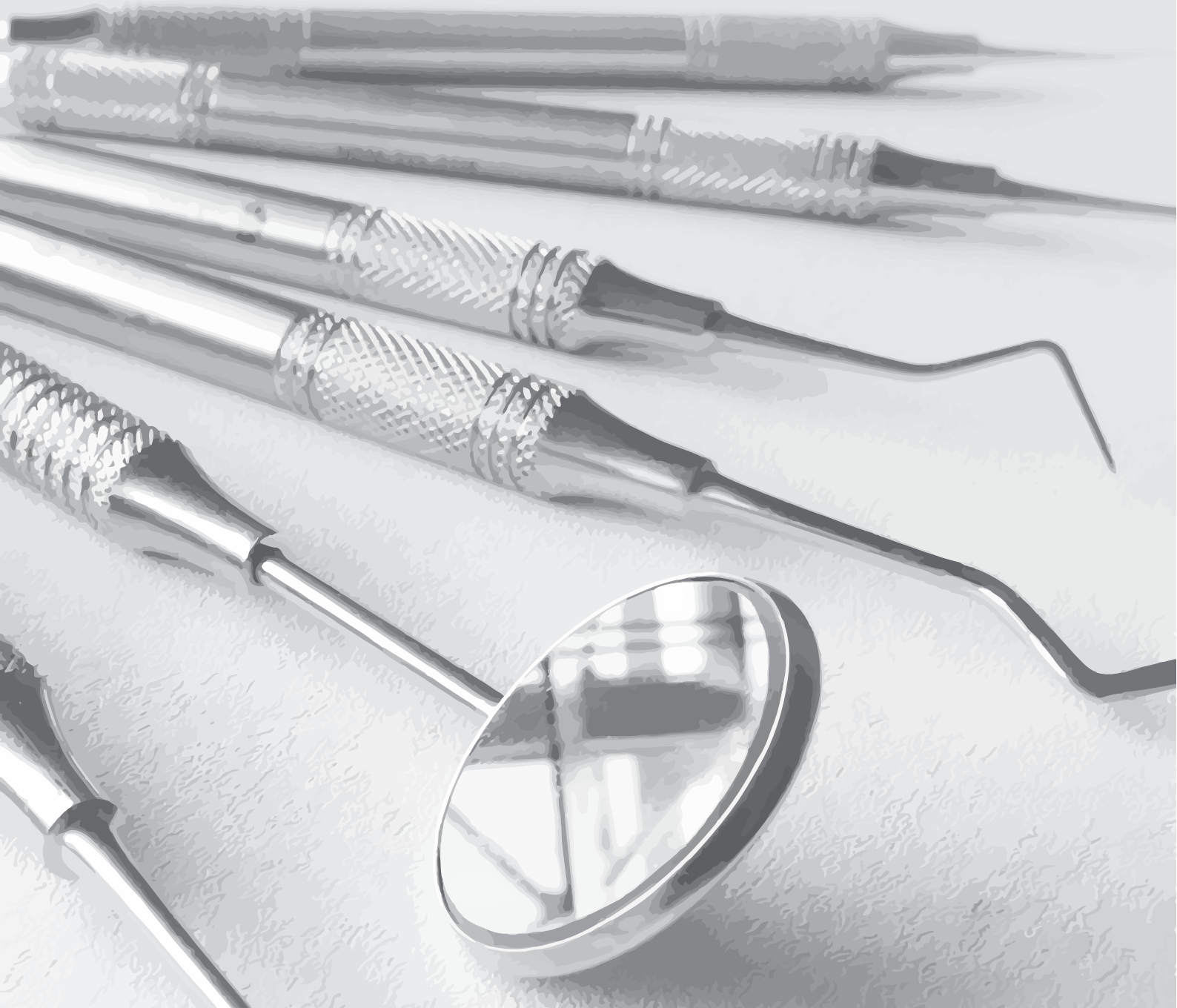


Ar•tic•u•late

AUGUST 2013 NEWSLETTER





Extreme Measures

The difference is in the details.

Because your focus is on the patient, every A-dec solution is proven to deliver smooth, trouble-free performance. We test to fail. By evaluating the strength of the A-dec 500 chair, for example, we subjected the chair to four times its guaranteed weight limit. Stress points were analyzed. Functionality scrutinized. A-dec goes to extremes because your investment should never let you down.



Visit **a-dec.com/thedifference** to find out how every detail behind an A-dec solution adds up to lasting reliability.

The A-dec 500 chair is qualified for a 181.44 kg patient. We test to four times the warranted load. The photograph is a simulated representation of a static load test for an A-dec 500 chair. As part of the actual stress-point evaluation, a combined load of 725.75 kg was spread across upper and lower sections of the chair.



Chairs
Delivery Systems
Lights
Monitor Mounts
Cabinets
Handpieces
Maintenance
Sterilisation
Imaging



CONTENTS

- 03 president's report
- 05 meet the new committee
- 07 adelaide convention
- 10 in the media
- 11 volunteering in the outback
- 13 a month in palampur
- 16 graduate programs
- 17 scholarships



ADVERTISING ENQUIRIES

Cathleen Dong
sponsorship@adsa.org.au

PUBLICATION SUBMISSIONS AND ENQUIRIES

Amy Cao
publications@adsa.org.au

PRESIDENT'S REPORT



I hope that you have all recovered from the amazing ADSA Convention 2013 held in Adelaide this year. What a fantastic week it was, filled with many great speakers, amazing social events and the opportunity to meet other students from around the country. A huge shout out to the convention committee and especially to the co-convenors Laura Petroff and Cory Dean for all their hard work putting convention together. Also a big thanks to our sponsors who helped make the week possible, I know students has a great time meeting our sponsors at the trade show. You can read more about convention on page 7, and I hope you can join us for convention next year in the Gold Coast!

At convention we had our AGM where we adopted a new constitution (which can be found on our website) and elected the new committee for 2013-

2014. You can find out more about the new committee on page 5. I would like to thank the 2012-2013 committee for all their hard work, especially to the executive team; Mark Bennett, Caroline Bowman and Sheng Zhang who put in a huge amount of hours to ensure that ADSA was representing the interests of students. They have steered ADSA in its new advocacy-focused direction, and I wish them all the best with their future careers.

This year, ADSA is expanding its advocacy division and we are currently in the process of developing policies on a number of issues such as the funding of dental schools and the increasing number of dental graduates. There have been a number of changes to the dentistry workforce over the last few years, and dental students are concerned about how this may impact them in the future. Your liaison officers and dental school presidents will be keeping you updated about these issues and asking for your feedback on these policies shortly.

ADSA is also working to increase dental students' involvement in rural and regional issues. Dentistry is the most underrepresented allied health group in rural health clubs around Australia. I will be attending the upcoming National Rural Health Students' Network (NRHSN)

conference, and Jess (our rural officer) and I will be attending the NRHSN face-to-face meeting to talk about important rural issues. Jess has recently been appointed as a representative on the ADA Rural Oral Health Advisory Panel, and we hope to draft up a position statement on the issues that are affecting dental students' participation in the rural health force. Check out the rural news section on page 11.

We understand that electives can be a really exciting/scary time for students. That's why we have created the elective survey so we can gather information about student's elective experiences and then use that information to help you make a decision about where to go. Please take a moment to fill out the survey at <http://www.surveymonkey.com/s/2X2YYFJ> To get an idea about what kind of volunteer experiences are available to you, read about two UWA students recent volunteer trip to India on page 13.

It is an exciting year ahead with there being a number of changes to the dental industry and also the first year of graduating dental students from Charles Sturt University, James Cook University and La Trobe University. To keep updated please join our facebook page, add us on twitter or jump on to our website. Alternatively, if you have any questions or queries please do not hesitate to contact us, we are here to support you.

Have a great year!

Audrey Irish
ADSA President

ADSA UPDATES

MEET YOUR

NEW COMMITTEE

Elected by you at the 2013 AGM at the University of Adelaide, we are committed to supporting you through your course and keep you informed of the issues that affect our future profession.

FOR MORE INFORMATION ABOUT OUR ROLES VISIT WWW.ADSA.ORG.AU



AUDREY IRISH (President)

2ND YEAR, UNIVERSITY OF SYDNEY

My goal is to get students more involved and informed about the many important issues currently faced by the dental workforce. I became involved in ADSA because I think it's important that dental students' interests are represented at a national level. With previous experience in policy and lobbying governments through working in politics and higher education, I hope my experience will be valuable in the advocacy of ADSA's goals.

In life outside of dentistry (sometimes I wonder if it exists!) I enjoy dancing, eating dessert (zongzi, black forest cake), playing sport, and catching up with family and friends back in Melbourne.



PETER TRAN (Treasurer)

3RD YEAR, UNIVERSITY OF QUEENSLAND

My goal is to broaden ADSA's contribution at local schools in addition to my primary responsibility of maintaining the budget as treasurer. I have been a part of ADSA since 2012 and have seen a drastic expansion of ADSA, its activities and involvement.

In life outside of dentistry I am a Melbournean with an interest in travelling and eating copious amounts of food when I'm not doing the obvious (study) and organising a few events here and there.



CAROLINE PETROFF (Secretary)

4TH YEAR, UNIVERSITY OF ADELAIDE

My goal is to encourage students to become more involved in ADSA and increase awareness about ADSA's aims. To help make ADSA a truly representative committee of dental students their opinions should be included in all policies.

In life outside of dentistry I enjoy being involved in community activities such as the QLD flood appeal, coaching local soccer and the ADSA blood drive. I also enjoy travelling (during those rare times when I'm not at Uni). Earlier this year, I visited Japan and I intend on volunteering in Cambodia next year.



LOUISE HANRAHAN (Media)

4TH YEAR, JAMES COOK UNIVERSITY

My goal is to spread the voice of ADSA to keep Australian dental students updated about the national goings-on of dentistry. There are so many issues and debates happening right now which students need to be aware of, so we can be part of improving the dental profession in the future. I'm also working keep in touch with other national and international committees to show them what dental students in Australia can do!

In life outside dentistry I worked in Ireland as a sports teacher and boarding mistress prior to studying dentistry, and am known around JCU for my baking – particularly dental themed cakes!



CATHLEEN DONG (Sponsorship)

2ND YEAR, CHARLES STURT UNIVERSITY

My goal is to grow the number of partnerships we have with various organisations and maintain our existing relationships, which have been incredibly valuable to us. Sponsorship is an integral part of ADSA and I hope to deliver a mutually beneficial result for ADSA and our sponsors.

In life outside dentistry my interests include photography, travelling, technology, and music. When I do get time to chill (or when I'm procrastinating), you'll most likely catch me playing guitar or video games.

Fun fact? I can also play piano, organ and percussion!



JAMES TRAN (Website)

3RD YEAR, UNIVERSITY OF SYDNEY

My goal is to give ADSA a more prominent and professional online standing. I have high goals and standards, which I want the website to achieve during my term. I hope my experience in being a webmaster for other websites can benefit ADSA's website.

In life outside of dentistry I officially reached level 340 on Candy Crush Saga in June 2013. I realised how much time it wasted and since have reverted to facebook stalking and taking photos of food.

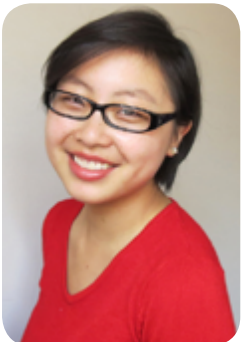


JESS ZACHAR (Rural)

3RD YEAR, CHARLES STURT UNIVERSITY

My goal is to encourage more dental graduates to work in regional and rural areas of Australia where there is a shortage of oral health professionals with the help of the NRHSN, ADA and student dental associations. So for those interested, start getting involved with your local rural health club's events that are on offer!

In life outside of dentistry I'm a Queenslander with a twin brother who enjoys photography, volunteering, travelling and motocross.



AMY CAO (Publications)

2ND YEAR, GRIFFITH UNIVERSITY

My goal is to keep dentistry students informed about the big issues and bring dental schools together through regular updates on each university. I also hope that ADSA's publications will encourage and motivate students to take part in volunteering, community projects and advocacy opportunities.

In life outside of dentistry, aside from my love of chocolate, animes, horror films and Stephen King novels, my deep passion for cats probably means that I'm destined to one day become a crazy cat lady.

LIASON OFFICERS

Each dental school has a liason officer that keeps them up to date with the activities of ADSA. Meet your liason officers in the next issue of Articulate coming out in October!

ADSA UPDATES

ADELAIDE CONVENTION

For one fun-filled week in July, Adelaide found itself teaming with dental students from all around Australia and New Zealand attending the annual ADSA Convention. With a strong academic, hands-on and social line-up, Adelaide was nothing short of an amazing convention. However, sleep was not a strong selling point!

DAY 1

Delegates arrived for the first day of the convention enthusiastically welcomed with an intensive interrogation by the Adelaidean students-turned-law-enforcers during a Cops and Robbers themed meet and greet at the Adelaide German Club. We soon realised this was more of a cleverly disguised form of speed dating (minus the awkward pick-up lines). When all the robbers were released with no charges, people quickly livened up over a pretzel and fine German beer.

Universities were then pitted against each other in several riveting rounds of drinking games during which it was evident that certain individuals had been blessed with the talent of chugging down beer faster than others could drink water.



Day 2

The academic theme for the day was general dental management of implants and included presentations by Dr Richard Sawers on comprehensive interdisciplinary treatment planning, Dr Jonathan Rogers on implant dentistry case selection and Dr Alan Broughton on prosthodontics management of implants. They were joined by maxillofacial surgeon Professor Alastair Goss in a panel discussion to tackle issues regarding 'pathways to implant dentistry', 'what next after implants' and 'who is responsible for placing implants'.

That night delegates went on a pub crawl around Adelaide's finest establishments, with the last stop being at a club to dance the night away.





DAY 4

We had a great lecture by Dr Daniel DeAngelis about the use of Invisalign in orthodontics compared to the more traditional use of fixed appliances. Professor Goss returned to discuss therapeutics in dentistry with special focus on bisphosphonates and was followed by Dr Hannah Prouse presenting some interesting paediatric trauma cases. Finally, Dr Eleanor Parker presented the prospect of working in rural and remote settings with indigenous populations, realistically speaking about both her positive and negative experiences.

Day 3

Continuing on with the theme of tooth replacement, Professor Mark Bartold introduced the revolutionary topic of stem cells in dentistry which was followed by Dr Barbara Plutzer's presentation about endodontic access.

With dental students facing uncertain graduate prospects, Health Workforce Australia delivered highly relevant information regarding healthcare equity to the delegates. The Voluntary Dental Graduate Year Program then spoke to delegates about the benefits of the internship program such as the mentorship program and access to of experts from around the country.



The afternoon continued with a tour of Barossa valley. Equipped with new knowledge on the intricate art of wine tasting, we delegates had now reached a level sophistication worthy of spontaneously sprouting British moustaches. To complete the ensemble, students donned their imaginary top hats and monocles for a classy evening listening to the soothing sounds of live jazz against a stunning backdrop of the Torrens River.



We finished off the day with a tour of Adelaide Uni's brand new simulation clinic and a face painting anatomy workshop.

That night delegates dressed up in their scariest outfits for the 'undead' party at the Apple Bar. By now most delegates knew each other pretty well, and with the rather generous bar tab on offer, needless to say, many remained green and 'undead' the morning after.





Day 5

The final day to convention began with talks about leadership, activism and dental education from ADSA's friends at AMedicalSA and the AMA. The take home message was that activism requires more than just a leader; it required followers. We had a tradeshow during lunch which allowed delegates to meet with dental companies, their representatives and sign up to some great offers from our sponsors.

All good things however must come to an end. The final event at the ADSA Convention 2013 promised to be a fantastic cocktail evening and it delivered. Situated at the National Wine Centre in a stunning location on the border of the Botanic Gardens, the fire and ice themed cocktail event was a flaming success allowing delegates to reminisce about the week gone with new found and lifelong friends.

Now let the preparations for Gold Coast 2014 begin!



Hands-on academic workshops
Some of Australia's best lecturers
Amazing social lineup
Beaches, great food and nightlife

See you next July!

GRIFFITH UNIVERSITY, GOLD COAST



IN THE MEDIA

DENTAL HEALTH WEEK 2013



For this year's Dental Health Week, ADA is tackling the many factors that contribute to dental problems in young adults. These include:

- Tongue and lip piercings cause not only soreness and swelling but also can also lead to damaged teeth, excessive bleeding and infection.
- Excessive alcohol consumption links strongly to head and neck cancers.
- Soft drinks contain large amounts of sugar and tooth-eroding acid.
- Smoking is related to gum disease, loose teeth and oral cancer.
- Both illegal and prescription drugs can cause dental problems
- Genital and oral sex has the potential to pass on HPV which can lead to oral cancer.

To find out more, visit dentalhealthweek.com.au and download 'The Young Person's Oral Survival Guide'

**TO KEEP UP TO
DATE WITH WHAT'S
HAPPENING,
FOLLOW US ON**



ADSAMedia



AusDSA

www.ada.org.au

SCRAP THE CAP

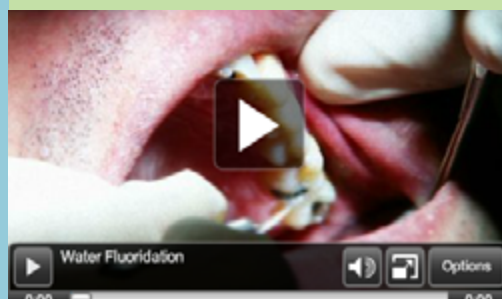
The government has decided to postpone the decision on a proposed \$2000 taxable cap on self-education expenses until May.

A #ScrapTheCap campaign united more than 70 industry and professional groups against the proposal.

For dentists, the cap could potentially affect access to professional development (CPD) activities. According to a recent survey by ADA, more than 90% of their members spend more than the \$2000 cap.

WATER FLUORIDATION

Controversy regarding water fluoridation continues on ABC'S Catalyst



"...there was about 45% less decay in the Townsville children than what there was in the Brisbane children...If somebody could reduce heart disease or cancer or something like that by 45%, they'd get a Nobel Prize for it." - Dr Michael Foley

Watch it at

<http://www.abc.net.au/catalyst/stories/3821248.htm>

VOLUNTEERING IN THE OUTBACK

BY JESS ZACHAR, RURAL OFFICER

Welcome to the new rural section for the Articulate! My name is Jess and I will be the new ADSA rural officer for 2013-2014. For those that are interested I definitely recommend getting involved with your university rural health club and dental student association!

University of Western Australia



Final year students can be part of the Kimberly Dental Team (KDT) which provides free dental treatment for the Indigenous population of the East Kimberley. The KDT operates out of a fully equipped dental clinic in Halls Creek, but also reaches out to a number of communities through the use of a caravan modified into a portable dental clinic plus some deck chairs.

University of Adelaide

Students participate in rural placements in rural SA and Alice Springs, as well as having the opportunity to experience working with the RFDS. This provides a great opportunity for students to diversify their skills and experience rural dental practice. The university has a strong association with the Adelaide University Rural Health Alliance. Dental students from a range



of year levels participate in rural high school visits, a rural careers night, the RDWA Conference, Campfire and Vibe alive.

La Trobe University

In 4th and 5th, La Trobe Dental students conduct 12 week clinical placements and rotations visiting regional towns such as Melton, Bendigo and Albury-Wodonga. At the end of 2nd Year, La Trobe Oral Health Students have the opportunity of engaging in a 2 week placement overseas, in developing countries such as Nepal, which involved working in two different orphanages performing examinations, screens and oral hygiene instruction.



University of Melbourne

Final year students spend eight to twelve weeks in rural Victoria providing dental care at both Moe/Morwell and Shepparton, and involve actively provide services such as preventive and restorative dental care. Often in these areas the waiting list is a little over two years and clients have to wait several days for an emergency appointment. Being in a rural location for an extended period of time has provided many students an understanding of rural health and has also encouraged many of us to consider being employed in a rural location after graduation.



What are some rural programs that dentistry students get involved during the year? Here is a bit of a summary on what all the dental schools are currently up to.



James Cook University

Second years do weekly visits to their local primary schools to teach children oral hygiene instruction. They arrange with the principal, that once a week for a semester dental students can go to the schools with a variety of items such as books, models and videos to teach and guide then in a dental hygiene routine. They are visited again a month later to review their progress.

University of Queensland

UQ has a close link with the Tzu Chi foundation which organises a Brisbane Homeless Dental Fair and a Medical/ Dental Fair in the western Queensland town of Tara. Over the Easter long weekend, UQ Dental and Oral health students have the opportunity to assist the volunteer dentists to treat over 200 patients who would normally struggle to access dental care.



Griffith University

Students have the opportunity to volunteer for a week in Cherbourg which is a community that hasn't had access to a regular dentist in years. The closest dental clinic is one hour away and with a waiting list of over two years. The rural health club HOPE4HEALTH has established this volunteer dental clinic in conjunction with Barambah Regional Medical Service. Up to five dental clinics are run annually.



Charles Sturt University

Students can volunteer for the RFDSTOOTH Program in 4th and 5th year during their Dubbo placement in communities such as Bourke, Lightning Ridge, Collarenebri and Goodooga. They are also involved with the Sun Smiles program during their Albury placement for which the Wrigley Community Service Grant was awarded. The program involves school visits to primary schools for dental screenings, duraphat varnish application and oral hygiene instruction.



University of Sydney

Brighter smiles are becoming more common in Bourke thanks to the dental work performed by final-year students. Every month, a dentist and two students travel to Bourke to hold free dental clinics for the local community. Previously, patients had to drive more than four hours to Dubbo for assessment and treatment. The initiative is scheduled to run for five years with funding from the Poche Centre for Indigenous Health that aims to provide health services to indigenous communities.

a month in Palampur!

Namaste! Last year we; Thiviya & Elke, two Dental students from the University of Western Australia, decided to take the plunge and volunteer with Antipodeans Abroad for 4 weeks in India over the summer break. After two years of clinical preparation we were interested in some practical experience, and a change of scenery.

BY THIVIYA SIVAPATHAM & ELKE RIJKS, UWA

Anyone who has been to India would say it's a culture shock, but nothing can truly prepare you for it. As if the climate change wasn't enough to adjust to, our senses were overwhelmed by the smog, the vast array of smells, colors and sights. On our arrival in Dehli, we met four of our housemates and together slowly made our way up to Palampur, Himachal Pradesh a 'short' 12 hour drive up north.

It quickly became apparent to us that driving in India is certainly a skill. Giving way, using indicators, driving in your lane, adhering to speed limits and stopping for red lights appeared to be optional. Honking every 5 minutes, however, seemed to be a must! The differences between the busy streets of city life in Delhi



and Palampur were great. Palampur truly is postcard perfect. The snow-capped Himalayas were in view, the air was clean, nature was in abundance and serenity was found!

Our team of 12 entailed of 4 nursing students, 4 health science students, 3 speechies and the two of us. We all came to India prepared to rough it out, but instead we enjoyed the hospitality and comforts provided by our host, Bobby ji, one of our coordinators, the local dentist and tea plantation owner and his super cute family. Amit ji our other coordinator would come and visit often joining us for meals, weekend trips (which were amazing going to places such as Armritsar, Manali, climbing the Himalayas and McLeod Ganj) and was always a mere phone call away. The bonds that were formed with everyone on the trip is something we hold close to our hearts.

Daily life in Palampur consisted of everyone assembling upstairs in the rooftop dining room for cooked breakfast, prepared by our two personal chefs, after which we would all scramble to catch the local bus before going to our separate placements. For us, our first two weeks were spent at Panchrukhi Government Hospital shadowing the dentist and his hygienist.

In India, everyone welcomes you into their family. Every staff member in the hospital would greet us with a huge smile invite us for dinner and make small talk over chai. Although that was a little difficult at times due to the language barrier. We soon learnt when in doubt just do the head nod.

On the front of dentistry let's just say that public dental care is not vast, their policy is simple: "if it hurts take it out." We saw on average 4 extractions a day for people who either didn't want it restored or could not afford to; an anterior filling costing 100rhp (AUD\$2!). Personal protective barriers are unlike ours, gloves and instruments were washed under the tap, due to limited funds. We were fortunate enough to go on two health camps with the hospital team, which consisted of going to government schools, and each practitioner having their own station to do health checks.

The afternoons were spent having lunch at our favorite cafes/restaurants, in town, and trying on sarees and kurti tops.

In our third week we shadowed our host Bobby ji who is a private

10 RANDOM COOL THINGS ABOUT INDIA

- 1 Garlic naan
- 2 Chai (masala) tea
- 3 Sarees
- 4 Indian men who turn up Justin Bieber on the bus when 10 "white" girls get on and stare shamelessly,
- 5 Bollywood movies,
- 6 Beautiful landscapes,
- 7 Locals who laugh at you when you're lost but will eventually help you
- 8 Cheap & yummy food!
- 9 Random marriage proposals from mothers for their son's in Delhi
- 10 Shah Rukh Khan





dentist in Palampur, and has his own practice. Most appointments again involved extractions or RCTs.

was entertaining and hopefully beneficial. Everyone was extremely enthusiastic, smiling and asking us questions of which we understood little.



The fourth and final week of our stay was probably most hands-on for everyone, as all 12 of us were travelling to local schools and village camps together to teach the kids about general health and in our case oral health. Having generously received 4 boxes of toothbrush kits with small toothpaste tubes and stacks of stickers and calendars thanks to the generous help of UWA staff, we attempted to teach 5 year old Indian kids who spoke little to no English how and when to brush their teeth, it

As a whole the four weeks of our dental placement in Palampur was an amazing experience and one we will certainly never forget, we are already planning our return trip when funds permit!!

We encourage anyone who has ever thought about volunteering to do it, because it will be the most rewarding and memorable experience of your life.

30	KRAY 8 x 10	50/-
31	DENTAL	20/-
DENTAL PROCEDURES		
1	EXTRACTION	10/-
2	SURGICAL EXTRACTION	50/-
3.	COMPOSITE	100/-
4	GIC FILLING	50/-
5	SILVER FILLING	50/-
6	ZINC Phosphate Filling	25/-
7	ANTERIOR TOOTH RCT	100/-
8	POSTERIOR TOOTH RCT	200/-
9	ZINC OXIDE TEMP. FILLING	10/-
10	SCALING ULTRASONIC	50/-
11	GINGIVAL GURETTAGE	50/-



ARE YOU GRADUATING THIS YEAR?



Applications open
11 September and
close 9 October



Paid Dental Graduate Pathway Opening soon for 2014



Dental graduates may want to think about applying for the voluntary dental graduate year program. This program offers graduate dental students the opportunity to complete a year of paid work experience in a range of clinical settings, with on-line learning, mentoring and professional support.

At the completion of the program students will be provided with a \$15,000 bonus incentive. There are 50 positions for new graduates in 2014.

Applications open 11 September and close 9 October 2013.

For more information visit
www.aitec.edu.au/vdgyt



Registrations
open 11 September
and close 9 October
2013



Paid Oral Health Therapist Graduate Pathway Launched for 2014



For, **Oral Health Therapy graduates** there is the oral health therapist graduate year program. Successful applicants have the opportunity to develop both clinically and professionally through web-based resources, learning materials, mentoring and support from local professionals.

OHTGYP offers the selected oral health therapy students a \$10,000 bonus incentive when the program is completed as well as an entire 12 months of paid work experience.

50 positions are available for 2014.

Applications open 11 September and close 9 October 2013.

For more information visit
www.aitec.edu.au/ohtgyp

SCHOLARSHIPS: APPLY SOON!

Here is a list of scholarships for dentistry students administered by the Services for Australian Rural and Remote Health (SARRAH) as part of the Nursing and Allied Health Scholarship and Support Scheme (NAHSS). Applications for many are open now or opening soon. You may be eligible to apply for the following:

Undergraduate Scholarship

Provides assistance for people living in rural, remote and regional areas to study at an undergraduate or entry level.

Applications open 3 September 2013!

Clinical Placement Scholarship

Provides assistance to allied health students to undertake a clinical placement, during their course of study, in rural and remote Australia.

Applications open 26 August 2013!

Postgraduate Scholarship

Provides assistance for allied health professionals who provide a clinical service within Australia to enhance their skills and further develop their knowledge.

Applications are open NOW!

HOW DO I APPLY?



S·A·R·R·A·H
Services for Australian
Rural and Remote Allied Health

The undergraduate and postgraduate scholarships are for students from rural backgrounds while the clinical placement scholarship is open to any student intending to carry out a placement or volunteer in a rural area to help cover accommodation and transport costs, if the placement is at least one week in length, as well as financial support for 6 weeks.

Visit their website to find out more about scholarship applications

<http://www.sarrah.org.au/site/index.cfm?display=250845>

A THANK YOU TO OUR PROFESSIONAL PARTNERS



AND OUR INDUSTRY SPONSORS



WHO SUPPORTED THE ADELAIDE 2013 CONVENTION

