



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FACULTY/STAFF HEALTH & WELLNESS

Dalhousie Dentistry's Biggest Loser

For the past three years after the holidays, numerous faculty and staff members have taken part in a friendly weight-loss challenge. Modeled after the popular television reality competition, Dalhousie Dentistry's Biggest Loser sees competitors weigh in weekly over a span of 11 weeks, with the winner being determined by the highest percentage of overall weight lost.

Using an anonymous nickname system, nobody has to worry about divulging their weight to the entire group. Still, many find this level of accountability to be a motivating factor, knowing that their peers are trying just as hard as they are to live healthier lifestyles.

"We all have such different schedules so it's hard to get group activities happening," says dental technician Brenda Landry. "Something like this works for me."

Landry has participated in every incarnation of the challenge to date. After a fifth-place finish in 2012, she found herself at the back of the pack for the next two competitions. This year, she was in it to win it, and never relinquished the lead.



Dr. Ferne Kraglund, Brenda Landry and Geneva LeBlanc—the 2014 Biggest Losers.

"I took it more seriously this time," she says. "I'm in my mid-40s and it's going to keep getting harder, so I decided to give it my all."

The secrets to Landry's success included increasing her water consumption, refraining from snacking after dinner and taking up curling twice a week. As a result, she lost more than six per cent of her body weight in just under three months. Landry and the other 15 competitors lost a collective 80 pounds this year, adding to an amazing cumulative total of more than 465 pounds. *

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Dentistry's step sisterhood

Have you ever found yourself panting after climbing the 99 steps from the first floor of the Dentistry Building through to the fifth? In September of 2011, then second-year dentistry students Julia O'Brien and Tricia O'Brien (no relation) made a pact to avoid the elevators at all costs, opting to get some exercise instead.

"Both of us felt like we could be more active and in better shape," says Tricia. "We thought with how busy you can get in second year, it was just an added bonus to how much activity we got each day."

The dynamic duo kept up the feat for the duration of their time in dentistry school, only making an exception when they encountered patients who were unable to take the stairs.

They found themselves cursing the pact on occasion when they were running late for class or had already made a trip and had forgotten a form or required a signature from an instructor.

"At first, we couldn't speak to each other by the time we got to the top because we were so winded," says Tricia. "Every time that happened it just made me realize how much I needed to be taking the stairs. It definitely got easier as the time went on."

After graduating with their Doctor of Dental Surgery degrees on May 23 and heading their separate ways, the O'Briens probably won't be taking the Dentistry Building steps all that much anymore. Instead, they will move on to outdoor activities and hitting the gym. Tricia also has her sights set on getting a puppy in the near future, which will surely keep her active. *



Tricia O'Brien (second from left) and Julia O'Brien (far right) made it through three years of dentistry school without taking the elevator.

FUN FACT

How many steps did Julia and Tricia climb? A conservative estimate would be at least 150,000 steps each (34 weeks of school, averaging 300 steps per day). That works out to around 120 kilometres, or the distance from Fredericton to Saint John!

Dr. Tom Boran, Dean: *I make sure I run three to four times a week, rain or shine. Like I say, use it or lose it!*



Heather Doucette, (DipDH'94) Assistant Professor, School of Dental Hygiene: *I'm currently training for an Ironman that has me running three times a week, swimming three times a week and biking three times a week. I also strength train at the gym and walk my dog every day.*

Brenda Landry, Dental Lab Technician: *I go for daily walks with my dog and always take the stairs in the Dentistry Building. I also curl two nights a week during the fall and winter season.*

Angela Pitman, Clinic Information Systems Training Officer: *At work I try to take the stairs as much as possible and get up from my desk and take a walk though the clinic to check on things if I've been sitting too long.*

Tammy Broussard, Dean's Office Staff: *I do 15 minutes of conditioning four to five mornings a week and cardio four to five evenings a week, which could be a fitness class at the gym or a run outside.*

Jonathan McDade (DDS'16), Co-owner of Cyclone—Atlantic Canada's first and only dedicated indoor cycling studio: *Currently, my fitness regime includes*

indoor and outdoor cycling, running, TRX and Kettlebell. There is rarely a day that goes by where I'm not engaged in some sort of physical activity. I find that with the heavy stresses of school, attending an exercise class or going for a run provides me with a release and gives me more energy to focus on schoolwork.



Dentistry students get pumped

By Jon Bruhm

Photo by Randal Tomada



Meghan Dunphy, left, and Jill Obritsch both took up bodybuilding as a way to relieve stress.

Many dentists remember their second year of dentistry school as “the hard year.” Instead of focusing primarily on didactic learning and developing their skills by working on typodont models, they are eventually introduced to living, breathing patients. From then on, mistakes can have serious consequences, so stress and anxiety are imminent for many students.

This past year, a couple of second-years found an interesting way to blow off steam. In February of 2013, Meghan Dunphy began working with a trainer at her gym. She loved the changes in her physique and made the decision to train for her first bodybuilding competition.

“Training helps me sleep and think better,” she says. “Ultimately, school is priority number one, but I’ve become so passionate about this that it’s becoming a close second. It’s a great way to deal with any kind of stresses that happen in school.”

The weekend before her classes started in September, Meghan began a strict diet. When she wasn’t in class or studying, she could usually be found at the gym. Although training can be somewhat of a solo mission, she was able to bond over the experience with classmate Jill Obritsch, who was also in the midst of training for her first competition.

“I’d been going to the gym for years for classes and cardio, but nothing like weight training,” says Jill. “My boyfriend had been telling me for years that I should try it but I was always scared—I didn’t want to get too muscular and start to look like a man. Then I started noticing other girls in the weight room at the gym and they looked good!”

Like Meghan, Jill focused on her diet and hired a trainer to develop a training regimen, which she adhered to for more

than three months leading up to the competition. Although the students did not train together, they were able to discuss their progress with each other, and with other like-minded classmates.

“A bunch of us are into going to the gym,” says Jill. “I think our generation is starting to get a lot more health-conscious, even though there are still a lot of people eating fast food every day, too. I just think I’m bettering myself, it’s healthy for me and I like setting a good example for our patients.”

One classmate who has served as a major inspiration for Meghan and Jill is Jeff Nippard. Jeff placed first in the 2012 Canadian Bodybuilding Federation’s junior and lightweight categories, and second in the Canadian Powerlifting Union’s 2014 National Championships’ 74-kg open category.

Jeff grew up in a household where there was a focus on fitness—his mother is a personal trainer and his father (Bill Nippard, DipDH’88) has been a longtime weightlifter. He began training at the age of 15 and hasn’t looked back since.

One might think that dentists should be cautious about becoming too strong, which could potentially impact their work on patients, but Jeff feels there is no cause for concern.

“You can have an attention to detail and have manual dexterity on a fine level and still be able to dead-lift 500 pounds,” he says. “Sometimes strength in the clinic is helpful, even when it’s something as simple as taking the burr in and out of a handpiece. You’re not going to overdo it if you have a sense of control.”

In November, Meghan and Jill participated in the inaugural East Coast Classic Bodybuilding Championship in Halifax. They had plenty of support from family and friends, including Jeff, classmate Reem Rostom and Dentistry Dean Tom Boran (DDS’78). They each fared very well, making the “first call-out” in their respective categories—where judges highlight the competitors they felt

had the best chance of placing in the top five and earning a spot in the provincial championships.

Jill ended up placing third in her category, while Meghan finished in sixth. Although they both looked like naturals on stage, Meghan’s nerves got the best of her—she noticeably shook during some of her poses and was docked a few points.

“To get top five would have been great,” says Meghan. “But looking back at it now, just to get that first call-out was an amazing accomplishment. I’m pretty sure that everyone above me had competed before. They’d experienced the dieting, the workouts, and all of this kind of thing.”

Just one week after the competition, the students endured a full slate of midterms, and final exams and competencies loomed on the not-too-distant horizon. Still, after a brief respite from their diets and some late night study sessions, it wasn’t long before Meghan and Jill recommenced their training.

Although an unfortunate apartment flood early in the New Year derailed Jill’s plans to compete in the provincial championships, she is looking ahead to the 2014 East Coast Classic.

“I’m going to focus on building muscle in my off season,” says Jill. “And, I’ll get to prep with Meghan so that’ll be more fun for both of us. I’m excited already!”

Meghan is proud of her accomplishment but has vowed to train even harder, with her sights set on the top spot in her category next year.

“I would have liked to place higher on my first go, but I didn’t get into dental school the first time, either,” she says. “Everything happens for a reason.” *

Note: This article contains content from a project in which Jon chronicles a year of dentistry school through the experiences of a selection of students. Look for more about this in a future issue of the Alumni Anchor.

Meghan and Jill are not the only members of our Faculty Family who are involved in competitive bodybuilding. Take a look at two alumnae who have earned their International Federation of Bodybuilding Pro Cards:



Ryall Graber (DipDH’03)
 Resides: Barbados
 Profession: IFBB Pro Athlete and Nutrition Coach
 No. of competitions: 5-8/year since 2009
 Career highlight: Meeting Arnold Schwarzenegger when she won the 2013 Arnold Classic South American Fitness championship



Dr. Patricia Humble (DDS’92)
 Resides: Calgary
 Profession: Dentist and self-proclaimed soccer mom
 No. of competitions: 9
 Career highlight: Earning her Pro Card in 2009

“Training helps me sleep and think better.”

The benefits of going global

By Benjamin Lawlor

Earlier this year, a supervised group of third and fourth year students from Dalhousie Dentistry travelled to Guatemala to provide dental help in a rural area of San Bernardino County. The trip was a huge success with over 450 extractions and 240 restorations completed during the five days of clinic. The trip was organized by third-year students Benjamin Lawlor and Heather Patry.



Over a year ago Heather and I decided we would like to travel abroad to offer dental services to those in need. After searching the American Dental Association website for a suitable organization to cooperate with, Heather and I settled on Partners In Development out of Ipswich, Massachusetts. PID is a non-profit organization that operates clinics in Haiti and Guatemala. We reached out to our fellow classmates and quickly formed an eager group that would head down to Guatemala in February 2014. Our other team members included Ben Lamarche, Tom Dickson, Ryan Millet, Sarah Lawlor, Joseph Carter and Marcos Klemig.

The clinic we travelled to in Guatemala consisted of two offices, a pharmacy, three examination rooms and a slightly dated operatory. The examination rooms were converted into operatories for triaging and extractions while the single working handpiece was used for restorations. The beautiful weather permitted the use of a makeshift operatory on the covered patio behind the clinic. It took some re-arranging, but we quickly found the ideal setup.



ABOVE: Ben Lamarche enjoying some downtime with the local children.

LEFT: After Heather extracted two carious teeth, this little girl wanted a picture with her new toys.

RIGHT: Dr. Valentine was always available to offer advice on technique or treatment when it was needed.

Even though we had four translators to assist us, we quickly found out that knowing a little bit of Spanish might actually be worse than knowing none at all. On the back patio, one of the students asked a young male patient to swallow. Well, he thought he was asking him to swallow, but what came out was the Spanish word for “spit.” The young boy looked up quizzically and upon hearing the command again, he followed through. The response caught the students off guard, but the Guatemalans were all very courteous and mostly acknowledged our conversational deficiencies with a repressed smile.

Although there was an obvious language barrier, it didn’t stop the patients from expressing their thanks. Hugs and handshakes were the norm after a successful procedure. Many of the kids would come back the day after with their brand new toothbrushes in hand to show that they were now ‘brushers.’

PID did a fantastic job of ordering supplies ahead of our arrival, setting up appointments for local community members, providing us with translators and a non-stop supply of patients.

Our trip would not have experienced the same degree of success if it were not for our supervising dentist Dr. Matthew

Valantine, a practitioner based in St. George, Utah. Having participated in several international trips in previous years, Dr. Valantine was crucial to the success and safety of our trip. Within a day he knew which students needed to be more aggressive and which students needed a little more guidance. He also spoke fluent Spanish and was able to explain the necessity of our procedures to confused patients. By the end of the week, he had so much faith in our work that he even let us restore his own tooth that he had chipped during lunch.

Our hope is that by sharing the experiences we had, others will be encouraged to participate in an outreach trip. The impact we made was substantial and every student who participated feels more confident in both extractions and properly dealing with paediatric patients. If carried out properly, an international trip can be one of the greatest learning experiences of a dental student's academic career. We have many fond memories from our first outreach trip and are confident that it will not be our last. *

"Our hope is that by sharing the experiences we had, others will be encouraged to participate in an outreach trip."

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Reaching out

Outreach is an important part of ensuring the health and wellness of our community both at home and abroad. We've asked Dr. Dan MacLellan (DDS'03) to give us an update on his efforts in Bolivia since first sharing his story in our 2012 Alumni Anchor

It's hard to believe three years has passed since my first visit to Bolivia to work with the Ivar Mendez International Foundation. My inspiration to travel to Bolivia originally came from the conversations I had with Dr. Mendez in 2011. When Dr. Mendez told me "people will walk for miles when they hear you are coming," I knew I wanted to commit my time to this important cause.

The IMIF consists of dental, art and nutrition programs that improve the quality of life for the under-privileged people of La Paz and rural Bolivia. The objectives of my 2011 excursion were to treat patients, share knowledge with local practitioners and assess and critique the existing dental program for future development.

Prior to my 2013 return to La Paz, the IMIF had recently purchased "military-style" portable dental equipment. The equipment consisted of a dental unit equipped with high/slow speed handpieces, an air/water syringe and high/low volume suction as well as a patient and operator chair, a handheld x-ray unit and a small autoclave. The main objectives this time around were to get this equipment set-up correctly and operational and to familiarize the local IMIF dentists with how to operate it. We also wanted to observe how the IMIF dental program has progressed and make any suggestions for the further development of the program.

I arrived in November of 2013 at the main IMIF office in La Paz and the first task was to get the new equipment set-up and tested before the 300-kilometre trip to the small Andean village of Aucapata. Everything worked well during testing with the exception of the dental unit. After intense troubleshooting and having replacement parts sent from the US, it was determined that the unit was not defective, but the high altitude of La Paz (3678 metres) was preventing the unit from building and maintaining the required operating pressure. Although

this was an unforeseen glitch in our upcoming trip, we carried on.

The IMIF team packed up our pick-up truck (a new purchase since my last visit!) and travelled through the rugged mountain terrain. We transported all of the mobile dental equipment, quinoa nutrition bars made especially for the IMIF and art supplies to their rented headquarters in Aucapata. All of our supplies were transported as far as possible by truck and then walked in to the schools on the footpaths by our team.

Over the course of several days, the IMIF team travelled to the very small schoolhouses of Karcapuncu, Charaj, and Huayllani. On arrival, the desks were removed from the schoolhouses and set-up in the schoolyard for "art class," the nutrition bars were distributed by the teacher and the one-room school house is transformed into a fully functioning dental clinic.

During a typical dental visit, we had the children come into the schoolhouse one at a time, render treatment, and then have them rejoin the other children and resume their artistic creations. Having them preoccupied with art was a great distraction!

Due to the distance between villages, and from the small dental clinic in Aucapata, the vast majority of children and adults never go to the dentist. All that is changing with the IMIF bringing the dentist to them. The entire process of transporting the equipment, setting it up, treating patients, re-packing it, and moving on to the next village is very organized and an impressive operation.

Before the new portable equipment, the vast majority of treatment involved extracting symptomatic primary teeth. The IMIF is changing this situation, and because of the IMIF's presence in these remote villages, preventative treatment can now be rendered. Teeth can be preserved and overall dental well being is being improved.

However, not every IMIF visit



involves dental treatment. Some are dedicated to examinations and development of individual treatment plans for the six to 12 children in each school. The introduction of the x-ray unit has greatly improved the dentist's ability to come up with more accurate treatment plans.

Another noteworthy development in the dental program is the introduction and topical application of fluoride varnish (Duraflur). This was a suggestion made by my classmate Dr. Vivian Khouri (DDS'03) who travelled to Bolivia and participated in the IMIF dental program in October of 2012.

Over the past few months, I have been informed that there are still altitude-related issues with the mobile dental unit. There has been intermittent operation of the unit in some of the communities at lower altitudes. Dr. Mendez is in the process having a unit specially designed for use at high altitudes.

The IMIF continues to improve the quality of life for rural Bolivians. The local IMIF team is an exceptional group of organized, motivated, and selfless people, who with the help of our volunteers, continue to make a difference. By sharing my experience over the past few years, I hope to inspire others to reach out and help others. Although these trips may not seem like a huge impact at the time, as the country develops, these trips will have played a role in helping to enhance the standard of dental care and standard of living.

Any dentists or dental hygienists who may be interested in volunteering with the IMIF are encouraged to contact me at danielmaclellan@hotmail.com. *

Dental hygiene students broaden their outreach opportunities

By Chad Klassen

Two recent graduates from Dalhousie's Bachelor of Dental Hygiene program were quick to use their newly obtained skills as they volunteered abroad. Their adventures were rich in culture and kindness, challenged by uncertainties and language barriers, and overwhelmed by global health inequities. Upon returning to Canada, they say their experiences have enhanced both their worldviews and the way in which they will practice their profession.

Jordan Cameron pioneers oral health promotion in rural Kenya



Jordan joined U.S.-based Firewind Ministries for two and a half weeks on their annual medical mission to the Maasai Mara region of Kenya when recruited by her cousin, a nurse practitioner. It was her first time volunteering abroad and she was the only dental hygienist, so she embarked with an open mind and a clear agenda. Her team visited six bomas, villages constructed from dirt, wood and leaves with a fenced perimeter to protect from animals. The team stayed in a comfortable camp that was guarded by the Maasai, the local people. In each location they set up a makeshift clinic and delivered primary care and health promotion services. Jordan's main role focused on distributing toothpaste and toothbrushes through her

“dental station.” She also gave oral hygiene lessons and realized that many of the people had never seen toothpaste before. Since the Maasai speak either Kiswahili or Maa, Jordan had to rely on translators, patience and various teaching strategies that she learned through the BDH program. Overall, the people were grateful to receive a new tool to improve their health and Jordan was able to tap into the benevolent nature of her profession. She discovered that an individual can give hope to the hopeless through empathy and now has a renewed appreciation for her home in Canada. With her flourishing ambition to reach out to others, she intends to partner with a dentist for next year's trip. *

Sarah Wade strengthens oral health prevention programs in the Bolivian Andes

For her first time traveling alone, Sarah left for over two weeks to volunteer with the Ivar Mendez International Foundation. Dr. Ivar Mendez is a former Halifax-based neurosurgeon, philanthropist and visionary. Sarah connected to IMIF through Dalhousie alumnus Dr. Dan MacLellan (DDS '03) and set out to augment the effectiveness and sustainability of the organization's new oral health prevention programs in the villages of Colquencha and Aucapata. To her surprise, Sarah was confronted with cultural mindsets and practices that translated into rampant dental disease. She saw the effects of high sugar diets, lack of oral hygiene and dental visits used

only for pain management. She admits that scaling teeth in this environment would be like “throwing a cup of water on a burning house.” She did, however, root plane a 17-year-old girl with necrotic ulcerative periodontitis for 45 minutes without local anesthetic upon referral. Sarah primarily acted in an advisory capacity where she exercised her BDH training in alternate practice settings, and critical and creative thinking. While she critiqued PowerPoint presentations on blankets, she had children clinging to her—possibly because she was not the one doing extractions. Sarah admires the hard work and compassion of the team she worked with, which was obviously



reciprocated when they all agreed that she will continue to expand the prevention programs from a distance and soon return to Bolivia. *

Dr. Mendez will be delivering the JD McLean Lecture on October 17. For more information, email alumni.dentistry@dal.ca

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The School of Dental Hygiene has developed a partnership with the Nova Scotia Immigration Settlement and Integration Services to help bring oral health care to immigrants in need.



By Katie Ciavaglia | Photo by Chris Parent

A new program for Dental Hygiene students is helping provide them with access to more complex cases while teaching them about giving back to the community.

In 2012, Heather Doucette (DipDH'94), assistant professor in the School of Dental Hygiene, worked with her colleagues to develop a partnership with Nova Scotia's Immigration Settlement and Integration Services (ISIS), a community organization that provides assistance and services to the province's new immigrants.

"I thought treating patients from ISIS would be a good learning experience for the students for developing skills, plus it would serve an underserved population," says Prof. Doucette. "This was a great learning opportunity for the students to be exposed to patients who have a tremendous need for oral health care."

Prof. Doucette held a screening session at ISIS office to determine if patients met the proper requirements to be treated. She remembers thinking that there wouldn't be much turnout at the initial screening.

"It was February, freezing cold and there was a bus strike," she recalls. "I thought there was no way there would be many people showing up since they have no means of transportation. However, when I arrived there were 50 people in the waiting room all hoping to be seen. I was totally shocked!"

Most of the prospective patients were from Bhutan and Nepal and resided in Clayton Park. They had walked in -20 degree weather to the Mumford Road location for a chance to possibly be chosen to receive care. Many had been living in

refugee camps for years and had never received oral health care. Prof. Doucette even saw some patients who had serious oral lesions.

"No one had ever looked in their mouths, so these lesions would have gone undetected for years," says Prof. Doucette. "If it wasn't for the program, they may have never received treatment."

After a one-year absence, the program has resumed and is now made up of mostly Congolese patients. There are still many barriers to work through, and the program provides a learning curve for students in more ways than one.

"It's been difficult to communicate with the patients about their diagnosis and teaching proper brushing and flossing techniques," says Michelle Robichaud, then a second-year Dental Hygiene student. "Even simple tasks such as asking them if they are in pain or booking the next appointment have been challenging."

Although it may be difficult to communicate, the results have been

rewarding for both the patients as well as the students.

"I was treating a timid elderly lady who was a refugee patient from the Republic of Congo and she didn't understand any English," Robichaud says. "When the appointment was over I gave her a mirror to look at her teeth. While she was looking in the mirror she had the biggest smile and nodded her head and said thank-you in her language. It was a really great feeling to know how much she appreciated her hygiene appointment."

Prof. Doucette is pleased with the program and what it has given not only to the patients, but also to the students.

"I'm hoping this experience doesn't just provide students with clinical skills, but instills compassion and encourages them to give back to their community by seeing a need and using their profession to fulfill it," says Prof. Doucette. "Maybe when they go out in private practice they can devote a morning a month to treat patients that don't have a means of accessing care." *



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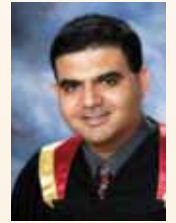
J. Hicks



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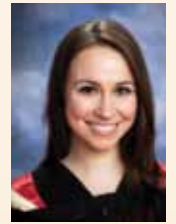
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GPR program update

Last summer, the Faculty of Dentistry began its new General Practice Residency program. As the program heads into its second year, we sit down with director Dr. Chris Lee and the first two students to complete the program, Drs. Ian MacIntyre and Ryan Murphy, to find out how it all went.

Take us through the program from June 2013 until June 2014.

Dr. Lee: The residents start early June with a week of orientation and pre-clinical exercises in operative dentistry and endodontics. Next, they move onto the General Practice Residency clinic where they treat patients and start rounds with the Oral and Maxillofacial residents to familiarize themselves with hospital protocols. Other rotations include plastic surgery, ENT surgery, anesthesia, emergency medicine, OMFS and paediatric dentistry. The residents also do a three-week rotation in Labrador.

What sets this program apart from other post-graduate programs?

Dr. Lee: We are particularly lucky at Dalhousie having the Oral and Maxillofacial Surgery department to collaborate with. They have been very helpful and supportive with the program. The GPR residents spend three months alongside the oral surgery residents in the hospital clinic. We have also fostered good relationships with our periodontal graduate program and the paediatric GPR

program in terms of rotations within their clinics and cross teaching.

What skills or areas of study have you found to be the most interesting or rewarding?

Dr. MacIntyre: I found the direct experience with more complex dentistry and case planning has been most rewarding for me.

Dr. Murphy: I've truly enjoyed all aspects of the program this year. The most enjoyable time for me has been at the Victoria General Hospital working in the Oral and Maxillofacial Surgery Clinic. I learned a lot about providing conscious sedation to anxious patients, managing trauma and improving my surgical skills. I believe it has made me a more skilled clinician as a whole.

What's next for the GPR program as it heads into its second year?

Dr. Lee: The secret is out! We have received applications from across Canada, the U.S. and overseas. Our now-established program has such good collaborations with our dental and



medical colleagues that the rotations are becoming much more involved and the residents are being exposed to more. This year, we accepted our first resident from outside of Nova Scotia.

What has been the most memorable experience for you during this past year?

Dr. Murphy: My trip to Northern Labrador was definitely my most memorable experience. Ian and I each spent three weeks there, on separate occasions. It was an area of Canada that I otherwise would not have ever visited, and driving to the dental clinic on a snowmobile is something I don't expect to ever do in Halifax. The people of Labrador were extremely welcoming and very thankful of the services we provided. I even caught a glimpse of the Northern Lights. *

For more information on the Dalhousie General Practice Residency Program, visit www.dal.ca/dentistry and click the programs tab.

Oral Health Professional Oath approved



At the Faculty of Dentistry's annual White Coat Ceremony, all incoming dentistry and dental hygiene students sign the Student Code of Professional Conduct before being formally welcomed into the profession. In the fall of 2012, a committee was created to compose a verbal companion to this Code, much like medicine's Hippocratic Oath.

The committee comprised of students Ben Lamarche, Amanda Lee, Reem Rostom, Andre Simoes Re and faculty/

staff members Jon Bruhm, Dr. John Lovas and Prof. Cara Tax. The Oral Health Professional Oath was developed and recited for the first time at the 2013 White Coat Ceremony.

In the spring of 2014, Dalhousie President Dr. Richard Florizone approved the reciting of a slightly amended version geared toward graduates at the Faculty's annual Convocation ceremony. A wonderful new tradition is born. *

The Oral Health Professional Oath White Coat version

I do hereby solemnly swear to adhere to the values instilled in Dalhousie University's Faculty of Dentistry Student Code of Professional Conduct.

I will strive to accumulate the knowledge and develop the skills to assist my patients in achieving optimal oral health.

Without discrimination, I will treat my patients with honour and respect, and will demonstrate concern for their overall well-being.

My patients will be actively involved in their treatment decisions, and they can trust that I will compassionately place their needs before my own.

I will always conduct myself in an ethical and professional manner, and will hold myself to the highest standards. I will not undertake tasks beyond my ability and competence.

Throughout my education, I will involve myself in scholarship and will apply an evidence-based approach in the treatment of my patients.

I will concern myself with access to care and social justice issues for those who are most vulnerable. I will strive to protect and preserve the oral health of the public.

These promises I make freely, and upon my honour.

Message from President Florizone



What I found most interesting is the commitment to helping at-risk communities through the Faculty's outreach clinics. These faculty and students really understand the need for oral health care and are helping to ensure that Dalhousie continues to be a good friend and neighbor.

Students gain experience and provide integral oral health care where it's most needed including the north end of Halifax, in two Dartmouth elementary schools, in Labrador, and in special clinics on campus here including oral pathology, eldercare, public health and sponsored care and emergency and after-hours care.

The Faculty of Dentistry educates more than 75 per cent of the dentists practicing in Atlantic Canada, and I am amazed to see how far they have spread, and how connected they remain to their alma mater. At our recent Dalhousie alumni reception in Calgary, Dentistry was among the best-represented faculties.

When I started at Dalhousie, I began my 100 Days of Listening, and had the opportunity to learn about the emerging priorities across campus. What I discovered through this process is a special institution that inspires students, faculty, staff, and supporters from around the world. Using our mission of teaching, research and service as a guide, a draft set of priorities began to emerge.



Dr. Florizone demonstrates his drilling skills during his tour of the Dentistry Building.

In July 2013, I joined Dalhousie University as its 11th president. Since then I have had several opportunities to meet with Dean Boran and his leadership team. I've also had the pleasure of speaking with a number of faculty, staff and students at the Faculty of Dentistry.

In November, I made my first visit to the Dentistry Building and was taken on a tour of the building and clinic. I was immediately impressed by the size of the clinic and the scope of services offered. The Faculty sees over 250 patients a day and is an integral part of oral health care for the broader Halifax community.

I would like to invite you to review my report—which makes several references to the Faculty of Dentistry—at www.dal.ca/100days.

I was very excited to learn of the plans for the Faculty of Dentistry's upcoming dental Clinic Renewal Project. This project will bring state-of-the-art research and clinic facilities to one of the top dentistry schools in the world. With Dalhousie's Faculty of Dentistry having been awarded the Dr. William J. Gies Award for Achievement—the only dentistry faculty in Canada to attain such a distinction—we are certainly well positioned for success on an international scale.

The work that's generated out of the Faculty of Dentistry advances health education, research and patient care. Thank you for your continued interest and belief in our Faculty, and in Dalhousie. I look forward to getting to know you in the months and years ahead. *



Dean Boran shows Dr. Florizone the plans for the upcoming Clinic Renewal Project.

Visit our [daldentistry](#) YouTube channel to see clips from Dr. Florizone's visit. If you would like to contact President Florizone directly, please email: richard.florizone@dal.ca or follow him on Twitter at [@dalpres](#).

Alumni feedback inspires curriculum renewal for Faculty of Dentistry

By Mark Campbell

Dr. Ian MacAskill (DDS'11) couldn't be happier with the training he received from Dalhousie's Faculty of Dentistry.

"I'm a very hands-on learner and one of the strongest things about the program is how early we get that experience," says MacAskill. "Our first week in clinic, we had a drill in our hands. There are some schools where you don't touch a handpiece until your third year of studies."

Looking back on his training with the hindsight of professional experience, MacAskill also sees the benefit of a program that focuses on the business side of being a dentist and running a practice. "For example, it would have been nice to know about the different types of practice settings, and the roles and duties associated with each," he says.

That desire for more focus on the essentials of running a dental practice is one that has been increasingly echoed by other Dentistry alumni, according to Dean Tom Boran. For that reason, he says the Faculty is embarking on a curriculum renewal initiative that will result in expanded and enhanced training for the next generation of students.

"We know we have one of the best curriculums in North America. Our alumni have told us that, and we've also received validation from the American Dental Education Association with the prestigious Gies Award," Boran says.

"Prompted by what we're hearing from our alumni, we're looking at how to build on our legacy of excellence so we not only continue to deliver state-of-the-art learning, but also better prepare our graduates to run successful dental practices."

That's welcome news for Dr. Art Spencer (DDS'82), who can recall several times during his 31-year career

when he would have benefited from more knowledge about small-business management. He hopes the faculty will also consider incorporating information on different practice and business models into the program.

"Most new graduates may not own a practice for at least five years," Spencer says. "But they'll need to know what to expect and the different ways it can work, like managing accounts, contracts, and records. That would be good information for them to have."

More business knowledge means better run practices and, MacAskill says, that means more time to give back to the community. "That's something that the Faculty always emphasized—that running a successful business is more than the bottom line. It's about serving your community. It's easier to do pro bono work or be a volunteer when the business side of your practice is in order."

A strategic plan is currently in the works to guide the renewal, and Boran hopes to share details soon. "We've set

the stage for where we want to go—for what dental education will look like for the next 100 years and we think alumni will be excited by our vision and plans." *



Above: Dr. Ian MacAskill says he enjoyed the hands-on training he received at Dalhousie.

Below: Dr. Art Spencer, left, says he's glad to see more business education being taught in dentistry school.



Annual Giving Report

The Faculty of Dentistry is extremely grateful for the generosity of our alumni, friends, and organizations that have chosen to support our Faculty and Dalhousie University. The following is a list acknowledging those who have made financial contributions between April 2013 and March 2014. This is one small way for the Faculty of Dentistry to say "thank you." We would also like to thank our donors who requested to remain anonymous.

Class participation percentages, based on original class numbers, are listed next to the year of graduation.

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1959 – 17%

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1987 – 6%

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Keri Robinson-Payne

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2001 – 3%

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Shauna Hachey

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Melissa Brobst

2007 – 3%

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James L Hale, DDS'62
Arnold Hupman, DDS'68
Clive MacLeod, DDS'92
Donald Price, DDS'79
Hyman Sable, DDS'55
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W Harris Young, DDS'54

If you would like to honour the memory of someone noted on this list by donating to the Gifts and Memorial Scholarship Fund, please contact Victoria Colpitts at (902) 494-6170 or victoria.colpitts@dal.ca, or donate online at www.dentistry.dal.ca/giving.

Remembering Dr. Bennett

On January 6, 2014, Dr. Ian Bennett, Dean of Dalhousie's Faculty of Dentistry from 1976–1986, passed away in Bellingham, WA at the age of 82.

Under his leadership, Dalhousie was able to expand its Dentistry Building, which opened in 1982 in conjunction with the Faculty's 75th anniversary celebrations. Through his vision and leadership, Dr. Bennett created one of the best clinical dental education facilities in Canada.

We asked Dr. Marcia Boyd, CM (LLD Hon. '12) to share a few words about her husband.

Born in England of Welsh heritage, Ian completed his dental degree in Liverpool. An accomplished climber, he joined a geological expedition to Greenland because of his mountaineering experience and his medical knowledge. After "hitching" a ride on a freighter to Canada he joined the DEW Line to support his return to dental school in Toronto to earn his DDS.

He enrolled in the paediatric dentistry graduate program at the University of Washington and subsequently became a junior faculty member at Dalhousie before moving on to positions in Kentucky and New Jersey.

After serving as Dean of the University of Medicine and Dentistry of New Jersey, where he was instrumental in building their new school, he returned



to Dalhousie as Dean, to build another dental facility. He was very proud of his involvement in both projects.

Ian was always engaged and involved in promoting dental education and research while also developing management tools for dental administration. He was visionary and forward thinking—empowering those who brought innovative ideas.

A role model for many, he leaves a great legacy. A friend to many and a kind and gentle soul, Ian will be remembered and missed. *



Drs. Bennett and Boyd visiting the Dentistry Building.

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The Faculty of Dentistry Alumni Committee is pleased to announce the recipients of the **2014 Outstanding Alumni Awards**



Dr. Marina Sexton (DDS'80)



Mr. Bill Nippard (DDH'88)

Join us as we recognize these most deserving alumni at our Dentistry Alumni Dinner on **October 18** in Halifax.



Details and ticket information are available at www.dal.ca/dentistry/alumni or call **902-494-1674**.

2015 CALL FOR NOMINATIONS

This award is presented, when merited, to graduates of Dalhousie University's Faculty of Dentistry who have made special and/or distinctive contributions to their community, profession, or to the Faculty.

For more information and nomination guidelines, please visit www.dal.ca/dentistry/alumni, email alumni.dentistry@dal.ca or call **902-494-1674**.

Nomination Deadline: June 1, 2015

Mentorship Program a success

The Faculty of Dentistry partnered with the Nova Scotia Dental Association to present the 2014 Dentistry Mentorship Program.

In November, Dalhousie dentistry students were given a program overview and joined small breakout groups to discuss dentistry issues with prospective mentors. Afterward, interested students identified their primary areas of interest and were connected with oral health professionals who have experience in those areas. A second event was held in January, where students heard from a moderated panel of alumni on practice management topics.

The onus was on the students to maintain contact with their mentor and to prepare topics of discussion. Some mentorships were mutually limited to one or two connections, while others evolved into more frequent interactions. Some communications occurred via telephone, email, text or Skype, while others had in-person meetings, shadowing opportunities and even casual dinners.

"I can relate to my mentor and can see myself in her shoes in five or six years' time," said one student via an anonymous post-program survey. "The mentorship program is valuable to me because I can learn from her in terms of what to do and what not to do in order to achieve my goals."

If you would like to become a mentor and share your knowledge and experience with a Dalhousie dentistry or dental hygiene student, email alumni.dentistry@dal.ca or call 902-494-2431.

The Faculty of Dentistry and Nova Scotia Dental Association would like to thank the following individuals who volunteered to take part in the 2014 Dentistry Mentorship Program:

Simone Abbass, Kirk Blanchard, Deborah Bowser, Tom Boyle, Natalie Brothers, Chris Cameron, Lee Chamberlain, John Conrad, Marianne Dobbin, Tracy Doyle, Gorman Doyle, Lee Erickson, Judy Flecknell, Sarah Foley, Brad Goodine, Nada Haidar, Amanda Hill, Greg Jones, Reena Kapadia, Clare Karst, Andrew Kim, Allyson LePage, Scott MacLean, Dan MacLellan, Kelly Manning, Amy Mihaljevich, Chris Mintern, Phil Mintern, Michael Nemeč, Jennifer Peddle, Sandy Pirie, Caleb Porter, Jane Porter, Richard Raftus, Azadeh Shabanpour, Vernon Shaffner, Carla Sherman, Andrew Thompson, Frances Tompkins, Jan Van Der Donk, Kevin Walsh, Michelle Zwicker

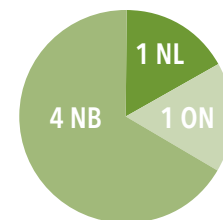
DENTISTRY MENTORSHIP PROGRAM BY THE NUMBERS

Connections **40**

Biggest student group **DDS3 (18)**

Biggest mentor graduate decade **2000s (14)**

Mentors residing outside of NS **6**



Most recent graduate mentor **Dr. Marianne Dobbin (DDS'12)**

Most "experienced" mentor **Dr. Vernon Shaffner (DDS'69)**

Top **5** things students were looking to learn about: **Practice management, what to expect after graduation, outreach opportunities, orthodontics, oral surgery**

DEAN'S LIST

Congratulations to our alumni, faculty and staff who continue to receive awards and recognition for their work, and contribute to the advancement of the fields of dentistry and dental hygiene. If you have any news items or story ideas to share, please submit them to alumni.dentistry@dal.ca.

*denotes alumni who are also faculty members.

ALUMNI

Wayne Maillet (DDS'74) received the Faculty of Dentistry's Outstanding Alumni Award in September 2013.



Robert Roda (DDS'81) was sworn in as President of the American Association of Endodontists on May 2, 2014. For the past 10 years, he has served as a mentor for the East Coast Endodontic Study Club.

Joanne Noye (DDH'86) received the Faculty of Dentistry's Outstanding Alumni Award in September 2013.

Lynne Moyles (DDS'88) and **Angela Strickland** (DDH'02) were part of a team that participated in Craig's Cause Pancreatic



Cancer Awareness Walk/Run Bike on September 28th, 2013 in Porters Lake, NS. They were part of the "Doc Dave DDS Team," in memory of former Dalhousie Dentistry faculty members **David Richardson** and **Wallace Donald** (DDS'70). The event was coordinated by **Jeff Bonang** (DDS'87).

Palmer Nelson (DipDH'89) was presented with the Canadian Dental Hygienists Association's 2013 Distinguished Service Award at the CDHA's 50th anniversary celebration and national conference in Toronto in October 2013.

Natalie Archer (DDS'01) was named Best Dentist in Toronto's *Now Weekly Best of Toronto* poll in November 2013.



Ian MacIntyre (DDS'13, GPR'14) completed the 2014 Boston Marathon in 7,390th place out of more than 32,000 participants.

FACULTY

Daniel Boyd (Applied Oral Sciences), ***Chad Robertson** (MSc'03, Oral and Maxillofacial Sciences) and **Cara Tax** (Dental Hygiene) have been promoted to the rank of Associate Professor and granted tenure. Dr. Boyd has also been awarded \$50,000 in early stage commercialization funding from Innovacorp, to support the initial steps of the commercialization of a new bone graft substitute.

Blaine Cleghorn (Assistant Dean, Clinics) received the 2014 W.W. Wood Award for excellence in dental education in May 2014.

Ben Davis (Oral and Maxillofacial Sciences) has been appointed the new Chair of the Department of Oral and Maxillofacial Sciences. He was also an invited speaker at the IX ENNEC (North North-East Congress on Traumatology and Maxillofacial Surgery) congress in Recife, Brazil in March 2014.

***Jean-Charles Doucet** (MSC'11, Oral and Maxillofacial Sciences) has been awarded \$10,000 in funding by the Research Development Advisory Committee for his project, "Facial Growth of Patients with Complete Unilateral Cleft Lip and Plate Treated with Alveolar Bone Grafting at About 6 Year of Age." ***Kathy Russell** (DDS'90, Dental Clinical Sciences) is co-lead on the study.

Lee Erickson (DDS'81, Dental Clinical Sciences) received the Part-Time Clinical Instructor Award from the DDS Class of 2014. This award is presented to the part-time clinical instructor who has contributed the most to student education in clinical dentistry.



Lee Erickson

Mark Filiaggi (Applied Oral Sciences) and ***Mary McNally** (DDS'92, Dental Clinical Sciences) have been promoted to the rank of Professor. Dr. Filiaggi was also awarded a CIHR Dissemination events grant to support the Canadian Biomaterials Society's Annual Meeting at Dalhousie in June 2014. Dr. McNally also hosted a successful knowledge exchange workshop, "Pathways to Oral Health Equity for Aboriginal Canadians," bringing together Inuit, First Nations, Metis and non-Aboriginal clinicians, health promoters, oral health service stakeholders and academics.

***Reginald Goodday** (DDS'79, MSc'88, Oral and Maxillofacial Sciences) has been named the Faculty of Dentistry's new representative on the Senate of Dalhousie University. He was also an invited speaker at North American Strasbourg Osteosynthesis Research Group Masters Course on Obstructive Sleep Apnea in Chicago in April 2014.

***Curtis Gregoire** (MSc'08, Oral and Maxillofacial Sciences) was awarded a \$10,000 grant from the Canadian Association of Oral and Maxillofacial Surgeons for his research, "Duration of prophylactic antibiotic and effect on surgical site infection in orthognathic surgery."

***Ferne Kraglund** (DDS'04, Dental Clinical Sciences) has been selected as the new Assistant Dean, Students effective July 1, 2014, replacing the recently retired **John Lovas**.

J. Michael Lee (Applied Oral Sciences) has been awarded a \$384,000 CIHR Operating Grant for his research, "Mechanical/Overload in Tendons Produces Characteristic Nanoscaled Damage to Collagen Fibrils, which activates Cellular Remodeling."

Yung-Hua Li (Applied Oral Sciences) has been awarded a \$33,000 NSERC Discovery grant for his project, "Molecular Analyses of the Competence Regulatory Network in Streptococcus Mutants."

Debora Matthews (Assistant Dean, Research) was awarded the CIHR Institute for Musculoskeletal Health and Arthritis' 2013 IMHA Research Ambassadors Knowledge Translation Award. This award was created to encourage CIHR applicants to write excellent lay abstracts that can be understood by a lay audience.

Robert Loney (Dental Clinical Sciences) has achieved more than 250,000 cumulative views and 1,800 subscribers on his removable prosthodontics website, www.removpross.dentistry.dal.ca

Pierre-Luc Michaud (Dental Clinical Sciences) has been appointed to the editorial board of the Journal of Prosthodontics.

***Archie Morrison** (DDS'82, MSc'92, Oral and Maxillofacial Sciences) has been appointed the new Division Head of Oral and Maxillofacial Surgery.

***David Precious, CM** (DDS'69, MSc'72, Oral and Maxillofacial Sciences) received an Honorary Doctor of Laws from Dalhousie University in October 2013.



Sachin Seth

***Sachin Seth** (DDS'00, Dental Clinical Sciences) received the Dr. Gorman Doyle Award from the DDS Class of 2014. This award is presented to the full-time clinical instructor who has contributed the most to student education in clinical dentistry.



Bruce Friis

STAFF

Bruce Friis (Dental Lab) received the Dr. Wayne Garland Award from the DDS Class of 2014. This award is presented to a faculty or staff member for outstanding dedication and commitment to providing a quality pre-clinical education.

Peter Gnemmi (Computer Lab) has once again been accepted into the Apple Distinguished Educator Program, and attended the Apple Distinguished Educators' Institute in July 2014.



Kim Marchand

Kim Marchand (Dental Assistant) received the Gladys Littler Award in June 2014. This annual award recognizes a staff member who exemplifies a high level of commitment, high standards of performance and outstanding service of the Faculty of Dentistry at Dalhousie University.

Seven staff members were honoured for their years of service to the Faculty at the Staff Appreciation Luncheon in June 2014: **Deborah David & Glenn Fall** (20 years), **Mary Lou Myers, Jo-Anne Roski & Sandra Wallace** (30 years), **Gordon Hall & Archie Hutchison** (35 years), and **Lorna Fraser** (40 years).

Upcoming Dentistry Alumni events

September 20, 2014

Dr. Harold Brogan Memorial
Golf Classic
Hammonds Plains, NS

October 3, 2014

John Laba Memorial Dinner
Wolfville, NS

October 16–18, 2014

Dalhousie Homecoming
Featuring Atlantic Dental Education
Weekend, Dentistry Alumni Dinner
& J.D. McLean Lecture
Halifax, NS

October 25, 2014

Dentistry Alumni Reception
Sydney, NS

October 28–30, 2014

Dentistry Alumni Lecture Series
& Receptions
Moncton, Fredericton & Saint John, NB

January 10, 2015

Dentistry Winter Ball
Halifax, NS

January 30, 2015

Table Clinics
Halifax, NS

March 6, 2015

Dentistry PDC Alumni Reception
Vancouver, BC

June 1, 2015

Faculty of Dentistry Outstanding
Alumni Award
Nomination Deadline

*For more information on these and other
events, please visit www.dal.ca/dentistry
or email alumni.dentistry@dal.ca*



Faculty of Dentistry



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- J.D. McLean Lecture featuring Dr. Ivar Mendez

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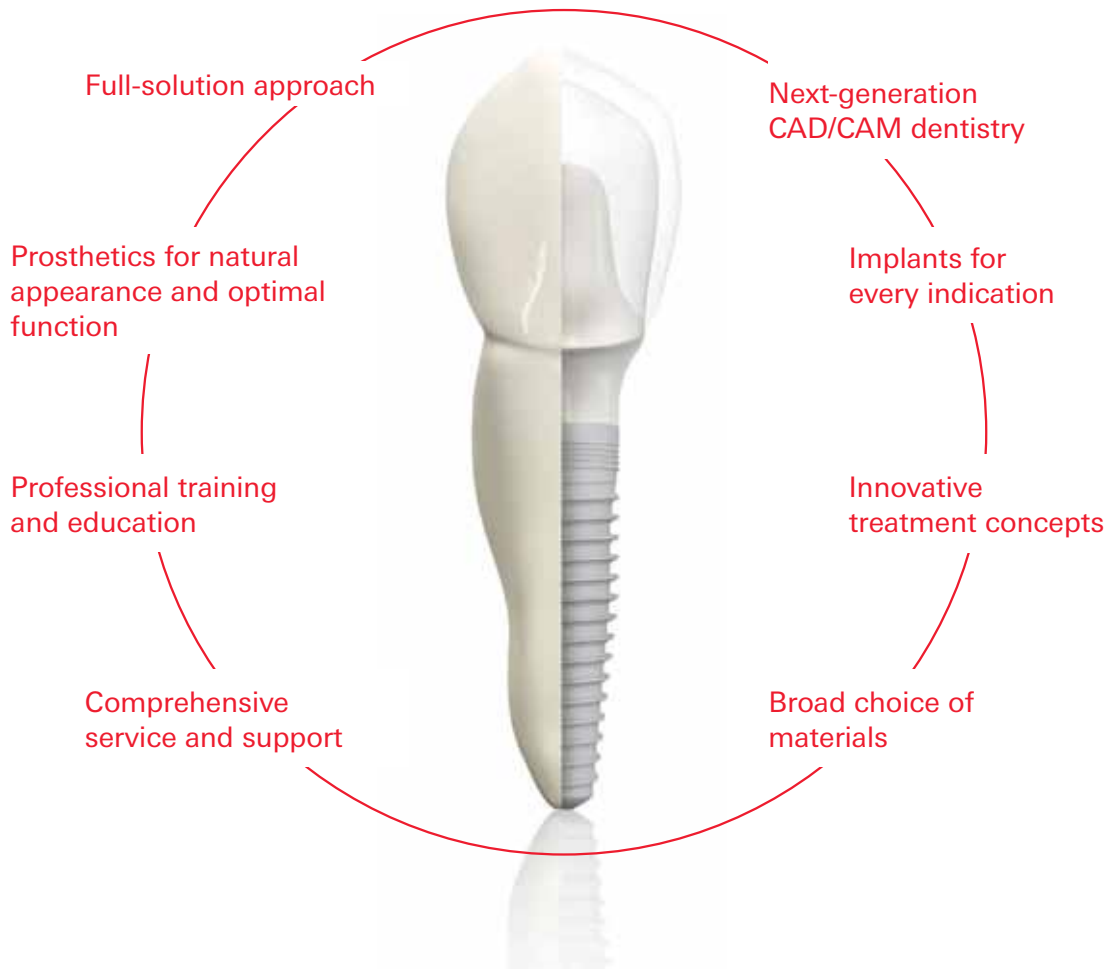
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Left-handed dentists

By Dr. D.C.T. Macintosh, DDS, FICD
Assistant Professor
Faculty of Dentistry



Although “lefties” are often considered to be in a disadvantaged position in terms of dental practice, they often have distinct advantages over their “rightie” colleagues.

The majority of available dental assistants tend to be right-handed and, therefore, are much more comfortable and capable in working from the right side of the patient. It also makes for a much safer passing of instruments both to and from the dentist during operations.

We have all heard of the advantage that left-handed dentists have in finding

disorders and diseases missed by right-handed dentists. However, many restorative procedures are more easily completed by left-handed operators, especially when it involves specific cutting directions. The availability of electric handpieces with both clockwise and counter clockwise variable speed hand pieces provides a significant advantage in making precision cuts, smooth flowing margins and fine finishing of preparations. One should take maximum advantage of the low-speed high torque features of these electric handpieces.

Almost all of today’s major equipment is universal and this provides a great

advantage in adapting your practice environment to your particular needs and preferences.

Manufacturers are now making a variety of left-handed cutting instruments, particularly rotary cutting instruments, such as trimming burs for straight hand pieces or nosecones as well as left-handed scissors and other traditionally right-hand only instruments. Companies such as Brassler, Milltex, Komet and Beaver offer decent selections, but I highly recommend conducting your own searches to ensure that you find instruments that meet your needs. ✨

Blast from the past



Check out [Facebook.com/daldentistry](https://www.facebook.com/daldentistry) for our Throwback Thursday photo of the week!

DID YOU KNOW?

Researchers in the Department of Applied Oral Science have recently begun using the science behind dental bone grafts to produce similar material that can block the blood flow of uterine tumours?

The collaboration between dentistry and diagnostic imaging has resulted in the creation of a unique “imageable” bead that appears on x-rays when injected into the blood vessels. The procedure known as embolization is common in radiology, but imageable beads have not yet been available to radiologists.

Having imageable beads is the key to understanding both temporal and spatial distribution patterns of the beads during embolization procedures, which is necessary information to personalize each procedure.

For more information on this research contact Daniel Boyd at d.boyd@dal.ca.

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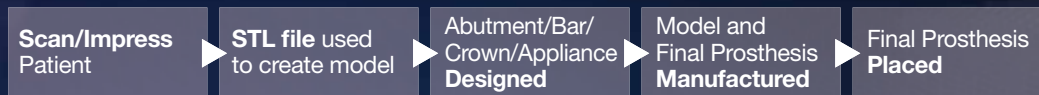
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