

Articulate

NOVEMBER 2014 NEWSLETTER

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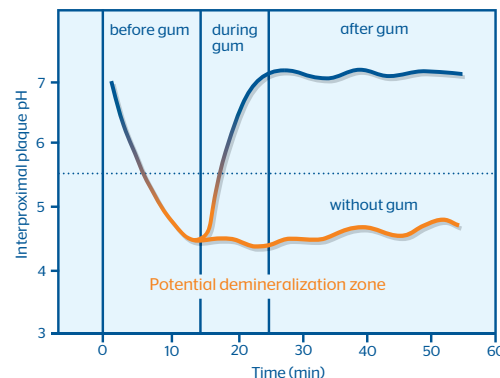
A Guide to the Science of chewing Sugarfree Gum

In addition to visiting the dentist regularly, brushing twice a day, flossing daily, and maintaining a balanced diet, chewing sugarfree gum can help protect teeth when patients are 'on-the-go'

How can chewing gum help your patients maintain oral health?

As you know, immediately after eating, plaque acids can attack teeth and initiate the demineralisation of the tooth surface, which can weaken teeth and lead to decay over time.

Chewing sugarfree gum increases the production of saliva, which can help neutralise plaque acid, wash away food particles and remineralise tooth enamel to strengthen teeth. In fact, chewing sugarfree gum for 20 minutes after meals and snacks has been proven to help reduce tooth decay.¹



Research shows that chewing sugarfree gum can help protect teeth in a number of ways.

Multiple clinical trials have consistently demonstrated the effect of chewing sugarfree gum in helping to reduce the incidence of dental caries.^{2,3} The Australian Dental Association (ADA), New Zealand Dental Association (NZDA) and the FDI World Dental Federation recognise the scientific evidence supporting the benefits of chewing EXTRA® sugar free gum.

Other oral care benefits of chewing sugarfree gum include:

- ✓ **Stimulate saliva flow:** By stimulating saliva production, chewing sugarfree gum can be an important defense mechanism to help protect teeth.^{4,5}
- ✓ **Reduce plaque:** Chewing sugarfree gum has been associated with a reduction in the quantity and development of plaque on teeth, and a reduction in the acid-forming ability of plaque.^{6,7,8}
- ✓ **Neutralise acids:** Salivary stimulation by chewing sugarfree gum after snacks or meals containing fermentable carbohydrate has been demonstrated to reduce the acidogenic potential of foods significantly.^{9,10,11}
- ✓ **Remineralise enamel:** Stimulated saliva helps to restore minerals in tooth enamel, as levels of calcium and phosphate ions in the saliva increase due to stimulation caused by chewing gum.^{12,13,14,15,16}
- ✓ **Clean the mouth of food debris:** Chewing sugarfree gum increases the rate of food debris clearance from teeth compared with not chewing gum during the initial 15 minutes after eating.¹⁷
- ✓ **Relieve dry mouth discomfort:** Stimulation of salivary flow caused by chewing gum can relieve some of the discomfort of xerostomia. In fact, chewing sugarfree gum has been shown to be one of the most preferred treatments for xerostomia.^{18,19,20,21}

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CONTENTS

04	president's report
06	liaison officers
10	university updates - a look at 2014
16	a taste of country life
18	promoting oral health on a global scale
20	tribute to Kirsten

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PRESIDENT'S REPORT



As this will be my last ever President's report, I have been reflecting on the remarkable achievements the ADSA committee has accomplished this year.

This year the ADSA Committee have gone above and beyond to ensure that ADSA has been able to deliver on its promises and provide the best possible information and services we can to our members. I would like to thank the ADSA Committee; Peter Tran, Caroline Petroff, Cathleen Dong, James Tran, Lousie Hanrahan, Amy Cao and Jess Zachar for all their hard work and dedication this year. As a committee we have achieved so much; I would like to

highlight some of the ADSA committees achievements this year:

- » Increased its social media presence with a 40% increase in engagement across our social media platforms
- » Increased contact with the rural health clubs and greater participation in rural health initiatives
- » Our first convention website and a revamped ADSA website
- » A new look and design to our newsletters, as well as an updated logo and marketing guidelines
- » 45% increase in sponsorship from 2012-2013 period.
- » We have developed 3 new policies, which have been sent off to the Federal Ministers for comment
- » Our first face to face meeting with the Presidents and ADSA Liaison Officers of each dental school, which Improved relationships and communication between each dental school
- » Greater transparency and accountability, especially in regards to our financial commitments
- » To increase awareness of ADSA amongst dental and oral health students through our website, publications, social media and emails
- » To further strengthen relationships with key stakeholders

The past year and a half have been a period of great growth for the ADSA, and I know that the 2015 committee are excited to continue the work of our predecessors and make their own mark on the association.

I would also like to thank all of the Dental Society Presidents for their time and input into ADSA this year. Their feedback and advice has contributed greatly to developing our campaigns and policies.

And the improved engagement with our student members would not have been possible without our ADSA Liaison representatives. Hannah Dolby, Spencer Li, Alle Hernandez, Sarah Mueller, Kim Nguyen, Darian Karunaikumar, Alanna Begley, Jessica Ravi, Kirsten Wu, Rhea Allsopp, Emma Odgaard, and Corbin Barry have done a remarkable job of raising awareness of ADSA at their universities, and providing regular feedback and updates about the activities of their universities. I'd like to thank them all for their assistance this year and wish them all the best for the future. In particular, we would like to pay tribute to Kirsten Wu, the University of Queensland ADSA Liaison Representative who recently passed away. Please see page 18 for ADSA's tribute to Kirsten and everything she did for ADSA and the University of Queensland Dental Association.

As the year is winding down and we all enter in to study mode, ADSA is still active and meeting with our major stakeholders. We are currently working on two major initiatives: a mental health awareness campaign for all dental and oral health students in 2015, as well as a petition to stop the oversupply of dentists and dental practitioners in Australia. Please keep your eyes peeled for the petition in the next few weeks and get ready to share this with your family, friends and all of your dental colleagues.

I would like to wish our members all the best with their upcoming exams and hope that you all have a relaxing break and recuperate so you are fresh for another year. A special mention to all of the final year students who only have a few more weeks of university to go! We wish you all the best in your future endeavours and with the next stage of your lives.

It has been a pleasure to be the ADSA President for 2013-14 and I wish Mohit Tolani all the best in 2015 as I have no doubt that he, and the entire committee will do a marvellous job next year.

Best Wishes,

Audrey Irish.
President 2013-2014.



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



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Liaison Officers

A representative from each of the dental schools* to keep students informed of ADSA's activities



Aleisha Bassett, Uni of Adelaide

I am a third year Dentistry student originally from Victoria currently studying in Adelaide. At UOA I have held a number of student representative positions. I value quality time with close friends and family with good food, a casual dance class and of course coffee. All my time spare time before dentistry was spent being active. I did ballet, tap and jazz dancing, long distance running as well as other sports. Apparently my good ergonomics can be attributed to my ballet training. In the holidays I keep fit by running with my dog. Bring on 2015!



Jessica Sun, Griffith Uni

As the 2015 Griffith University representative for ADSA, I hope to enhance our student body's participation in ADSA events, represent their interests and better facilitate student engagement from all year levels with our fellow dental students from other universities. I believe that it is every dental student's right to be at the forefront of the issues affecting their future careers, so I plan on being that medium in keeping our students aware when new challenges and policies arise, and what we can do to have our say. While we have had great success in past ADSA events, I hope to work with the other liaison officers in creating even more student-centred activities such as fundraisers, seminars and social events to ensure our fellow students are given greater opportunities to network, be kept up to date on the latest news and most importantly, have fun! Here's to an exciting year ahead!

Darian Karunaikumar, USYD



Dental school is challenging but there's nothing I would rather do. In a previous life, I completed a Science degree also at Sydney, majoring in anatomy & neuroscience - this got me interested in pursuing a career in the oral health field. In life outside dentistry (haha), I love to travel and explore new places, hang out with friends, or preferably both at the same time. I also enjoy playing tennis and the drums. Fun fact: Music is an integral part of my life. If you ever see me alone, 9 times out of 10 I will be wearing earphones.

Daniel Frank, James Cook Uni.



My name is Dan Frank and I am studying a Bachelor of Dental Surgery at James Cook University, in Cairns. I am originally from Canada, where I completed a Bachelor of Science Honours degree in Human Kinetics at the University of Guelph, Ontario. During the program, my focus on head-and-neck anatomy sparked my interest in dentistry, bringing me to Cairns to study the following year. In my spare time, I enjoy running, traveling, and exploring what the Great Barrier Reef has to offer. I look forward to representing JCU as the ADSA liaison, in addition to contributing to an exciting ADSA convention in July, 2015!

Neil Sengupta, Charles Sturt Uni



Currently in my first year of study at Charles Sturt University, I am also the year representative for CSU Dentistry students. Additionally, I am a Residential Adviser with CSU Residence Life and a Student Senate Representative on the Orange Student Representative Council. My hometown is Port Macquarie NSW and maintain a keen interest in rural dentistry. Aside from university studies, I like to participate in TV game shows and sing professionally (find me on YouTube!). I look forward to assisting ADSA during the upcoming year.



I was born and raised in India, I lived there up to the age of eight, after which we moved to New Zealand and then to Australia when I was 12. Growing up I fell in love with painting and model making, probably because my parents are designers. Cars and motorcycles have always been a passion of mine, I can watch and read about them for hours without even realising and I am hoping to get my motorcycle licence soon. Today, my pursuit is different but the principle is the same, I seek to become a skilful dentist and an advocate for my profession.



As the representative for ADSA at the University of Melbourne, my goal is to further develop the relationship between ADSA and the student body. In addition to advocating for our rights and protecting our interests, I also hope to draw attention to the pressing issues that affect our profession and future careers. Originally from Canada, I moved to Melbourne in 2012. It was quite a culture shock at first. My poor understanding of Aussie slang made for many confusing but, hilarious conversations. The laid-back Australian culture is a welcome change from the on-the-run North American way of life. Having lived here for almost three years now, Melbourne has become a home away from home – lots of great friends and memories to last me a lifetime. I look forward to making more memories at the convention!



I have been working in the dental industry since 2004, starting off as a DA for NSW health in Dubbo. Since then, I have worked in both public and private practice as a DA and practice manager. I have my Dip P. Management, Cert 4 in Dental Radiography and Cert 4 in IV sedation. I am currently enrolled in the Bachelor of Oral Health program at the university of Newcastle, as I hope to see patients of my own. In my spare time I enjoy the gym and going to the beach.

Spencer Li, University of WA



I'm a Canadian Australian in third year of UWA's DMD program. As much as I'd like to say how it's made me more adaptable, it's more accurate to say I'm more grumpy. However, despite the hiccups, I'm still very excited for more experience in clinic and to learn new things.

My interests include trying out new restaurants, Netflix, and travelling. In particular, I've been looking forward to my January trip to Japan since March! Fun facts: My previous degree was pharmacy. I once cracked my hip in a pole vaulting accident.

Lucy Davis, Curtin University



My name is Lucy Davis and I am so excited to be the ASDA representative for Curtin University. I moved to Australia from the UK in February 2013 with my husband and two boys and we absolutely live it here. As you can imagine I am kept very busy with my two boys so the majority of my spare time is spent having fun with them. However when I do get time to myself I thoroughly enjoy unwinding at the beach and spending time with friends and family.

Liza Pretorius, Central QLD Uni



I'm a second year Oral Health Therapy student at CQUniversity. I completed a Master's Degree at the University of Johannesburg (formerly Technikon Witwatersrand) in 2003. The theme of my thesis was "The effect of Arnica Montana D6 on the level of discomfort in patients undergoing orthodontic treatment". The time I spent doing research at an orthodontic practice triggered my interest in dentistry, and I was delighted to get the opportunity to enrol at CQUniversity two years after immigrating to Australia. I love the great outdoors, dogs, horseback riding and Zumba. I live on an acreage just outside Rockhampton with my husband of 16 years, my 13 year old son, two horses, two dogs, one sheep and one galah.

**At the time of printing, UQ had not yet elected their ADSA 2015 University Representative.*



A Look at 2014

What an amazing year it's been! Let's revisit what dental schools around Australian have done throughout the past few months.

Charles Sturt

BY KIM NGUYEN

The past few months at CSU have been jam packed. There's been our Roland Bryant Cup, as well as the Halfway Ball for Year 3's. Not to mention, our Annual Dent Revue was a major success this year with a full house! Horror film "Frasaco" was the final and winning act of the night, featuring our very own fracsaco heads from simulation clinic.

As the year draws to an end, 5th years have had their last clinic session ever, and all other years are preparing for their end-of-year functions.

The hard work of CSU Student Dental Association in the organisation of these events has truly paid off. We can't wait to welcome our new committee for 2015!



USYD

BY DARIAN KARUNAIKUMAR

Twenty-fourteen is almost over, and what a year it has been for SUDA. Over the past few months, a mountain of social and sporting events number managed to keep students sane, allowing them to let off steam amidst the hectic exam schedule. Among highlights, there was the Women in Dentistry cocktail function in association with the ADA, along with the quad-faculty rugby tournament against Medicine, Veterinary Science and Pharmacy. Rounding out the year was SUDAs night of nights—the annual Cocktail Ball at the Ivy Sunroom. All four years of dentistry, three years of oral health students and alumni gathered to party in their best suits and dresses for what was a simply fantastic night.

For now, second years will have their half-way ball to look forward to, and fourth years, their graduation ball. Until then, we wish all students the best in their coming examinations.

University of Queensland

BY CHERYL X. CHEN

The UQ Dental School is buzzing with excitement as it prepares for its big move. Doors of the UQ Oral Health Centre will burst open wide in January, 2015, so it shouldn't be long until students (and patients) can finally say a very last farewell to good ol' Turbot St and give the new facilities a go!

Indeed, as the year of 2014 winds down to a close, paper can be heard rustling, pens scratching, hushed voices muttering and frantic fingers typing (or rather, sophisticatedly bashing) at keyboards from a mile away. After enjoying the plethora of enticing social and academic events held by UQDSA over the past year, including the spectacular 'Winter Wonderland' 2014 Dental Ball, Classical Music Soiree, Lunch and Learn seminars, numerous happy hours with friends and exhilarating sporting events, students are slowly beginning to buckle down.

Best of luck to all students in their upcoming exams, and congratulations on another fantastic year. Wishing our final year students all the best in their future endeavours after graduation!



UWA

BY SPENCER LI

Wow, this semester has really flown by and exams are already here. Since the last update, UDSS has organised some great events, starting off the second semester with the GV Black's Cocktail Party, where students dressed up in their best cocktail attire and took some cheeky photos in the photobooth. Students also had a chance to dress up for NOBOTE, the nautical-themed pub crawl around the city's bars. More recently, the Back To the 90's Quiz Night saw some great outfits from Braveheart, Clueless and plenty of denim. UDSS also hosted two Social Sports Weekends of badminton and basketball.

Although the semester is finished and exams are chasing us down, that also means this year's dental ball is right around the corner too! Students are definitely looking forward to the first official night off from classes, exams and patients at The Rising Sun Dental Ball and the well deserved summer break after!



James Cook

BY CORBIN BARRY

2014 has been a great year for JCU students, and also for the development of JCUDSA. A key focus has been on fund-raising and charity work within the dental school, and to do this, we have been involved with many organisations to raise awareness and funds to assist those in need.

In addition, this year, JCU sent out their second lot of graduates into the workforce and already, many have been successful in obtaining positions in the private and public sector Australia wide. Also, with the expansion of numerous overseas placements and securing regional and rural teaching sites, the future of JCU students is bright.

The ongoing development of JCU dentistry has been great to see. We look forward to 2015 and what it has in stall. Good luck to all students for the remainder of the year and the beginning of a career.



Melbourne

BY ALEJANDRA HERNANDEZ PULIDO

Melbourne Uni kids have been kept busy during the latter half of twenty-fourteen, making ripples in both the social and academic arenas: beginning with the DDS2's Cocktail Soiree—an underground, classy affair to glamour up and celebrate their halfway milestone—and wrapping up with the Grand Dental Ball, held at the Sea Life Melbourne Aquarium and featuring a live jazz band! In between, the MDSS hosted their annual Mentor Night, an evening for invited guest speakers to share pearls of wisdom from their own experiences, give advice on getting through dental school and provide tips on how to succeed after graduation.

On a different arena, one of the biggest highlights for 2014 has been the inaugural inter-school sporting competition between the BOHDS and MDSS—the DSV Sports Cup. Comprised of a mixed game of soccer, basketball, netball and volleyball; with catches-on-the-full, straight shooting and some artistic manoeuvring, the game had everyone on their feet. Thank you to BOHDS for a great match; the friendly rivalry continues and we look forward to defending the title in 2015!

A big thank you to the exiting MDSS 2014 Committee for doing an outstanding job throughout the year and making each event flawless; thereby setting new standards for years to come.



Adelaide

BY HANNAH DOLBY

The second half of 2014 has proved incredibly busy for the AUDSS. Our AAPDP lectures have continued on from first semester, and our affairs team piloted our own R U OK? day, aiming to help dissipate the stress that often comes with studying such an intense course as Dentistry.



Our Sleep Out, a return of last year's new venture, saw over 200 students and staff sleep outside under the stars to raise money for the university's Community Outreach Dental Clinic—a clinic providing free dental care to the homeless and marginalised members of the wider community. So far, we have managed to raise over \$5000 for this wonderful cause. Our community aid team also delivered a Trivia for Timor night, supporting our joint efforts with the Rotary/Lions East Timor dental clinic.

Of course, our inaugural Grand Dental Ball, which saw everyone getting glammed up Classic Hollywood style, made for an absolutely unforgettable night. Other events included our Final Year Farewell basement party to send off our fifth years, inter-year sports events, G.V. Black themed pub crawl, and a careers night from the Uni Rural Health Alliance.

Having just completed our new committee elections, it is safe to say that 2015 will be just as exciting as 2014 has been!

La Trobe

BY SARAH LOUISE MUELLER

At La Trobe University, this year has gone by so fast that most of us are still learning our class timetables. Nevertheless, time stops for no one, especially when exams are approaching, but we are sure that all students' hard work this year will pay off and the restful holiday to come will be very much appreciated by all.

Whilst the year may did not go by uneventful to look forward tag (third year victory-cocktail party gave chance to let their hair on. La Trobe dentistry hands to the wider the special school blood drives and raised the Friday Appeal. Thank you all involved in BOHDS, whose hard work has not gone unnoticed by the university, being awarded Club of the Year 2014.



have passed by fast, it fully. There was always an to, from pizza and laser ous) to the jungle themed students and staff alike a down, and animal prints also extended helping community—volunteering of Bendigo, donating to ing money for the Good

Finally, congratulations to all the graduating dentistry and oral health students. Good luck in the 'real' world!

Griffith

BY RHEA ALLSOPP

Griffith thoroughly enjoyed hosting the ADSA convention this year. It was wonderful meeting other dental students from around the country and New Zealand. We all look forward to the convention in Cairns next year!

Earlier in the semester, third years celebrated their halfway ball at the Hilton Surfers Paradise. Special thanks to Pat, Van, Janani and Lisa for organising such a fun event, on top of all your uni work! We were also very proud to support the Cancer Council's Relay for Life 2014, held at Griffith University. The dentistry team stayed up all night to raise much needed funds for cancer research. We can't wait to be a part of it again next year with an even bigger team.



On the forefront this semester were sporting events, with Griffith dentistry teams competing in the Halas Cup, Dentistry Vs Med Vs inter disciplinary soccer tournament and the annual GUDSA inter-dentistry Basketball tournament. Well done to all those who competed!

Curtin

BY JESSICA RAVI

We've had a lot going on at Curtin in 2014. Evening lectures from guest speakers proved educational and social, and Curtin funded the attendance of 2nd and 3rd year Oral Health Therapist Students to attend the ADOHTA conference held at UWA towards the end of October. Colgate and Oral B have been working one on one with 3rd year OHT students providing us with loads of information regarding debt tidies before graduating. Also, as a part of our graduating criteria and research project the 3rd years are required to conduct a workshop within the community promoting oral health. Areas targeted:

antenatal oral health, geriatric dentistry, special needs dentistry, sporting and recreational groups (with use of mouth guards) and oral health within prisons/detention centers. These workshops have been on going throughout the semester and we have had some great feedback being invited to return next year.

At Curtin we are currently looking forward to multiple social event celebrating the graduation of oral health therapy student with a luncheon on the November 7, a graduation

dinner on the 29th, as well as awards evening and graduation ceremony being held in February and some cheeky/less official celebrations in between!



2014 is over at CQU and it marks several special events, including the first ever graduates in BOH. This year has been filled with many exciting first times for students. During June two groups of students volunteered for placement during mid semester break. Two third-year students completed a voluntary overseas placement in Vanuatu, teaching oral health education sessions at schools and providing clinical services on Malekula Island. Whilst three other third-year students drove west to provide oral health education and dental treatments to school aged children in Emerald, Springsure, Clermont and Blackwater.

In August, after many months of planning, the Inaugural Oral Health Ball came together and students celebrated with staff, dental company representatives, and local dentists/OHT's. It was a great event and outstanding to see the students and the local dental community come together to support BOH at CQU.

With the official end of 2014 it will be exciting to know what's next for CQU in 2015. A special mention to the 2014 students graduating in December, Good Luck you have all worked hard and CQU wishes you the best for the future.



Newcastle

BY ALANNA BEGLEY

It has been a full on year for the students at UoN. Our society; UNOHS was revived after a three year hiatus, three events were held by the society, 3rd year students went to Soe in West Timor, 2nd years spent time in preschools and nursing homes, first years finally got into the clinic to practice on each other, and UoN had its final intake into the Bachelor of Oral Health to make room for the new degree of Oral Health Therapy.

In July, we had 3 students attend the ADSA Convention on the Gold Coast, a first for UoN. I must say, ADSA put on an amazing week! Got to meet some incredible people from all over Australia.

We celebrated with a Mid-semester drinks, End of 1st semester dinner, BBQ fundraisers and our end of year event. Our 1st Annual UNOHS End of Year Cocktail Party, held at the Cargo Bar in Sydney's Darling Harbour, which went off with a bang! With over 40 students attending and a few plus ones, it sure was a night to remember!

UNOHS and UoN are looking forward to a bright 2015, showing the new students what an amazing time they can have, and introduce them to some incredible people along the way.



A Taste of Country Life for Dental Students

There have been a number of rural events for dentistry students these past six months. Here's a run-down of what's been happening in the rural arena, and perhaps you can think about how you can get involved in the future!

BY JESS ZACHAR, RURAL OFFICER

ADA Regional & Remote Oral Health Advisory Panel Meeting (ADA RRHOAP)

– 3rd October,
SYDNEY

Amika Bober (elected ADSA Rural Officer for 2015) and myself had the opportunity to attend the bi-annual ADA RRHOAP Meeting held in North Sydney. The aim of the panel is to advise the Federal body of the Australian Dental Association (ADA) of the vastly different dental landscape in rural and remote Australia to that being faced in metropolitan areas and to a large extent major regional centres.

The one day meeting consisted of discussing rural health matters related to dentistry such as access to fluoride, DRISS (Dental Relocation and Infrastructure Support Scheme) run by the Rural Health Workforce Australia and the new Child Dental Benefits Scheme. Amika and I had the opportunity to discuss ADSA's recent rural policy as well as current student rural issues such as how the predicted increase in university fees will have a negative impact financially on students from rural areas planning to attend university.





Rural Appreciation Weekend

– 4th-6th October,
WAGGA WAGGA

Over the October long weekend, over 100 health students from medicine, dentistry, paramedics, physiotherapy and nursing attended the Rural Appreciation Weekend held in Wagga Wagga. The 3 day event consisted of hands on work shops, emergency bush scenarios and camping. Amika and I assisted Dr Mark Wotherspoon, a dentist from Wagga Wagga with his hands on practical dental workshop, which included placing composite fillings into extracted teeth, which the students from a diverse range of health fields found quite fascinating. Dr Wotherspoon also discussed his remote work experience in the Kimberly, taking a dental van out to mining areas 300km north of Kalgoorlie, setting up a clinic in Woomera to help refugees during the Howard Era and now currently works in a private practice in Wagga Wagga.

The bush emergency scenarios workstations included a crash scene with the local SES and paramedics team as well as a cardiac arrest scenario, an unexpected home birth and wound care. There were also rural activities where students had the opportunity to shear sheep, learn about the agriculture through the farming property, engaging with farm animals such as horses and cattle on the property and lastly, an

educational workshop run by Neville Burns on snakes in Australia and what to do if bitten by one. Lectures were also held during the weekend focusing on topics such as mental health by John Harper as well as services available for recent humanitarian entrants moving into the countryside by Cherille Cartwright.



During the nights, there were social events held such as a Bush Dance just outside of town and a trivia night at the UNSW Rural Clinical School. Overall, it was an unforgettable weekend and I recommend dental students and their respective rural health clubs to get involved with RAW in 2015! Keep an eye out for registration next August and a big thank you to the UNSW rural health club RAHMS for holding this annual rural event!

YOUR STORY



61st World Annual Dental Congress IADS/YDW – Yogyakarta, Indonesia

Aug 27 – Sep 3, 2014

By Jess Zachar & Cartia Donazzan
CSU 4th Year Dental Students

“Oral Health is a basic human right.”

- Dr Anggraeni

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Promoting Oral Health on a Global Scale

**Pre-Congress
Day 1 & 2** Merapi Lava Tour
Water Rafting
Parangtritis Beach Opening
Ceremony

**Congress
Day 1** Scientific International Fair
City Tour
Prambanan Temple

**Congress
Day 2-3** General Assembly Malioboro
Markets
Exchange Fair

**Congress
Day 4** Lecture Contest
Borobudur Temple
Dental Olympics
Closing Ceremony

The International Association of Dental Students (IADS) held its 61st World Annual Dental Congress in Yogyakarta, Indonesia. The event attracted over 120 dental students from around the world to participate in this one-week adventure. Cartia and I had the opportunity to attend the congress on behalf of CSU Global and supported by the CSU Vice Chancellor Travel Grant. We were honored to be ambassadors for Australia, since this was the first time Australian delegates were to be present at this international event. The week consisted of a two day Pre-Congress and a four day Congress with over twenty countries present such as Slovakia, Egypt, Czech Republic, Russia, Germany, Tunisia, Turkey, Armenia, Poland, Taiwan, Jordan, Thailand and Belgium.

Pre-Congress

The congress had a number of academic and social activities available for students to be involved. These included water rafting, the Scientific International Fair, the

Exchange Fair, General Assembly and the Dental Olympics. The first two days consisted of visiting the Merapi Volcano known as the Lava Tour. The three-hour journey on land rovers took us to a museum displaying the remains after previous volcanic eruptions as well visiting the bunker in which the local community evacuates to. The volcano is still active to this day and erupts every four years. We also participated in the water rafting activity where students were grouped into different teams and trekked down a 12.5km stream. The Pre-Congress ended with a visit to the Parangtritis Beach to watch the sunset and quad bike along the sand before making our way to the Opening Ceremony of the Congress.

Day 1

Day one was the Scientific International Fair which had a variety of key note speakers from around the world. The highlight of the day was a presentation by Dr Tin Chun Wong, the president of the World Dental Federation (FDI). She discussed the importance of oral health and how it is detrimental to your overall health. She also mentioned international activities that we as students can participate in such as the promotion of World Oral Health Day. Other keynote speakers of the day included a treatment planning presentation by Dr Octavian Fagaras from Romania who is an Implantologist and publisher of the Quintessence International Journal. His



lecture focused on advanced and complex prosthodontic cases and how to prevent common complications. Other topics included CAD-CAM technology by Dr Giovanni Pisonni (Italy) and Public Health social determinants by Dr Anggraeni (Indonesia).

Day 2-3

Another event of the week was the General Assembly where a delegate from each country attended as a national representative. The two days consisted of discussing global health matters,

highlighting the increasing collaboration from dental students worldwide, as well as elections. I had the opportunity to represent Australia and was elected for a position as Director of the Asia Pacific Region during the annual general meeting. I am very excited to be part of the IADS committee for the 2014-2015 period with my aim to increase the participation and involvement from the Asia Pacific Region on an international level. I aim to establish this through programs that IADS offer such as research and clinical exchange.



Another highlight of the week was the exchange fair where delegates from each country held a stall representing their country. Cartia and I had the chance to display a number of Australian products such as Vegemite, Milo and Tim Tams for students to taste as well as giving away koala souvenirs.

Day 4

The last day of the congress started with a lecture contest where students presented their research from around the world. We then headed to the Borodubur temple, which is the second largest temple after Angkor Wat and is known for its intriguing wall carvings. In the late afternoon was the dental Olympics in which Cartia and I competed in against nine other teams. The stations included radiography interpretation, suturing, wax carving, wire bending and drilling a cavity preparation within 15 minutes for each station. The night then concluded with a closing ceremony with awards presented as well as the announcement of the new IADS committee for 2014-2015.

Overall, this one-week experience was an unforgettable experience. Cartia and I look forward to attending the IADS/FDI congress held in Poznan, Poland in two years time. For those interested, this annual event will be held in Bangkok, Thailand in 2015 in collaboration with the Thailand Dental Student Association and the World Dental Federation.

Kirsten Amelia Wu

1993-2014



The Australian Dental Students Association is deeply saddened by the tragic news of Kirsten Amelia Wu's passing. Kirsten was this year's ADSA Liaison Officer for the University of Queensland, and undertook this role with a great sense of pride and enthusiasm. Kirsten will be remembered as a vibrant, kind person who could make anyone laugh and feel instantly welcomed.

She not only contributed greatly to ADSA, but to the University of Queensland Dental Student's Association, where she was the social convenor for 2014.

As a treasured friend, a beloved peer and a comrade to us all, she will be sorely missed and be remembered dearly in our hearts. Our thoughts and prayers are with Kirsten's family and loved ones during this difficult time.

May she rest in peace.

This edition of Articulate is dedicated to the memory of Kirsten