

# Articulate

SEPTEMBER 2016 NEWSLETTER



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## ROUND TWO!

Hello everyone !

Welcome back for semester two! For those of you who partied hard at the convention be sure to check out all the photos on Facebook, and for anyone who missed out this time there is a recap of all the fun and excitement on page 08.

Semester two is more about local events at each university. I'm sure most of you had heard of or participated in the blood challenge. The winner is still to be determined, but UQ is running ahead. Upcoming next is R U OK Day, make sure you get involved in it as this is a very important day for those among us who is going through some hardships. Also this is your chance to get some help and talk about anything that you are finding difficult to handle. Community events is on page 12. Brought to you by our Media and Community officer Amy.

Rural update is on page 11, read about what's happening from Kaejenn our rural officer. There is also an exciting story from Lindsay about her trip to Cambodia on page 14.

Make sure you make the most of this semester before the year comes to an end.

Keep smiling and show some teeth !  
Sincerely

**Anna Peishan Jiang**

Publications Officer

Australian Dental Students Association

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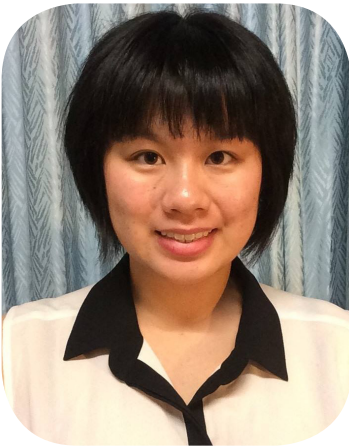
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# PRESIDENT'S REPORT



Dear Students,

Welcome back to Semester 2! I hope you all were able to take some time out to rest and recuperate from a likely gruelling first semester of the year.

Our ADSA Committee, in turn, have been recovering from a massive Convention week in Melbourne. For all those students across the nation who were able to attend - I hope you had a fantastic time! Hosted by La Trobe University in cooperation with the University of Melbourne, our annual National Dental Students' Convention hit up the bustling city centre of Melbourne in July. Well done and thank you so much to our committee, co-convenors and volunteers who worked long and hard to bring this event to life. The program included a enriched academic program with seminars,

lectures, hands on workshops and several giveaways! ADSA was delighted to work with many spectacular speakers in our academic program. Convention is the perfect way to network with potential work colleagues whilst taking a holiday break from university; I encourage all dental and oral health students, especially those who were not able to make it this year, to attend in the future (location TBH!). Thank you as well to our invaluable sponsors who supported this year's ADSA National Dental Students' Convention.

Convention aside, this year the ADSA has focussed on increasing engagement within the dental student community and increasing productivity within our team to bring the rewarding opportunities to dental and oral health students nationwide. We have also undergone a slight restructuring of the committee in order to sustain the association for future years in line with our growing member numbers. Two new committee positions have been announced - Design Officer and Oral Health Officer. Additionally, the ADSA has introduced new General Subcommittee positions to aid General Committee members from 2017 onwards in managing their respective portfolios. Nominations for General Subcommittee positions will be opened later this year and are available for nomination by all students planning to continue undertaking dental or oral health study next year. Following on also from our Annual General Meeting, a massive congratulations to our newly elected 2017 committee - truly a bunch of stunning and inspiring people! Find out more about your new committee starting their terms next year on page 6.

In Community events, the former ADSA Blood Drive has now relaunched as the **Health Students Blood Challenge** run by the Australian Red Cross Blood Service. Set to be bigger and better as ever before, we as the dental and oral health student community of Australia are competing against other health student rivals in AMSA, NAPSA and SPA. Get your blood donation in before September 19 for it to count in the final tally.

Furthermore, some of our key Mental Health initiatives will be launched in the coming weeks. The annual ADSA **R U OK Day** will be running again for the second year on Thursday 8 September, with an **ADSA Mental Health Awareness Booklet** to be released later that month. Contact your local ADSA Student Representative for more details.

For our final year students, exciting times are ahead! The ACDE-ADSA Scholarship will be running again this year. See our website for more details. Plenty of other opportunities are available as well, including the Australian Dental Graduate Of The Year Award by Avenue Dental. Watch out for the release of the Graduate's Handbook later in the year as well.

## FROM THE PRES.

In other news: ADSA membership cards will be offered to all student members this year! Watch this space to stay updated. Keep an eye on the ADSA website at [www.adsa.org.au](http://www.adsa.org.au) and our social media pages for updated information on events, upcoming opportunities, scholarships and more.

A reminder as well that our [ADSA Online Student Centre](#) is live on our website to support students through both their studies and extra-curricular ventures. Here, you may find updates, events, opportunities and educational materials pertaining to your degree/s. New resources have recently been placed in centre, including the ADA National Library Service as well as links to The D3 Group website and their Chalky Teeth Campaign. Information about overseas volunteering options are also available in the Student Centre ahead of the summer break so you have plenty of time to enquire and prepare! Find out more at [www.adsa.org.au/StudentCentre](http://www.adsa.org.au/StudentCentre).

Last but not least, make sure you are looking after yourselves this second semester. After a long haul fight with the #postconventioncough myself, I implore everyone to make sure to keep looking after their health and immune system this season. Second semester always tends to fly by - make the most of it! Grab onto the opportunities that come your way, challenge yourself, but remember to take a break if needed!

All the best,



**Cheryl X. Chen**

President

Australian Dental Students Association

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# 2017 COMMITTEE

Congratulations to the ADSA's newly elected committee who will be stepping into their roles on January 1, 2017. Elections were held at the University of Melbourne during the 2016 Annual General Meeting, with the introduction of two new roles: Design officer & Oral Health Officer. For more information about each of the positions, visit [www.adsa.org.au](http://www.adsa.org.au)

Check out our ADSA facebook page for their bio to learn more about them!



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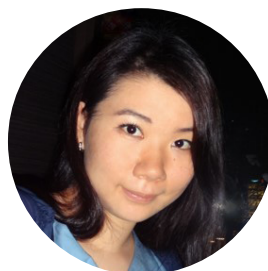
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# CONVENTION REPORT

## MELBOURNE 2016

Across the 5th to the 10th of July, over 300 dental delegates from all across Australia flocked to the bitter chill of Melbourne for a week of convention festivities. It was a week of interesting academia, exciting social activities, and unforgettable memories.

By Jyoti Anand, Laura Miller, & Vincent Nguyen  
2016 ADSA Convention Co-convenors

Registration began at the Pegasus Apart'Hotel in the Melbourne CBD, as delegates arrived enthusiastic and keen for a great week. In classic Melbourne style, the walk to the docklands for that evening's meet-and-greet booze cruise was marred by gusty winds and chilling rain. However, spirits were not completely spoiled – across the backdrop of Port Melbourne, some very creative costumes were donned in celebration of the Olympics theme and the night was filled with lots of mingling and dancing.

included a thought provoking panel discussion lead by MIPS about the future of dentistry and the streamed workshops – from Dr. Myles Holt's presentation on dentofacial aesthetics and his live demonstration about the use of botox and fillers, to the use of sectional matrices by Dentsply.



That evening, dental dreams were thrown aside as delegates dressed up as what they would have wanted to be if they had not chosen dentistry or oral health and then embarked on a bar crawl, which showcased some of Melbourne's coolest bars. Costumes ranged from tradies to flight crew, as we hit up happy hour at Asian Beer Café and then embarked off to El Coco and then to La Di Da.

Wednesday morning proved a struggle for some, yet despite the hangovers and minimal sleep, there was an impressive turn out at the University of Melbourne for the first day of lectures and seminars. Following our hilariously cringe-worthy welcome video, the convention was officially opened by the ADSA president Cheryl Chen, and the Head of Schools from both Melbourne and La Trobe University Bendigo, respectively Prof. Michael Morgan and Prof. Mark Gussy. Highlights of the day





Thursday was filled with exciting lectures from Dr. Jaafar Abduo, DPL, Bupa Dental, and BOQ. Following the morning academic session, delegates ventured out into rural Victoria and spent the afternoon exploring the sights of Sovereign Hill. The cold continued with the arrival of snow in Ballarat, however this only added to the magical day of finding the blacksmith/dentist to trying to pan for gold. On arrival back to Melbourne, stomachs were filled with an all-you-can-eat yum cha banquet dinner, hosted by the Shanghai Dynasty Restaurant.



Friday's academic schedule kicked off with recent graduates Dr. Jessica Zachar, Dr. Louise Hanrahan, and Dr. Brandan Clarnette, speaking about their experiences as practicing dentists. Friday also saw the arrival of some lecturers from La Trobe University, with Dr. Jeremy Graham speaking about his own firsthand experiences as a forensic odontologist on the scene of the MH17 disaster, Dr. Robert Mayne speaking about early orthodontic treatment, and Dr. Nicholas Palfreyman (also of MIS Implants) discussing implantology and its fundamentals.

Friday night saw the return of your co-convenors, fresh from a crown prep practical exam (of which we passed FYI – hooray!) and more importantly, the time for a private party on the upstairs balcony of

Ms Collins. It proved to be an excellent night where the very keen and thirsty dental students drained the excessive bar tab (frighteningly) quickly.

The final day of convention was as jam-packed as any other, beginning with breakfast with ex-Masterchef contestant and very distinguished A/Prof. Matthew Hopcraft. Following his lecture about work/life balance, Challenges Abroad, Work the World, and the National Dental Foundation spoke about the various volunteering opportunities available to dental students. The annual trade-show also took place, where delegates were able to speak to the many sponsors of ADSA. The annual general meeting followed, where voting for the new ADSA committee for 2017 took place – to the incoming committee, we would like to extend a big congratulations and our best wishes for the year ahead.

In a bittersweet finish, convention week ended with the lavish twilight cocktail ball, this year, hosted at the picturesque Rivers Edge Events. With panoramic views across the Yarra River, delicious canapés, and a free-flow bar tab, it sure was the perfect way to conclude the week of festivities.

Overall, it was a pleasure to organise and participate in the amazing experience that is the ADSA convention. We would like to extend our thanks to the sponsors, academics, the ADSA committee, and the volunteers – through the highs and lows, it definitely was an incredible experience to work with you all. Another big thank you also to our delegates – we hope you enjoyed your week and sure look forward to reuniting with you all at the ADSA Convention 2017!

*\*Twilight Cocktail Ball photos by the Endodontic Group. All other photos by Saideepan Mohanadas.*



# THANK YOU!

We'd like to extend a great big thank you to our **sponsors** who supported the ADSA Melbourne Convention 2016 this year!

## OUR PROFESSIONAL PARTNERS



## OUR INDUSTRY SPONSORS





# RURAL UPDATES

Interested in rural dentistry? Get involved!

By Kaejenn Tchia, ADSA Rural Officer

Pictured below, La Trobe dental students, Siva Prakash, Konna Chakravarty and Bianca Lee recently attended Shepparton's Careers Day promoting dentistry to high school students. The day was spent with other Rural Health clubs from the University of Tasmania, University of Melbourne, Monash University and Deakin University.



Hey Everybody!

Since our last issue a number of students across the dental schools have been busy participating in rural health activities and experiences. This issue's rural section highlights some dental students getting busy with rural and remote health!

Just a reminder if you haven't already checked out

our Rural Health Calendar on the ADSA website to please do so as there may be an exciting rural health club event happening near you!

If you have a rural health experience you'd love to share with us please send them through to [rural@adsa.org.au](mailto:rural@adsa.org.au) and you just might make the next Articulate issue!



A number of students from Adelaide University promoting dentistry in Yorke Peninsula as part of Rural High School visits with Adelaide University Rural Health Alliance (AURHA).



# ADSA HEALTH STUDENTS BLOOD CHALLENGE 2016

By Amy Fan, Media and Community Officer

The 2016 Blood Challenge is well and truly underway, with 88 donations and counting - that's 96 lives saved! The Challenge started on Monday 25 July and will run until Monday 19 September, so any donations (including plasma and platelets) during this time will count towards your university's tally.

This year, in addition to the universities within ADSA competing against each other, ADSA is also competing against the following health students' associations:

- AMSA (the Australian Medical Students' Association)
- NAPSA (National Australian Pharmacy Students' Association)
- SPA (Student Paramedics Australasia)



Go ahead and book your appointment online or over the phone; both options are quick and easy to use. ADSA is counting on you!

Online: [donateblood.com.au](http://donateblood.com.au)

Phone: 13 14 95

Remember to use the hashtag  
**#ADSAHSBC2016** so we can see  
your photos :)

The winning association will be the one with the highest % year-on-year growth, and will be presented with a Winner's Cup. The university with the highest amount of donations will also receive a trophy to show for their efforts. The combined challenge has meant that our blood challenge now lasts for 8 weeks instead of the 4 weeks it was in previous years. Hopefully this translates to more donations and more lives saved!

To win against your medicine/pharmacy/paramedicine friends (or long time rivals) in the Challenge, be sure to make an appointment with the Australian Red Cross Blood Service today! Donating blood is a rewarding experience, both mentally and physically - when else are you able to save 3 lives and then help yourself to a delicious cookie afterwards?



Call **13 14 95** or visit  
[donateblood.com.au/health-students-challenge](http://donateblood.com.au/health-students-challenge)

**RED25**  
UNITE TO SAVE LIVES

**Australian Red Cross  
BLOOD SERVICE**

# START THE CONVERSATION: R U OK?

By Amy Fan, Media and Community Officer

This year, R U OK Day is on Thursday 8 September 2016. On this day, people across Australia will be asking each other "R U OK?", and the ADSA will be helping universities around Australia hold R U OK Day events for dentistry and oral health students. Stay tuned for updates from your university representatives, and keep your eyes peeled for the event posters which will go up very soon!

In conjunction with these events, we are also releasing the ADSA Mental Health Booklet which will include information on how to maintain good mental health, what mental illness is and why it's important to remember to regularly ask your friends "R U OK?" and not just on one day of the year.

The ADSA is currently still on the search for students who would be interested in contributing to the Mental Health Booklet. If you are passionate about mental health awareness and suicide prevention, and would like to submit material for the booklet, please send an email to [media@adsa.org.au](mailto:media@adsa.org.au)



**ADSA**  
**R U OK? DAY™**  
**Thursday**  
**8<sup>th</sup> September**

Talk to the ADSA representative of your university and find out how to get involved



# BRINGING BACK THE SMILES TO THE VILLAGERS IN CAMBODIA

A country where more than 20% of people live below the poverty line, Cambodia faces a vast amount of social issues. One of these is oral health generally being overlooked and the quality of care lacking in many parts of the country.

By Lindsay Webb, Charles Sturt University

In June 2016 a group of CSU students had the opportunity to travel to Cambodia to provide volunteer dental services to regional communities outside Phnom Penh and Siem Reap. The group included 9 4th year dentistry students and 3 Oral Health Therapy students accompanied by Dr Graham McLennan, a local dentist and CSU tutor from Orange.

During the 2 week program the students worked in challenging conditions to provide dental care to a range of patients in early primary school, adolescents in high school, adults and other members of the community. They were welcomed by the communities with open arms, some of whom had never seen a dentist and we were their first experience of modern dentistry. A special welcome by a deputy Prime minister and senior government officials reinforced the importance of our program.

The makeshift clinics were set up in school halls and class rooms with very little light, limited suction and semi adjustable chairs. Communication barriers combined with temperature of 30degrees plus per day and intense humidity made the work environment very challenging. Despite these challenges the students and the patients managed to keep their smiles and each day looked forward to returning.

The students found the experience extremely beneficial to their clinical development and rewarding as they provided free dental care to those in ex-

treme need, with an emphasis on preventative dentistry. Hundreds of tooth brushes were given to patients and education about oral hygiene was given to each patient.

"It was really eye opening – a lot of the patients I saw were in pain and had been for a long time. It was really good to be able to help them and at the same time try and prevent it from happening in the future" explained Kelly Webster, a 4th year Dentistry student.



"I really appreciated having a team of Cambodian dentists and dental nurses with us to help with clinical work as well as bridge the communication gap between us and the patients. They really kept the program running smoothly" Adib Golshan, 4th year Dentistry.





“What’s concerning is that these patients don’t have regular access to dental facilities, so if they are in pain they don’t have anywhere to go for treatment. It felt good knowing that I was helping people with a disadvantage, I felt like I was making a difference”  
Kiya, 3rd year OHT student.

During the 2 weeks period the team achieved seeing 537 patients, performing 469 extractions, 414 restorations, scaling 327 patients’ teeth, 315 Caries prevention fillings and 1400+ fissure sealants. They also used Silver Fluoride treatments on many patients.

The team had the chance to experience some of Cambodia’s tumultuous past with visits to the Tuol Sleng Genocide Museum (AKA the Killing Fields) and the S21 Torture Prison in Phnom Penh. These museums paint a picture of the horrors faced by the Cambodian People during the Communist reign of Pol Pot from 1975 to 1979. The team also had the opportunity to visit the ancient Buddhist temples of Angkor Wat and surrounds at sunrise – the temples being a major icon in ancient Cambodian heritage.





# THE LIFE OF A DENTAL STUDENT

## University of Melbourne

Lisa Wang

It has been a busy few months for MDSS. We had the honour of co-hosting the ADSA Convention with LaTrobe dental school in July. Although our semester had already started, Melbourne Dental School students made the most of the Friday & Saturday events to learn, network and socialise with students and academics from across Australia. Needless to say, it was an unforgettable week!

The next event was the ever popular Cocktail Party. The good music and good company had us dancing all night long and with cheeseburgers served at midnight, the event was a great success. Congratulations to the second year organising committee.

In addition, the DDS and BOH students trained hard for the annual Dental Schools Victoria (DSV) Sports Cup, which kicked off in August. We travelled to Bendigo to take on the BOHDS students in soccer, ultimate frisbee, basketball, volleyball and netball. MDSS came out victorious and had the glory of taking the Cup back to Melbourne.

But wait, there's still so much more to look forward to for the rest of the year! Next on the agenda is Mentor Night, the AGM (how has the year passed by so quickly?!), and the most fervently awaited event of the year, the Grand Dental Ball.

Let's have a look at what two of the dental and oral health schools across Australia have been up to throughout the last few months.



## RMIT

Katie McDonald Walker

RMIT students have had a busy start to 2016!

First year students have started seeing patients at the Royal Melbourne Dental Hospital student clinic for examinations and have been expanding their treatment planning knowledge. Students are finding the clinical experience rewarding, are looking forward to starting fissure sealants and more hygiene treatment in the coming months.

Second year students are on the count down now- and knuckling down in preparation for ADC exams! Students are expanding their skills and knowledge at North Richmond Community Clinic observing the visiting orthodontist, and also in Robinvale and Fitzroy clinics on placement.

Second years have been getting involved in some health promotion in the community with groups visiting nursing homes to deliver presentations and oral health information for staff and residents.





AUSTRALIAN COLLEGE  
of DENTAL EDUCATION



The Australian College of Dental Education, in conjunction with  
the Australian Dental Students Association, is delighted to offer

# ACDE-ADSA Scholarship

ACDE is committed to providing high quality post-graduate business education to dental students and graduates, in order to better prepare them for the challenges of private practice.

Whether young dentists are in training, seeking employment, working for a corporate dental company or a private dentist, or planning to open their own practice in the future, it is crucial that they have sufficient awareness of the dental environment and current market conditions, and the personal and business skills necessary to navigate this.

ACDE offers comprehensive, formal education, via an on-line delivery platform, which allows students to study in a flexible, convenient way within a three-trimester timetable. Students are able to study individual subjects of their choosing or study towards future qualifications. A wide range of business subjects are offered, all including content specifically relevant to dental professionals. Teaching staff comprises a mix of respected academics, experienced dentists and industry professionals.

ADSA is the peak national body of dental and oral health students representing over 3500 students from 12 different Universities around Australia. It is strongly represented at each University and supports networks and connections between dental schools. ACDE has bridged with ADSA to enhance the dental student – recent graduate experience by providing a valuable opportunity to enhance their skill set.





# The Scholarship:

The ACDE-ADSA Scholarship will be offered to the dental student who fulfils the following entry requirements;

- Is a current member of the Australian Dental Students Association
- Is a student member of the ADA Branch in their state or Territory
- Holds current student dental registration
- Is currently conducting their final year in their dental degree
- Who provides a brief paper (maximum 800 words) entitled “Why great dentistry is more than just dentistry”
- Who provides a brief biography (maximum 200 words) which includes an outline of your personal goals

All applications must be submitted electronically, via the link “ACDE-ADSA Scholarship” on the ACDE website, [www.acde.com.au](http://www.acde.com.au)

Closing date for submissions is 31st October. The successful candidate will be announced on or before 15th December.

The successful candidate will be awarded the scholarship, which comprises;

- Full tuition fees for four subjects offered by ACDE, equivalent to a Graduate Certificate in Business Administration
- Current value is \$12,600 plus gst
- A certificate of Recognition and a memento by the Australian Dental Students Association

## Conditions of offer:

- Study in at least one subject must be started in or prior to final trimester in the year following award, unless otherwise arranged by mutual agreement.
- Scholarship includes the cost of tuition only and does not include any private costs related to study, computer, internet, materials, travel and the like.
- Upon enrolment with ACDE, the successful candidate will be subject to the standard terms and conditions provided to all students at ACDE.
- Award of future qualifications is subject to accreditation of ACDE as a Higher Education provider by the government regulator (or credit awarded at participating Australian universities).
- The announcement of the successful candidate will be communicated simultaneously by ACDE and ADSA.
- No correspondence with regard to the award of the scholarship will be entered into by either ACDE and ADSA.

For further information about ACDE please visit [www.acde.com.au](http://www.acde.com.au)

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